

# UTHARA K

## CONTACT

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## SKILLS

- Online teaching
- Classroom management
- Course planning
- Student assessment
- Academic writing
- Research and analysis

## LANGUAGES

- English (Fluent)
- Malayalam (Fluent)
- Hindi (Fluent)
- Dutch (Beginner)

## WORK EXPERIENCE

### Guest Lecturer, Sree Sankaracharya University of Sanskrit, Kalady, June 6, 2025- Present)

- Taught students at the undergraduate and postgraduate levels
- Supervised three PG dissertations
- Prepared evaluation frameworks for both UG and PG students.
- Conceived and created syllabus for the FYUGP courses on medieval India and Medieval South India.

### Assistant Professor (On Contract), UPES, Dehradun (January 1, 2025 - 8th May 2025)

- Prepared syllabus for the course titled "Medieval Indian Trade" and "Contestations, Assimilation and Pluralism in Indian History, 3300 BCE-1951".
- Formulated assessment and grading patterns for undergraduate students taking the courses.
- Engaged in discussion sessions every week to encourage participation and to foster independent thinking among the students

### Government Guest Lecturer, Union Christian College, Aluva (July 8, 2024-19th December, 2024.)

- Prepared and delivered lectures to Undergraduate students for five different courses.
- Provided mentorship and guidance to students, fostering their academic growth and career aspirations.
- Evaluated student performance through exams and assignments, providing constructive feedback for improvement.

### Teaching Fellow, Ashoka University, Sonapat (January 2024- May 2024)

- Collaborated with staff in curriculum reviews to improve course and program offerings.
- Offered office hours and one-on-one meetings with students to provide additional support and guidance to students.
- Developed and graded exams and assessments to evaluate student learning and provide feedback on performance.

### History Tutor, Jun Academy Pvt. Ltd, Gurugram (Part-time) (2018-2023)

- Teaching history to High School students (IGCSE and IB Syllabus)
- Provided one-on-one tutoring sessions, tailoring instruction to meet the specific needs of each student while promoting independent learning skills.
- Monitored student progress and provided feedback and support.

## EDUCATION

### Integrated M-Phil – PhD in History from Jawaharlal Nehru University [JNU], New Delhi [2015-2024]

- Awarded PhD for the thesis titled "Healing Practices and Medicine in Early Modern Kerala" under Dr Gunasekaran, the Centre for Historical Studies, Jawaharlal Nehru University [6th January 2024].
- M-Phil Dissertation titled "Warriors and Power: A Study of Nairs of Malabar" and has been submitted and awarded under the supervision of Prof. Dr. Pius Malekandathil, Professor, the Centre for Historical Studies, JNU [25th May, 2018].

## Master of Arts M.A. (History) from Jamia Millia Islamia, New Delhi [2013-2015]

- Final CGPA in M.A.(History) Program- 8.00/10.00

## Bachelor of Arts B.A. (History) from St. Francis College for Women, Hyderabad affiliated to Osmania University, Hyderabad [2010-2013]

- Overall CGPA in B.A. (History) Program- 7.75/10.00
- Secured First Rank in B.A. (History) Program in St. Francis College for Women, Hyderabad.
- Awarded the Gold Medal for securing the Highest Grade in the Department of History.

## PUBLICATIONS AND RESEARCH WORKS

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- Presented a paper titled '**Physical Fitness and Divine Favour in Medieval Kerala's Warrior Culture**', at the International Medieval Congress, University of Leeds. [July, 2025].
- Paper titled '**Influences of botanical knowledge from the East in the colonial medical developments: A case study from early modern Kerala, India**' in *Indian Journal of History of Science*, Vol 59, pp 38-45, 2024. (Scopus Indexed)
- - Paper titled '**Development and Circulation of Indigenous Medical Knowledge: A Study of Medieval Kerala**' published in *Antrocom Online Journal of Anthropology*, Vol 19, No. 1, pp 689- 702, ISSN 1973 – 2880, 2023.
- - Published research paper titled '**Vedic and Folk Religious Dichotomy among the Nairs of Medieval Kerala**' in *Histories Unbounded, Selected papers of Third Kerala History Congress*, Current Books, 2019.
- Presented the paper titled '**Ferrying Ideas: Rivers as Channels for Colonial Exchange for Medicinal Cargo in Early Modern Kerala**' at the India and Global Histories workshop held at Jawaharlal Nehru University, New Delhi in collaboration with the Global History and Culture Centre, University of Warwick. [April, 2023].
- - Presented the paper titled '**Perceptions and Narratives on Medicine and Health in Medieval Kerala**' at the National Conference on National Seminar on Indigenous Medicines, Health Lore, and Knowledge Systems organized by the Institute of Tribal Studies and Research, Wayanad. [March, 2022].
- - Presented the paper titled '**Understanding Faith and Healing in Folk Literature in medieval Kerala through Aitheehyamala**', at the Kerala History Congress, Ernakulam [March, 2022].
- - Presented the paper titled 'Multi-Religiosity among the Nairs of Medieval Kerala' at Delhi University [March,2018].
- - Presented and published the paper titled '**Vedic and Folk Religious Dichotomy among the Nairs of Medieval Kerala**' at the Kerala History Congress [ December, 2017].

## AWARDS AND FELLOWSHIPS

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- Awarded the Kerala Council for Historical Research [KCHR] Ph.D. Fellowship from May 2029 to April 2022.
- Secured 1st Rank in Hyderabad Region of Kendriya Vidyalaya for Senior Secondary School Examination (2010) .
- Secured All India 4th Rank in Kendriya Vidyalaya Sangathan for Senior Secondary School Examination (2010).

## REFERENCES

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- Dr. Gunasekaran  
Assistant Professor,  
Centre for Historical Studies, Jawaharlal Nehru University, New Delhi.  
Ph.: +91- 9868033739  
Email- jsguna@gmail.com
- Prof. Dr. Pius Malekandathil,  
Professor [Retired]  
Centre for Historical Studies, Jawaharlal Nehru University [JNU], New Delhi.  
Phone: +91-9910944476  
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- Dr. Susan Thomas,  
Head of the Department, Department of History,  
Sree Sankaracharya University of Sanskrit,  
Kalady, Kerala.  
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