



ILLUSTRATION:
FATIMA JAHAN ENA



WALTON

Smart Fridge

বিশ্বের প্রথম

8-IN-1 কনভার্টিবল

সাইড বাই সাইড রেফ্রিজারেটর

SMART REFRIGERATOR

ARTIFICIAL INTELLIGENCE

METAL & DUO COOLING+

MSO PLUS INVERTER

Globally Achieved Safety, Energy & Quality Ensuring Certificates

waltonbd.com

08000016267 (Toll Free)

For Details: 16267

TV SERIES REVIEW

EXTRAORDINARY ATTORNEY WOO

Extraordinary Attorney Woo follows the story of Woo Young Woo, a talented rookie lawyer with high-functioning autism spectrum disorder (ASD), as she takes on challenging cases and overcomes various personal and professional adversities at her job in a big law firm in Korea. The drama sheds light on the reality of living with mental disorders and tackles some of the most prevalent and controversial issues in contemporary Korean society.

Extraordinary Attorney Woo focuses on the little aspects of everyday life that seem insignificant to most people, but can often be challenging for a neurodivergent individual.



BOOK REVIEW

HOWL'S MOVING CASTLE



The plot is sophisticated and full of shocks despite the book's ease of reading, making it a satisfying read for children, teenagers, and adults. The message of generosity and love appeals to all ages. It is also a love story in addition to teaching lessons about tackling different issues, stepping outside comfort zones, and so forth. With all its components, the book is a wholesome read.

OPPORTUNITIES

International Scholarship at University of Sydney

ELIGIBILITY

Be a commencing or enrolled international student

Have an outstanding record of academic achievement and research potential

Have an unconditional offer of admission or be currently enrolled in a master's by research or PhD at the University of Sydney.

Visit sydney.edu.au/scholarships/ to apply

DEADLINE: SEPTEMBER 15, 2023

Internship at PROBE INTERNATIONAL CLINICAL RESEARCH (PICR)

ELIGIBILITY

B.Pharm or B.Sc/M.Sc in Biology/ Bioscience / Chemistry / Biotechnology / Microbiology.

Should have good command of spoken and written Bangla & English.

Must be skilled in use of computer.

Proven track record of handling reputed clients.

Strong analytical skills.

Effective communication skills

Visit jobs.bdjobs.com to apply

DEADLINE: SEPTEMBER 02, 2023

UNESCO Youth-in-Action Photo Contest 2023

ELIGIBILITY

The contest is open to everyone between 18 and 35 years old, regardless of their country of residence, except employees of UNESCO.

Participation is strictly personal and the entrant cannot enter the contest on behalf of another person.

Non-compliance with the rules will result in disqualification of the entrant.

Visit opportunitiesforyouth.org to apply

DEADLINE: AUGUST 15, 2023

LETTER

Dear Campus,

University life can sometimes feel like a rollercoaster ride when it comes to maintaining old friendships. We leap from the familiar school environment into the vast waters of university, and it's undeniably exhilarating. However, the sad reality is that our old pals may start to feel as distant as Pluto. The academic rigour, mind-boggling schedules, and our ever-evolving interests can make it seem like we need a GPS device just to find our besties. As we dive into our individual academic pursuits, let's remember that change is not always a bad thing – it opens doors to personal growth. So, let's rock this university world, seek out kindred spirits, and let our friendships thrive, drift, and take flight!

Sincerely,
Sheikh Sidratul Muntaha
2nd Year, English Department
University of Asia Pacific

RESPONSE

Dear Sidratul,

We believe that having friends in university is a necessity. It's completely true that the hectic university schedule makes it difficult to maintain friendships, but after four years are over, you won't remember anything about that assignment which kept you up all night. You will remember the friends you wanted to about it.

Best,
Campus

Editor & Publisher
Mahfuz Anam

Deputy Editor of Features and Head of Content Marketing
Ehsanur Raza Ronny

Campus Editor
Azmin Azran

Campus Team
Faisal Bin Iqbal
Syeda Afrin Tarannum
Fatima Jahan Ena
Abir Hossain

Photographer
Orchid Chakma

Graphics & Layout
TDS Creative Graphics

Production
Shamim Chowdhury

Send your articles, feedback, and opinion to campus@thedailystar.net
Find our content online at thedailystar.net/campus

The STUDENT



by Junaid Iqbal Ishmam

OPINION



ILLUSTRATION: FATIMA JAHAN ENA

The hidden costs of being a university student

IRINA JAHAN

The hidden costs of studying in university go a lot further than just books. Sometimes, these costs aggregate to a significantly high amount throughout a student's academic journey. One may not always feel the need to watch these costs but it should serve as a good measure to know exactly how to avoid splurging.

