



PERSONAL PROFILE

Name : **Dr Meera D.K**
Designation : Assistant Professor
Department : Home science
DOB & Age : 1/12/1980, 42 Years
Date of Joining : 21/03/2012
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Residential Address : RITU, ANRA-101, Near Sasta Temple,
Kariyavattom PO, TVPM-695581

ACADEMIC PROFILE

Degree	Subject	Institution	Year of passing	Grade/percent age
PhD	Home science	University of Kerala	2020	Successfully Completed
MBA	HR	<i>IGNOU</i>	2010	I
NET	Home science	<i>UGC</i>	2004	
MSc	Home science (Food and nutrition)	University of Kerala	2004	I

BSc	Clinical Nutrition & Dietetics (Triple Main)	University of Kerala	2001	I
PG Diploma	Human resource Management	IGNOU	2008	I
Diploma	Management	IGNOU	2007	I

Teaching Experience

Designation	Institution	Period of work	Experience in years
Assistant Professor	Govt College for women	2012- Present	12 Years

RESEARCH GUIDANCE : Recognized as a PhD supervisor in Home Science, University of Kerala since January 2024.

PUBLICATIONS

1. **Meera D. K** and Dr Juna L Paul, An analytical study of the fried street foods in selected urban areas of Thiruvananthapuram, Emerging trends in family and community science, Proceedings, 2014 ISBN:978 8192850603
2. **Meera D.K**, Breakfast: The most important meal of the day, Echoes of Research, Research journal, 2014 ISSN 2348-2680
3. Chithra Mohan and **Meera D.K** ,The effect of breakfast on classroom behaviour and academic performance of school going adolescence(13-17yes), Echoes of Research, Research journal, 2015 ISSN 2348-2680
4. **Meera D.K** ,Role of parents in helping teens to deal with stress, S N College for women, Kollam, 20-21 Feb, 2014

5. **Meera D.K** and Suma Divakar, “Prevalence of hypercholesterolemia among nurses in hospitals of Thiruvananthapuram, Kerala”, *Asian Review of social sciences*, October-December 2018, Vol: 7(3),ISSN:2249-6319,Pp-76-79
6. **Meera D.K** and Suma Divakar, “Nutritional status of Nurses from government and Private hospitals”, *Literary Findings, International Journal of Multidisciplinary*, December 2018,Vol:3(2),ISSN:2278-2311,Pp-103-110
7. **Meera D.K** and Suma Divakar, “Anaemia in relation to socioeconomic parameters and BMI of nurses in Thiruvananthapuram”, *Echoes of Research, Peer reviewed multidisciplinary journal*, 2018,Vol:7,ISSN:2348-2680,Pp-42-50
8. **Meera D.K** and Suma Divakar, “Prevalence of Diabetes among Nurses working in hospitals of Thiruvananthapuram”, *Indian Journal of Social Research*,2019, Vol:60(1),ISSN:0019-5626,Pp-85-92
9. **Meera D.K** and Suma Divakar, “Prevalence of hypertension among nurses in hospitals of Thiruvananthapuram”, *Proceedings of 3 day International seminar Development and communication and endo-nutrition :The current drift*, Department of Homescience, Govt. College for Women, Thiruvananthapuram, Nov 2018,Pp-157-166
10. **Meera D.K**, Suma Divakar and Mini Joseph, “ Health profile of nurses in Kerala, Proceedings of 51st Annual national conference of Nutrition Society of India, jointly organized by RGCB,TVPM, Nov 2019,Pp-62
11. **Meera D.K**, Suma Divakar and Mini Joseph,” Health Status of Nurses in Kerala, *International journal of Homescience*,may-Aug 2020, Vol:6(2),ISSN:2395-7476,Pp305-309
12. Dr Meera D.K, *Ketogenic diet: Beneficial or Harmful?*, *Current topics in Nutrition* , Romanson Publishing house,India,2021,ISBN:978-81-9466901-2

