



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



SYLLABUS FOR BRIDGE COURSE

BASICS OF NUTRITION

2024-2025

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: Types of Diet, Obesity, underweight, Protein Energy Malnutrition, Cancer and HIV (AIDS).

UNIT- V CAREER PERSPECTIVES

Vision on Placement opportunities. Importance of higher education, Role of clinical nutritionist and Dietitian, Fitness coach, Health coach, Health Educators, Research Dietitian and Community Health Workers- CDPO, Quality Control Officer, Food Safety Officer, Health Inspector, Registered Dietitians.

COURSE OUTCOME:

- ↓ Students will learn the basic principles of nutrition.
- ↓ Knowledge of various food groups and their nutrient content
- ↓ Skills in planning balanced and nutritious meals for individuals and groups with different dietary needs.
- ↓ Understanding the ethical considerations in nutrition, including issues related to food production, sustainability, and access to healthy foods.

TEACHING METHODOLOGY:

- Lecture Method
- Power Point
- Group Discussion

R. N. Shalva
HOD 27/6/24


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Vanivambadi - 635 751

SUBJECT ALLOCATION:

S. No	UNIT	FACULTY NAME
1	Basics of Nutrition	Monisha S
2	Food groups	Logasri K
3	Health & Fitness	Jasmine Esther Rani V
4	Therapeutic Diets	Mahalakshmi R
5	Career Perspectives	Manimegalai P

R. Mahalingam
27/6/24
HOD

M. S. S. S.
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PG AND RESEARCH DEPARTMENT OF FOODS AND NUTRITION
BRIDGE COURSE TIME TABLE 2024-2025
BASICS OF NUTRITION



DO/HR	1	2	3	4	5	6
I	CE-ENGLISH (MA)	CE- PLACEMENT(EN)	MAJOR (R.MAHALAKSHMI)	MAJOR (DEAN DR.ASHOKAN)	MAJOR (DR P.MANIMEGALAI)	SPORTS
II	CE-ENGLISH (KA)	CE-ENGLISH (MA)	MAJOR (V.JASMINE ESTHER RANI)	SPORTS	MAJOR (K.LOGASRI)	CE-PLACEMENT (EN)
III	MAJOR (R.MAHALAKSH MI)	MAJOR (P.MANIMEGALAI)	MAJOR (S.MONISHA)	CE-PLACEMENT (EN)	MAJOR (K.LOGASRI)	SPORTS
IV	MAJOR (K.LOGASRI)	SPORTS	MAJOR (V.JASMINE ESTHER RANI)	CE-PLACEMENT (EN)	MAJOR (S.MONISHA)	CE-ENGLISH (KA)
V	MAJOR (P.MANIMEGALA I)	MAJOR (R.MAHALAKSHMI)	MAJOR (V.JASMINE ESTHER RANI)	CE-ENGLISH (KA)	SPORTS	CE-PLACEMENT (EN)

