



# Dr. Reshma Suresh

## History Educator & Researcher

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<https://www.linkedin.com/in/reshmasuresh14/> | Bengaluru, Karnataka | 14th March 1995

### Profile Summary

**PhD in History** with experience in teaching and interdisciplinary research. Actively seeking an **Assistant Professor** position in a dynamic academic environment to contribute to **teaching, research, and curriculum development**.

### Professional Experience

- Social Science Teacher**, BGS National Public School 12/2025 – Present  
Bengaluru, Karnataka
- Delivered **curriculum-aligned Social Science instruction** to 80+ high school students using **student-centered pedagogy**, including collaborative learning, inquiry-based discussions, and case-study methods.
  - Implemented **formative and summative assessments** (weekly tests, assignments, and feedback sessions) to monitor student progress; differentiated instruction to support diverse learners, leading to a **15% improvement in overall academic performance**.
  - Collaborated with 5+ faculty members and school leadership to **design and enhance curriculum**, integrating **inclusive teaching strategies, experiential learning, and competency-based education**, contributing to improved student engagement and learning outcomes.
- Social Science Teacher**, The South School 03/2024 – 03/2025  
Bengaluru, Karnataka
- Delivered **engaging Social Science lessons** to 50+ high school students through interactive, activity-based teaching methodologies that encouraged critical thinking and real-world connections.
  - Achieved a 100% pass rate in Social Science board examinations** by providing clear instruction, structured revision plans, and personalised academic support tailored to individual student needs.
  - Organised subject-based projects and classroom exhibitions** that fostered teamwork, creativity, and deeper subject engagement.
- Research Scholar**, Banasthali Vidyapith 2022 – 2024  
Jaipur, Rajasthan
- Conducted Indian Cultural Heritage classes** for undergraduate cohorts comprising 100-150 students, while also actively engaging in tracking their progress and establishing performance objectives.
  - Mentored and guided** undergraduate and graduate students, junior researchers, and research staff, fostering their professional development.
  - Actively **executed specific components of substantial research projects**, while working under the general direction of a principal researcher.
  - Presented research findings at national and International seminars** and contributed to publications focused on folklore, gender, and regional cultural practices.

### Education

- Doctor of Philosophy (PhD) - History**, Banasthali Vidyapith 2020 – 2025  
Specialised in the socio-cultural history of Kerala, with a particular focus on serpent worship and folklore. Have conducted extensive fieldwork and archival research, engaging deeply with oral traditions and marginalised narratives.
- Master of Arts (MA) - History**, Banasthali Vidyapith 2018 – 2020  
Explored a wide range of historical themes including cultural history, historiography, and gender. Developed strong research, writing, and critical analysis skills through seminars and dissertation work. Graduated with distinction.
- Diploma - Archival Studies & Records Management**, Banasthali Vidyapith 2019  
Gained practical understanding of archival methods, historical documentation, and preservation of records. Trained in cataloguing, indexing, and handling of primary source material.
- Bachelor of Arts - History (Hons)**, Deshbandhu College, Delhi University 2015 – 2018  
Built a strong foundation in Indian and world history with emphasis on political, social, and cultural developments. Engaged in classroom presentations and independent reading beyond the curriculum.

### Skills

- Teaching and Mentoring
- Classroom Management
- Research Methodologies & Academic Writing
- Student-Centered Pedagogy
- Conference Presentation Skills
- Interpersonal Communication
- Curriculum Design & Development
- Workshop & Seminar Facilitation
- Microsoft Office / Google Suite

## Dissertations, Theses & Conferences

**South Indian History Congress 42nd Annual Session.**  
**University College, Thiruvananthapuram, Kerala**  
Paper Presented: "Unveiling the Sarpa Kavukal: Ancient Beliefs and Modern Practices of Serpent Worship in Kerala."