13. Dr Meera D.K,” Food Science, Nutrition and Biochemistry, Laboratory Manual for Students BSc Home Science” Romanson Publishing house,India, 2020, ISBN:978-81-949580-7-9
14. Dr Meera D.K,” Food Science, Nutrition and Biochemistry, Laboratory Manual for Students BSc Home Science” Romanson Publishing house,India, 2021, ISBN:978-81-949580-7-9
15. Dr Meera D.K, Dr Suma Divakar and Dr Mini Joseph,”Dietary practices and Nutritional profile of nurses in South India ,4th International conference on “Food and Nutrition proceeding,2021,ISBN 978-81-951120-0-5,Pp-174-175
16. Dr. Meera D.K; Dr Suma Divakar and Dr Mini Joseph , “Assessment Of Lifestyle And Dietary Habits Of Nurses Working In South India “,Proceedings on international conference on clinical nutrition and dietary lifestyle, May 2022, ISBN 978-93-92106-12-5,Pp-111-112
17. Dr. Meera D.K 1 * , Dr Suma Divakar 2, Lifestyle Determinants and Dietary Habits among Nurses in South India, International Journal of Food and Nutritional Sciences, ISSN PRINT 2319 1775 Online 2320 7876,dec 2022
18. Dr Meera D.K, “Trendy Indian weight loss diets: Features and challenges”, Infinity India Publishers, India, Oct 2022,ISBN- 978-93-91923-01-3,Pp 160-168
19. Dr Meera D.K, Nutritional profile of female nurses in Kerala,Proceeding on International conference on Public health and dietary life styles, May 2023, ISBN- : 978-93-92106-21-7,P-46
20. Meera D. K.1*, Suma Divakar2 and Mini Joseph1, “ Nutritional Profile of Female Nurses in Kerala”, Biological Forum – An International Journal 15(3): 684-689(2023), 22 March 2023
21. Dr Meera D.K , Suma Divakar2, “Impact Of Shift Work On Mental Distress And Job Satisfaction Among South Indian”, 6th International Conference on FOOD AND NUTRITION proceedings, , ISBN 978-93-92106-77-4, p-34

22. Dr Meera D.K , Suma Divaka, “Study on Mental Distress and Job Satisfaction Among South Indian Nurses”, Global Nursing Congress 2023 organized by Society for Nursing Practices (SFNP) proceedings, 27th & 28th October 2023, Vermont, USA, ISBN : 978-93-92106-52-1,P-21

PRESENTATIONS

1. An analytical study of the fried street foods in selected urban areas of Thiruvananthapuram, **National seminar**, Govt. College for women, Thiruvananthapuram Oct 25, 2013
2. Role of parents in helping teens to deal with stress, S N College for women, Kollam, 20-21 Feb, 2014
3. Prevalence of hypertension among nurses in hospitals of Thiruvananthapuram” at the **International Seminar** on Development and communication and endo-nutrition :The current drift organised by Department of Homescience, Govt. College for women, Thiruvananthapuram, 13th-15th November 2018,
4. “Nutritional status of Nurses from government and Private hospitals” at the 4th of **International Seminar** organised by Swami Vivekananda Association of Science and Humanities (SVASH) ,Thiruvananthapuram, 22nd December 2018
5. “A Comparative Study on Nutritional Status of Nurses in both Government And Private Hospitals of Thiruvananthapuram through ABCD Method” at **International Symposium** on Metabolism and ageing organized by the Department of Zoology, Mar Ivanious college, Thiruvananthapuram, 16-17 July 2019.

6. “Health profile of nurses in Kerala”, at 51st **National conference** on Nutrition Security: Blending Tradition with Modern Technology organized by NIN, Hyderabad, 8-9 November 2019
7. Got selection for Oral Presentation at **Nursing Conference**, Rome, Italy in November 2019
8. “Dietary practices and nutritional profile of nurses in Food and Nutrition” at 4th International conference on “Food and Nutrition” organised by Universal society of Food and Nutrition , Singapore,23rd September 2021
9. Got selection for Oral Presentation at **Asia Pacific Conference on Nursing Science**, Dubai, UAE which is going to held on 1st and 2nd December 2021
10. “Dietary practices and nutritional profile of nurses in Food and Nutrition” at International conference on “Food and Nutrition” organised by Universal Society of Food and Nutrition , Singapore,23rd September 2021
11. “Assessment of lifestyle and dietary habits of nurses working in south India”, International conference on “Clinical nutrition and Dietary life style” organised by Universal Society of Food and Nutrition , Bangalore,20th and 21st May 2022
12. “Nutritional Profile of Female Nurses In Kerala, International conference on Public health & Dietary lifestyle organised by Universal Society of Food and Nutrition,10th and 11st May 2023
13. “Impact Of Shift Work On Mental Distress And Job Satisfaction Among South Indian”, 6th International Conference on FOOD AND NUTRITION proceedings, Oct 25&26th,2023, Canada

