



**POST GRADUATE DEPARTMENT OF HOME SCIENCE
QUEEN MARY'S COLLEGE, CHENNAI 600 004
NSI, CHENNAI CHAPTER**

*Cordially invite you to a
Workshop on*

Diet Counseling

Principles, Procedure and Practice

DATE : 3.09.2024 & 4.09.2024

**VENUE : VELU NAACHIYAR ARANGAM,
QUEEN MARY'S COLLEGE, CENNAI**



Greetings from the Post Graduate Department of Home Science, Queen Mary's College (Autonomous), Chennai, Tamilnadu!

We are happy to invite you to a two day Workshop on "Diet Counseling- Principles, Procedure and Practice" on 3rd and 4th September at Queen Mary's College (Autonomous), Chennai 600 004.

About Queen Mary's College

Queen Mary's College- Empowering Women Over A Century

Queen Mary's College stands as a distinguished institution with a legacy of over 100 years in empowering women, cultivating knowledge, and delivering expertise across various disciplines. Established in 1914 as the Madras College for Women with just 33 students, it was renamed Queen Mary's College in 1917. Today, it proudly enrolls over 5,000 women students.

As a leading institution, Queen Mary's College primarily serves students from economically and socially marginalized sections of society. The college was the first government institution to undergo accreditation by NAAC, earning a prestigious "4-star status" in 1999 and re-accreditation with an "A" grade in 2015. This year, 2024, the college has achieved a national ranking of 71 in the NIRF.

Currently, Queen Mary's College comprises 24 departments, offering a wide range of academic programs including 23 undergraduate courses, 18 postgraduate courses, and 10 Ph.D. programs.

About the Department

Department of Home Science : A tradition of Excellence

The Department of Home Science began its journey in 1942 with a single undergraduate program, B.Sc. in Home Science. Over the years, the department has expanded to include two undergraduate programs—B.Sc. in Nutrition, Food Service Management, and Dietetics, and B.Sc. in Clinical Nutrition and Dietetics—as well as two postgraduate programs—M.Sc. in Foods and Nutrition, and M.Sc. in Food Service Management and Dietetics. The department is committed to building students' skills and potential by applying scientific principles, knowledge, research, and hands-on experience. Committed to elevating the standards of both students and the broader community, the department actively engages in teaching, research, and extension activities.

About Nutrition Society of India (NSI)

Nutrition Society of India (NSI): Advancing Nutrition Science and Policy

Established in 1967, the Nutrition Society of India (NSI) is a professional association comprising nutrition experts, program developers, and policymakers from India and around the world. The society is committed to disseminating the latest research findings in both basic and applied nutrition, analyzing the current state of nutrition programs in the country, and recommending effective strategies to enhance community nutrition on a broad scale.

Workshop Overview

Diet counseling is a crucial component of personalized healthcare, offering tailored nutritional guidance to individuals based on their unique health needs and conditions. It plays a pivotal role in managing chronic diseases, promoting overall wellness, and preventing nutritional deficiencies. Effective diet counseling not only supports better health outcomes but also empowers individuals to make informed dietary choices that align with their personal health goals.

The workshop titled "Diet Counseling - Principles, Procedure, and Practice" is designed to provide comprehensive training to students in the field of dietetics and nutrition. This event will delve into the essential components of effective diet counseling, including core principles, procedural methodologies, and practical techniques to enhance counseling practices.

This workshop addresses the growing demand for specialized knowledge and skills in diet counseling. As healthcare continues to evolve, there is an increasing need for nutrition professionals to stay abreast of the latest advancements in counseling techniques and disease-specific dietary management. The workshop aims to fill this gap by equipping participants with practical tools and strategies necessary for effective client interactions and disease management.

Objectives of the workshop

- To understand the principles of diet counseling within a clinical setting.
- To learn the step-by-step procedures for conducting diet counseling sessions.
- To gain practical experience in diet counseling through role-plays and case studies.
- To discover innovative ways of incorporating technology into counselling practice.

Who can attend

Academicians, Researchers, Dietitians and students from the field of Nutrition and Dietetics, Food Science and Health Sciences.

