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**REGISTER
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Nutrition Education and Counselling

From 31st January to 3rd February, 2024

@ 09.30Am - 4.30 Pm

Venue: Science Block, Padmashree Campus

Speakers



DR. ANURADHA M
Principal,
PIMS, Bangalore



MRS. DHANYA LAKSHMI
Holistic Nutrition coach,
Bangalore



DR. TOKPAM RESHMA CHANU
Assistant Professor, JSSAHER,
Mysore



DR. SHILPA P
Head of Dept. Clinical Nutrition
and Dietetics, PIMS, Bangalore



DR. SOWMYA RAJSHEKAR,
Asst Prof, Dept. of Clinical
Nutrition and Dietetics, PIMS,
Bangalore



MRS. PARIMALA
Asst Prof, Dept. of Clinical Nutrition
and Dietetics, PIMS, Bangalore



MRS. BHAVANI,
Asst Prof,
PIMS, Bangalore



MS. MEGHANA
Asst Prof, Dept. of Clinical
Nutrition and Dietetics,
PIMS, Bangalore

Workshop schedule

Day 1 - Jan 31		
09:45 AM - 10:00 AM	Welcome address	Orientation talk
10:00 AM – 11:00 AM	Mrs. Dhanyalakshmi Holistic Nutrition coach, Bangalore	Communication skills in counselling. Client and counsellor relationship
11:00 AM – 11:10 AM	Open for discussion	
11:00 – 11:15 AM	Break	
11:15 AM – 12.00 Noon	Dr. Sowmya Rajshekar Assistant Professor, Dept of clinical nutrition and Dietetics, PIMS	Nutrition care process and diet counselling
12.00 AM -12:10 PM	Open for discussion	
12:10 PM – 12:30 PM	Assigning topics for group activity	
12:30 PM – 01:30 PM	Lunch	
01:30 PM – 02:30 PM	Dr.Reshma, Assistant Professor, JSSAHER, Mysore	Behaviour changes strategies
02:30 PM – 02:40 PM	Open for discussion	
02:40 PM – 04:30 PM	Hands on techniques	
Day 2 – Feb 01		
10:00 AM -11:15AM	Ms. Meghana Assistant Prof, PIMS	Nutrition education – importance of policies
11:15 AM – 11:20 AM	Open for discussion	
11:20 AM – 11.30 AM	Break	
11:30 AM-12:20 PM	Mrs. Bhavani, Asst Prof, PIMS	Integrating psychology with nutrition
12:20 PM – 12:30 PM	Open for discussion	

12:30 PM – 01:30 PM	Lunch	
1:30 PM – 2:30 PM	Dr.Shilpa HOD, PIMS	Recommended research to evaluate implementation and effectiveness
02:30 PM – 02:40 PM	Open for discussion	
02:40PM– 04:30 PM	Hands on techniques	
Day 3 (Feb 1)		
10:00 AM-11:15 AM	Mrs. Parimala Asst Prof, PIMS	Nutrition counselling - Theories
11:15 AM – 11:20 AM	Open for discussion	
11:20AM – 11:30 AM	Break	
11:30 AM – 12:20 PM	Group activity	Counselling sessions by students
12:30 PM – 01:30 PM	Lunch	
1:30 PM – 2:00 PM	Quiz/ Assessment	
02:00 PM – 03:30 PM	Hands on techniques	
03:30 PM – 04:30 PM	Valedictory	Concluding remarks by Dr. Anuradha M
	Day 4 Feb 3	
09:30 AM – 12:30 PM	Nutrition education program by students at kommaghatta Govt Higher Primary school	



Workshop on Nutrition education and counselling

Date: Jan 31 – Feb 3, 2024

Venue: Science Block, Seminar Hall

DATE	Jan 31 2024 – Feb 3 2024
TITLE	Nutrition Education And Counselling
RESOURCE PERSONS	Mrs. Dhanyalakshmi, Dr. Reshma Dr Shilpa P Dr Sowmya Rajshekar Ms. Meghana Mrs. Bhavani Mrs. Parimala J
NO of PARCIPANTS	58
EVENT	4days workshop on Nutrition Education and Counselling

Resource Persons – DAY 1 (Jan 31)

	Mrs Dhanyalakshmi Holistic nutrition coach, Bangalore
	Dr. Reshma, Assistant Professor, JSSAHER, Mysore

A three-day's workshop was conducted by the Department of Clinical Nutrition and Dietetics, PIMS, Bangalore. The participants were M.sc I Semester CND and Food science and Nutrition students. The main aim of this workshop was to provide participants with a comprehensive understanding of communication skills, behavioural strategies, and nutritional education to promote health and well-being. Through interactive sessions, practical exercises, and

discussions, participants gained valuable insights and skills to facilitate behaviour change and promote healthy lifestyles. The first day of the workshop served as a valuable addition to the Communication Skills in Counselling workshop, providing participants with expert insights and practical strategies for cultivating effective communication in the client-counsellor relationship were discussed. Participants left the session with a deeper understanding of the importance of empathy, active listening, and cultural competence in counselling practice. The participants were equipped with actionable tools to enhance their communication skills and therapeutic effectiveness. The participants were introduced to various behaviour change theories and models to understand the process of behaviour change. The participants learned how to set SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals and develop action plans to facilitate behaviour change.