14. “Study on Mental Distress and Job Satisfaction Among South Indian Nurses”, Global Nursing Congress 2023 organized by Society for Nursing Practices (SFNP) proceedings, 27th & 28th October 2023, Vermont, USA

PARTICIPATION IN SEMINARS/CONFERENCES/ WORKSHOPS/WEBINARS:

1. **National seminar** on “Emerging trends in family and community science, Dept. of Home science, GCWT, Oct 25, 2013
2. **National seminar** on “Food safety –concerns and issues, Dept. of Home science, St Teresa’s college, Ernakulam, Oct 3-4, 2013
3. **National Seminar** on Social Entrepreneurship: Avenues and challenges, Dept. of Home science, GCWT, Nov 28-29, 2016
4. 51st **National Conference** on Theme: Nutrition Security: Blending Tradition with Modern Technology, NIN,Hyderabad, Nov 8-9 2019
5. **Pre conference workshop** on clinical and hospital nutrition, organized by NIN,Hyderabad, Nov7, 2019
6. **Kerala nutrition Conference** 2020 organised by Department of women and child development, Government of Kerala, 27-28 February, 2020
7. **Seminar** on Intellectual Property Rights organised by **IQAC** and Research Forum, Govt. college for women, Thiruvananthapuram, Govt. Of Kerala, Nov 18, 2019
8. **National workshop** on Interdisciplinary approaches in research for Young India new India, organised by Dept. of Homescience , Govt. college for women, Oct 29-31, 2019
9. **State level workshop and exhibition** on Micronutrient fortification of food organised FFRC,FSSAI and Dept of Homescience, Govt College for women,TVPM, Oct 25th & 28th, 2019

10. **National Webinar** on 'Food Products- Innovation and Launching organized by Dept of Foods and Nutrition and Foods and Nutrition Alumni Association (MSUFNAA), Faculty of Family and Community Sciences, The Maharaja Sayajirao University of Baroda, June 15, 2020.
11. **International Webinar** on SOLID WASTE MANAGEMENT organized by the Post Graduate Department of Home Science , Sree Narayana College for Women, Kollam on 29th July 2020.
12. **Workshop** on outcome based education organised by University of Kerala, kariavattom,TVPM, June 1, 2019
13. **National seminar** on “The Keto fad: A critical approach to the phenomenon” organised by Dept of clinical nutrition and dietetics, women’s study center, St teresa’s college, Ernakulam, Feb 18, 2019
14. **International conference** on “Food and Nutrition organised by Universal society of Food and Nutrition, Singapore,23rd September 2021
15. **Webinar** on “Essentials of Entrepreneurship Development” organized by the Department of Home Science Extension Education, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on 28 July 2020
16. **International Webinar** Series on ‘ADAPTING TO THE NEW NORM OF EDUCATION-PART I HYFLEX LEARNING MODEL’ organised by the Department of Home Science and facilitated by resource persons from Northern State University, USA on 28th July 2020
17. **International webinar** on “Public Health Epidemiology - Strategies for Health and Nutrition organised by Department of Human Development and Family Studies

Community Science College and Research Institute, Madurai Tamil Nadu, India , July 21st , 2020

