



---

# DIET COUNSELLING

---

Best Practices of the Institute





# Institute of Home Science University of Kashmir

Hazratbal Srinagar-190006-(Kashmir) J&K  
[NAAC Accredited Grade A+].



## Title of the Practice

Promoting Healthier Lifestyles through Diet Counseling sessions.

## Objectives of the Practice

The primary objective of the Diet Counselling sessions at the Institute of Home Science, University of Kashmir, is to promote healthier lifestyles among students, faculty members and the community. The specific goals are:

- To provide personalized dietary guidance and nutrition education.
- To address specific dietary issues, including obesity, malnutrition, and diet-related diseases.
- To promote awareness about the importance of balanced nutrition in maintaining health and well-being.
- To contribute to the academic development of students studying Food Science and Dietetics.

## 3. The Context

Kashmir, a region with a diverse population and varying dietary patterns, faces unique challenges in terms of nutrition and health. The traditional diet, while rich in flavor, high in fats and carbohydrates, leading to a rise in lifestyle-related diseases such as obesity, diabetes, and cardiovascular issues. Additionally, there is a lack of awareness about balanced nutrition and healthy eating habits.

In this context, the Institute of Home Science recognized the need to establish a Diet Counselling session to address these issues. The session serves as a platform for disseminating information, providing expert advice, and encouraging healthier dietary practices among the university community and beyond.

## 4. The Practice

The Diet Counselling sessions operate as a dedicated unit within the Institute of Home Science, staffed by faculty members from the Department of Food Science and Nutrition/Dietetics and Clinical Nutrition. The practice includes the following components:

- **Counselling Sessions:** The program offers individual and group counselling sessions, where trained dietitians assess dietary habits and provide tailored advice. These sessions focus on creating balanced meal plans and suggesting healthier alternatives to traditional dishes.
- **Workshops and Seminars:** Regular workshops and seminars are organized to raise awareness about the importance of nutrition and its impact on health. These events feature guest speakers, interactive activities and demonstrations on healthy cooking.
- **Community Outreach:** The session extends its services to local schools and community centers to promote healthy eating habits among children and adults. This outreach aims to address nutritional issues at the grassroots level.
- **Academic Collaboration:** The program collaborates with other departments within the university to conduct research on nutrition-related topics. This research helps in understanding local dietary patterns and informing the cell's practices.

The uniqueness of this practice lies in its holistic approach, combining education, counselling, and community outreach. The main constraint faced by the cell is the limited resources available for outreach and research activities. However, the commitment of the faculty members and the enthusiasm of the university community have helped overcome these challenges.

## **5. Evidence of Success**

The success of the Diet Counselling sessions is evident in several key areas:

- **Increased Awareness:** There has been a significant increase in awareness about healthy eating habits among students and faculty. Attendance at workshops and seminars has grown steadily, indicating a heightened interest in nutrition.
- **Improved Health Outcomes:** Feedback from counselling sessions suggests that participants have experienced positive changes in their health, including weight loss, improved energy levels, and better management of existing health conditions.
- **Community Impact:** The programs have had a positive impact on local schools and community centers, with many participants adopting healthier dietary practices.
- **Academic Achievements:** The collaborative research conducted by the session has resulted in various students directing their research studies in this field, showcasing the university's commitment to advancing the field of nutrition.

These results indicate that the Diet Counselling programs are making significant strides in promoting healthier lifestyles and contributing to the overall well-being of the university community and beyond.

## 6. Problems Encountered and Resources Required

The Diet Counselling sessions have encountered several challenges, including:

- **Limited Resources:** The event operates with a limited budget, affecting its ability to conduct extensive outreach and research. This constraint has required the session to prioritize its activities and seek funding for expansion in terms of procurements of devices required for general assessments of the people seeking nutritional assistance at the event.
- **Cultural Barriers:** Promoting changes to traditional dietary habits can be challenging due to cultural and social resistance. The program has had to work diligently to address these barriers through education and community engagement.
- **Staffing Limitations:** The session relies on a small team of faculty members, which can limit its capacity to meet the growing demand for counselling and outreach services.

To address these challenges, additional resources are required, including funding for outreach programs, research projects, and additional staffing. Collaboration with external organizations and government agencies could also help in overcoming these obstacles and expanding the cell's reach and impact.