



Shristi Malkoti

Dehradun, Uttarakhand | +9175053 95945 | shristimalkoti025@gmail.com

PROFILE SUMMARY

UGC-NET and GATE qualified in English Literature with a focus on Yoga philosophy, comparative spirituality, and Indian Knowledge Systems. Experienced teaching assistant with a proven ability to engage students and deliver complex ideas in an accessible manner. Passionate about advancing research in spiritual and religious studies.

EDUCATION

Ph.D. in English Literature (Pre-Ph.D. Submission Done)

Gurukul Kangri (Deemed to be University), Haridwar | 2022 – 2026

M.A. in English Literature

Gurukul Kangri (Deemed to be University), Haridwar | 2018 – 2020

B.Sc. (Science)

Hemwati Nandan Bahuguna Garhwal University | 2015 – 2018

ISC (XII)

St. Thomas College, Dehradun | 2015

ICSE (X)

St. Thomas College, Dehradun | 2013

AWARDS & ACHIEVEMENTS

- UGC-NET Qualification (2021)
- GATE Qualification (2022)

RESEARCH INTERESTS

- Comparative study of Yoga philosophy with Zen Buddhism, Taoism, and Stoicism
- Sanskrit and English as mediums of exploring Indian Knowledge Systems (IKS)

- Role of multilingualism in education and cultural unity
- Classical vs. modern interpretations of Yoga in literature and philosophy

TEACHING & RESEARCH EXPERIENCE

Teaching Assistant – Gurukul Kangri (Deemed to be University), Kanya Gurukul Campus

- Conducted classes for undergraduate and postgraduate students in literature and English communication.
- Assisted in curriculum support, student mentoring, and evaluation.
- Developed lesson plans and facilitated discussions on classical and modern texts.

PUBLICATIONS

Research Papers

- Appraising the Zen Narrative in Ruth Ozeki's *The Tale for the Time Being*. *Annals of the Bhandarkar Oriental Research Institute*, Vol. C, 2023.
- *Yoga in the 21st Century: A Spiritual Compass for Modern Life*. *International Journal of Humanities and Cultural Discourse*, Vol. 2, May–August 2025. ISSN 3049-284X.
- *Wu Wei as an Environmental Idea: A Taoist Perspective on Living Lightly*. *Dabeer* (An International Peer Reviewed Refereed Indexed & UGC Care Listed Journal), Special Issue on Environmental Humanities. ISSN: 2394-5567.

Book Chapters

- *The Ideology of Ancient Indian Literature*. In *Echoes of Expression: Tracing Language through Literature*, 2024.
- *Spiritual Advantages of Dhyana or Meditation in Indian Knowledge Texts*. In *Psychological and Literary Perspectives*, 2024.

Poetry Anthology

- *The Voyage of a Moon Nymph* (2022).

CONFERENCES & PRESENTATIONS

- *Exploring the Crisis Within, With Patanjali's Yogasutras*. International E-Conference on Exploring Crisis in Literary and Cultural Studies. *New Literaria*, Oct 2023.
- *The Relevance of the Ancient Indian Philosophies*. International Conference on Veda Vijnana and Sanskriti Mahakumbha, Gurukul Kangri (DU), Haridwar.
- *A Comparative Study of the Philosophy of Yoga and Taoism*. National Conference on Knowledge, Cultural Traditions and Practices of India.

- Swami Vivekananda's Contribution in Propagation of Yoga as an Indian Spiritual Philosophy. National Conference on Indian Literature in Regional Languages and Their English Translations, Christ College, Rajkot.

WORKSHOPS & FACULTY DEVELOPMENT PROGRAMS

- Two-Day Workshop on Classical Literature, Mahatma Hansraj Faculty Development Centre, Hansraj College, University of Delhi.
- Two-Week Online Training Programme on NEP 2020 Orientation and Sensitization Programme, under Malaviya Mission Teacher Training Programme (MM-TTP), Hansraj College, University of Delhi.
- IKS-TKDL Workshop on *Traditional Knowledge, Intellectual Property, and People's Rights*, Indian Knowledge System Division, MoE, Aug 2025.
- Online Workshop on *Sacred Symbols and Forms: Interpreting Siva and Ganesa in Indian Iconography*, IGNCA.

INTERNSHIP

Research Intern – Vidya Bharti Uchcha Siksha Sansthan in collaboration with IKS Division, Ministry of Education, Bharatiya Bhasha Samiti (2025)

- Conducted research on Indian languages and multilingualism under the theme Bhasha Anek, Bhava Ek.
- Assisted in data collection, analysis, and report preparation for national-level academic projects.

KEY SKILLS

- Strong analytical and critical thinking skills
- Effective teaching and mentoring abilities
- Ability to incite student engagement and interest
- Skilled in explaining complex topics with clarity
- Cross-cultural and interdisciplinary research aptitude
- Academic writing and publication experience



गुरुकुल काँगड़ी (समविश्वविद्यालय), हरिद्वार, उत्तराखण्ड
Gurukula Kangri (Deemed to be University), Haridwar, Uttarakhand
(Formerly Gurukula Kangri Vishwavidyalaya)

21-01-2026

Pre-Ph.D. Submission Presentation

The Pre-Ph.D. Submission presentation of Ms. Shristi Malkoti is scheduled to be held on 24/01/2026 at 11:00 am on the topic "Patanjali's Philosophy of Yoga, Taoism, Stoicism and Zen Buddhism: A Comparative Study of Philosophies Through Select Contemporary Texts" under the supervision of Prof. Hemalatha K. in the Department of English. All the research scholars and faculty members are cordially requested to attend the presentation of the candidate.

Hemalatha K.
Prof. Hemalatha K.

Head, Dept. of English

Copy to--

The Registrar
The Controller of Exams
Research Cell
The Dean
All Faculty Members



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24-01-2026

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The following members were present:

Prof. Hemalatha K.

Hemalatha K

Prof. Mudita Agnihotri

Mudita

Dr. Manjusha Kaushik

M. Kaushik

Dr. Reena Verma

Reena

Hemalatha K
Prof. Hemalatha K.

Head, Dept. of English