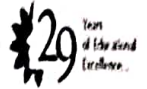




**MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIAMBADI
DEPARTMENT OF FOODS AND NUTRITION**



SYLLABUS FOR BRIDGE COURSE – 2022-2023

COURSE NAME: BASICS OF NUTRITION

Course Objectives:

- To learn about Role of Nutrition
- To gain Knowledge on Essential Nutrients
- To Know about Good Health based on Nutrition
- To Learn about Different Diets in daily life
- To Enrich and Ensure the Different Nutrition based Services

UNIT-I INTRODUCTION TO NUTRITION

Introduction to nutrition and its application in daily life

UNIT-II BASIC CONCEPTS AND DEFINITION IN NUTRITION

Definition – Nutrition, Nutrients, essential nutrients, Roughage/fiber, water, balanced diet. 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 DIET IN DISEASE CONDITION

Disease Condition: DM, Hypertension, Anemia, Obesity and Underweight

UNIT- V CAREER PERSPECTIVES

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

COURSE OUTCOME:

The students should gain knowledge on Basic Nutrition in their Daily life. To gain knowledge on different Diets followed in Hospitals, Industries and Various areas where Nutrients plays an important role. To learn about good health and fitness in different life stages. To find the career placement in different fields.

TEACHING METHODOLOGY:

- Lecture Method
- Power Point
- Group Discussion

SUBJECT ALLOCATION:

S. No	UNIT	FACULTY NAME
1	Introduction to Nutrition	Hajira Kouser M
2	Basic Concepts and Definition in Nutrition	Pooja Jain G
3	Health & Fitness	Hajira Kouser M
4	Diet in Disease Condition	Pooja Jain G
5	Career Perspectives	Hajira Kouser M & Pooja Jain G

R. Mahalingam
HOD 10/8/2022

R. Mahalingam
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DEPARTMENT OF NUTRITION, FSM & DIETETICS

BASICS OF NUTRITION

BRIDGE COURSE TIME TABLE 2022 – 2023

DO/HR	1	2	3	4	5
I	BRIDGE COURSE (POOJA JAIN G)	MAJOR	BRIDGE COURSE (HAJIRA KOUSER M)	MAJOR	SKILL
II	BRIDGE COURSE (HAJIRA KOUSER M)	MAJOR	BRIDGE COURSE (POOJA JAIN G)	MAJOR	SKILL
III	BRIDGE COURSE (POOJA JAIN G)	MAJOR	BRIDGE COURSE (HAJIRA KOUSER M)	MAJOR	SKILL
IV	BRIDGE COURSE (HAJIRA KOUSER M)	MAJOR	BRIDGE COURSE (POOJA JAIN G)	MAJOR	SKILL
V	BRIDGE COURSE (POOJA JAIN G)	MAJOR	BRIDGE COURSE (HAJIRA KOUSER M)	MAJOR	SKILL
VI	BRIDGE COURSE (HAJIRA KOUSER M)	MAJOR	BRIDGE COURSE (POOJA JAIN G)	MAJOR	SKILL

