

CHARU THAPLIYAL

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ABOUT

- **Specialist in Indian Knowledge Systems and Indian Philosophy**
- **Scholar, Practitioner and Counselor**
- **Meditation and Mindfulness Expert**
- **Co-founder of a publishing house and a non-profit for mental health awareness**
- **Public Speaker**

LAST FORMAL TEACHING ENGAGEMENT

Taught undergraduate students of the **Philosophy Department** at **Zakir Husain Delhi College, University of Delhi** (2023)

EDUCATIONAL QUALIFICATION

Course/ Stream	Institute/University	Year	Marks	Division
PhD in Philosophy	University of Delhi	2020-24	Awarded	
PG Certificate in Indian Aesthetics	Jnanapravaha Mumbai	2023-24	Passed	
M.Phil Philosophy	University of Delhi	2017-19	76%	I with Distinction
M.A Philosophy	Hindu College, University of Delhi	2014-16	59%	II
B.A (H) Philosophy	Hindu College, University of Delhi	2011-14	78%	I
AISSCE (Science), CBSE	DLF Public School, Ghaziabad	2011	94%	I
AISSE, CBSE	DLF Public School, Ghaziabad	2009	95%	I

- **PhD** dissertation, final draft under review by supervisor, titled - **VASIṢṬHA’S DHYĀN YOGA – AN EXPLORATION OF PHILOSOPHY OF MEDITATION IN YOGA-VĀSIṢṬHA**
 - **MPhil** dissertation titled - **CONSCIOUSNESS AND SELF-REALISATION: A STUDY IN REFERENCE TO MĀNDUKYA UPANIṢAD AND CHUAN SHIH LUN**
 - Practicing **Philosophical Counsellor** certified by the **American Philosophical Practitioners Association** (2020) <https://chat.appa.edu/product/chat-with-charu-thapliyal/>
 - **Co-founder** of **Philosophical Practitioners’ Association of India (PPAI)** a non-profit organization with the aim of spreading philosophical practice, counseling and mental health awareness internationally. <https://www.ppai-edu.in/>
 - **Co-founder and Editor in Chief** of **MB Publishing House**, India’s first self-publishing platform dedicated to spreading holistic spiritual and philosophical wellness. <https://www.mbpublish.com/>
 - **Co-founder** of **Mad Buddhas Studios Pvt. Ltd.** , a collective of artists, writers, animators and educators with a vision to disseminate spiritual and philosophical concepts to the youth through creative means.
 - Apart from my academic work I also engage in **Public Philosophy**. I regularly give interviews, videos and book reviews for the PMC group of channels and Soul Network on Youtube and local channel broadcasting, with a total viewership of more than 50 lakh.
 - I have been actively taking **Meditation and Mindfulness sessions** on both online and offline platforms **since 2016** and have made anapanasati meditation and various Indian philosophical concepts available to the general public during and post pandemic.
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OTHER TEACHING EXPERIENCE

2022	Invited to co-teach a class on “Being Mindful” for the “Certificate Course on Philosophical Counselling” organized by Hansraj College, University of Delhi and Philosophical Practitioners’ Association of India
2022	Invited to co-teach a class on “Meditation as a Research Investigation Tool” in the “Methodologies of Investigation in the Arts” course developed within the framework of the Plastic Arts Program of the University of Cauca, in the municipality of Popayan, Colombia, South America.
2020	Conducted two online sessions on “Understanding Ethics and Integrity” as a resource person for CBSE (Training Unit) for teachers of schools affiliated with CBSE.

SUBJECTS TAUGHT

- Introduction to Indian Philosophy
- Text of Indian Philosophy
- Yoga Philosophy and Practice
- Ethics
- Personality Development and Communication

AREAS OF INTEREST

- Indian Knowledge Systems
- Indian Philosophy
- Metaphysics
- Philosophy of Yoga and Meditation
- Spiritual Science
- Public Philosophy
- Practical Philosophy

PUBLICATIONS : BOOKS (Authored and Translated)