Anybody studying architecture can attest that buying materials for models and projects is a serious task that requires the same diligence as purchasing groceries. One has to find good quality materials and that too at a reasonable price. Although most of these products may not cost much, the expenses rack up over time. While most of the required materials may be available in campus stores, less expensive alternatives are usually found off-campus.

Sometimes costs can show up in the form of presentations and interviews. Business students go through gruelling presentations nearly every semester.

Sometimes costs can show up in the form of presentations and interviews. Business students go through gruelling presentations nearly every semester where formal attire is mandatory. Most times, ready-made suits and blazers just don't cut it and students are better off having a suit custom-made for themselves, which can cost around BDT 7,000.

The cost of travel or additional reading materials are also prevalent in most disciplines. English majors or Humanities majors often have to purchase high-end books, while Environmental Sciences majors need careful budgeting to fund frequent course-based trips.

It becomes rather important that one can step back to take a look at the entire cost of devoting four-five years in a program before making the big leap. The hidden costs should not be a make-or-break factor in determining whether to commit to a certain program but making note of them will encourage more people to find better roundabouts to incurring such costs.

Irina Jahan is a student at North South University.

Internships

can help high school students prepare for a brighter future

ADRITA ZAIMA ISLAM

In the cutthroat world of academia, most high school students try to stay afloat by any means possible. However, there are those rare individuals who love a particular subject with a burning passion. But their willingness to dig deeper is stunted by a lack of available opportunities. That doesn't have to be the case anymore though, since pursuing internships can allow young people to intimately acquaint themselves with the ins and outs of their field of interest. Conversely, it can also be a great way to decide on what sort of field one wishes to work in or pursue academically in the future. But even though these opportunities do exist, most of us fail to grasp them due to our misconception that achieving good grades will inevitably translate to professional success.

Knowing the theory of how something works can certainly be helpful. However, one also needs to possess social skills to navigate the intricacies of a workplace. As a matter of fact, a fraction of one's professional achievements can boil down to how they interact with their co-workers. Besides, possessing the knowledge and being able to apply it appropriately are two very different things.

However, having a job in the industry that you are interested in, while still in high school, can be difficult.

To begin with, it is a common belief that a high-school student should not be working. Much of this belief is based on the assumption that a work-study arrangement may be severely detrimental

to the student's studies. The stress that our society places on academics and the idea that anything less than stellar grades is something to be ashamed of can make students reluctant to work. Additionally, most industries tend not to hire students who are still in high school.

Internships, however, are available across most industries. And since internships are essentially a way to gain experience and not monetary compensation, it can be a more acceptable practice for the students. They can view an internship as something of a co-curricular opportunity.

Something that is built to complement their studies and deepen their understanding of a field. It carries the academic connotations that are required for society's approval.

Internships have a lot of added benefits besides providing one with added experience. It can strengthen your portfolio, and help construct a compelling profile for when

you are seeking university admissions or job opportunities. You also get to know a variety of people and build relationships with them. And when the time comes, these people could help you immensely in your professional life.

Although internship opportunities available to high-school students might be hard to stumble upon, they are certainly available. One just has to look for them in the right places and keep up with the front-runners in each industry to secure the opportunity of an internship or simply shadowing the professionals.