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PG & RESEARCH DEPARTMENT OF FOODS & NUTRITION

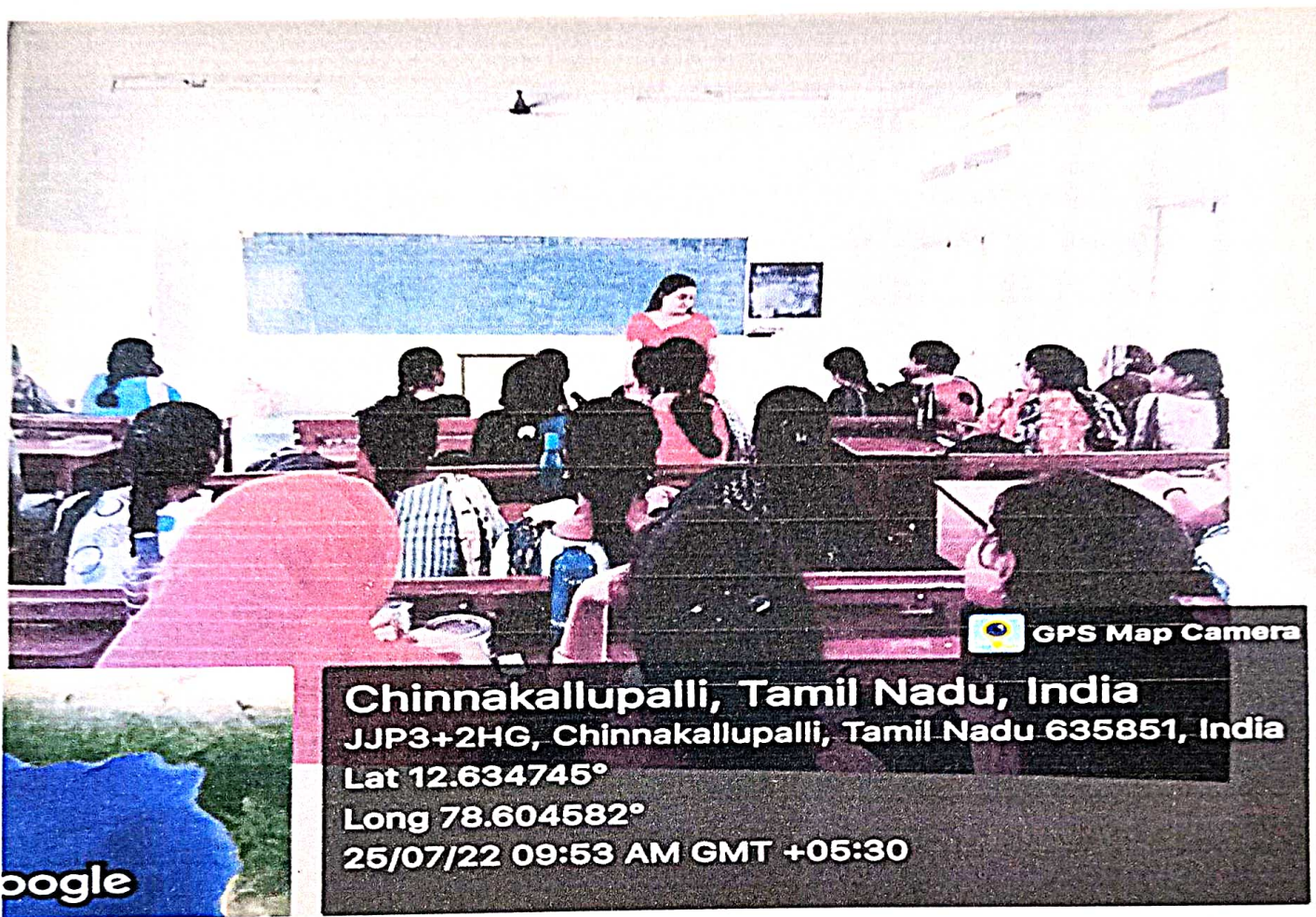


2022-2023

BRIDGE COURSE (BASICS OF NUTRITION)

FROM

25.07.2022 to 06.08.2022

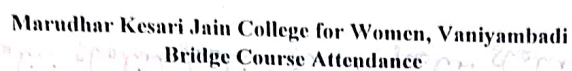


Chinnakallupalli, Tamil Nadu, India
JJP3+2HG, Chinnakallupalli, Tamil Nadu 635851, India
Lat 12.634745°
Long 78.604582°
25/07/22 09:53 AM GMT +05:30