**Mrs. Dhanyalakshmi's talk on
Communication Skills in Counselling**



Dr Sowmya Rajshekar's session on NCP

**Dr.Reshma's talk on
strategies**






behavioural changes

Felicitation of speakers



Resource Persons – DAY 2 (FEB 1)

	Mrs Meghana Asst Prof, PIMS
	Mrs. Bhavani Asst Prof, PIMS
	Dr. Shilpa P HOD, Clinical Nutrition & Dietetics PIMS

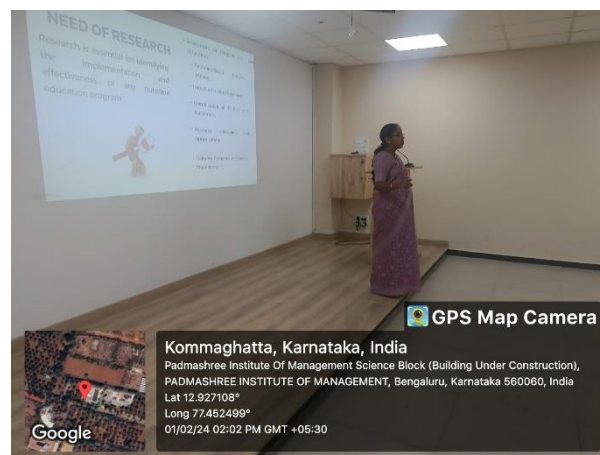
On the second day of the workshop Nutrition Education and Policies were discussed. It helped the participants to understand the role of nutrition education and various policies in improving nutrition outcomes and Recommended research to evaluate implementation and effectiveness of nutritional policies were discussed. Through interactive sessions, case studies, and collaborative exercises, participants gained valuable insights and practical strategies to advance nutrition education initiatives and policy changes in their communities. The workshop aimed to explore the intersection of psychology and nutrition and provide participants with practical strategies for integrating psychological principles into nutrition counselling and interventions. The resource person provided an overview of the psychological factors influencing eating behaviours, including emotions, stress, environmental cues, and past experiences. Participants engaged in discussions to explore how these factors impact food choices and eating habits.



**Ms Meghana's session on
Nutrition Education and policies in india**

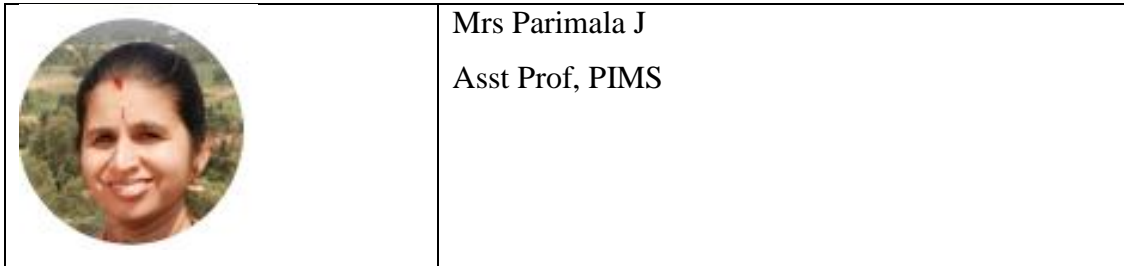


**Mrs Bhavani's talk on
psychology of eating**



Dr Shilpa's talk on Recommended research to evaluate implementation and effectiveness of nutritional policies

Resource Person – DAY 3 (FEB 2)



