

Dr. Meera D.K

Associate Professor, Department of Home Science (Food and Nutrition)
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Nationality: Indian



Professional Profile

Experienced academician and researcher in Food and Nutrition with extensive teaching, research, publication, and conference experience. Specialized in nutritional health, lifestyle diseases, occupational health and dietary practices among healthcare professionals. Recognized for contributions in research, curriculum development, academic coordination and interdisciplinary collaborations.

Academic Qualifications

| Qualification | Institution / University | Year |
|-------------------------------------------------------------------------------------|--------------------------|------|
| Ph.D. in Home Science | University of Kerala | 2020 |
| M.Sc. Home Science (Food and Nutrition) | University of Kerala | 2004 |
| MBA (Human Resource Management) | IGNOU | 2010 |
| PG Diploma in Human Resource Management (PGDIHRM) | IGNOU | 2008 |
| Diploma in Management (DIM) | IGNOU | 2007 |
| B.Sc. Clinical Nutrition and Dietetics (Triple Main-Nutrition, Chemistry C Zoology) | University of Kerala | 2001 |
| UGC-NET Qualified | UGC, Govt. of India | 2004 |

Doctoral Research

Title: *Impact of Shift Work on the Health Profile of Nursing Professionals*

Guides: Prof (Dr) Suma Divakar C Prof (Dr) Mini Joseph

MBA Dissertation

Title: *A Critical Evaluation of Job Analysis and Job Design at E.I.D. Parry Ltd.*

Guide: S. Hariharan M.B.A, ML,FCS

M.Sc. Dissertation

Title: *An Analytical Study of Fried Street Foods in Selected Urban Areas of Thiruvananthapuram*

Guide: Dr Juna Paul

Professional Experience

Government Service

Associate Professor (Food and Nutrition)

Department of Home Science, Government College for Women, Thiruvananthapuram, Kerala

March 2026 - Present

Assistant Professor (Food and Nutrition)

Department of Home Science, Government College for Women, Thiruvananthapuram, Kerala

March 2012 - Feb 2026

Research Interests

- Clinical Nutrition
- Public Health Nutrition
- Occupational Health and Shift Work
- Lifestyle Diseases
- Dietary Practices and Nutritional Assessment
- Women's Health
- Food Science and Dietetics

Publications

1. Meera D.K. C Juna L. Paul. *An Analytical Study of Fried Street Foods in Selected Urban Areas of Thiruvananthapuram*. Emerging Trends in Family and Community Science Proceedings, 2014. ISBN: 9788192850603.
2. Meera D.K. *Breakfast: The Most Important Meal of the Day*. Echoes of Research, 2014. ISSN: 2348-2680.
3. Chithra Mohan C Meera D.K. *Effect of Breakfast on Classroom Behaviour and Academic Performance of Adolescents*. Echoes of Research, 2015.
4. Meera D.K. *Role of Parents in Helping Teens Deal with Stress*. S.N. College for Women, Kollam, 2014.
5. Meera D.K. C Suma Divakar. *Prevalence of Hypercholesterolemia among Nurses in Hospitals of Thiruvananthapuram, Kerala*. Asian Review of Social Sciences, 2018.
6. Meera D.K. C Suma Divakar. *Nutritional Status of Nurses from Government and Private Hospitals*. Literary Findings, 2018.
7. Meera D.K. C Suma Divakar. *Anaemia in Relation to Socioeconomic Parameters and BMI of Nurses in Thiruvananthapuram*. Echoes of Research, 2018.
8. Meera D.K. C Suma Divakar. *Prevalence of Diabetes among Nurses Working in Hospitals of Thiruvananthapuram*. Indian Journal of Social Research, 2019.
9. Meera D.K. C Suma Divakar. *Prevalence of Hypertension among Nurses in Hospitals of Thiruvananthapuram*. International Seminar Proceedings, 2018.
10. Meera D.K., Suma Divakar C Mini Joseph. *Health Profile of Nurses in Kerala*. Proceedings of the 51st Annual National Conference of Nutrition Society of India, 2019.
11. Meera D.K., Suma Divakar C Mini Joseph. *Health Status of Nurses in Kerala*. International Journal of Home Science, 2020.
12. Meera D.K. *Ketogenic Diet: Beneficial or Harmful?* Current Topics in Nutrition, 2021.
13. Meera D.K. *Food Science, Nutrition and Biochemistry Laboratory Manual for B.Sc. Home Science Students*. Romanson Publishing House, 2020.
14. Meera D.K. *Food Science, Nutrition and Biochemistry Laboratory Manual for B.Sc. Home Science Students*. Revised Edition, 2021.
15. Meera D.K., Suma Divakar C Mini Joseph. *Dietary Practices and Nutritional Profile of Nurses in South India*. 4th International Conference on Food and Nutrition Proceedings, 2021.
16. Meera D.K., Suma Divakar C Mini Joseph. *Assessment of Lifestyle and Dietary Habits of Nurses Working in South India*. International Conference Proceedings, 2022.
17. Meera D.K. C Suma Divakar. *Lifestyle Determinants and Dietary Habits among Nurses in South India*. International Journal of Food and Nutritional Sciences, 2022.
18. Meera D.K. *Trendy Indian Weight Loss Diets: Features and Challenges*. Infinity India Publishers, 2022.
19. Meera D.K. *Nutritional Profile of Female Nurses in Kerala*. International Conference Proceedings, 2023.

