



DEPARTMENT : NUTRITION & DIETETICS

ACTIVITY : BRIDGE COURSE

YEAR : 2024-2025

DEPARTMENT OF NUTRITION & DIETETICS

DATES	TIME	VENUE
10.07.2024 to 12.07.2024	10.00 a.m. to 11.00 a.m.	I B.Sc. Nutrition & Dietetics Classroom EMGYWC
Theme		Coaching classes for slow learners
Nature of the Activity		Bridge Course
Title		Nutrition and Dietetics
Convener		Mrs.P.Tamilarasi Head, Assistant Professor of Nutrition & Dietetics EMGYWC
Staff in Charge		Mrs.B.Ruba Rani Assistant Professor of Nutrition & Dietetics EMGYWC
Participants		I B.Sc. N&D Students - 35

BRIDGE COURSE ON "NUTRITION AND DIETETICS"

Objectives:

- To develop fundamental knowledge about nutrition, diet planning, and healthy eating habits among students.
- To prepare learners with basic theoretical and practical understanding required for further studies and careers in Nutrition and Dietetics.

Report:

The Bridge Course was carefully organized by the teachers to introduce students to the fundamental concepts of Nutrition and Dietetics. The course focused on essential topics such as the role of nutrients in the human body, principles of balanced diet, and the importance of proper nutrition for maintaining good health. It also covered areas like dietary guidelines, nutritional requirements at different stages of life, and the relationship between nutrition and the prevention of lifestyle-related diseases.

The course included interactive lectures, discussions, and practical activities that

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enabled students to understand concepts such as meal planning, nutritional evaluation, and healthy food choices. These activities helped students connect theoretical knowledge with real-life dietary practices and current developments in the field of Nutrition and Dietetics.

Outcome:

After completing the Bridge Course, students gained a basic understanding of the principles of Nutrition and Dietetics and the importance of maintaining a balanced diet for overall health. They developed the ability to apply their knowledge in planning nutritious meals and understanding dietary needs. The course effectively prepared students for further academic study in Nutrition and Dietetics.

Feedback:

Students expressed positive feedback regarding the Bridge Course. They found the sessions informative and useful for building foundational knowledge in nutrition, diet planning, and healthy lifestyle habits. The practical components and interactive teaching methods were especially appreciated by the participants.

Photograph:



**The Department of Nutrition & Dietetics conducted a Bridge Course on
"Nutrition and Dietetics" - from 10.07.2024 to 12.7.2024**

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Enclosures:

a. Invitation:



E.M.G YADAVA WOMEN'S COLLEGE, MADURAI - 625014
(An Autonomous Institution – Affiliated to Madurai Kamaraj University)
Re-accredited (3rd Cycle) with Grade A+ by NAAC CGPA 3.51

DEPARTMENT OF NUTRITION & DIETETICS

BRIDGE COURSE

DATE :10.7.2024 to 12.7.2024

RESOURCE PERSON : Mrs.K.GOWSALYA,

Assistant Professor,

Department of Nutrition and Dietetics,

EMG Yadava Womens College,

Madurai-14.

VENU : I Year Nutrition and Dietetics –Class Room

PARTICIPANTS : I Nutrition & Dietetics Students

b. Nominal roll of Participants

Student participants of EMGYWC:

BRIDGE COURSE -10.7.2024-12.7.2024		
S.NO.	REGISTER NUMBER	NAME
1	24NAD01	Ameer Nisha.S
2	24NAD02	Arockia Reena.R
3	24NAD03	Ayesha Sidhiqha.J
4	24NAD04	Dharshini.J
5	24NAD05	Divya.M
6	24NAD06	Gopiga Priya.M

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7	24NAD08	Haasifa Rani.J
8	24NAD09	Hemalatha.J
9	24NAD11	Kanimozhi.M
10	24NAD12	Karthiga Devi.K
11	24NAD13	Karthika.M
12	24NAD14	Kiruthiga.R
13	24NAD15	Lathika.S
14	24NAD16	Logasri.S
15	24NAD17	Mahalakshmi.S
16	24NAD18	Malini.S
17	24NAD20	Mathivathana.M
18	24NAD21	Muthu Malathi.B
19	24NAD22	Nagalakshmi.K
20	24NAD24	Nikitha.U
21	24NAD25	Pavithra.B
22	24NAD27	Priya Dharshini.B
23	24NAD28	Rafitha Rakshana.M
24	24NAD29	Raja Rajeshwari.K
25	24NAD31	Sabitha.K
26	24NAD32	Safrin Banu.S
27	24NAD33	Sahana Vaishnavi.M
28	24NAD34	Santhiya.N
29	24NAD36	Shakthi Lakshana.E
30	24NAD37	Shivani.R
31	24NAD38	Sivasakthi.N
32	24NAD40	Thaspecha.A
33	24NAD42	Vanitha
34	24NAD43	Vijayalakshmi.G
35	24NAD44	Yogeshwari.P