



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (AUTONOMOUS)
VANIYAMBADI

PG & RESEARCH DEPARTMENT OF FOODS & NUTRITION

BRIDGE COURSE SYLLABUS 2025-2026

COURSE NAME: AN INTRODUCTION TO NUTRITION

Course Objective:

1. To learn about the Basics of Nutrition.
2. To gain knowledge on food groups.
3. To know about Good Health based on Nutrition.
4. To learn about Therapeutic Diets.
5. To develop essential academic skills for success in higher-level coursework

Section	Topic	Pedagogy Activity	Staff Incharge
1	Introduction to Nutrition and its application in Daily Life.	Presentation	Ms R.Mahalakshmi
2	Introduction to Balanced Diet & Menu Planning.	Lecturing	Ms S.Monisha
3	Introduction to Essential Nutrients & Water.	Lecturing	Ms V.Jasmine Esther Rani
4	Food Groups – Basic Four, Five & Seven	Presentation	Ms S.Monisha
5	Food safety and hygiene techniques- Personal and kitchen hygiene, Safe food handling practices.	Lecturing	Ms N.Pragathi
6	Basics of Public Health Nutrition-Malnutrition and undernutrition.	Group Discussion	Ms R.Mahalakshmi

7	Basics of food preservation.	Presentation	Ms S.Monisha
8	Vitamins: fat-soluble and water-soluble.	Presentation	Ms V.Jasmine Esther Rani
9	Job Opportunities - Nutritionist/dietitian/Sports Nutritionist/Clinical Nutritionist/Food Safety Auditor/Catering Manager/Health Coach/Child Development Program Officer.	Presentation	Ms V.Jasmine Esther Rani
10	Government nutrition programs (like ICDS, Mid-Day Meals, etc.)	Discussion	Ms R.Mahalakshmi

Course Outcomes

Upon completion of the course the students will be able to

- Gain an insight on Basic Principles of Nutrition in daily Life.
- Understand the core concepts of Food Groups in everyday Life.
- Acquire basic knowledge on the Hygiene Practices.
- Identify the nutrient functions and sources.
- Describe the scope of practice and professional ethics in nutrition and dietetics

Assesment

Quiz/Multiple choice questions

R. Mahalakshmi
HOD 30/5/2024

30/5/2024
PRINCIPAL
Marudhar Kesari Jain College
for Women (Autonomous)
Vaniyambadi - 635 751.
Tirupattur District



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN (AUTONOMOUS) VANIYAMBADI

BRIDGE COURSE TIME TABLE 2025-2026

DATE:09.06.2025-13.06.2025 *ND*

DAY ORDER	I	II	III	IV	V	VI
1	AN INTRODUCTION TO NUTRITION R.MAHALAKSHMI	AN INTRODUCTION TO NUTRITION V.JASMINE ESTHER RANI	COMMUNICATIVE ENGLISH DRSRIVIDHYA	AN INTRODUCTION TO NUTRITION S.MONISHA	AN INTRODUCTION TO NUTRITION N.PRAGATHI	AN INTRODUCTION TO NUTRITION S.MONISHA
2	MOTIVATIONAL CLASS Dr.MERLIN MYTHILI	BEYOND CURRICULUM AND EXAM PATTERN Dr.SRINIVASAN	COMMUNICATIVE ENGLISH DRSRIVIDHYA	AN INTRODUCTION TO NUTRITION R.MAHALAKSHMI	AN INTRODUCTION TO NUTRITION S.MONISHA	AN INTRODUCTION TO NUTRITION R.MAHALAKSHMI
3	COMMUNICATIVE ENGLISH DRSRIVIDHYA	AN INTRODUCTION TO NUTRITION S.MONISHA	COMMUNICATIVE ENGLISH DRSRIVIDHYA	AN INTRODUCTION TO NUTRITION V.JASMINE ESTHER RANI	AN INTRODUCTION TO NUTRITION N.PRAGATHI	AN INTRODUCTION TO NUTRITION V.JASMINE ESTHER RANI
4	COMMUNICATIVE ENGLISH DRSRIVIDHYA	AN INTRODUCTION TO NUTRITION V.JASMINE ESTHER RANI	COMMUNICATIVE ENGLISH DRSRIVIDHYA	AN INTRODUCTION TO NUTRITION N.PRAGATHI	AN INTRODUCTION TO NUTRITION S.MONISHA	AN INTRODUCTION TO NUTRITION N.PRAGATHI
5	COMMUNICATIVE ENGLISH DRSRIVIDHYA	AN INTRODUCTION TO NUTRITION R.MAHALAKSHMI	COMMUNICATIVE ENGLISH DRSRIVIDHYA	AN INTRODUCTION TO NUTRITION V.JASMINE ESTHER RANI	NUTRITION (SPORTS)	AN INTRODUCTION TO NUTRITION V.JASMINE ESTHER RANI

[Signature]
CLASS INCHARGE

[Signature]
HOD

[Signature]
13/6/2025
DEAN (School of life Science)

[Signature]
PRINCIPAL

**Marudhar Kesari Jain College
for Women (Autonomous)
Vaniyambadi - 635 751.
Tirupattur District**



MARUDHAR KESAI JAIN COLLEGE FOR WOMEN (AUTONOMOUS)