18. **National Webinar** on Paradigm Shift in Home Science Education organized by the Home Science Association of India (Kerala Chapter) from the 18th to the 20th of February, 2021
19. **National Webinar** on Enhanced Employability For Home Scientists in Current Scenario organised Post Graduate Teaching Department of Home Science Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur, on 22nd & 23rd June 2020.
20. **International Webinar series** - Connecting the Dots... on “Problems of data relating to older people and COVID19 : the case of India” Organized by UBA in association with IQAC and Dept. of Home Science, Govt.College for Women, Thiruvananthapuram, Kerala, India on 30th July 2020
21. **National Level Workshop** on Project Proposal Writing organized by the Nodal Office, CHRIST [Deemed to be University] Thiruvananthapuram Kerala from April 10,2021.
22. **International Webinar** on “Healthy aging - A Spotlight On Intergenerational Landscaping for the wellbeing Of Older Adults ”organized by the Post Graduate Department of Home Science, Sree Narayana College for Women, Kollam on 1st October 2020.
23. **International Webinar series** on Ageing, organised by the Dept of Home Science, Govt College for Women, Tvpm, Kerala in association with the Unnat Bharat Abhiyan Cell and Home Science Association of India, Kerala Chapter on 2nd October 2020
24. **Online Certificate Course Cum Workshop** of 32 hours on “Learner Centric Content Design Tools” organized by Deen Dayal Upadhyay Kaushal Kendra, Sanatan Dharma College, Ambala Cantt, 26th August 2020 to 09th September 2020.

25. **International Webinar Series** on "Age Well".... It's Never Too Late!! Organized by PG Department of Home Science & Community Health Club in association with NetProFaN & Home Science Association of India, Kerala Chapter in connection with International Elderly Day Celebrations on 1st & 2nd October 2020.
26. **Webinar** on "Boosting Immunity- Poshan with Local" organized by Department of Home Science (Food and Nutrition), Lakshmibai College, University of Delhi on 28th September, 2021.
27. **National Webinar** on Traditional Indian Food Habits, Life Style & Immunity in Reference to COVID-19 Pandemic Organised by Department of Home Science, Deen Dayal Upadhyay Gorakhpur University, Gorakhpur U.P. India, 23th & 24th May, 2020.
28. **Webinar** on "Corona Virus: A Microbiological Overview" organised by IQAC Committee and Department of Science of Sir Vithaldas Thackersey College of Home Science (Autonomous), SNDT Women's University on 26th May 2020.
29. **Webinar** on "Post Covid-19: Challenges and Opportunities for the Indian Food Industry" organised by M.O.P. Vaishnav College for Women (Autonomous) Chennai, on 25th May 2020.
30. **International Conference** on FOOD AND NUTRITION , "Impact Of Shift Work On Mental Distress And Job Satisfaction Among South Indian", Oct 25&26th,2023, Canada
31. **Global Nursing Congress 2023** organized by Society for Nursing Practices (SFNP) held on 27th & 28th October 2023, Vermont, USA
32. **International seminar** on Interdisciplinary approaches in science Organized by dept of Home science & Dept of statistics held on 13-15 2023, Govt College for women, Thiruvananthapuram

TRAININGS ATTENDED :(AWARDS/RECOGNITION)

- **IT oriented course** by UGC Academic Staff College, University of Kerala, Kariyavattom, Thiruvananthapuram
- Refresher course in **Environmental Sciences** (interdisciplinary) by UGC-HRDC, Univeristy of Kerala, Kariavattom, Trivandrum
- One Week Online **National Level Faculty Development Program on E-Content Development** organized by E-Resource Development Cell , Sanatan Dharma College, Ambala Cantt in Collaboration with Guru Angad Dev Teaching Learning Centre of MHRD (PMMMNMTT) SGTB Khalsa College, Delhi University from July 27-31, 2020.
- 15 days Online Certificate Course on **Learner Centric Content Design Tools**” organized by Department of Computer Science & Applications, Sanatan Dharma College, Ambala Cantt from August 26, 2020 to September 09, 2020
- Certificate Course on **MOODLE LMS** scheduled from 4-13 October, 2020 being organised by Sanatan Dharma College, Ambala Cantt., Haryana.
- **FIRST PRIZE** in the Oral presentations at the National seminar on “Emerging trends in family and community science joined organized by the Department of Home science and Council for teacher education, GCWT, Thiruvananthapuram, 25th Oct 2013 for the oral paper “An analytical study of the fried street foods in selected urban areas of Thiruvananthapuram”.
- **SECOND PRIZE** in the Oral presentations at the International conference on “Food and Nutrition” organised by Universal Society of Food and Nutrition , Singapore,23rd

September 2021 on the topic “Dietary practices and nutritional profile of nurses in Food and Nutrition”.