Adrita Zaima is an A level student

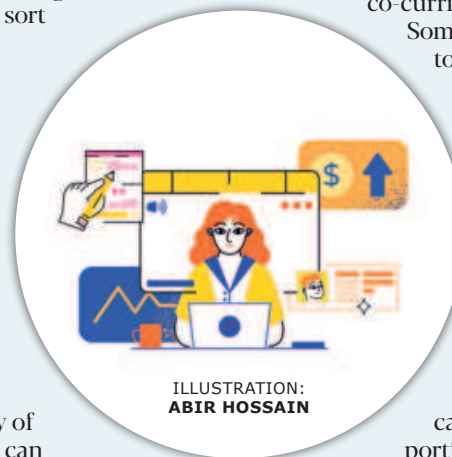
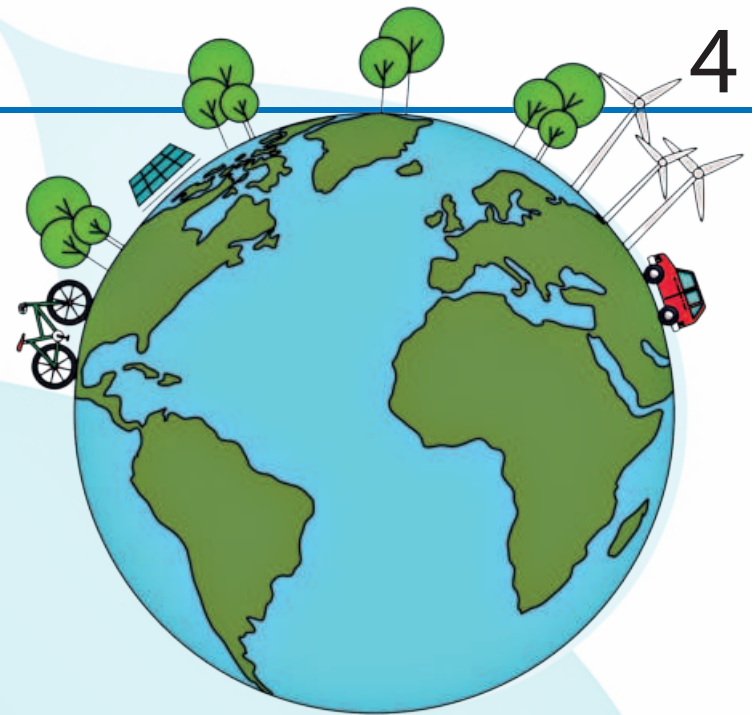


ILLUSTRATION: ABIR HOSSAIN



Pursuing a career in Renewable Energy



ZABIN TAZRIN NASHITA

Whether you're enthusiastic about preserving the environment or simply someone seeking a sustainable career, working with renewable energy can be a stellar prospect for you. Renewable energy is the future – this is a universally accepted fact, especially with the earth's non-renewable fuel sources depleting daily. Bangladesh is no stranger to the ongoing energy crisis, even though our facilitation of renewable energy generation and uses is not quite up to par yet. Nevertheless, renewable energy is a sector with much potential and importance, so there's really

incoming that demand our attention. To overcome these challenges, we must have the knowledge, the skillset, and the intention."

The first question to pop into our minds when we think about pursuing any field is what degrees and specialisations might help along the way. A degree in Engineering may seem like the only viable answer, but this sector demands personnel from various backgrounds.

Dr Ashik believes that one may be able to contribute greatly to the field regardless of their educational background, as there are tasks like policy making, marketing, etc. to be accomplished even outside of

whether there are sufficient opportunities for students to follow through. There are universities in Bangladesh that offer Masters's or PhD programs in renewable energy, such as Dhaka University (DU), Bangladesh University of Engineering and Technology (BUET), Khulna University of Engineering and Technology (KUET), etc. The Department of Energy Science and Engineering at KUET even offers a bachelor's program combining disciplines of Electrical, Mechanical, Chemical and Process Engineering that are closely related to the renewable energy sector. The Institute of Energy and Sustainable Development (IESD) under BUET conducts research with an emphasis on new and renewable energy development. There are several other programs currently under work as well which are to be implemented in the near future.

Job availability is always a big concern when it comes to pursuing any educational path. As the demand for renewable energy grows by the day, the job market also expands. There are both government and non-government institutions hard at work to strike a balance between load, demand, and generation. Sustainable and Renewable Energy Development Authority (SREDA), Grameen Shakti, Solar EPC, and Infrastructure Development Company Limited (IDCOL) are some notable institutions that recruit engineers, with Solar EPC even carrying out campus recruitments for fresh graduates.

annual review of 2022, Bangladesh stands fifth in the world in terms of solar energy employment. This means that the number of existing job opportunities is fairly decent and at the same time, more and more jobs are being created.

Dr Ashik also speaks of the hybrid energy system we have today. It's difficult to repudiate conventional fossil fuel sources entirely, as facilitating renewable energy generation is a work in progress. Not to mention, Bangladesh is largely dependent on agriculture, for which large expanses of fertile land are necessary. This makes the execution of solar, hydro, biofuel etc power plants difficult.

Solar PV is our brightest prospect, but the generation of solar energy is not yet sufficient. The country's only hydropower plant is situated in Kaptai, and a 60MW wind power project in Cox's Bazar was inaugurated in March 2022. Kutubdia Island also has a wind power project ongoing, and biofuel is another possibility that's currently being explored.

IRENA's Renewable Energy Statistics report published in 2023 states that Bangladesh's production of renewable energy was 1436 GWh (Gigawatt hour) in 2021, which is 1.8 percent of the electricity production of the country in the same year. Dr Ashik, being experienced

in this field, is optimistic about the future of the renewable energy sector. He believes that if all stakeholders come together, the multifaceted challenges we face in the facilitation of renewable energy in Bangladesh.