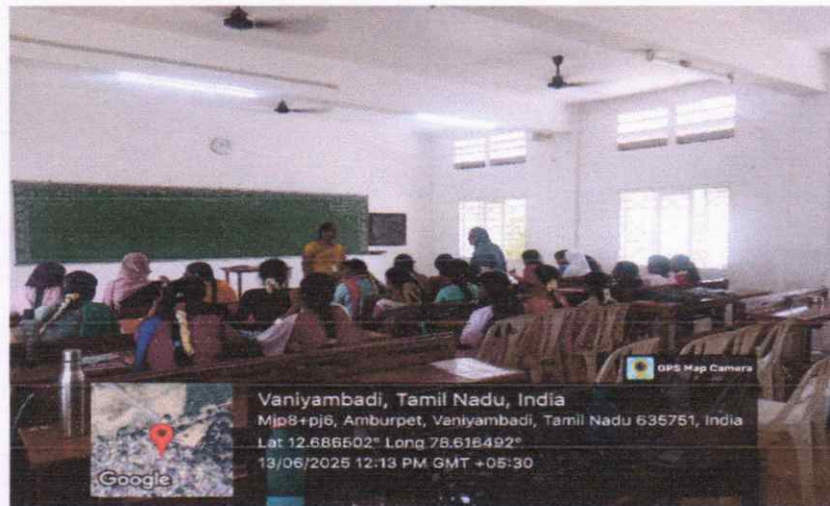


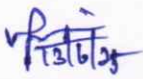
VANIYAMBADI

PG & RESEARCH DEPARTMENT OF FOODS AND NUTRITION

BRIDGE COURSE PHOTOS

09.06.2025-13.06.2025




CLASS INCHARGE


HOD


DEAN (SLS)


PRINCIPAL

Marudhar Kesari Jain College
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Tirupattur District



VANIYAMBADI

BRIDGE COURSE ATTENDANCE

DEPARTMENT : PG & RESEARCH DEPARTMENT OF FOODS AND NUTRITION

ACADEMIC YEAR : 2025-2026

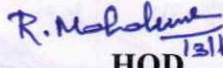
CLASS : I B.Sc Nutrition Food Service Management & Dietetics

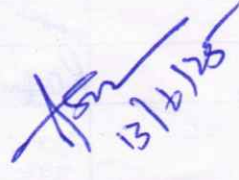
COURSE NAME : An Introduction to Nutrition

S.No	Name	Signature of the Student				
		09.06.25	10.06.25	11.06.25	12.06.25	13.06.25
1	AAIYSHA ARFEEN N	<i>AAIYSHA</i>	<i>AAIYSHA</i>	<i>AAIYSHA</i>	<i>AAIYSHA</i>	<i>AAIYSHA</i>
2	ILANTHALIR S	<i>S.Thali</i>	<i>S.Thali</i>	<i>S.Thali</i>	<i>S.Thali</i>	<i>S.Thali</i>
3	SARA MEHAK A M	<i>a</i>	<i>Amyaromda</i>	<i>Amyaromda</i>	<i>Amyaromda</i>	<i>Amyaromda</i>
4	MEEZAB E RAHMATH Z	<i>a</i>	<i>Meezab</i>	<i>Meezab</i>	<i>Meezab</i>	<i>Meezab</i>
5	TWINKLE KANWAR A	<i>a</i>	<i>a</i>	<i>a</i>	<i>a</i>	<i>a</i>
6	PRAPANJANI V	<i>Prapanjani V</i>	<i>Prapanjani V</i>	<i>Prapanjani V</i>	<i>Prapanjani V</i>	<i>Prapanjani V</i>
7	RAGAVE S	<i>Ragave S</i>	<i>Ragave S</i>	<i>Ragave S</i>	<i>Ragave S</i>	<i>Ragave S</i>
8	ASRA IRAM PREDHANEKAR	<i>Asra Iram</i>	<i>Asra Iram</i>	<i>Asra Iram</i>	<i>Asra Iram</i>	<i>Asra Iram</i>
9	SOWMIYA G	<i>G.Sowmiya</i>	<i>G.Sowmiya</i>	<i>G.Sowmiya</i>	<i>G.Sowmiya</i>	<i>G.Sowmiya</i>
10	OVIYADHARSHINI G	<i>G.Oviya</i>	<i>G.Oviya</i>	<i>G.Oviya</i>	<i>G.Oviya</i>	<i>G.Oviya</i>
11	MALIHA RAZEEN V	<i>Maliha</i>	<i>Maliha</i>	<i>Maliha</i>	<i>Maliha</i>	<i>Maliha</i>
12	SARADHAMANI K	<i>K.Sat</i>	<i>K.Sat</i>	<i>K.Sat</i>	<i>K.Sat</i>	<i>K.Sat</i>
13	YASHIKA K	<i>Yashika</i>	<i>Yashika</i>	<i>Yashika</i>	<i>Yashika</i>	<i>Yashika</i>
14	POORNIMA K	<i>a</i>	<i>K.Poornima</i>	<i>K.Poornima</i>	<i>K.Poornima</i>	<i>K.Poornima</i>
15	KEERTHANA A	<i>Keerthana A</i>	<i>Keerthana A</i>	<i>Keerthana A</i>	<i>Keerthana A</i>	<i>Keerthana A</i>
16	HINA KOUSER G	<i>G.Hina</i>	<i>G.Hina</i>	<i>G.Hina</i>	<i>G.Hina</i>	<i>G.Hina</i>
17	VAISHNAVI G	<i>G.Vaishnavi</i>	<i>G.Vaishnavi</i>	<i>G.Vaishnavi</i>	<i>G.Vaishnavi</i>	<i>G.Vaishnavi</i>
18	ASHWINI S	<i>Ashwini</i>	<i>Ashwini</i>	<i>a</i>	<i>a</i>	<i>Ashwini</i>
19	MONISHA S	<i>a</i>	<i>monisha S</i>	<i>monisha S</i>	<i>monisha S</i>	<i>monisha S</i>
20	PRIYA V	<i>Priya V</i>	<i>Priya V</i>	<i>Priya V</i>	<i>Priya V</i>	<i>Priya V</i>
21	SUMITHRA S	<i>S.Sumithra</i>	<i>S.sumithra</i>	<i>S.sumithra</i>	<i>S.sumithra</i>	<i>a</i>

