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(Pages : 2)

Name.....

Reg. No.....

**THIRD SEMESTER M.Sc. DEGREE (REGULAR/SUPPLEMENTARY)
EXAMINATION, NOVEMBER 2024**

(CBCSS)

Home Science – Nutrition and Dietetics

HND 3E 01 (03)—NUTRITIONAL COUNSELLING AND EDUCATION

(2019 Admission onwards)

Time : Three Hours

Maximum : 30 Weightage

Part A

*Answer any **four** questions, each in **one** paragraph.*

Each question carries a weightage of 2.

1. Observation-Definition and Meaning.
2. Listening as a technique of counselling.
3. Crisis Counselling.
4. Non-Verbal Communication.
5. Family Planning Counselling.
6. Attention-Definition and Meaning.
7. Referral Services.

(4 × 2 = 8 weightage)

Part B

*Answer any **four** questions, each within **one** page.*

Each question carries a weightage of 3.

8. Comment on geriatric counselling. Bring out the significance of the same.
9. Discuss the importance of confidentiality in counselling.
10. Differentiate guidance and counselling.
11. Bring out the importance of counselling in a terminally ill cancer patient.

Turn over

12. Explain gestalt therapy.
13. Discuss characteristics of guidance.
14. Bring out the importance of counselling among school going children.

(4 × 3 = 12 weightage)

Part C

*Answer any **two** questions.*

Each question carries a weightage of 5.

15. Write an essay on preventive and development counselling. Give examples.
16. Explain the significance of diet counselling in the management of lifestyle diseases.
17. Describe personality as a trait that influences counselling.
18. 'In India there is stigma against seeking counselling even today'-Justify.

(2 × 5 = 10 weightage)