



Parveen Chopra

(M) 516 710 0508

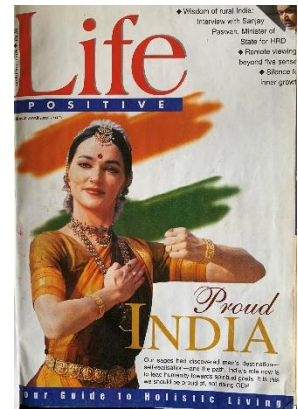
Email: parveen.chopra@gmail.com

39 Cloister Lane, Hicksville, NY 11008

Seasoned Journalist, Specializing in Spirituality & Wellness

I am a journalist with over 30 years' experience in senior positions in the US and India. I have founded English language publications and nurtured them to be the best in their respective niches. My expertise in the often-ignored subjects of wellness and spirituality emanates from my lifelong interest in meditational practices (I trained as a teacher of Transcendental Meditation) and holistic health systems.

Twenty-five years ago, I started Life Positive, India's first body-mind-spirit magazine from New Delhi. We presented the best, life-enhancing elements from the world's traditions and systems whether yoga, Zen, or humanistic psychology. But the core of our content was the Indic systems, practices and wisdom. In the eight years I nurtured the nationally distributed monthly, we interviewed leading gurus, Indologists and practitioners of complementary medicine, as well as introduced lesser known subjects like Indian psychology and marma vidya.



After Life Positive I had the privilege of creating a weekly spirituality/wellness section in a major Indian newspaper titled DNA - Daily New & Analysis, launched from Mumbai. Designated Spirituality & Wellness Editor, I was the first to get that title in mainstream media in India.

To get back to my core interest and expertise – holistic health and spirituality -- I recently transitioned out of The South Asian Times as Managing Editor in New York. I left with the satisfaction of having grown this fledgling weekly paper into a premier publication of the Indian community in the New York area. We also redefined the ethnic tag by tailoring for our readers news and views covering US affairs as well as local government.

Alongside, I was commissioned by a Sikh philanthropist to start an interfaith journal to educate Americans about Sikhism, Hinduism and Islam. Titled ‘One World Under God’, the paper contributed to inter-religious understanding and harmony before Covid forced it to suspend publication.

What has stood me in good stead in my career is the journalistic rigor I learnt at India Today, considered the Time magazine of India. Assigned to the rewrite desk, I excelled at transmuting multiple inputs into fact-checked, concise, and balanced news stories in sparkly prose. Going beyond my job profile, I also contributed ground-breaking stories on the explosive growth in India of New Age systems such as Reiki, NLP, and Landmark Forum, and on the new generation of spiritual gurus.

Currently, I am creating the outline for an Oral History project, tentatively titled Light on Enlightenment, to interview and archive experiences of select long-term meditators/spiritual seekers and devoutly religious people.

Stellar Work Record

- | | |
|--------------------|---|
| 2008 - 2021 | Managing Editor, The South Asian Times , New York
Founded the weekly paper for the Indian community.
(www.TheSouthAsianTimes.info) |
| 2018 - 2020 | Editor, One World Under God , New York
Created a monthly interfaith journal to foster inter-religious harmony; commissioned by a non-profit named darshanbaggacharity.com . Collected issues of the journal were published as a coffee table book. |
| 2007 - 2008 | New York Correspondent, Indo-Asian News Service
Reported on US affairs and Indian diaspora for the leading wire service in India. |
| 2005–2006 | Spirituality & Wellness Editor, DNA (Daily News & Analysis), Mumbai, India
Started the weekly spirituality/wellness section, and a daily inspirational column in the broadsheet. |
| 1995–2004 | Founder-Editor, Life Positive , New Delhi, India
Launched India’s first spiritual magazine. Worked on spinoffs |

including books, meditation tapes and the annual 'Life Positive Expo'. Became a go-to expert on gurus and growth therapies.

1990 - 1994

Deputy Copy Editor, India Today, New Delhi

Besides editing and rewriting stories, supervised the work of sub-editors. Contributed a couple of cover stories.

More Highlights

- ❑ Contributed a chapter on Wellness in a coffee table book titled 'India: Timeless Splendour' published in 2011 by India's External Affairs Ministry.
- ❑ Contributed articles to Yoga Journal including an exhaustive one on Vastu Shastra way back in 1996, maybe the first on the subject in American media.
- ❑ Selected as a Fellow of the Center for Community and Ethnic Media at CUNY Graduate School of Journalism, covered NYC primary elections in 2021, and this year will cover New York State elections.
- ❑ As editor of The South Asian Times, our report on the plight of H4 visa spouses won an Ippies Award in 2014 from the Center for Community and Ethnic Media of CUNY journalism school.
- ❑ Have interviewed New York City mayors Bill de Blasio and Eric Adams, Indian envoys to the US and community leaders. While in India, interviewed spiritual leaders like the Dalai Lama, and motivational gurus like Deepak Chopra.
- ❑ Living in Australia for a year, covered the Bicentenary celebrations of the country in 1988 for Indian newspapers, and worked as Melbourne correspondent for The Indian Down Under community paper based in Sydney.
- ❑ Served as President of Indo-American Press Club in 2016.
- ❑ Taught Yoga - Theory and practice to University of Wisconsin-Madison students doing an away semester at Panjab University, Chandigarh, 1981-1982.
- ❑ Taught TM as center in charge in Chandigarh (1980-83).

Education

- Postgraduate degree in Mass Communication from Panjab University, Chandigarh, India, 1983.
- Bachelor of Arts, Panjab University, Chandigarh, 1976.

Languages: English, Hindi, and Punjabi.