- INTERNATIONAL TEACHING EXCELLENCE AWARD 2021 in the appreciation to the research and teaching excellence in , CPACE, GOI, NITI Ayog NGO Darpan in Global Annual Education & Research summit
- BEST ORAL PRESENTATION award at the International conference on “Clinical nutrition and Dietary life style” organised by Universal Society of Food and Nutrition , Bangalore, 20th and 21st May 2022 on the topic “Assessment of lifestyle and dietary habits of nurses working in south India”.
- 10 days Online Certificate Course cum work shop on “**Open Source and AI-based Tools for Research**” organized by Department of Computer Science & Applications, Sanatan Dharma College, Ambala Cantt from July 11, 2023 to July 23, 2023
- BEST E ORAL PRESENTATION award at the 6th International Conference on FOOD AND NUTRITION organised by Universal Society of Food and Nutrition, Canada, Oct 25&26th, 2023, on the topic “Impact Of Shift Work On Mental Distress And Job Satisfaction Among South Indian”

PG RESEARCH PROJECT SUPERVISED : 25

UG RESEARCH PROJECT SUPERVISED: 7

EDITORIALS:

- Editorial Board member- International Seminar Proceedings on Development communication and Endo Nutrition, ISSN 97881 928506 2-7

- Chief editor -Research Innovations in Food, Nutrition and Dietetics published by Infinity Indica Publishers, first edition October 2022,ISBN-978-93-91923-01-3
- Reviewer of 2 articles in SN Comprehensive clinical medicine journal, springer nature, 2023

ORGANISATIONAL CAPABILITY:

- Co-ordinated two day state level workshop and exhibition on “**Micronutrient fortification of Food**”, sponsored by **FFRC,FSSAI** and organised by Dept. Of Home Science, Govt. College for women, TVPM on Oct 25th and 28th, 2019.
- Convened short film contest as a part of National Nutrition week celebration organized Trivandrum chapter and Dept of Home science, 2020
- Convened WEBINAR on "**COMBATING FOOD ADULTERATION: SCIENTIFIC & LEGAL ASPECTS**", Organized for **NetProFaN** Trivandrum Chapter, jointly by AFSTI Kollam Chapter & NSI Trivandrum Chapter.
- Dept coordinator of EWYL, Dept. Of Home Science, Govt. College for women, TVPM 2021
- Seminar Coordinator of **3 day INTERNATIONAL SEMINAR ON INTERDISCIPLINARY APPROACHES IN SCIENCE** jointly organised by PG dept dept of Home science & Research centre & Dept of statistics, GCW,TVM ; Dec 13-15,2023

MEMBERSHIP & OTHER OFFICAL ROLE HELD

Lifetime member ship in Nutrition society of India NSI,

Lifetime member ship in **Indian dietetic Association**

Lifetime membership in **Home Science Association of India**

Treasurer of NSI, Trivandrum chapter (2018-till date)

Chairman BSc S1,S3,S5 Home science, University of Kerala, 2021, 2022

Chairman MSc S2 & S4 Home science, University of Kerala, 2023, 2024

INSTITUTIONAL AFFILIATIONS:

- As judge to flower competitions organised by Malayala Manorama, 2019
- Aired talk on World Milk Day in All India Radio, 2019
- External examiner for conducting practical examination for students in IGNOU study centre, Vellayani (2019)
- **The University of Trans Disciplinary Health Science and Technology (TDU), Karnataka State Legislated University**-(Associates with them in undertaking student internship with eminent professors on Ayurveda Biology of Nutrition-45 days duration)
- **RICERCA 2020** -As a Subject expert in National Online Research Project Presentation Competition
- **Expert Talk Series**-An initiative of Lab for Learning and Life skills- Gave a talk on “Plagiarism -tools and detection techniques” for the final year UG and PG science students of Govt college for women , Trivandrum
- **Department of Industrial Microbiology and Biochemistry, Women’s unit and Science club**, - Gave a talk on Nutritional tips during Covid 19 pandemic for the students of Sree Ayyappa College, Ermalikkara as a part of Nutrition week celebrations 2021.