



**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI**  
**DEPARTMENT OF FOODS AND NUTRITION**



**SYLLABUS FOR BRIDGE COURSE**

**2023 - 2024**

**COURSE NAME: FUNDAMENTALS OF NUTRITION**

**Course Objectives:**

- To learn about the basics of Nutrition
- To gain Knowledge on food groups
- To know about Good Health based on Nutrition
- To learn about therapeutic diets
- To learn about the current scenario and opportunities in nutrition.

**UNIT-I BASICS OF NUTRITION**

Introduction to nutrition and its application in daily life, balanced diet, menu planning.

**UNIT-II FOOD GROUPS**

Nutrients, essential nutrients, Roughage/fiber, water,. Food groups - Basic Four, Basic Five and Basic Seven.

**UNIT-III HEALTH & FITNESS**

**Health and Fitness:** Definition of Health and Fitness, Tips to maintain healthy lifestyle

**UNIT- IV THERAPEUTIC DIETS**

**Disease Condition:** Nephritis, Cancer, HIV (AIDS), Stroke and Hepatitis

**UNIT- V CAREER PERSPECTIVES**

Services provided at MKJC, Department highlights, Vision on Placement opportunities. Importance of higher education, Role of clinical nutritionist and Dietitian, Fitness coach, Certified Nutrition Specialist, Health coach, Health Educators, Research Dietitian and Community Health Workers- CDPO, AD, Quality Control Officer, Food Safety Officer, Registered Dietitians, Rehabilitation Counselors and Sports Nutritionist.





**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI**  
**DEPARTMENT OF NUTRITION,FSM & DIETETICS**  
**FUNDAMENTALS OF NUTRITION**  
**BRIDGE COURSE TIMETABLE (2023-2024)**



**CLASS: I B.Sc ND**

| DAY/<br>HR | I                    | II     | III                      | IV                       | V                          | VI                         |
|------------|----------------------|--------|--------------------------|--------------------------|----------------------------|----------------------------|
| I          | Major(R.Mahalakshmi) | Sports | Communicative<br>English | Communicative<br>English | Major (S.Monisha)          | Counselling                |
| II         | Major(S.Swetha)      | Sports | Communicative<br>English | Communicative<br>English | Major (M.Ayesha<br>Sabeen) | Nutrition Value            |
| III        | Major (N.Pragathi)   | Sports | Communicative<br>English | Communicative<br>English | Major(G.pooja jain)        | Personality<br>Development |
| IV         | Major(R.Mahalakshmi) | Sports | Communicative<br>English | Communicative<br>English | Major (M.Ayesha<br>Sabeen) | Stress<br>Management       |
| V          | Major (N.Pragathi)   | Sports | Communicative<br>English | Communicative<br>English | Major(S.Swetha)            | Personality<br>Development |

**Staff Handled by**

UNIT IV - Ms R.Mahalakshmi  
UNIT II - Ms. S.Monisha  
UNIT III - Ms M.Ayesha Sabeen  
UNIT IV - Ms G.Pooja Jain  
UNIT V - Ms N.Pragathi & S.Swetha

*R. Mahalakshmi*  
HOD 25/11/2023

*N. Swetha*  
PRINCIPAL  
PRINCIPAL  
Marudhar Kesari Jain College  
for Women  
Vanivambadi - 635 751



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN VANIYAMBADI



PG & RESEARCH DEPARTMENT OF FOODS & NUTRITION

FUNDAMENTALS OF NUTRITION

BRIDGE COURSE 2023-2024



R. Mahalingam  
HOD 25/7/2023

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**Marudhar Kesari Jain College for Women, Vaniyambadi**  
**Bridge Course Attendance**



