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The Chinmaya International Foundation (CIF), the Centre for Sanskrit Research and Indology, is situated at the birthplace and maternal home of Adi Sankaracharya at Veliyanad, 35 km from Ernakulam, Kerala. Gurudev Swami Chinmayananda visualised CIF as a bridge between the past and present, East and the West, science and spirituality, and the pundit and the public.

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His Holiness Swami Chinmayananda, the founder of Chinmaya Mission, initiated a unique method to study Vedanta through easy Vedanta lessons. The Chinmaya International Foundation (CIF) already offers Foundation and Advanced Courses in both Vedanta and Sanskrit for home study through post as well online.

CIF is blessed and privileged to now offer the Bhagavad Gita Course to students of Vedanta, spiritual seekers, and all who wish to live a life of quality and perfection.

You may choose either the postal or online mode to study the Bhagavad Gita Course. The study material for both is the same regardless of the method by which you receive the lesson. There is no need to change your faith, religion, or spiritual master to study this course.

Course Author

The Bhagavad Gita Course is authored by Pujya Guruji Swami Tejomayananda, the Head of the Chinmaya Mission worldwide. Swamiji is a master of Indian spiritual literature, and is a renowned teacher of Vedanta, as well as an author of many commentaries and independent texts on Vedanta and Bhakti literature.

This course indeed offers the crystallised, experiential wisdom and insightfulness of Swamiji, with great depth and clarity, delivered with simplicity and accessibility. It bears the same mark of understated elegance and excellence of which Swamiji is a living embodiment.

Course Objective

- The primary aim is to make the glorious ‘Gita Way of Life’ accessible to anyone who yearns for it.
- The Course provides a holistic, insightful coverage of the entire text in a lucid and simple style.
- To offer a practical manual to live a transformed life of goodness and greatness, and provides inputs in the modern context for continuous improvement.
- To enable one to actualise one’s immense potential and tap into the inner innate strength in a most endearing way.

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CIF welcomes all who wish to bring about a qualitative improvement in their way of life to take up this course. Knowledge of Sanskrit is not required since the medium of instruction is English.

Course Duration

This is a 15-month home study course with a total of 30 lessons. Students are required to study two lessons a month. At the end of each fortnight a Questionnaire pertaining to the lesson is to be answered and submitted.

Course Introduction

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Spoken: ___________________________
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|| gītā sugītā kartavyā kimanyaih śāstravistaraih ||
|| gītā sugītā kartavyā kimanyaih śāstravistaraih ||

“The Bhagavad Gītā needs to be mastered; what is the need for a pile of scriptures?”
Mahabharata 6.43.1