It's easy to gauge that there is much room for development when it comes to the renewable energy sector in Bangladesh, which makes it a sustainable and fulfilling career to pursue.

Zabin Tazrin Nashita is a student at Islamic University of Technology



no better time to prepare for a career in it than now.

According to Dr Ashik Ahmed, Head of the Institute of Energy and Environment (IEE) and a professor of Electrical and Electronic Engineering (EEE) at Islamic University of Technology (IUT), the renewable energy sector in Bangladesh has a lot of potential for research.

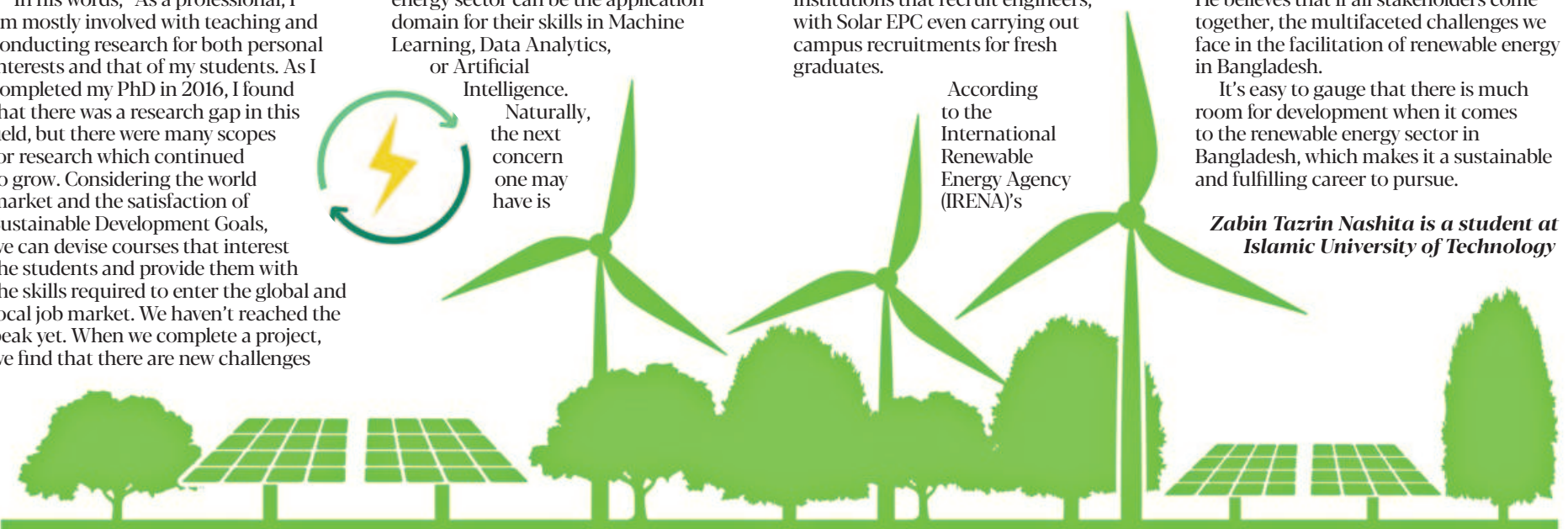
In his words, "As a professional, I am mostly involved with teaching and conducting research for both personal interests and that of my students. As I completed my PhD in 2016, I found that there was a research gap in this field, but there were many scopes for research which continued to grow. Considering the world market and the satisfaction of Sustainable Development Goals, we can devise courses that interest the students and provide them with the skills required to enter the global and local job market. We haven't reached the peak yet. When we complete a project, we find that there are new challenges

energy generation. That being said, for any Engineering student intrigued by this sector, he suggests taking courses in their respective departments relevant to renewable energy.

For example, a student studying EEE will benefit from taking courses like Renewable Energy Systems. But for Computer Science majors, the renewable energy sector can be the application domain for their skills in Machine Learning, Data Analytics,

or Artificial Intelligence.