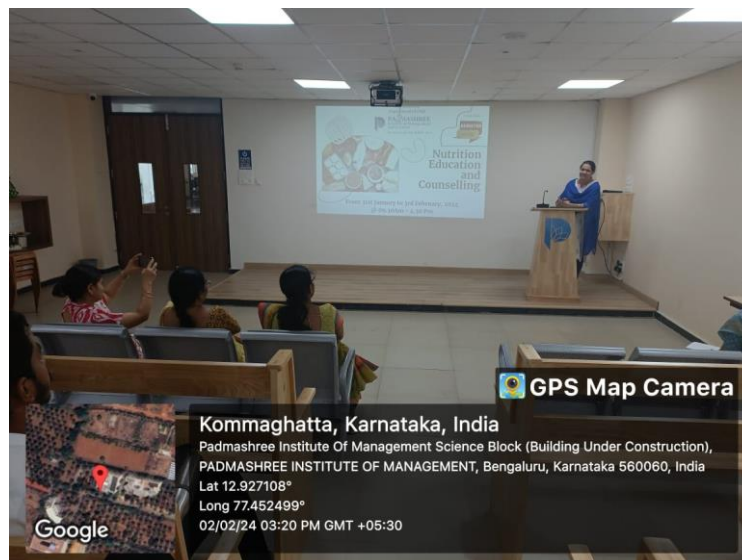
Communication is a fundamental aspect of human interaction, influencing various aspects of personal, professional, and societal life. Theories in communication provide frameworks for understanding the complexities of communication processes, behaviours, and effects were discussed on third day of the workshop. The students gained confidence in their ability to apply the knowledge and skills gained during the workshop and was applied on nutrition education program on their school visit.



Mrs Parimala's talk on Theories Of Behavioural Change



Issuing certificates of Participation



Students feedback

An extension activity was planned for the participants on 4th day to incorporate the strategies, challenges and the best practices which they learnt during the workshop. The participants were taken to Government primary school in Kommaghatta, Kengeri, Bangalore. Nutrition education and counselling for primary school children play a vital role in promoting healthy eating habits, preventing childhood obesity, and ensuring overall well-being. As part of nutrition education and counselling workshop, the participants addressed the common health issues like undernutrition, obesity, oral health hygiene and consumption of healthy foods. The

participants used various audio-visual aids like charts, posters, role plays and games were executed. The children were so enthusiastic and actively participated in all the activities conducted by our students.



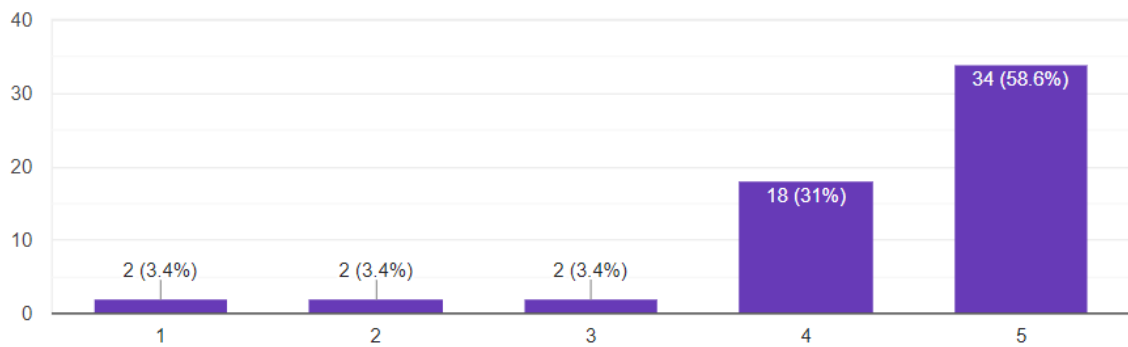
**Students conducting nutrition education program at Govt Higher primary school,
Kommaghatta**



