

## **Report on Bridge Course on Nutrition for UG Students**

**SARDAR PATEL COLLEGE**

**PADMARAONAGAR**

**Department of Life Sciences**

### **Introduction**

To facilitate a smooth academic transition for newly admitted undergraduate students in the Department of Life Sciences, a Bridge Course on *Nutrition* was organized.

### **Objectives**

The main objectives of the bridge course were:

1. To introduce students to the basic principles of human nutrition.
2. To familiarize students with key terminologies and concepts used in nutritional sciences.
3. To build a foundational knowledge base for understanding advanced topics in the curriculum.

This course was specifically designed for first-year undergraduate students enrolled in the B.Sc. Life Sciences program.

### **Course Details**

The Bridge Course was conducted from **8th to 10th July 2025**, and the following topics were covered:

1. Introduction to Nutrition & Health
2. Macronutrients & Micronutrients
3. Food Groups & Balanced Diets
4. Nutrition-related Diseases (Obesity, Diabetes, Anemia, etc.)
5. Job Opportunities in the field of Nutrition and Life Sciences

## Outcomes

The Bridge Course was well-received by the students. Feedback collected from participants highlighted the following outcomes:

- Improved understanding of core nutrition concepts.
- Positive interaction between faculty and students, fostering academic mentoring and guidance.





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