**Department : NUTRITION, FOOD SERVICE MANAGEMENT & DIETETICS**

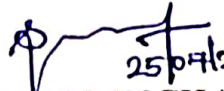
**Academic Year :2023 - 2024**

**Class: I B.Sc NUTRITION, FOOD SERVICE MANAGEMENT & DIETETICS**

**Course Name: FUNDAMENTALS OF NUTRITION**

| S.No | Name of the Student | Signature  |            |            |            |            |            |
|------|---------------------|------------|------------|------------|------------|------------|------------|
|      |                     | 03.07.2023 | 04.07.2023 | 05.07.2023 | 06.07.2023 | 07.07.2023 | 08.07.2023 |
| 1    | AFRA.M              | Afra.M     | Afra.M     | Afra.M     | Afra.M     | Afra.M     | Afra.M     |
| 2    | AKILA V             | Akila.V    | Akila.V    | Akila.V    | Akila.V    | Akila.V    | Akila.V    |
| 3    | ALMAS.S             | Almas.S    | Almas.S    | Almas.S    | Almas.S    | Almas.S    | Almas.S    |
| 4    | ARCHANA.P           | Archana.P  | Archana.P  | Archana.P  | Archana.P  | Archana.P  | Archana.P  |
| 5    | ATHUFA RAHEEN TS    | Athufa     | Athufa     | Athufa     | Athufa     | a          | a          |
| 6    | DURGA S             | Durga      | Durga      | Durga      | Durga      | Durga      | Durga      |
| 7    | FAHEERA             | Fahera     | Fahera     | Fahera     | Fahera     | Fahera     | Fahera     |
| 8    | JAGADEESWARI G      | a          | a          | Jagadig    | Jagadig    | Jagadig    | Jagadig    |
| 9    | JANANI A            | Janani     | Janani     | Janani     | Janani     | Janani     | Janani     |
| 10   | KIRUTHIKA K         | Kiruthika  | Kiruthika  | Kiruthika  | Kiruthika  | Kiruthika  | Kiruthika  |
| 11   | LIZEYA D            | Lizeya     | Lizeya     | Lizeya     | Lizeya     | Lizeya     | Lizeya     |
| 12   | LOKESHWARI U        | a          | a          | Lokeshwari | Lokeshwari | a          | Lokeshwari |
| 13   | MAISA TASNEEM S     | Maisa      | Maisa      | Maisa      | Maisa      | a          | a          |
| 14   | MONISHA S           | S.Monisha  | S.Monisha  | S.Monisha  | S.Monisha  | S.Monisha  | S.Monisha  |
| 15   | NANDHINI S          | Nandhini   | Nandhini   | Nandhini   | Nandhini   | Nandhini   | Nandhini   |
| 16   | NIVETHA G           | Nivetha    | Nivetha    | Nivetha    | Nivetha    | Nivetha    | Nivetha    |
| 17   | PADMAVATHI J        | Padma      | Padma      | Padma      | Padma      | a          | Padma      |
| 18   | POOJA D             | Pooja      | Pooja      | Pooja      | Pooja      | Pooja      | Pooja      |
| 19   | PRADEEPA S          | S.Pradeepa | S.Pradeepa | S.Pradeepa | S.Pradeepa | S.Pradeepa | S.Pradeepa |
| 20   | PRINCY T            | Princy     | Princy     | Princy     | Princy     | Princy     | Princy     |
| 21   | PRIYADHARSHINI R    | R.Priya    | R.Priya    | R.Priya    | R.Priya    | R.Priya    | R.Priya    |
| 22   | QANITA IRAM K       | Qanita.K   | Qanita.K   | Qanita.K   | Qanita.K   | Qanita.K   | Qanita.K   |
| 23   | RAFIYA ANJUM        | Rafiya     | Rafiya     | Rafiya     | Rafiya     | a          | a          |
| 24   | SAKTHI PRIYA N      | N.Sy       | N.Sy       | N.Sy       | N.Sy       | N.Sy       | N.Sy       |
| 25   | SANDHIYA L          | Sandhya    | Sandhya    | Sandhya    | Sandhya    | Sandhya    | Sandhya    |
| 26   | SANIYA AFSHEEN P S  | Saniya     | Saniya     | Saniya     | Saniya     | Saniya     | Saniya     |

|    |                 |                 |                 |                 |                 |                 |                 |
|----|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 27 | SANTHIYA J      | <del>Shi</del>  | <del>Shi</del>  | <del>Shi</del>  | <del>Shi</del>  | <del>Shi</del>  | <del>Shi</del>  |
| 28 | SHABREEN        | a               | a               | Shabreen        | Shabreen        | Shabreen        | Shabreen        |
| 29 | SHARMILA B      | Shi.B           | Shi.B           | Shi.B           | Shi.B           | Shi.B           | Shi.B           |
| 30 | SINEHA L        | Sin             | Sin             | Sin             | Sin             | Sin             | a               |
| 31 | SNEHA D         | D.Sne           | D.Sne           | D.Sne           | D.Sne           | D.Sne           | D.Sne           |
| 32 | SORNALAKSHIMI S | S.S             | S.S             | S.S             | S.S             | S.S             | S.S             |
| 33 | VARSHA ROGINI S | S.Varsha rogini | S.Varsha rogini | S.Varsha rogini | S.Varsha rogini | S.Varsha rogini | S.Varsha rogini |

  
 25/7/23  
**CLASS INCHARGE**

R. Mahalingam  
 25/7/23  
**HOD**

  
**PRINCIPAL**  
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Bridge Course Feedback



Department : NUTRITION, FOOD SERVICE MANAGEMENT & DIETETICS

Academic Year :2023 - 2024

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Course Name: FUNDAMENTALS OF NUTRITION

| S.No | Name of the Student | Feedback                                                                                                                                            |
|------|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| 1    | ALMAS S             | I learn something new from this Bridge course. I learn apart from studies. what at all the scope of this course                                     |
| 2    | ATHUFA RAHEEN T S   | I know after bridge course. I also learn grammar. How to speak in placement interview.                                                              |
| 3    | DURGA S             | It is a knowledge course except from education. I love this bridge course.                                                                          |
| 4    | KIRUTHIKA K         | This day are starting days of our college we are free from stress by this course.                                                                   |
| 5    | PRADEEPA S          | Because of bridge course we are involved to listen the important of nutrition.                                                                      |
| 6    | QANITHA IRAM K      | I am really happy to join this course. I would know this after the bridge course. There is excellent teaching help me to boost my study.            |
| 7    | RAFIYA ANJUM V      | Bridge course - very useful me to build my self.                                                                                                    |
| 8    | SANIYA AFSHEEN P S  | Bridge course help me to how I easily learned with <sup>many</sup> others. Things.                                                                  |
| 9    | SNEHA D             | I would learned grammar from bridge course its very useful to me to speak without grammatical mistake. I would learned many things apart my studies |
| 10   | VARSHA ROGINI S     | I learned how to speak with bold, and the way of communication.                                                                                     |

25/7/23  
Class Incharge

25/7/23  
HOD

Principal  
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