Nutrition Education Program at Kommaghatta Higher Primary School

Students Feedback

58 responses



Content and usefulness of the workshop

1-Strongly disagree

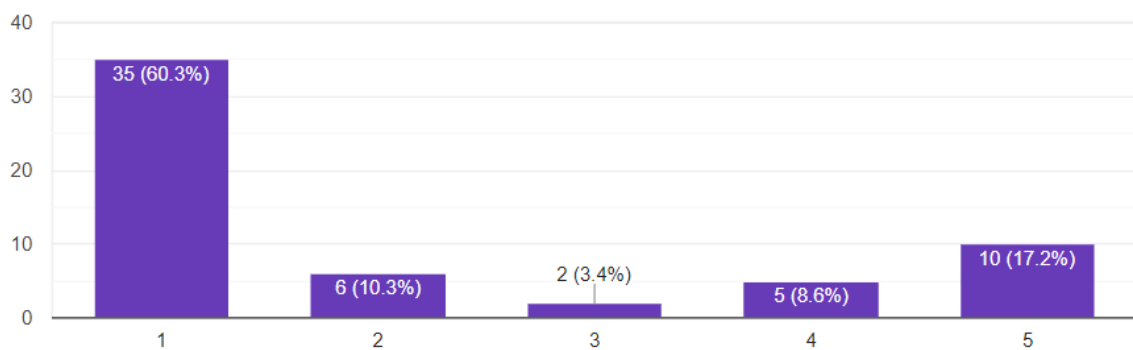
2-Disagree

3-Neutral

4-Agree

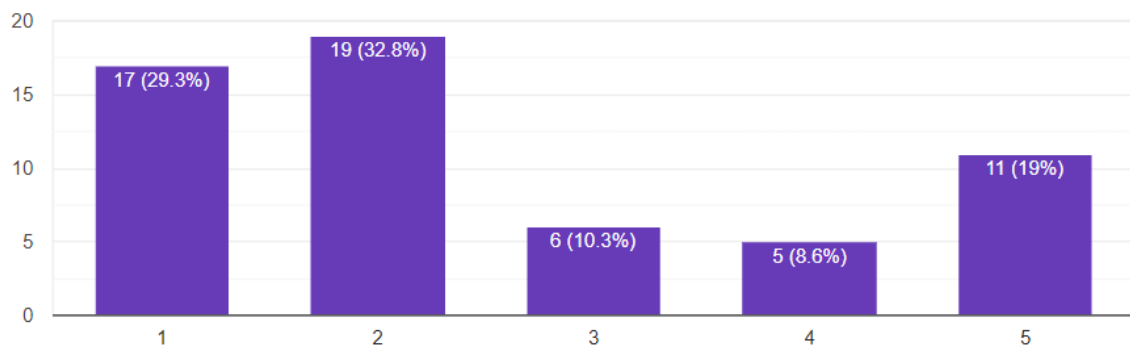
5-Strongly agree

58 responses



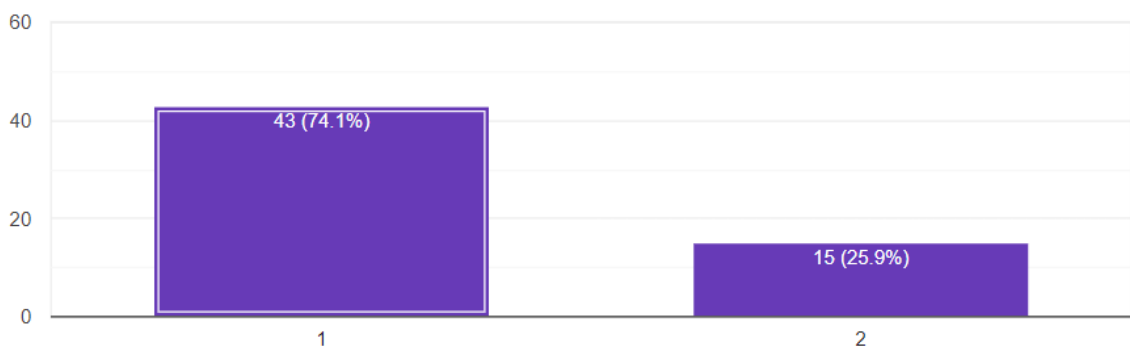
Overall rating on day 1 session

58 responses



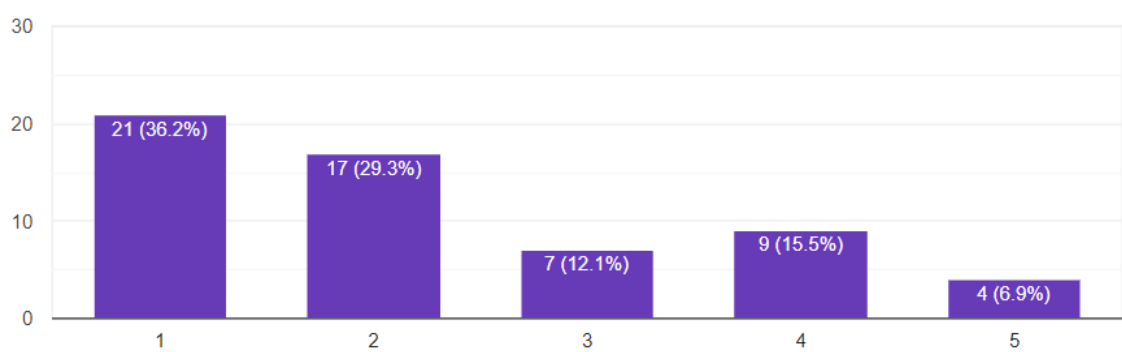
Overall rating on day 2 session

58 responses



Overall rating on day 3 session

58 responses



Overall workshop

1- Excellent

2- Very Good

3- Good

4- Fair

5- Poor

Program helpfulness

57 responses

