

# **WORKSHOP ON DIET COUNSELING – PRINCIPLES, PROCEDURE AND PRACTICE**

**POSTGRADUATE DEPARTMENT OF HOME SCIENCE, QUEEN MARY'S  
COLLEGE, IN ASSOCIATION WITH NSI CHENNAI CHAPTER**

## **REPORT**

**3<sup>rd</sup> and 4<sup>th</sup> SEPTEMBER 2024**

The Department of Home Science, Queen Mary's College, in association with NSI Chennai Chapter organized a two day workshop on Diet Counseling – Principles, Procedure and Practice, to commemorate the National Nutrition Month on 3<sup>rd</sup> and 4<sup>th</sup> September 2024. In all, 116 participants attended the workshop which included 45 students and staff from various colleges in the city (MOP Vaishnav College, Ethiraj College for Women, Women's Christian College, Professor Dhanapalan College, JBAS College for Women) besides dietitians and students and staff from Queen Mary's College totaling 71.

At the inaugural Dr. C. Kalaivani Ashok, welcomed the gathering and outlined the objectives of the workshop. She declared that the workshop aimed to provide students with practical insights in diet counseling, enhancing their readiness to become future dietitians. The Principal of Queen Mary's College, Dr. B. Uma Maheswari, in her Presidential address commended the Department's efforts in continually organizing seminars and workshops to keep students updated and competitive, ensuring them a bright future in their chosen field." Mr. Sridhar Ranganathan, Co founder and CEO of Helyxon and Jokes Apart, emphasized the importance of commonsense and consideration—the motto of Queen Mary's College—as key to success in communication, especially in diet counseling, during his lighthearted yet insightful keynote address."

The workshop's technical sessions began with Ms. Chitra Mahesh outlining the principles and tools for pre-counseling assessments. Ms. Augustlin Sharon then conducted an interactive session on the diet counseling process, concluding with a case study and quiz for the students.

Dr. Salome Joseph, Counseling Psychologist, expertly addressed the importance of effective communication, sharing evidence-based tips and techniques. She engaged the

audience with a mobile link for suggestions on communication in various case study scenarios, sparking enthusiastic participation.

The post-lunch session on Disease-Specific Diet Counseling featured a dynamic presentation by Ms. Thangamani from Mohan's Diabetes Research Foundation. She covered key aspects of diabetes dietary management, from carbohydrate counting and insulin matching to the importance of glycemic load and glycemic index. The session concluded with students analyzing case studies and proposing diet modifications. Ms. Thangamani also highlighted the critical role of sodium intake in managing hypertension.

Ms. Merina Elizabeth Alex from Madras Medical Mission Hospital gave an in-depth talk on the principles and practice of dietary management in Chronic Kidney Disease using case studies, emphasizing the balance of sodium, potassium, protein, phosphorus, and fluid intake.

On Day 2 of the workshop, Ms. Menaka, Dietitian at Gem Hospitals Coimbatore, discussed the differences between Irritable Bowel Syndrome (IBS) and Inflammatory Bowel Disease (IBD). In her interactive session, she engaged the audience, encouraging them to propose principles and procedures for dietary treatment of IBS, IBD, and chronic liver disease. She also presented case studies, highlighting tailored nutritional interventions for patients with diverse gastrointestinal and liver conditions.

In the next session on Obesity, Weight Management, and Cancer Nutrition, Ms. Raji from Apollo Hospitals outlined the key dos and don'ts for managing obesity, emphasizing the role of behavioral modification in achieving successful outcomes. Regarding cancer management, she discussed real-life scenarios, case studies, and the challenges of countering the effects of chemotherapy and radiation through nutrition. Ms. Raji addressed numerous queries from the audience with precise answers, drawing from her extensive experience in treating cancer patients.

The final technical session was a highlight, featuring Shiny Surendran from the Art of Eating Clinic and Ms. Ishwarya Murali. They delivered an engaging PowerPoint presentation on the use of technology in dietetics. Following this, they conducted a role play to simulate challenges encountered in a diet clinic, encouraging participants to suggest strategies to

address these issues. The audience actively participated in the role play, providing innovative and intelligent solutions to the scenarios presented.

In the final valedictory address, Dr. Usha Sriram, Consultant Endocrinologist, emphasized the pivotal role of dietitians in guiding patients from illness to health. She stressed the importance of showing genuine care and concern, as well as setting realistic and achievable dietary modifications as fundamental responsibilities of dietitians.

The event concluded with a heartfelt vote of thanks from Ms. Nisha Solomon, Associate Professor, Department of Home Science, Queen Mary's College.

**GLIMPSES OF WORKSHOP ON DIET COUNSELING – PRINCIPLES, PROCEDURE AND PRACTICE**



**INAUGURATION OF THE WORKSHOP**



**WELCOME ADDRESS BY DR. C. KALAIVANI ASHOK**

**PRESIDENTIAL ADDRESS BY DR. B. UMAMAHESHWARI**

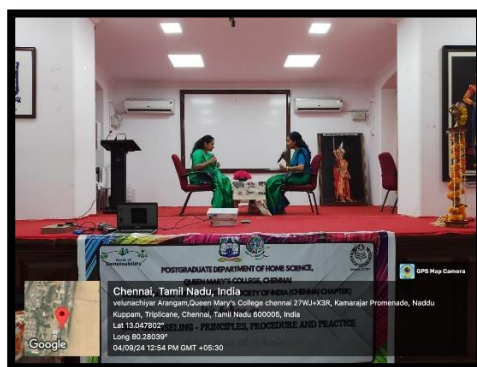
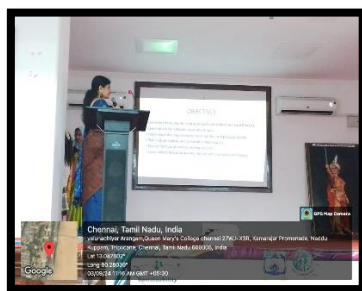
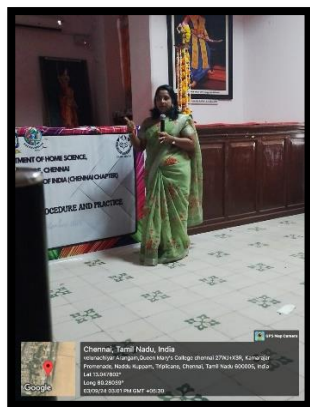


**FELICITATION OF THE KEYNOTE SPEAKER**





**FELICITATION OF RESOURCE PEOPLE BY HOME SCIENCE DEPARTMENT STAFF MEMBERS**



**TECHNICAL SESSIONS OF THE WORKSHOP**





**VALIDICTION OF THE WORKSHOP**



**ACTIVE PARTICIPATION BY THE PARTICIPANTS**