2022	- "Spiritual Journey of a Pyramid Yogini" self-translated in Spanish (ISBN 978-93-93465-45-0) and published by MB Publishing House
2021	- "Spiritual Journey of a Pyramid Yogini" published in English (ISBN 978-93-92842-16-0) by MB Publishing House - "Spiritual Journey of a Pyramid Yogini" self-translated in Hindi (ISBN 978-93-93465-43-6) and published by MB Publishing House - Translated the book "Conversations with Mahavatar Babaji" by Master Pallavi in Spanish (ISBN 978-93-92842-54-2) and published by MB Publishing House

PUBLICATIONS : ARTICLES (Authored)

2022	- Article in Lokayata Journal Vol. XIII (01&02) September 2022 issue entitled "Secular Modernity and the Idea of the Indian Renaissance".ISSN: 2249-8389
2021	- Article in special Indian edition of the APPA (American Practical Philosopher's Association) Journal "Philosophical Practice" entitled "Embracing Culturally Rooted Methods in Philosophical Practice – a Study conducted during the festival of Navratri in India." ISSN: 1742-8181

PUBLICATIONS: CHAPTERS IN BOOKS (Authored)

2022	- Chapter in the “ Routledge Handbook of the Philosophy of Meditation ” edited by Prof. Rick Repetti entitled “ The Necessity of Meditation in Turiya and Amala-Vijnana ” ISBN: 9781000575743
2020	- Chapter “Three Practical Exercises from Indian Philosophy for a better life” in the book “ Philosophy: An Indian Point of View ” published by the Centre for Positive Philosophy and Interdisciplinary Studies (CPPIS), Pehowa (Kurukshetra)
2018	- Chapter “Philosophical Insights into Human Rights” in the Book ‘ Human Rights and Responsibility ’ with ISBN 978-81-935368-1-0

PUBLICATIONS : NON-ACADEMIC (Short Stories and Articles)

2023	- Short science fiction story “The Split” due to be published in Jan 2023 in German science fiction magazine InterNova .
2022	- Short science fiction story titled “Grievance Steven Vol.I” published in Silver Line: an anthology of Science Fiction Stories Vol. I by University Research Publication, Kerala ISBN 978-9-35578-536-7 edited by Dr. Soumya Murukesh and Dr. Priyalekha N.S.
2020	- “Coronavirus disease (COVID-19): a wake-up call for vegetarianism” article published in Magazine ‘ Voice of Civil Society ’ Vol.1 Issue 4
2019	- “Minimalism - Art of Happiness” article published in Magazine ‘ Voice of Civil Society ’ Vol.1 Issue 2

PRESENTATIONS / SESSIONS

2022	- Joint paper with Dr. Vikas Baniwal (Assistant Prof, Dept of Education, DU) on “Interpreting Myths and Stories for Philosophical Counselling” in International Conference on Philosophical Counselling . - Also, part of the Organizing Committee for this International Conference on Philosophical Counselling.
2018	- Joint paper with Prof. Balaganapathi Devarakonda (former H.O.D, Dept of Philosophy, DU) on “Immersive Cosmopolitanism of K.C Bhattacharya” in National Seminar Beyond Identities: Reflections From South Asian Imaginaries of Nation and Universe. - Presented a paper titled ‘On the Need for a Holistic Philosophical Perspective on Vegetarianism’ at the 92 nd Session of the Indian Philosophical Congress, Surat
2014	- Presented a paper titled ‘Ethical Dilemmas in the Public Sphere-Decision making and Free Will’ at the National Undergraduate Research Conference, Manipal Center for Philosophy and Humanities, University of Manipal, Manipal

WORKSHOPS / COURSES / CERTIFICATIONS

2023	<ul style="list-style-type: none">- 10 hour Art Appreciation Course : Exploring European Art History offered by the Indo-French Cultural Center, Alliance Francaise de Delhi.- One year Post-graduate Certificate Course in Indian Aesthetics offered by Jnana Pravaha Mumbai.
2021	<ul style="list-style-type: none">- One-Week Faculty Development Program in Academic Writing organized by Ramanujan College, Delhi University- One-Week Faculty Development Program in Philosophical Research Methodologies in Higher Research and Education organized by Ramanujan College, Delhi University- Three-month course on Research Writing and Communication organized by National Institute of Advanced Studies, Bengaluru
2020	<ul style="list-style-type: none">- Successfully completed a Five-week course on Creative Writing offered by Wesleyan University, USA (accessed through Coursera.org)- Obtained a Philosophical Counsellor certification by the American Philosophical Practitioners Association upon a Three-month training (2020)
2018	<ul style="list-style-type: none">- Participated in RUSA sponsored Capacity Building Workshop on Ethics in Public Life organised by Department of Philosophy and P.G Department of Public Administration, Post Graduate Government College for Girls, Sector-11, Chandigarh

