



ALPHONSA COLLEGE, PALA

Reaccredited to A Grade by NAAC in the

4th Cycle of Accreditation (CGPA 3.24)

Affiliated to Mahatma Gandhi University, Kottayam



DIET COUNSELLING

DIET COUNSELLING

Diet counselling, also known as nutrition counselling, is a process in which a qualified healthcare professional, provides guidance and support to individuals regarding their dietary habits and nutrition-related goals. The aim of diet counselling is to help individuals to aware about their food intake and develop healthier eating patterns to achieve and maintain optimal health. It empowers individuals to take charge of their own health by making informed choices about their diet. It provides the knowledge, skills, and support necessary for individuals to adopt healthier eating habits, improve their overall well-being, and prevent or manage various health conditions.

As part of the Alphonsian Community College, Diet counselling was provided to the public as an extension service from November 2023 onwards. The aim of this counselling session was to provide dietary guidance and support to persons in order to improve the overall health and well-being. Mrs. Binu Emmanuel, Asst. Professor, Dept of Clinical Nutrition and Dietetics was In-charge of the diet counselling. Every Wednesday Diet Counselling was provided from 10.00am to 2.30pm. Fifty rupees per head was charged from clients as counselling fee.

The diet counselling was carried out by conducting an assessment of the individual's current dietary habits, health status, medical history, lifestyle, and specific nutritional needs. Measurements such as height, weight, and BMI and waist circumference were also assessed.

Based on the assessment, the counsellor worked with the individual to establish realistic and personalized goals. These goals may include weight management, managing chronic conditions (e.g., diabetes, hypertension), addressing nutrient deficiencies, or promoting overall wellness. The counsellor provided information and education about nutrition, including the role of various nutrients, portion control, food groups, and the impact of dietary choices on health. The counselling helped the individuals in developing personalized meal plans that meet their specific needs and goals. Diet counselling focused on modifying eating behaviours and promoting healthy lifestyle habits. Counsellor helped the individuals to identify and address unhealthy eating habits, emotional eating triggers, and other factors that may hinder progress towards their goals.

Diet counselling was beneficial for individuals with specific health concerns or medical conditions. It helped the clients to optimize nutrient intake, control blood sugar levels, manage weight, reduce symptoms, and improve overall health outcomes. This education helped to build a foundation for lifelong healthy eating habits, allowing individuals to make better choices even outside the counselling sessions. Patients were advised for self-monitoring, such as keeping a food diary, tracking weight/body measurements etc.

A Follow-Up plan was scheduled for future appointments to track progress, reassess goals, and provide continued guidance.

ALPHONSIAN COMMUNITY COLLEGE, PALAI
(A Diamond Jubilee Initiative by Alphonsa College)

APPLICATION FORM

Name of the course	Diet Counselling
Name of the applicant	GRACY N. MATHEW
Address	Edachery Palathu Vilakkumbathur Poozhangy P.O.
Gender	Male / Female / Other
Date of Birth & Age	27/2/1960 - 63yrs
Contact Phone Number	9400665035
Email	gracymathew@gmail.com
Name of the Guardian and relationship	A. Zacharias - Husband
Marital Status	Married
Religion	R Syrian Christian
Current Status (tick the option)	Student / Working / Others
Educational Qualification	B.Sc & Ed
Signature of the candidate	<i>Gracy</i>

I hereby agree to obey all the rules and regulations of the college as well as instructions issued by the Principal from time to time.

Place: _____
Date: _____
Signature of the candidate: *Gracy*

FOR OFFICE USE ONLY

Name & Signature of Course Coordinator: *Biru Emmanuel*

Date of Admission: 07/12/23

(Seal) PRINCIPAL

ALPHONSIAN COMMUNITY COLLEGE, PALAI
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APPLICATION FORM

Name of the course	Diet Counselling
Name of the applicant	Gracydy Angeline
Address	Vallikkamambathur Njandupara P.O.
Gender	Male / Female / Other
Date of Birth & Age	23-03-1965 - 58
Contact Phone Number	9142098754
Email	
Name of the Guardian and relationship	Joseph Thomas Husband
Marital Status	M
Religion	R.C.S.C
Current Status (tick the option)	Student / Working / Others
Educational Qualification	M.Sc.
Signature of the candidate	<i>Gracy Angeline</i>

I hereby agree to obey all the rules and regulations of the college as well as instructions issued by the Principal from time to time.

Place: Palai
Date: 7-12-23
Signature of the candidate: *Gracy Angeline*

FOR OFFICE USE ONLY

Name & Signature of Course Coordinator: *Biru Emmanuel*

Date of Admission: 07/12/23

(Seal) PRINCIPAL

Sample forms



GPS Map
 Pala, Kerala, India
 Alphonsa College Arunapuram P.O Pala
 Lat 9.708329°
 Long 76.672866°
 29/11/23 03:14 PM GMT +05:30



GPS Map Camera
 Pala, Kerala, India
 Alphonsa College Arunapuram P.O Pala
 Lat 9.708329°
 Long 76.672866°
 29/11/23 03:13 PM GMT +05:30



myIMS
 Google
 PM49+393, Pala,
 Puliyanoor, Kerala
 686575, India,
 Lat:9.7052053,Long:9.7052053

10:53 am
 07 Dec-23,Thursday
321°
 NE



Google
 PM49+393, Pala,
 Puliyanoor, Kerala
 686575, India,
 Lat:9.7052053,Long:9.7052053

10:52 am
 07 Dec-23,Thursday
330°
 NE

Measurement of Height and Weight



Pala, Kerala, India
 Alphonsa College Arunapuram P.O Pala
 Lat 9.708329°
 Long 76.672866°
 29/11/23 03:17 PM GMT +05:30



PM49+393, Pala,
 Puliyanloor, Kerala
 686575, India,
 Lat:9.7052053,Long:9.7052053

11:18 am 37°
 07 Dec-23,Thursday NE



PM38+8RG, Arunapuram,
 Pala, Puliyanloor, Kerala
 686574, India,
 Lat:9.7036227,Long:9.7036227

11:40 am 34°
 07 Dec-23,Thursday NE



PM49+393, Pala,
 Puliyanloor, Kerala
 686575, India,
 Lat:9.7052053,Long:9.7052053

10:55 am 25°
 07 Dec-23,Thursday NE

Providing Diet Counselling

Course Coordinator: Binu Emmanuel



Asst. Professor,
 Dept. of Clinical Nutrition and Dietetics
 Alphonsa College, Pala