22	MADEEHA MADHATH M	Madh	Madh	Madh	Madh	Madh
23	NIVETHA K	a	a	K. Nivetha	K. Nivetha	K. Nivetha
24	ARANIYA U	U. Araniya	U. Araniya	U. Araniya	U. Araniya	U. Araniya
25	KALAIMAGAL S	Kalaimagal	Kalaimagal	Kalaimagal	Kalaimagal	a
26	SAMIHA NAZ P	P. Samiha Naz	P. Samiha Naz	P. Samiha Naz	P. Samiha Naz	P. Samiha Naz
27	SHANMUGAPRIYA M	Shanmugapriya	Shanmugapriya	Shanmugapriya	Shanmugapriya	Shanmugapriya
28	SIVARANJINI R	Sivaranjini	Sivaranjini	Sivaranjini	a	a
29	EVANGELIN PRIYA J	J. Evangelin Priya	J. Evangelin Priya	J. Evangelin Priya	J. Evangelin Priya	J. Evangelin Priya
30	SUJA R	a	R. Sujaya	R. Sujaya	R. Sujaya	R. Sujaya
31	PAVIYA A	Paviya	Paviya	Paviya	Paviya	Paviya
32	VARSHITHA T	-	a	T. Varshitha	T. Varshitha	a
33	ANANYA R	-	Ananya	Ananya	Ananya	Ananya
34	INIYA S	S. Iniya	a	S. Iniya	S. Iniya	S. Iniya
35	AYEESHA H	a	Ayesha	Ayesha	Ayesha	Ayesha


13/6/25
Class Incharge


13/6/25
HOD


13/6/25
DEAN, School of Life Sciences


Principal
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VANIYAMBADI

BRIDGE COURSE FEEDBACK

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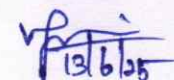
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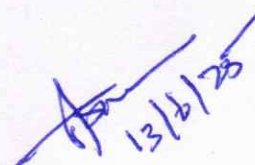
S.NO	NAME OF THE STUDENT	FEEDBACK
1	AAIYSHA ARFEEN N	Very Helpful
2	ILANTHALIR S	I Learned about new things about this Course
3	SARA MEHAK A M	It was very useful. I Learned about New things.
4	MEEZAB E RAHMATH Z	I learned more about our department
5	PRAPANJANI V	It is very useful
6	RAGAVE S	Gained knowledge
7	ASRA IRAM PREDHANEKAR	I enjoyed the session
8	SOWMIYA G	Very Useful
9	OVIYADHARSHINI G	It was very Interesting
10	MALIHA RAZEEN V	Learned so many things
11	SARADHAMANI K	I Learned more About this Course.

12	YASHIKA K	I Gained More Know-ledge about our department
13	POORNIMA K	Very useful
14	KEERTHANA A	It is a good way and experience to know Course
15	HINA KOUSER G	It was a new experience
16	VAISHNAVI G	learned so Many things
17	ASHWINI S	A Very Good Experience
18	MONISHA S	It's very useful.
19	PRIYA V	Learned more things about this course
20	SUMITHRA S	Very Helpful
21	MADEEHA MADHATH M	It was very helpful
22	NIVETHA K	It was a new experience
23	ARANIYA U	Gain knowledge
24	KALAIMAGAL S	Very useful.
25	SAMIHA NAZ P	Had a nice Experience
26	SHANMUGAPRIYA M	It was very engaging and helpful
27	SIVARANJINI R	It was very helpful
28	EVANGELIN PRIYA J	Learned new things
29	SUJA R	I Learned more things about this Course

30	PAVIYA A	Interactive class
31	VARSHITHA T	It gain more knowledge
32	ANANYA R	creative class were thought
33	INIYA S	Interesting class
34	AYEESHA H	useful class


13/6/25
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