Naturally, the next concern one may have is



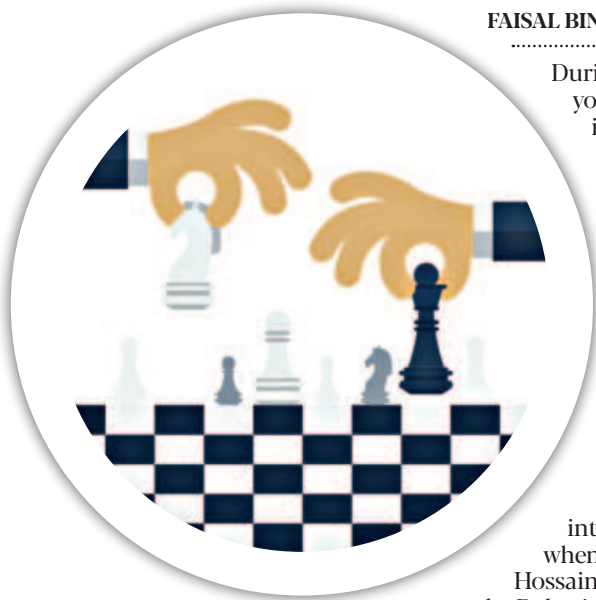
■ **EDU GUIDE** ■

WHICH UNIVERSITY CLUB IS RIGHT FOR YOU?



ILLUSTRATION:
FATIMA JAHAN ENA

FAISAL BIN IQBAL



During your first year in university, you'll come across a very important question – which club do you want to be a part of?

Firstly, it's important to understand what you mean by "the right club". The definition of this is subjective, but it's important that you understand what's influencing your decision to join a club in the first place if you want to find the answer.

"Matching your common interests should be the priority when choosing a club," says Adil Hossain, a former Vice-President at the Robotics Club of Brac University.

"Remember, whatever activity you'll be participating in should have an impact, and having impact doesn't mean it should always be academic or effort based. Having a good or refreshing time is also considered as good impact."

"Clubs are also vital for creating connections and honing your leadership qualities," Adil adds. "Before joining a club, you should keep in mind what you're expecting from the club and if it can deliver them."

A common dilemma a lot of students face is whether or not it's important to take their majors and future career plans into consideration when joining a club. Tashdid Rahman, a final year BBA student from North South University (NSU) and a member of the NSU Debate Club, shares his thoughts regarding this.

"Majors often play a role in determining what the club can provide to the individual, for example the network of alumni and which sector they work in, the expertise, experience and guidance that subsequently follows," says Tashdid.

Like Adil, Tashdid too agrees that clubs are vital for creating connections, and that it's completely fine for university students to join a club just for networking and making friends.

"I have found my closest friends in the clubroom," Tashdid says. "That's where we were united, under one roof."

Whether it be for making friends and networking or for their professional development, sometimes, many students feel the need to join more than one club.

"Some students can take the pressure of being part of multiple clubs while some can't," Adil points out. "For example, a first-year student can be active in multiple clubs but the same isn't possible for a final year student."

No matter how many clubs they are a part of or how active they are within their respective clubs, university students also have to deal with their academic pressure. Many students often end up passing their entire undergraduate lives without joining a club or participating in club activities simply because they believe that doing all this will hamper their studies. But that shouldn't be the case. In fact, as long as one can maintain a balance between their extracurricular or club activities and their academics, they can easily navigate this dilemma.

"If you're someone who's always been very studious, being an active club member might affect your academics," says Aysharjo Hassan Prachi, a student from Institute of Business Administration, Jahangirnagar University (IBA-



JU) and President of IBA-JU Debating Club. "But I don't think that clubs take up as much of your time as it may seem. You just have to know how to balance your academics and club activities."

Dividing up your time for academics and club activities is the best way to balance both while ensuring that you don't have to deal with a lot of pressure from either side.

Having said all that, let us circle back to the beginning of this discussion and the question that started it all – how do you decide which university club is the right one for you?

The right university club is the one where you'll get to work on your skills for your future endeavours, or make friends and connections, or both. The club you pick doesn't always have to be in-line with your academics. Just make sure you're getting something out of your time at your university club(s).

Faisal is a Sub-Editor at Campus.

HOW TO BALANCE CLUB WORKLOAD AS A STUDENT

SET TIME LIMITS

Don't do club activities after a certain time, e.g. 5 PM, even if it's online. This way you can separate your leisure time and work hours.

TAKE BREAKS

When you have too much on your plate, take a break from ALL club work for a few days or months. You can always bounce back when you're feeling like it.

PRIORITISE TASKS

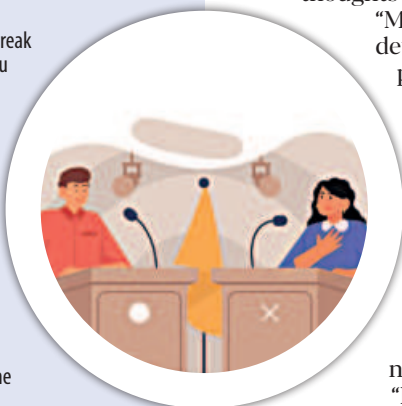
Don't neglect your studies, job or mental and physical health. Prioritise and give them adequate attention. You'll only burn out faster if you don't take care of yourself.