R. Maheshwari
27/6/24
HOD

M. Maheshwari 27/6/24
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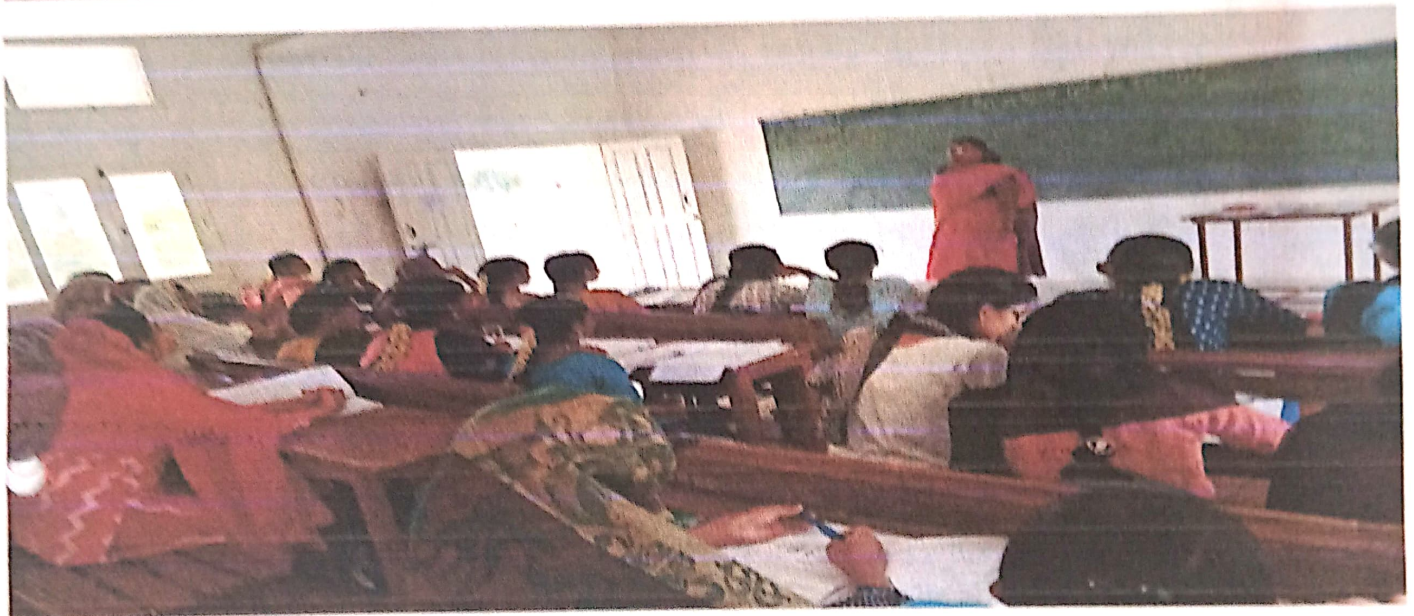


MARUDHAR KESARI JAIN COLLEGE FOR WOMEN(AUTONOMOUS)
VANIYAMBADI



PG & RESEARCH DEPARTMENT OF FOODS AND NUTRITION

BRIDGE COURSE PHOTOS 2024-2025



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HOD 27/6/24


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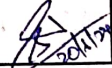
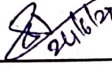
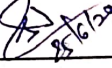
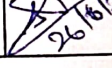
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VANIYAMBADI



PG & RESEARCH DEPARTMENT OF FOODS AND NUTRITION

CLASS: I B.Sc Nutrition, Fsm & Dietetics

S.NO	STUDENTS NAME	19.06.24	20.06.24	21.06.24	24.06.24	25.06.24	26.06.24
1	ASFA SAFEEN.V	V. Asfa Safeen	V. Asfa Safeen	Asfa Safeen	Asfa Safeen	Asfa Safeen	Asfa Safeen
2	ATHIYA MARIYAM.B.A	B.A. Athiya Mariyam	A. Athiya Mariyam	B.A. Athiya Mariyam	B.A. Athiya Mariyam	B.A. Athiya Mariyam	B.A. Athiya Mariyam
3	ATOOFA KOUSAR.V.A	V.A. Atoufa Kousar	V.A. Atoufa Kousar	V.A. Atoufa Kousar	V.A. Atoufa Kousar	V.A. Atoufa Kousar	V.A. Atoufa Kousar
4	AYEZ FATHIMA .T	T. Ayez Fathima	T. Ayez Fathima	T. Ayez Fathima	T. Ayez Fathima	T. Ayez Fathima	T. Ayez Fathima
5	FAVIN THABASUM.Y	Y. Favin	Y. Favin	Y. Favin	Y. Favin	Y. Favin	Y. Favin
6	GIRIJA.R	R. Girija	R. Girija	R. Girija	R. Girija	R. Girija	R. Girija
7	GHINA HANUN.A	A. Ghina Hanun	A. Ghina Hanun	A. Ghina Hanun	A. Ghina Hanun	A. Ghina Hanun	A. Ghina Hanun
8	HAJIRA PARVEEN.I	Hajira	Hajira	Hajira	Hajira	Hajira	Hajira
9	HUMERA	Humera	Humera	Humera	Humera	Humera	Humera
10	KAMATCHI.J	Kamatchi	Kamatchi	Kamatchi	Kamatchi	Kamatchi	Kamatchi
11	KAVINILA.M	Kavinila	Kavinila	Kavinila	Kavinila	Kavinila	Kavinila
12	KAVITHA.S	S. Kavitha	S. Kavitha	S. Kavitha	S. Kavitha	S. Kavitha	S. Kavitha
13	KHATHEEJATHUL KUBRA.K	K. Khatheejathul Kubra	K. Khatheejathul Kubra	K. Khatheejathul Kubra	K. Khatheejathul Kubra	K. Khatheejathul Kubra	K. Khatheejathul Kubra
14	KIRUTHIGA.B	B. Kiruthiga	B. Kiruthiga	B. Kiruthiga	B. Kiruthiga	B. Kiruthiga	B. Kiruthiga
15	MADHUMITHA.T	T. Madhu mitha	T. Madhu mitha	T. Madhu mitha	T. Madhu mitha	T. Madhu mitha	T. Madhu mitha
16	MAHALAKSHMI.P	P. Mahalakshmi	P. Mahalakshmi	P. Mahalakshmi	P. Mahalakshmi	P. Mahalakshmi	P. Mahalakshmi
17	NAGARANI.S	S. Nagarani	S. Nagarani	S. Nagarani	S. Nagarani	S. Nagarani	S. Nagarani
18	NOORNISA.A	A. Noor Nisa	A. Noor Nisa	A. Noor Nisa	A. Noor Nisa	A. Noor Nisa	A. Noor Nisa
19	POORNIMA.R	R. Poornima	R. Poornima	R. Poornima	R. Poornima	R. Poornima	R. Poornima

