This is what I do:

/jhpce/shared/jhpce/core/R/3.6.1/bin/Rscript conv_srtr.R

To run R version 4, you can do

/jhpce/shared/jhpce/core/R/4.0.3/bin/R
Or
/jhpce/shared/jhpce/core/R/4.0.3/bin/Rscript

If that gets annoying to type, you can add /jhpce/shared/jhpce/core/R/4.0.3/ binto your path, and/or link the R executable to your home directory and then run ~/R