

NOMINATION FORM

Centre for Advanced Faculty Training in Community Science
Professor Jayashankar Telangana Agricultural University
Post Graduate and Research Centre
Rajendranagar, Hyderabad – 500030

21 days Training on
“Psychological and nutritional
counselling strategies and techniques
for enhancing quality of life”
04/02/2025 to 24/02/2025

1. Name of the University and State:

2. Full Name: (In Block Letters): _____

3. Department and Designation: _____

4. Present employer and address:

5. Correspondence address with pin code:

Phone: Landline _____ Mobile _____

E-mail _____

6. Permanent address with pincode:

7. Date of birth:

8. Sex: Female / Male

9. Marital status: Married / Unmarried

10. Academic Record:

Examination Passed	Subjects	Year of passing	Class/Rank distinctions	University institution	Other information

11. Professional experience and no of years:

Teaching: _____ Research: _____

Extension: _____ Administration: _____

12. Posts held in the past 5 years:

Post	Organisation	Period	Nature of work

13. Current research areas of interest and major field of specialization

14. Number of publications :

A: Research Papers : _____

B: Popular Articles : _____

C: Books : _____

D: Instruction Manuals / Others : _____

15. Number of Seminars, Summer / Winter School / Short courses etc attended during the previous years under ICAR / Other organisations :

16. Accomodation required: Yes _____ No _____

Date _____

Place _____ Signature of Applicant

Recommendations of forwarding Institute

Signature with Date :

Seal :

Last date for submission of Nomination form: 18-01-2025

The Brochure and Nomination form can be downloaded from
www.pjtsau.edu.in / www.cafthsc.in / www.cbp.icar.gov.in

Note: Only online applications will be accepted hence fill the online applications. For uploading login as www.cbp.icar.gov.in

Advance copy of nomination by soft copy may be sent by E-mail to:

Dr. T. Supraja, CAFT Director

Professor and Head, PGRC,

PJTAU, Rajendranagar, Hyderabad - 500030

caftccschydpjtsau@gmail.com

For more information contact:

Course Director

Dr. P. Sreedevi

Mobile : 8374463625

CAFT Director

Dr. T. Supraja

Mobile : 8500304325

Venue:

Centre for Advanced Faculty Training in Community Science

Post Graduate and Research Centre, Community Science

PJTAU, Rajendranagar, Hyderabad



CENTER FOR ADVANCED FACULTY TRAINING IN COMMUNITY SCIENCE

21 Days Training Programme
on

“Psychological and nutritional
counselling strategies and techniques
for enhancing quality of life”

4th to 24th February 2025



Course Director

Dr. P. Sreedevi

Scientist (Child Development)

AICRP on WIA, PG&RC, PJTAU,

Rajendranagar, Hyderabad

Course Co-ordinators

Dr. G. Swarupa Rani

Assistant Professor (Human Development

and Family Studies) College of Community Science,

PJTAU, Saifabad, Hyderabad

Dr. P. Janaki Srinath

Assistant Professor (Foods and Nutrition)

College of Community Science. PJTAU,

Saifabad, Hyderabad

Organized by

Faculty of Community Science

Professor Jayashankar Telangana Agricultural University

Rajendranagar, Hyderabad - 500 030

PSYCHOLOGICAL AND NUTRITIONAL COUNSELLING STRATEGIES AND TECHNIQUES FOR ENHANCING QUALITY OF LIFE

Introduction :

Counseling is a professional and therapeutic process in which a counsellor helps a person or group to explore and resolve personal, emotional, psychological challenges. It addresses a wide range of issues such as relationships, stress, trauma, grief , physical and mental health conditions with the aim of promoting positive behaviour change and overall well-being. Counselling plays an important role in supporting professionals working with agrarian families. It can equip the professionals with conflict resolutions skills, facilitate constructive conversations and in finding mutually beneficial solutions. By acquiring counselling skills professionals can enhance their capacity to provide holistic support to agrarian families addressing their social, emotional, economic, psychological, nutritional and health needs and challenges for sustainable farming practices and better quality of life.

General Objectives

- * To educate trainees on the psychological and nutritional counselling strategies to deal effectively with farm families and to enhance their quality of life.
- * To impart training to faculty of Agricultural Universities to develop and upgrade skills pertaining to counselling .

Course Content

- ❖ Basic skills, principles and ethics in counselling
- ❖ Essential qualities and characteristics of good counsellor
- ❖ Applications of counselling in different areas like

Educational, vocational, marital, geriatric and children with special needs

- ❖ Professionals working in elite areas of counselling
- ❖ Assessment Tools used in counselling
- ❖ Techniques of counselling
- ❖ Prerequisites and preparation for counselling process
- ❖ Therapies and their strategies used in counselling - CBT, REBT, CT, BT, Person centered therapy, Solution Focused therapy, Talk therapy, Family Therapy etc
- ❖ Counselling for families under Crisis
- ❖ Counselling Strategies to resolve relationship difficulties
- ❖ Psychological first aid for families under crisis
- ❖ Strategic Preventive counselling for prolonged stress, depression and anxiety, addiction to Alcoholism, drugs, smoking, mobile and internet etc
- ❖ Pedagogy - Advanced Teaching Skills
- ❖ Role of ICT in counselling, tools, services
- ❖ Nutrition counselling and education
- ❖ Stages of Nutrition counselling for behaviour change
- ❖ Skills, attributes and ethics of the nutrition counsellor
- ❖ Methods and techniques of nutrition counselling
- ❖ Counselling for combating nutritional disorders and addressing non-communicable diseases
- ❖ Tools to address the road block nutritional behavioral change
- ❖ Techniques for Nutritional behavioral change in families

Visits:

- Roshini Counselling center
- Sudisha Counselling center
- Marriage and Family Counselling center
- Child guidance and Family Counselling center
- Psychiatry Clinic/ Unit

- Wellness Clinic
- Nutrition counselling center

● **Benefits for the participating organizations:** The participants will have interactive sessions with the teaching faculty of the course. The training will be in the form of lectures by experts followed by hands on training. Group discussions and projects involving concept development on strategies and techniques used in counselling.

● **Host Faculty:** CAFT Community Science is the only centre in India to cater to the needs of related faculty. The teaching faculty will be from the host institute as well as related Institutions like Banjara Academy, Telangana Psychology Association, JNTU, University of Hyderabad, Reputed Counselling and guidance centers, Wellness centers, Hospitals and Clinics, National Corporate trainers, Sweekar Academy of Rehabilitation Sciences, NIN, UNICEF and Consultant Nutrition Counsellors.

● **Invitation to participants:** PJTAU invites faculty with a minimum of 3 years experience related fields are requested to fill in online application forms and send the duly filled Nomination Form to the Course Director on or before 18-01-2025. The boarding, lodging and travel expenses of selected participants will be borne by CAFT under the budget allotted to training programmes to faculty of State Agricultural Universities and ICAR Institutes as per ICAR guidelines. Travel expenses will be restricted to II tier AC sleeper class of train and based on the criteria of the pay scales of participants. The participants will be hosted at either ICAR - IIOR or NAARM or EEI guest house at Rajendranagar.

Venue :

The training will be conducted at the Post Graduate and Research Centre, PJTAU, Rajendranagar, Hyderabad.