20	PRIYADHARSHINI.V	V. Priya dharshini	V. Priya dharshini	V. Priya dharshini	V. Priya dharshini	V. Priya dharshini	V. Priya dharshini
21	REVATHI.M	Revathi	Revathi	Revathi	Revathi	Revathi	Revathi
22	SAJITHA.V	Sajitha.V	Sajitha.V	Sajitha.V	Sajitha.V	Sajitha.V	Sajitha.V
23	SANDHIYA.M	M. Sandhya	M. Sandhya	M. Sandhya	M. Sandhya	M. Sandhya	M. Sandhya
24	SHAKTHI SRUTHI.N.S.	ShaktiSmti	ShaktiSmti	ShaktiSmti	ShaktiSmti	ShaktiSmti	ShaktiSmti
25	SUDHARSHANA.V	S. Sudharshan	S. Sudharshan	S. Sudharshan	S. Sudharshan	S. Sudharshan	S. Sudharshan
26	THAMARAI DHARANI.P	Thamarai Dharani.P	Thamarai Dharani.P	Thamarai Dharani.P	Thamarai Dharani.P	Thamarai Dharani.P	Thamarai Dharani.P
27	VAISHNAVI.A	A. Vaishnavi	A. Vaishnavi	A. Vaishnavi	A. Vaishnavi	A. Vaishnavi	A. Vaishnavi
STAFF SIGNATURE							

R. Mahalingam
27/6/24

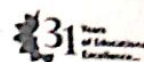
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S.NO	STUDENTS NAME	FEEDBACK
1	ASFA SAFEEN.V	It was very useful and know about my course
2	ATHIYA MARIYAM.B.A	It was very useful and It's gain our knowledge.
3	ATOOFA KOUSAR.V.A	Learned New things
4	AYEZ FATHIMA .T	It was very effective for me & I learned more about this course.
5	FAVIN THABASUM.Y	It was very useful and know about my course.
6	GIRIJA.R	It was very useful for me & I learned more about this course.
7	GHINA HANUN.A	It was very informative to gain knowledge about course.
8	HAJIRA PARVEEN.I	Learned New things.
9	HUMERA	It was very useful and to gain our knowledge.
10	KAMATCHI.J	It was very useful to know this course and to gain our knowledge.
11	KAVINILA.M	Very useful & know about this course.
12	KAVITHA.S	It was an information course
13	KHATHEEJATHUL KUBRA.K	It was an informative course
14	KIRUTHIGA.B	Learned new things.
15	MADHUMITHA.T	It was very informative to gain knowledge
16	MAHALAKSHMI.P	Learned New things
17	NAGARANI.S	It was an information course.
18	NOORNISA.A	It is very useful to learn about basic of my course.

19	POORNIMA.R	Easy to learn.
20	PRIYADHARSHINI.V	Learned new things
21	REVATHI.M	Good information course
22	SAJITHA.V	It was an informative course. I learned many things
23	SANDHIYA.M	Learned New things.
24	SHAKTHI SRUTHI.N.S.	It was very informative to gain more knowledge about ourselves
25	SUDHARSHANA.V	Learned New things
26	THAMARAI DHARANI.P	Learned new things.
27	VAISHNAVI.A	It very help ful for my knowledge

R. Mahalingam
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M. [Signature]
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