DON'T TAKE UP TOO MANY TASKS

Biting off more than you can chew may cause you to be fatigued and overwhelmed. Only do the work that interests and excites you.

THE CLUB IS NOT YOUR FAMILY

Remember that you don't owe your club everything. Don't feel guilty about prioritising other things. Afterall, it's voluntary and you should only do it if it brings you joy.



NOTICE BOARD

AIUB Chairman Ishtiaque Abedin honoured with “Commonwealth Business Excellence Award 2023”

Ishtiaque Abedin, the Founding Member, and Chairman of the Board of Trustees (BoT) of American International University-Bangladesh (AIUB), was honoured with the “Commonwealth Business Excellence Award 2023” at the Commonwealth Partnership Summit & Business Excellence Awards 2023 held on July 27 in Singapore, for his outstanding contribution to business and social service.

Ishtiaque received this award in the category of outstanding contribution to business and social service in Bangladesh. He has



been contributing to the business sector in Bangladesh for the last 28 years. He is the Managing Director of Chemlube Limited, the only distributor in Bangladesh of MAK Lubricants. He is also the Managing Director of Shanzaib Limited, Subaru Bangladesh Limited, Shanzaib Food and Beverage Limited, Shanzaib Dairy Limited, and Shanzaib Solutions Limited.

Abedin is a Joint Secretary of the Executive Committee of the Association of Private Universities of Bangladesh (APUB). He also holds memberships with the Association of Universities of Asia and the Pacific (AUAP), Dhaka Chamber of Commerce and Industry (DCCI), and India-Bangladesh Chamber of Commerce and Industry (IBCCI).

SUB organises career boot camp on “Soft Skills for 21st Century & Industry 4.0”

The Career Resources Cell at State University of Bangladesh (SUB) organised a career boot camp on “Soft Skills for 21st Century & Industry 4.0”. The event was held on August 5.

Under the mentorship of Md. Morad Hossain, the Chief Human Resources Officer & Board Secretary of Elite Paint Group of Companies, the boot camp proved to be an enriching experience for all attendees.

The boot camp commenced with a welcome speech by Aseem Bhatnagar, Director of Outreach and PR, SUB. He emphasised the significance of soft skills and their role in shaping the students’ professional journey.



Prof. Dr Saleemul Huq appointed to the UN’s Scientific Advisory Board

Leading global climate expert Prof. Dr Saleemul Huq OBE, Director of International Centre for Climate Change and Development (ICCCAD) and Professor at the Department of Environmental Science and Management at Independent University, Bangladesh (IUB), has been appointed as one of the external members of a new Scientific Advisory Board of the United Nations (UN). The United Nations Secretary-General António Guterres announced the creation of the board on August 3.

The board comprises a group of seven eminent scientists with a track record in applying their expertise, including in the humanities, and

another group of chief scientists of different UN entities, the UN University Rector, and the Tech Envoy.

“I am deeply honoured and humbled to be appointed as one of the external members of the UN’s Scientific Advisory Board.

This further strengthens my commitment to advancing climate science and finding sustainable solutions to the challenges we face,” said Prof. Huq.

“Heartfelt congratulations to Prof. Dr Huq on his prestigious appointment to the UN’s Scientific Advisory Board. We are proud to have him as a distinguished member of our family,” said Tanweer Hasan, PhD, Vice Chancellor of IUB.



UIU Mars Rover secured 3rd Place in the Anatolian Rover Challenge 2023

The ‘TELOS’, a Mars rover prototype developed by the Mars Rover Team from United International University (UIU), secured 3rd place in the Anatolian Rover Challenge 2023 organised by the Space Exploration Society (UKET). The competition was held from July 19 – 23 at the Middle East Technical University campus in Ankara, Türkiye.

This year, 24 teams from five different countries participated in the international competition among which, 19 teams qualified for the final round.

The team is directed by Akib Zaman, Lecturer at the Department of Computer Science & Engineering, UIU, with Professor Salekul Islam, Director of the IQAC, UIU, as the supervisor. The student team leader was Md Abid Hossain from EEE, UIU. The other members of the visiting team were Ahmed Junaed (CSE), T M Al Anam (CSE), Suraiya Afroz Maria (CSE), Meghboron Paul Akash (CSE), Sheikh Sakib Hossain (CSE), Shah Mehrab



Hossain Fahim (CSE), Md Yasin (CSE), Abdullah Al Masud (CSE), Shorower Hossain (CSE) and Fahad Rahman (CSE), UIU.

