


<b>Name:</b>			
<b>Enrolment No:</b>			
<b>UPES</b> <b>End Semester Examination, May 2024</b>			
<b>Course: Psychological Counselling Skills</b>		<b>Semester: II</b>	
<b>Program: MSc Nutrition and Dietetics</b>		<b>Duration: 3 Hours</b>	
<b>Course Code: HUMN7005</b>		<b>Max. Marks: 100</b>	
<b>Instructions: Read all the questions carefully</b>			
<b>S. No.</b>	<b>Section A</b> <b>Short answer questions/ MCQ/T&amp;F</b> <b>(20Qx1.5M= 30 Marks)</b>	<b>Marks</b>	<b>COs</b>
<b>Q 1</b>	What is the full form of MUAC?	<b>1.5</b>	<b>CO1</b>
<b>Q 2</b>	What is Quetelet Index?	<b>1.5</b>	<b>CO1</b>
<b>Q 3</b>	What is Fluorosis?	<b>1.5</b>	<b>CO2</b>
<b>Q 4</b>	Enlist at least four anthropometric measures to assess the nutritional status.	<b>1.5</b>	<b>CO2</b>
<b>Q 5</b>	What is the scientific name for Vit K?	<b>1.5</b>	<b>CO4</b>
<b>Q 6</b>	What is the role of traditional Healers?	<b>1.5</b>	<b>CO3</b>
<b>Q 7</b>	What is community?	<b>1.5</b>	<b>CO2</b>
<b>Q 8</b>	What are over-the-counter drugs?	<b>1.5</b>	<b>CO4</b>
<b>Q 9</b>	What is leukoplakia?	<b>1.5</b>	<b>CO4</b>
<b>Q 10</b>	What is android obesity?	<b>1.5</b>	<b>CO3</b>
<b>Q 11</b>	Name any three civil society organizations working on Nutrition.	<b>1.5</b>	<b>CO1</b>
<b>Q 12</b>	What is the Survey approach?	<b>1.5</b>	<b>CO1</b>
<b>Q 13</b>	What is the Key informant approach?	<b>1.5</b>	<b>CO2</b>
<b>Q 14</b>	Name four operative functions of a personal manager.	<b>1.5</b>	<b>CO2</b>
<b>Q 15</b>	Define the Innovative approach.	<b>1.5</b>	<b>CO4</b>
<b>Q 16</b>	Define cognitive Gestalt theory?	<b>1.5</b>	<b>CO3</b>
<b>Q 17</b>	What is diffusion in communication?	<b>1.5</b>	<b>CO2</b>
<b>Q 18</b>	Name any three factors influencing food behaviours.	<b>1.5</b>	<b>CO4</b>
<b>Q 19</b>	Name four management functions of a personal manager.	<b>1.5</b>	<b>CO4</b>
<b>Q 20</b>	What are commercial venues?	<b>1.5</b>	<b>CO3</b>
<b>Section B</b> <b>(4Qx5M=20 Marks)</b>			

<b>Q 1</b>	Why do we need a multidisciplinary team to produce support materials?	<b>5</b>	<b>CO2</b>
<b>Q 2</b>	Briefly discuss the relevance of implementing and evaluating the nutritional care plan.	<b>5</b>	<b>CO3</b>
<b>Q 3</b>	What is the spectrum of Community Participation and types of Community Groups?	<b>5</b>	<b>CO4</b>
<b>Q 4</b>	Differentiate between Directive and Non-Directive Counselling.	<b>5</b>	<b>CO1</b>
<b>Section C</b> <b>(2Qx15M=30 Marks)</b>			
<b>Q 1</b>	Explain the process of Dialogue in Community Participation. What are the benefits of Community Participation?	<b>15</b>	<b>CO4</b>
<b>Q 2</b>	What is the Marketing Mix of the Social Marketing Process? Explain the process of social marketing.	<b>15</b>	<b>CO3</b>
<b>Section D</b> <b>(2Qx10M=20 Marks)</b>			
<b>Q 1</b>	What do you understand by the term diet counselling? What are the theories and approaches relevant to counselling?	<b>10</b>	<b>CO1</b>
<b>Q 2</b>	What are the different areas of specialisation for dietitians? Briefly highlight the role of the clinical dietitian.	<b>10</b>	<b>CO2</b>