

Dr. Richa Chopra, in her former role as the Founding Head-In charge, Dept. of Contemplative and Behavioural Sciences (DCBS), Sri Sri University, synthesized an ecosystem, permeating multiple traditions to infiltrate and gradually weave psychological mindedness into theories of the esoteric combining ‘Orient – Occident’ wisdom. The Under graduate and Post graduate programmes in ‘Psychology and Contemplative Studies’, thus, offered under DCBS sought to bring in a new vision of behavioural sciences to the world with ‘Consciousness’ as the centrepiece of study - the teaching methodology balancing traditional ‘third-person’ with the ‘critical first-person’ perspectives.

Dr. Chopra has been a forerunner in ideating, executing and establishing a plethora of departments and global initiatives. She has steered over forty-six collaborative projects with various UN & Govt Agencies.

She has been a ‘Core Working Member’ for NAAC (an autonomous body under UGC) towards developing the ‘Yoga Accreditation Framework’ for HEIs, launched at the UN Headquarters in April, 2019 and its subsequent release by Hon’ble Governor of Uttar Pradesh, Smt. Anandiben Patel in March, 2022. She is also a Peer Team Review member for NAAC.

She is on the advisory panel for national-international committees pertaining to Contemplative & Yoga Psychology, Spirituality etc. She regularly reviews articles for ‘Psychological Studies’ (Springer).

Dr. Chopra has curated and organized the annual series of “Ātmanirbhara Bhaṛata: Faculty Development Programme on Indian Knowledge Systems (November 2020 & 2021)”, in collaboration with CPDHE, UGC-HRDC (University of Delhi), ICSSR, CoE-IKS, IIT KGP and AICTE.

She has also conceptualized and directed a thirteen-episode TV series on Yoga ‘Sparkling Within’ for Mauritius Broadcasting Corporation, launched on June 21st 2015.

In her current role as a ‘Core Faculty’ with CoEIKS, IIT KGP, Dr. Chopra aspires to build a new generation of Self-reflective practitioners and researchers through scholarship, experiential training and grassroot level work in behaviour and Consciousness studies through creative and experiential methodologies, processes and responsivities - promoting personal & social transformation and developing sensitivity and sensibilities to honour the dignity of all life forms.

As a Sr. Art of Living International Faculty, she has travelled across eleven countries, transforming lives through the Happiness Program and other Higher-Level courses on Yoga and Meditation.