20. Meera D.K., Suma Divakar C Mini Joseph. *Nutritional Profile of Female Nurses in Kerala*. Biological Forum - An International Journal, 2023.
21. Meera D.K. C Suma Divakar. *Impact of Shift Work on Mental Distress and Job Satisfaction among South Indian Nurses*. International Conference Proceedings, 2023.
22. Meera D.K. C Suma Divakar. *Study on Mental Distress and Job Satisfaction among South Indian Nurses*. Global Nursing Congress Proceedings, 2023.
23. K.C. Sivapriya C Meera D.K. *Consumption Pattern of Pro- and Anti-Inflammatory Foods in Women before and during COVID-1S*. Indian Journal of Research in Food Science and Nutrition, 2023.
24. Meera D.K. *Reproductive Health Status and Pregnancy Outcomes among Nurses in Southern India*. Journal of Chemical Health Risks, 2024.
25. Najma Shanavas R. C Meera D.K. *Nutrition Awareness and Attitude towards Cancer Prevention among College Students in Thiruvananthapuram*. Cognitopia Multidisciplinary Academic Fest Proceedings, 2025.
26. Meera D.K. C Suma Divakar. *Exploring the Impact of Socioeconomic Factors on Mental Health and Job Satisfaction among Nurses in South India*. WUACD International Conference, 2025.
27. Najma Shanavas R. C Meera D.K. *Enhancing Nutritional Knowledge for Cancer Prevention among College Students in Thiruvananthapuram*. Echoes of Research, 2024.
28. Meera D.K. C Divakar S. *Nutritional Health Challenges and Lifestyle Patterns among Nurses in Thiruvananthapuram, Kerala*. The Journal of Research ANGRAU, 2025.
29. Meera D.K. *Fasting and Its Role in Cancer: Benefits, Mechanisms and Limitations*. Research Trends in Nutrition C Food Science, 2025.

Conference Presentations

- Presented research papers at various National and International Conferences held in India, Singapore, Canada, UAE, Italy, and the USA.
- Selected for Oral Presentations at International Nursing Conferences in Rome (2019) and Dubai (2021).
- Presented papers on nutrition, occupational health, lifestyle disorders, and mental health among nurses.

Awards and Recognitions

- First Prize - Oral Presentation, National Seminar on Emerging Trends in Family and Community Science, 2013.
- Second Prize - Oral Presentation, International Conference on Food and Nutrition, Singapore, 2021.
- International Teaching Excellence Award, 2021.
- Best Oral Presentation Award - International Conference on Clinical Nutrition and Dietary Lifestyle, Bangalore, 2022.
- Best E-Oral Presentation Award - 6th International Conference on Food and Nutrition, Canada, 2023.

Training Programmes and Faculty Development

- Refresher Course in Environmental Sciences - UGC HRDC, University of Kerala.
- Faculty Development Programme on E-Content Development.
- Certificate Courses on Moodle LMS, AI-Based Tools for Research, and Google Tools in Education.
- NEP Orientation and Sensitization Programme - University of Kerala, 2024.
- Short-Term Course on Design and Development of Online Courses - UGC MMTTC, 2025.

Editorial and Academic Responsibilities

- Editorial Board Member - International Seminar Proceedings on Development Communication and Endo Nutrition.
- Chief Editor - *Research Innovations in Food, Nutrition and Dietetics*.
- Reviewer - *SN Comprehensive Clinical Medicine Journal*, Springer Nature.

Organisational Responsibilities

- Coordinator - State Level Workshop and Exhibition on Micronutrient Fortification of Food.
- Seminar Coordinator - International Seminar on Interdisciplinary Approaches in Science, 2023.
- Convener - Webinars and Nutrition Awareness Programmes.
- Department Coordinator - EWYL Programme.

Memberships and Professional Affiliations

- Life Member - Nutrition Society of India (NSI)
- Life Member - Indian Dietetic Association
- Life Member - Home Science Association of India
- Treasurer - NSI Trivandrum Chapter (2018 - Present)

Additional Academic Contributions

- External Examiner for IGNOU Study Centre.
- Subject Expert for Faculty Recruitment Interviews.
- Judge for National Research Conferences and Academic Competitions.
- Delivered invited talks on nutrition, plagiarism detection, immunity and public health.
- Associated with interdisciplinary student internship programmes in Ayurveda Biology of Nutrition.

Research Guidance

- Recognized PhD Research Guide, University of Kerala (2024 - Present)
- Currently guiding one Ph.D. scholar under the University of Kerala.
- Postgraduate Research Projects Supervised: 31
- Undergraduate Projects guided: 11