R. Mahalingam
HOD 10/8/2022

M. Ananthakrishnan
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Vanivambadi - 635 751





29 Year of Education Excellence

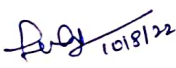
Academic Year :2022 - 2023

Course Name: BASICS OF NUTRITION

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16	GOPIKA A	Gopika	Gopika	Gopika	Gopika	Gopika	Gopika	Gopika	Gopika	Gopika	Gopika
17	HAJIRA FATHIMA J	Hajira J	Hajira J	Hajira J	Hajira J	Hajira J	A	Hajira J	Hajira J	Hajira J	A
18	INIKA K	Inika K	Inika K	Inika K	Inika K	Inika K	Inika K	Inika K	Inika K	Inika K	Inika K
19	JAYASUDHA M	Jayasudha M	Jayasudha M	Jayasudha M	Jayasudha M	Jayasudha M	Jayasudha M	Jayasudha M	Jayasudha M	Jayasudha M	Jayasudha M
20	KAVERI V	K	K	K	K	K	K	K	K	K	K
21	KEERTHANA A	A	Keerthana	Keerthana	Keerthana	Keerthana	Keerthana	Keerthana	Keerthana	Keerthana	Keerthana
22	KHALIDA BANU S	Khalida	Khalida	A	Khalida	A	A	A	A	Khalida	A
23	KIRUTHIGA S	Kiruthiga	Kiruthiga	Kiruthiga	Kiruthiga	Kiruthiga	Kiruthiga	Kiruthiga	Kiruthiga	Kiruthiga	Kiruthiga
24	LIBINA CRISTY S	S. Libina	S. Libina	S. Libina	S. Libina	S. Libina	S. Libina	S. Libina	S. Libina	S. Libina	S. Libina
25	MADUMITHA S	Madumitha	Madumitha	Madumitha	Madumitha	Madumitha	Madumitha	Madumitha	Madumitha	A	Madumitha
26	MAHALAKSHIMI S	A	A	Mahala	A	A	A	A	Mahala	Mahala	Mahala
27	MAIVIZHI R	maivizhi	maivizhi	maivizhi	maivizhi	maivizhi	maivizhi	maivizhi	maivizhi	maivizhi	maivizhi
28	MASHA FRAZAN H B	A	A	Masha	Masha	Masha	Masha	A	Masha	A	A
29	MIRUDHUBALA E	Mirudhu	Mirudhu	Mirudhu	Mirudhu	Mirudhu	Mirudhu	Mirudhu	Mirudhu	Mirudhu	Mirudhu
30	MONICA M	Monica M	Monica M	Monica M	Monica M	Monica M	Monica M	Monica M	Monica M	Monica M	Monica M
31	POOJA KAWAR J	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja
32	PUNITHA V	Punitha	Punitha	Punitha	Punitha	Punitha	Punitha	Punitha	Punitha	Punitha	Punitha
33	RADIHA P	Radiha	A	Radiha	Radiha	Radiha	A	Radiha	Radiha	Radiha	Radiha
34	RAMYA K	Ramya K	Ramya K	Ramya K	Ramya K	Ramya K	A	Ramya K	Ramya K	Ramya K	Ramya K
35	RANJINI P	Ranjini P	Ranjini P	Ranjini P	Ranjini P	Ranjini P	Ranjini P	Ranjini P	Ranjini P	Ranjini P	Ranjini P
36	REEMA R	Reema R	Reema R	Reema R	Reema R	Reema R	Reema R	Reema R	Reema R	Reema R	Reema R
37	RESHMA A	Reshma	Reshma	Reshma	Reshma	Reshma	Reshma	Reshma	Reshma	Reshma	Reshma
38	SAMEEHA ANJUM T	A	Sameeha	Sameeha	Sameeha	Sameeha	Sameeha	Sameeha	Sameeha	Sameeha	Sameeha
39	SHALINI C	Shalini	Shalini	Shalini	Shalini	Shalini	Shalini	Shalini	Shalini	Shalini	Shalini