UIU became the leading team among Asian teams in the University Rover Challenge (URC) held in Hanksville, USA, with their rover named MAVEN, alongside ranking 1st in Asia in last year’s URC. This year, the UIU team has also reached 9th overall out of 37 global finalists and they were 13th out of 36 global finalists in last year’s URC.

Daffodil Polytechnic Institute holds its first graduation ceremony

The first graduation ceremony for the diploma engineers of Daffodil Polytechnic Institute, commemorating the first ever diploma graduates’ graduation ceremony in Bangladesh was held on July 26 at Daffodil Plaza at Sobhanbagh, Dhanmondi. Mustafa Jabbar, the Minister of Posts and Telecommunications, Bangladesh graced the occasion as the Chief Guest. Mashrafe Bin Mortaza, MP and former Captain of the Bangladesh National



Cricket Team delivered the graduation ceremony speech.

Md. Johor Ali, Member, National Skill Development Authority under the Prime Minister’s Office; Abu Mamtaz Saaduddin Ahmed, Project Director (ASSET Project) of Ministry of Education; A K M A Hamid, President, IDEB; and Prasenjit Chakma, Additional Residential Representative, UNDP, Bangladesh were present as Special Guests.

The graduation Ceremony was also addressed by Dr Mohammad Nuruzzaman, CEO of Daffodil Family; Mohammad Abdullah Al Mahmud Zaman, Secretary, Bangladesh Technical Education Board; K M Hasan Ripon, Principal, Daffodil Polytechnic Institute; Rahat Are Smriti, President of Daffodil Polytechnic Institute Alumni Association; and Mrityunjoy Roy, General Secretary of Daffodil Polytechnic Institute Alumni Association.

DO YOU
HAVE
WHAT IT
TAKE TO
BECOME
AN

ARCHITECT



ILLUSTRATION:
FATIMA JAHAN ENA

NOTE-TAKING METHODS THAT ACTUALLY WORK

INVEST IN A STURDIER NOTEBOOK

Opt for medium sized, book-bound notebooks that are easy to carry, and eliminate the risk of sheets falling out and getting lost.

DON'T MIX YOUR NOTES

Use notebooks that come with separators, or manually add stick-on page markers to indicate each subject.

UTILISE THE CORNELL METHOD

Make three sections: main notes, cue column for questions and keywords, and a summary section.

PAY ATTENTION TO THE TEACHERS' WORDS

Instead of jotting down every point from a slide or board, ask questions and participate in the discussion. Talk to them rather than copying whatever they say.

KEEP STICKY NOTES, A HIGHLIGHTER, OR A RED PEN HANDY

Using a pop of vibrant colours such as red, magenta, or lime green, serves as a visual cue and can aid the revision of important areas in your study materials.

ABIR HOSSAIN

For a degree that offers a great deal of flexibility and enables its students to work across many fields, Architecture has its fair share of challenges. It is often cited as one of the most difficult majors to pursue. And that may be attributed to the long hours demanded, immense workload, tight deadlines, relentless reviews, project submissions, and the physically demanding nature of the discipline.

Despite how mentally and physically taxing it may be, Bangladesh churns out hundreds of new Architecture graduates each year. So, what fosters such a level of dedication and what does it take to study architecture?

Md. Ehsan Alam, Lecturer at the Department of Architecture, Brac University, talks about the challenges of pursuing the major.

"Architectural education is not an attainment of a degree. It is more of a technical training. You're training to be an architect," he said. "It is a combination of how creative you are but also depends on your ability to be organised and punctual."

Due to the arduous nature of Architecture, some students opt to switch majors. The difficulty, however, emerges from many aspects. Unlike most degrees, a Bachelor of Architecture is a five-year programme as opposed to other degrees, which are four-year programmes, and involves greater credit hours. Naturally, this makes it a big commitment and it's something that students only realise after enrolling in the programme. There are also other students whose first choices might not have been architecture.

"If you've come into architecture, you certainly have an inclination towards design. It would be a good utilisation of one's time if they pursue architecture for some time and then move into disciplines of design that better suit their interests," said Ehsan. "At the end of the day, however, if

someone isn't driven or remotely passionate, it starts to feel like a chore and learning becomes partial."

The drive doesn't necessarily always have to emerge from passion.

"One could always pursue something if they're not passionate about it but you could be encouraged by the employment opportunities, monetary factors, title, degree, or even just empowerment itself," he said.

For Ehsan though, passion wasn't derived from just enjoying the process, but also from realising that architecture could be used as a tool to contribute to one's motherland. It all looks different for everyone.