Registration

Student Participant	Rs. 400
Academicians, Researchers and others	Rs. 500

The participants can pay the registration fee by cash or by a Demand Draft drawn in favour of "The Principal, Queen Mary's College, Chennai", payable at Chennai or GPay to +919384484440

Online registration link:

<https://forms.gle/yTkR4GYKCSICE2bS9>

or



Kindly upload screenshot of registration amount paid. Last date for registration 1st September 2024.

Contact Details

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PROGRAMME SCHEDULE FOR TWO DAYS WORKSHOP

DAY 1

DIET COUNSELING –PRINCIPLES, PROCEDURE AND PRACTICE	
3 rd September 2024	
8.30 to 9.20 am	Registration
9.30 to 10.00am	Inauguration
Welcome address	DR. C. KALAYANI ASHOK ASSOCIATE PROFESSOR AND HEAD DEPT OF HOME SCIENCE QUEEN MARY'S COLLEGE (AUTONOMOUS), CHENNAI DR. B. UMA MAHESWARI PRINCIPAL QUEEN MARY'S COLLEGE (AUTONOMOUS), CHENNAI KEYNOTE ADDRESS
Presidential Address	MR. SRIDHAR RANGANATHAN CO-FOUNDER & CEO, HELYXON, CO-FOUNDER- JOKESAPART STEERING COMMITTEE MEMBER, DBT
10.00 am to 10.40 am	Tea break
10.40 am to 11.00 am	PRINCIPLES AND PROCEDURE OF DIET COUNSELING
11.00 am to 12.00 pm	MRS. CHITRA MAHESH (HEAD DIETITIAN) MS. AUGUSTLIN SHARON (JUNIOR DIETITIAN) CHENNAI MEENAKSHI MULTISPECIALITY HOSPITAL COUNSELING TECHNIQUES AND COMMUNICATION SKILL
12.00 pm to 1.00pm	DR. SALOME JOSEPH CONSULTANT PSYCHOLOGIST
1.00 pm to 1.45 pm	Lunch break
1.45.00 pm to 2.45 pm	DISEASE SPECIFIC DIET COUNSELING SESSION I DIABETES MANAGEMENT AND HYPERTENSION MS.THANGANANI SURESH HEAD, DEPARTMENT OF NUTRITION AND DIETETICS, REGISTERED DIETITIAN, DR MOHAN'S DIABETES SPECIALITIES CENTRE, CHENNAI
2.45 pm to 3.45 pm	SESSION II CARDIOVASCULAR DISEASE AND CHRONIC KIDNEY DISEASE MS. MERINA ELIZABETH ALEX ASST. MANAGER, DIETETICS, THE MADRAS MEDICAL MISSION CHENNAI.

DAY 2

DIET COUNSELING –PRINCIPLES, PROCEDURE AND PRACTICE	
WORKSHOP	
4 th September 2024	
9.30 am to 10.30 am	DISEASE SPECIFIC DIET COUNSELING - SESSION III GASTROINTESTINAL DISORDERS AND LIVER DISEASES MRS. MENAKA VIVEK SENIOR DIETITIAN, CUM BARIATRIC CO-ORDINATOR, GEM HOSPITAL OF INSTITUTE AND RESEARCH, COIMBATORE SESSION -IV OBESITY, WEIGHT MANAGEMENT AND CANCER NUTRITION
10.30 am to 11.30 am	Ms. A. RAJESWARI HEAD, DEPARTMENT OF CLINICAL NUTRITION AND DIETETICS APOLLO CANCER CENTRE, CHENNAI
11.30 am to 11.50 am	Break
11.50 am to 1.00 pm	TECHNOLOGY IN DIET COUNSELING MS. SHINY SURENDRAN FOUNDER PARTNER-ART OF EATING CLINIC SPORTS AND PREVENTIVE HEALTH DIETITIAN ISHWARYA MURALI SPORTS NUTRITIONIST AND DIETITIAN
1.10 pm to 2.00 pm	Lunch break
2.00 -3.00 p.m.	VALEDICTORY ADDRESS DR. USHA SRIRAM THE VOLUNTARY HEALTH SERVICES HOD-TAG VHS ENDOCRINOLOGY AND DIABETES CENTRE, TARAMANI, CHENNAI
	VOTE OF THANKS MRS. NISHA SOLOMON ASSOCIATE PROFESSOR, DEPT OF HOME SCIENCE QUEEN MARY'S COLLEGE, CHENNAI