

Roll.No.

24UFMET6A03

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN
(AUTONOMOUS)

(Affiliated to the University of Madras and Re-accredited with 'A+' Grade by NAAC)

Chromepet, Chennai - 600 044.

B.Sc.NFSMD - END SEMESTER EXAMINATIONS - NOVEMBER 2025

SEMESTER - VI

24UFMET6A03 - Diet Counselling and Patient Care with Internship

Total Duration : 2 Hrs.30 Mins.

Total Marks : 60

Section B

Answer any **SIX** questions ($6 \times 5 = 30$ Marks)

1. Define counselling and list its types.
2. Describe any two basic communication skills required for counselling.
3. Write short notes on counsellor objectivity and subjectivity.
4. Mention the ethical codes and guidelines in counselling practice.
5. Explain the role of diet counselling in community health promotion.
6. Write about client-counsellor relationship and its importance in effective counselling.
7. Explain confidentiality and dual relationships in counselling.
8. Discuss dietary counselling for obese individuals with examples.

Section C

Answer any **THREE** questions ($3 \times 10 = 30$ Marks)

9. Compare the different theories of counselling with suitable examples.
10. Elaborate on counselling skills required for children, adolescents, and the elderly.
11. Analyze the essential components of counselling and the role of a counsellor as a role model.
12. Critically evaluate ethical issues in the assessment process and the legal responsibilities of counsellors.
13. Prepare a detailed plan for diet counselling of a diabetic patient at hospital and community levels.
