

BHAVAN'S VIVEKANANDA COLLEGE

OF SCIENCE, HUMANITIES AND COMMERCE

Sainikpuri, Secunderabad-500094

Reaccredited, with 'A' grade by NAAC Autonomous College, Affiliated to O.U.

DEPARTMENT OF BIOCHEMISTRY & NUTRITION

is organising a

Value Added Course on Nutrition Psychology and Diet Counselling

Date: 10th November to 15th November, 2025

Time: 10:00 am to 4:00 pm

Offline mode

Resource Persons



Mrs. V. Revathi (PhD)

Asst. Prof. in Nutrition,
Dept of Biochemistry & Nutrition
BVC



Ms. Maria Dorothy

Lecturer in Psychology,
Faculty of Arts
BVC



Mr. S. Naveen Kumar

M.Phil., M.Ed. MSc., Asst. Prof (Guest Faculty)
Dept of Rehabilitation Psychology,
National institute for the empowerment of
persons with intellectual disability (NIEPID)
Govt of India, Sec bad

Course Coordinators:

Dr. S. Padma, Head, Dept of Biochemistry & Nutrition: 9440066013

Mrs. V. Revathi, Asst. Prof. in Nutrition, Dept of Biochemistry & Nutrition: 9908559449

[Click here to Register](#)

Registration Fee: Rs. 500/- per student

Target Group: Students of Ilyr and IIIyr of all streams

Course Duration: 30 hours

Contents:

Definition of counselling, Role of a counsellor, Counselling approaches-directive counselling, non- directive counselling, eclectic counselling. Basic Counselling skills (5 skills).

Significance of communication skills in Counselling and Therapy

Diet counselling- Definition, Process, guidelines for strengthening diet counselling and Steps in diet counselling- assessment, planning, implementation and evaluation.

Types of counselling- Individual Counselling - advantages and disadvantages (According to Humler of Persons-Individual counselling- Interview, Rational-emotive counselling, Behavioural counselling), Group counselling- Advantages and disadvantages.

Behaviour change, interventions, techniques and steps involved.

Nutrition and psychology, interrelationship, multidisciplinary concepts, definition, significance.

Interviewing techniques of obtaining relevant information-focussing on motivational interviewing.

Materials needed for counselling- posters, charts, pamphlets, flashcards, models, food lists.

Common eating disorders (Anorexia nervosa, bulimia nervosa, binge eating disorder, specified feeding and eating disorder, avoidant restrictive food intake disorder (ARFID), Pica, rumination disorder.

Practical: 10 hours

Role play-Counselling approaches

Simulation of steps in diet counselling

Simulation of Behaviour change techniques

Practice -Motivational Interviewing

Food diary