**International Conference on 'Making' Heritage: Rethinking Methods, Policies, and Practices - Organised by the Amity Institute, in collaboration with the Indian National Trust for Art and Cultural Heritage (INTACH), Hooghly Chapter**

**International Conference on Sustainable Development Goals for Environment Conservation - Organised by Raj Rishi Govt. Autonomous College, Alwar (Rajasthan)**  
Paper presented: "Sacred Groves: Religious Beliefs and Ecological Significance of Serpentine Worship in Kerala."

**Indian Art History Congress 32nd Session on Rendering of Indian Epics in Art and Culture at Indian Institute of Heritage, Noida**

Paper Presented: "The Ramayana in Performative Art Forms: Kathakali and Ottamthullal."

**Attended an International Conference on Women and Religion - Organised by Edward Cadbury Centre for the Public Understanding of Religion, University of Birmingham, in collaboration with Jamia Millia Islamia, Delhi**

**Dissertation - MA in History, Projection of Women in Ancient Indian Sculptures: Some Gender Centric Inferences (184 BCE- CE 300)**

**National Seminar on Unpacking Indian Narratives: From Oral Traditions to Digital Realms at Providence Women's College, Kozhikode**

Paper Presented: "Preserving Kerala's Heritage: Transitioning Pulluvan Songs and Ritual Chants from Oral Traditions to Digital Archives."

**International conference on Museum Spaces as People's Histories and Community Voices - Organised by University of Rajasthan, Jaipur**

Paper Presented: "Naga Worship and the Pulluvans: Antiquity, Continuity and Ritualistic Performance."

**International Conference on Health and Humanities: Exploring Uncharted Terrains in Literary Paradigms - Organised by Kristu Jayanti College, Bangalore**

Paper presented: "The Pulluvans and Serpentine Worship: An Ancient Ritualistic Healing Practice of Kerala."

**Attended a 5-Day International Online Seminar on Ophiolatry Traditions in India - Organised by Amrita Vishwa Vidyapeetham, Bengaluru**

**PhD Thesis titled "Cult Of The Nagaraja: A Social Cultural Study Of Serpent Worship In Kerala" was completed and submitted in 2025 at Banasthali Vidyapith, Rajasthan**

## Publications

[Naga Worship & the Pulluvans: Cult and Ritual Performance](#) [↗](#),

Religions of South Asia, Vol. 19, No.1, pp, 82-108. (RoSA) [Scopus Indexed]

This paper explores Kerala's Naga worship, highlighting the reverence for Nagas as Demigods. Through fieldwork and analysis, it delves into myths about Nagas as givers of prosperity and bearers of serpent curses.

[Unveiling the Sarpa Kavukal: Ancient Beliefs and Modern Practices of Serpent Worship in Kerala](#) [↗](#),

Proceedings of The South Indian History Congress, 42, 2024, pp: 1-10

This paper delves into the Cultural and Ecological importance of Serpent worship in Kerala, emphasising the significance of "Sarpa Kavukal" (Serpent Groves). Also, it highlights the evolving ritual practices associated with Serpent worship, contributing to the destruction of these sacred sites in Kerala.

**The Ramayana in Performative Art Forms: Kathakali and Ottamthullal,**

Published in the proceedings of The Indian Art History Congress.

**Sarpa Kavukals: Spirituality's Interface with Ecology and Culture,**

Published in the Journal of Indian History and Culture, C. P. Ramaswami Aiyar Institute of Indological Research.

## Languages

• English

• Hindi

• Malayalam

## Interests

• Reading and Writing Research Papers

• Exploring Museums and Archival Spaces

• Attending Academic Lectures & Conferences

• Field-based Learning and Community Engagement

## References

**Dr. Preeti Sharma**, Professor & HOD of History & Culture - Jamia Millia Islamia, Delhi  
preetisharma1998@gmail.com, 9887550864

**K. Shailaja**, Founder / Principal - The South School, Bangalore  
thesouthschool48@gmail.com, 9686839656

**Dr. Shilpi Gupta**, Professor & HOD of History & Indian Culture - Banasthali Vidyapith, Rajasthan  
shilpigupta@banasthali.in, 8233501308