40	SNEHA S	A	A	A	A	A	A	A	A	S. Sneha	S. Sneha
41	SUHERA SADAF S	A	Suhera	Suhera	Suhera	Suhera	Suhera	Suhera	Suhera	Suhera	Suhera
42	SUMERA BANU D	A	A	A	A	A	A	A	A	S. Sumera	S. Sumera
43	TINA REACHEAL J	Tina	Tina	Tina	Tina	Tina	Tina	Tina	Tina	Tina	Tina
44	UNAI SA NUHA H B	A	A	A	A	A	A	A	A	Unai	Unai
45	VARSHINI S	Varshini	Varshini	Varshini	Varshini	Varshini	Varshini	Varshini	Varshini	Varshini	A
46	VIJAYADHARSHINI V	Vijaya	Vijaya	Vijaya	Vijaya	Vijaya	Vijaya	Vijaya	Vijaya	Vijaya	Vijaya
47	VIJAYA SHANTHI J	Vijaya	A	Vijaya	Vijaya	Vijaya	Vijaya	A	Vijaya	Vijaya	Vijaya
48	VINODHINI M	Vinodhini	Vinodhini	Vinodhini	Vinodhini	Vinodhini	Vinodhini	Vinodhini	Vinodhini	Vinodhini	Vinodhini
49	YOGALAKSHMI S	A	A	A	A	A	A	A	A	Yoga	Yoga
50	YUSRA FATHIMA A	A	Yusra	Yusra	Yusra	Yusra	Yusra	Yusra	Yusra	Yusra	Yusra
51	YUSRA MARIYAM V	A	Yusra	Yusra	Yusra	Yusra	Yusra	Yusra	Yusra	Yusra	Yusra
52	YUVASHREE P	A	Yuvashree	Yuvashree	Yuvashree	Yuvashree	Yuvashree	Yuvashree	Yuvashree	Yuvashree	Yuvashree
53	ZAINA FATHIMA B	A	Zaina	Zaina	Zaina	Zaina	Zaina	A	A	A	A

for

 CLASS INCHARGE

R. Mohalane
 10/8/22
 HOD


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 for Women
 Vaniyambadi - 635 751.



Marudhar Kesari Jain College for Women, Vaniyambadi
Bridge Course Feedback

29 Years of Educational Excellence

Department : NUTRITION, FOOD SERVICE MANAGEMENT & DIETETICS

Academic Year :2022 - 2023

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

Course Name: BASICS OF NUTRITION

S.No	Name of the Student	Feedback
1	AFRA MEHVISH A	Got a sound knowledge about our field. Teachers interacted in a friendly manner. Got an idea on what we are going to do and what we will do after Graduation
2	ANANTHASHIVAINI B	We came to know about our Department. They taught us about Aminoacids, Nutrition, General English, Tamil And Basic Values.
3	ASSFIYA N	Got to learn the basics of our field which helped a lot in further classes. The teachers were so good that they made the classes fun & light as well as impactful for us.
4	FARZANA A	Basic of Nutrition, healthy lifestyle, health and hygiene where our major take aways from the bridge course.
5	LIBINA CRISTY S	I got the detailed knowledge about various nutrients and it is useful for our day to day life. We got to prepare our own diet plan.
6	POOJA KAWAR J	Bridge course was interesting & mindrefreshing to start a new innings. Job opportunities after completing BSc NFSMTD were very crystal clear through the course.
7	SAMEEHA ANJUM T	The contents were very useful. we had a good time learning. we enjoyed the session.
8	SUHERA SADAF S	We did so many activities during the bridge course. The staffs were very friendly. BMR & BMI calculation was very useful.
9	VARSHINI S	We came to know our talents, personality and our strength. we had a very fresh start through the bridge course.
10	YUVASHREE P	We got a clear knowledge about basics of nutrition, way to approach people around us etc. It helped us in improvising ourself.

for field
Class Incharge 10/8/22

R. Mahalingam
HOD 10/8/22

Principal
Marudhar Kesari Jain College
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