Unlike most degrees, a Bachelor of Architecture is a five-year programme as opposed to other degrees, which are four-year programmes, and involves greater credit hours.

"There could be bad reviews, terrible projects, and semesters where you and professor don't see eye-to-eye but there is an overarching theme that gets you through projects," he said.

When asked how one could brace for impact, he said that to brace for impact means always being on alert and in a state of panic.

"In life, how do you brace for impact? You are not aware of when disaster might strike. So, there is no bracing for impact. Take it one day at a time and solve problems as it comes your way. You have to be responsive," he concluded.

Abir is a Sub-Editor at Campus.

CAMPUS LIFE

Finding Nutritional Food on Campus remains a challenge



PHOTOS: ORCHID CHAKMA



NAHIAN JAMAL JOYEETA

While most of us are aware that we should eat foods from a wide variety of food groups, when we are away from home, we tend to prioritise foods that provide the greatest return in terms of energy, taste, and cost. But how do we continue to meet our regular nutritional needs?

There are many factors that contribute to the vastly different experiences that students have at

exhausting day, there is nothing more discouraging than biting into a sandwich only to find that it tastes as bland as paper towels despite the exorbitant prices, so street food it is."

Adrita Khanam*, BBA sophomore at the University of Dhaka says she would rather eat *daal-bhaat* cooked at home than fried food or *tehari*. As a student living on campus, however, she frequently feels confined by her surroundings.

She elaborates, "The food in the

spring up near and even on university campuses to meet the rising demand for sugary sodas, caffeinated beverages, and other carbonated drinks among students.

Fatiha Taiara, a fourth-year Media Studies student at ULAB, say, "Many of my friends rely on caffeinated drinks instead of food when they are hungry or sleepy because it is a quick fix."

Tripty Chowdhury warns against drinking more than three cups of tea or coffee per day, preferably without milk and sugar, because, she says, "Caffeine gives us a boost of energy but can be harmful for those who suffer from anxiety or blood pressure swings on a regular basis."

The responses from different students show that the universities in Dhaka need to raise the quality of their cafeterias and provide more nutritious food options. Even though many universities offer meal plans with healthy and varied options, the rising cost of these plans is becoming a major concern for many students.

Tripty Chowdhury recommends replacing carbonated drinks with lemonades and fresh juice and adding fresh salad crates, hard-boiled eggs, vegetables, and fat-free, probiotic-enriched yoghurt to the cafeteria's food selection. She also suggests having a nutrition expert on campus and posting health charts in the cafeteria to help students, faculty, and authorities make educated decisions.

Students have suggested that, among other things, adding more nutrient-dense options to the menu, reducing the availability of fried foods, using higher-quality ingredients, cooking meals in a cleaner kitchen, and properly storing food could improve the cafeteria's food quality and safety.

University administrations should prioritise providing students with healthy and varied food options because, at the end of the day, it can have positive effects on students' mental health, academic performance, and resilience.

*Names have been changed upon request

Nahian Jamal Joyeeta is a student of journalism at ULAB.

University students in Dhaka have a busy schedule due to their long commutes, classes, part-time jobs, and of course, studies. A satisfying meal at one's favourite

eatery, at home, or in the campus cafeteria during a study break may provide the best release from the tedium of academic problems.

Yet, too often, people prioritise their hunger over their health and wellbeing.



various institutions. For campuses located on the fringe of Dhaka city, students may be forced to eat all of their meals on campus. Some universities, however, have convenient access to fast food restaurants and other dining options because they are located in commercial areas.

Fourth-year BBA students Salsabil Noor Nokshi and Fahim Rahman say that most North South University (NSU) students choose to eat at one of the many nearby street vendors or restaurants rather than the more hygienic and nutritious options available a little further away from campus.

Fahim claims that "many students order in" because of the convenient food delivery options available in the Bashundhara neighbourhood.

Nokshi says, "After a long,

Department of Fine Arts is cleaner and cheaper than the food in my department's cafeteria."

"Eating habits are very important to the overall health and academic performance of university students," says Tripty Chowdhury, a Senior Nutritionist at Bangabandhu Sheikh Mujib Medical University (BSMMU). She argues that poor-quality ingredients, especially sugar, salt, oil, and spices, are one of the biggest deterrents to a healthy diet and regular exercise.

Ushmila Tamim, a fourth-year English major at ULAB, says that in addition to fried food, tea, coffee, and heartier meals like *polao*, *biryani*, *tehari*, the cafeteria also serves a variety of desserts. She is grateful for the variety of on-campus resources but is concerned about their financial and physical toll.

On the other hand, cafes regularly