EDITORIAL EXPERIENCE

- **As the Editor-in-Chief, personally worked on more than 50 books for MB Publishing House in English, Hindi and Spanish and supervised the editing of books in regional languages like Telugu, Tamil, Kannada, Bengali and Gujarati.**

2023	<ul style="list-style-type: none">- “Patriji’s Daily Messages Vol. 1 – 2016 Part 1” by Brahmarsi Subhash Patriji. ISBN 978-93-93465-64-1- “Patriji’s Daily Messages Vol. 2 – 2016 Part 2” by Brahmarsi Subhash Patriji. ISBN 978-93-93465-67-2- “Patriji’s Daily Messages Vol. 3 – 2017 Part 1” by Brahmarsi Subhash Patriji. ISBN 978-93-93465-87-0- “Rukmini aur Kaalchakra ka Pher - Bhaag 1” by Dena Merriam. ISBN 978-81-961143-2-9- “The Magical Approach” by Jane Roberts. ISBN 978-81-961143-5-0- “Amarattva” by Allahbakshu. ISBN 978-93-93465-48-1- “Atma Shastra” by Brahmarsi Tatvarti Veer Raghav Rao. ISBN 978-81-961143-1-2- “Satyamarg” by Brahmarsi Tatvarti Veer Raghav Rao. ISBN 978-93-93465-57-3
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	<ul style="list-style-type: none"> - “Dhyan Vidya” by Brahmashri Tatvarti Veer Raghav Rao. ISBN 978-93-93465-75-7
2022	<ul style="list-style-type: none"> - “Mind to Matter” by Dawson Church, PhD. ISBN 978-93-93465-23-8 - “Maine 120 Varsh Jeene ka Nirnay Kiya Hai” by Ilchi Lee ISBN978-93-93465-39-9 - “Retrieving our Forgotten Self” by Indu Pandita ISBN 978-93-93465-65-8 - “Bhagwan Kya Hain?” by Raghav Rao ISBN 978-93-93465-00-9 - “Ascension” by Revati Devi ISBN 978-93-93465-58-0 - “The Awakening – My Spiritual Autobiography” by Sharoo Sahni ISBN 978-93-9346576-4 - “Frequency of Meditation” by Ritu Khanna ISBN978-93-93465-82-5
2021	<ul style="list-style-type: none"> - “Brahmarshi Pitamaha Patriji ke Sang Samvad” by Brahmashri Pitamaha Patriji ISBN 978-93-90282-1 - “Brahmarshi Pitamaha Patriji ke Lockdown Sandesh” by Brahmashri Pitamaha Patriji ISBN 978-93-92842-91-7 - “Messages from 40 Masters” by C.Aruna ISBN 978-93-92842-00-9 - “Mind Power” by V.V.Ramana ISBN 978-93-92842-11-5 - “Life After Retirement” by Rashmikant Parikh ISBN 978-93-92842-01-6 - “Tulsivanam” by Brahmashri Pitamaha Patriji ISBN 978-93-92842-41-2 - “40 Masters ke Sandesh” by C.Aruna ISBN 978-93-92842-10-8 - “Atmakshetra” by Brahmashri Pitamaha Patriji ISBN 978-93-92842-02-3 - “Third Eye” by T.Lobsang Rampa ISBN 978-93-92842-17-7 - “Three Lives” by T.Lobsang Rampa ISBN 978-93-92842-29-0 - “Three Lives” by T.Lobsang Rampa (Hindi) ISBN 978-93-92842-96-2 - “The Rampa Story” by T.Lobsang Rampa ISBN 978-93-92842-56-6 - “Main Kaun Hun?” by Deepika Sheoran Puniya ISBN 978-93-92842-80-1 - “New Energy” by Revati Devi ISBN 978-93-93465-51-1 - “Dhyan se Purv aur Dhyan ke Paschaat” by Babita Sharma ISBN 978-93-93465-60-3 - “DNA – Ek Adbhut Srishti” by G.Swarnalata ISBN 978-93-93465-00-9

