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## DU resident students suffering from acute malnutrition: INFS reports

Varsity Correspondent

The residents of the Dhaka University are suffering from malnutrition for lack of sufficient and nutritious meal.

Around 52 per cent of the students living in various halls of the university are infected with various malnutrition-related diseases. Of them 58 per cent are male and 42 per cent are female students.

The issue was found in a research paper published in a journal by the Institute of Nutrition and Food Science (INFS) of Dhaka University recently.

According to the research findings, most of the students of the residential halls lose their weight. Students even become victims of low-pressure for taking non-nutritious foods from the hall canteens and dining halls.

The average calorie intake is insufficient, than the required intake of an adult, and the intake of vitamin is also extremely low.

Both the male and female residents are underweight compared to their height and age. The average weight of a male student is less than that of a female student.

According to the study in INFS journal, the desired weight of a

male student would be between 58 kilograms (kgs) to 59.20 kgs. However the average weight found about 52.23 kgs, which is less than the normal weight.

The female students are even less weighted. In an average they are around seven per cent less than the standard weight.

When asked about the quality of foods, Shamim Ara Khan Mukta, a resident of Begum Fazilatunnesa Mujib Hall, told this correspondent that the hall canteens mainly serve inferior quality dry foods and other eatable items, which are not healthy.

Another resident of Jagannath Hall, Animesh Shom Apu said that the hall canteens and kitchen are unhygienic as well as the quality of food is very substandard. So most of the times they have to take lunch and dinners outside the hall, he added.

The study proposes to improve the quality of foods in the canteens and dining halls and could be leased to private restaurants and snacks shops in different points of the university to overcome the problems.