	- “Think Differently” by Prakruti Uma Mahesh ISBN 978-93-92842-78-8
2020	- “Tulsidal Part 2” by Brahmarshi Pitamaha Patriji ISBN 978-81-943928-4-2 - “Atmajagruti ke Rahasya” by Brahmarshi Pitamaha Partiji ISBN 978-93-90282 -07-4 - “Begin to be you” by Ananta Aum, Dhanashree Bhagawat ISBN 978-93-90282 -02-4 - “Sreemad Bhagavadgita” by Brahmarshi Pitamaha Patriji ISBN 978-93-90282-05-0 - “Dolphin ki antardrishti” by Ilona Selke ISBN 978-93-90282-08-2 - “Karm Siddhant” by Brahmarshi Pitamaha Patriji ISBN 978-93-90282-09-8 - “BadeBaba ke Sannidhya Mein” by Dr. Sudha Malaiya ISBN 978-93-90280-02-9 - “Adhyatmik Shastra” by Brahmarshi Pitamaha Patriji ISBN978-93-93465-89-4
2019	- “Doorway to Subtle Space” by Anil Chhonkar ISBN 978-81-943928-0-4 - “Tulsidal Part 1” by Brahmarshi Pitamaha Patriji ISBN 978-81-943928-2-8

- **Editor** of the first volume of a children’s newsletter called ‘Children’s Planet’, published by VnS publishers, an independent publishing firm in Daryaganj (2015)
- **Co-Editor** of ‘The Voices’, the annual North-East magazine of Hindu College (2014)
- **Editor-in-Chief** of school bi-annual newsletter, The DLF Times (2010)

AWARDS / SCHOLARSHIPS

2016	- Recipient of the Junior Research Fellowship awarded by UGC - Cleared the National Eligibility Test for the position of Assistant Professor of Philosophy
2014	- Recipient of the Indian Philosophical Congress Medal 2011-14 for being Delhi University Topper: BA(H) Philosophy - Hindu College Topper: All 3 Years (2011-2014)
2009	- Recipient of CBSE/ICSE Pariksha Award for All India Topper , sponsored by Rachna Sagar Publications, in Sanskrit and Mathematics - Recipient of Principal Sudesh Sekhri Scholarship for class 10 th topper, DLF Public School

OTHER WORK EXPERIENCE

2022-Ongoing	- Co-founder of the Non-Profit organization, Philosophical Practitioners' Association of India (PPAI)
2020- ongoing	- Practicing Philosophical Counsellor certified by the APPA (American Practical Philosophers' Association)
2019- ongoing	- Co-founder and Editor-in-chief for MB Publishing House, a platform for publishing philosophical and spiritual books.
2017-2019	- Co-founder and Content Head for Mad Buddhas Studio Pvt. Ltd.
2015	- Teacher of English as a Foreign Language to Korean Adults at HELP Academy, a private language academy in Gurgaon.
2014	- Editorial Intern in the Publication Division at Geospatial Media and Communications, an international magazine with a circulation in over 140 countries - Research Intern at Consumers India, a non-profit organization set up by former IAS officers of Department of Consumer Affairs
2012	- Eco-Audit Team Leader for the Eco-Audit Program, Indian Youth Climate Network, a CSR initiated by the Jane Goodall Institute - Shanghai Roots and Shoots in 2006.

HOBBIES AND SKILLS

- **Open Water SCUBA Diver** (allowed depth 18m/60ft) certified by **PADI** (Professional Association of Diving Instructors) (2018)
- **Language skills**
 - **Hindi** (native language)
 - **English** (fluent. **IELTS score-8.5**)
 - **Spanish (B2 level* speaker from The Instituto Cervantes, New Delhi)**
 - **Korean (B1** level speaker from The Korean Culture Center, New Delhi)**
 - **Japanese (N5* level certification from Misao Institute, Gurgaon)**

* B2 Upper Intermediate level-completed 660 hours of formal training

** B1 Beginner level-completed 90 hours of formal training.

*** N5 Beginner level-completed over 100 hours of formal training.