



PROVISION OF HEALTHY AND AFFORDABLE FOOD CHOICES FOR ALL ON CAMPUS

2024-26

Ensuring access to healthy and affordable food options on campus is a cornerstone of fostering student well-being at CSJMU. Campus life is their first experience of living away from home for every student, which often includes managing their own meals. To support this transition, the university provides a variety of nutritious, budget-friendly meals across its dining halls of different events occurs inside the University Campus, canteen, and Mess.

Menus are carefully curated to offer a balance of essential nutrients, catering to diverse dietary needs, including vegetarian and other cuisines, keeping in mind the diversity of students and staff. Local and seasonal ingredients are prioritized, promoting sustainable practices keeping affordability a priority. Moreover, grab-and-go options ensure students can access fresh meals even on their busiest days.

The university helps students stay energized and focused throughout their academic journey by providing both healthy and affordable meals. The facilities ensure food security for students, staff and visitors.

Moreover, the hospitality cell does the students survey on their satisfaction, dietary needs, and budget concerns. University campus has a team of quality inspection, who does the random check on food quality provided in University Canteen & Mess.

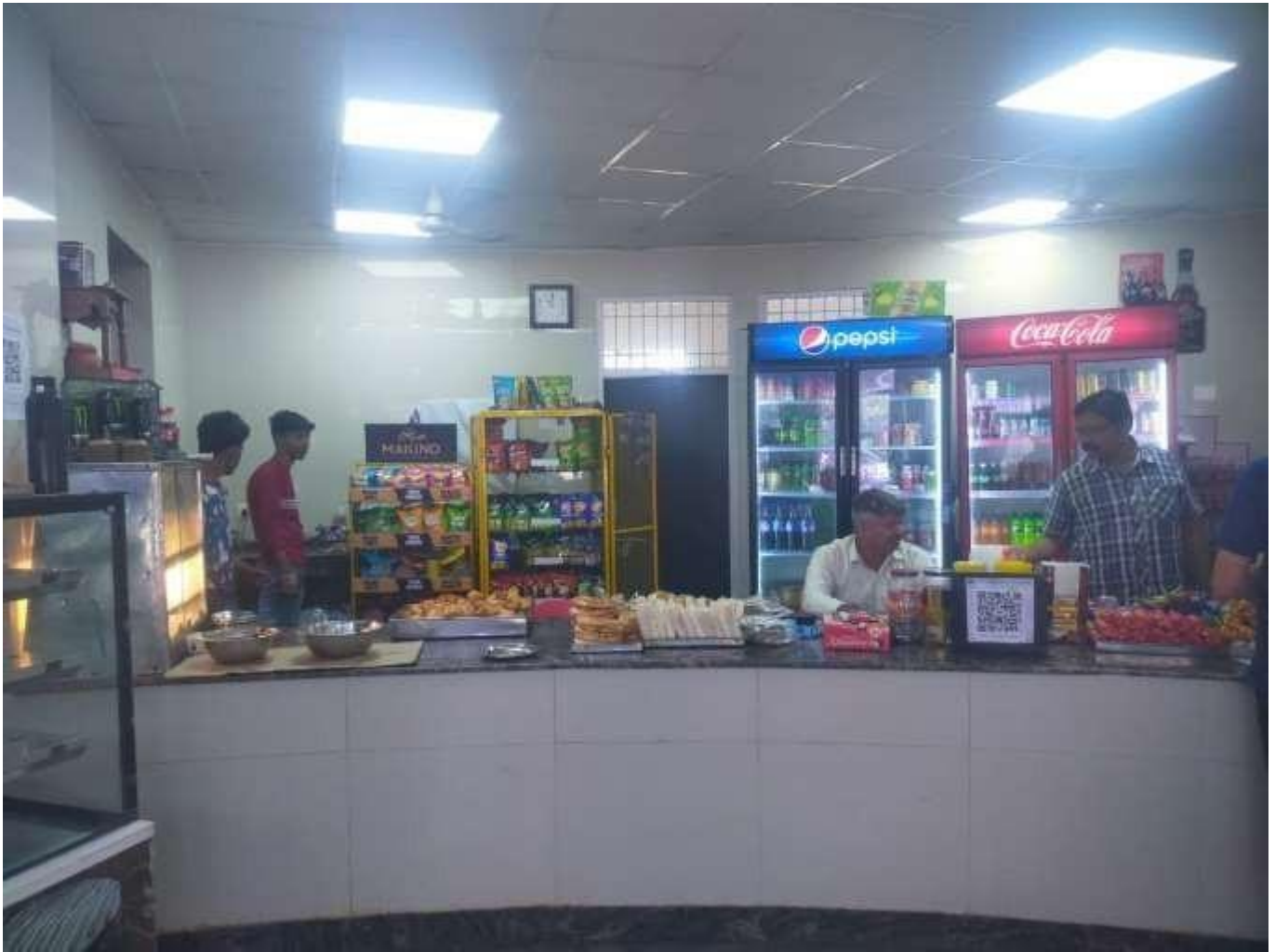
Apart from University Mess and canteen, campus do have milk parlor, The Nescafe kiosk as well as Namaste India Kiosk.





The university provides the on-campus healthy and affordable food choices for all students, employees, visitors, contractual, full-time, part-time, and visiting faculty members is available. The necessary charges are applicable to be paid by the person who wish to use the food facilities. The fresh food for the breakfast, lunch and dinner is provided with the affordable charges. There is no restriction to any employees or the

students to utilize this facility. There is a Canteen, fruit juice counter, Guest House & Namaste India Dairy Counter available on the campus premises.



The adequate, clean, good ambience, seating arrangements for all the visitors is done with tables and chairs to consume the food offered in the canteen. The special audit is conducted on the regular intervals to observe the cleanliness and quality of the food, food items, and raw material used to prepare the food in the canteen. The cash, payment e-wallets, UPI payment facility is provided to the visitors to pay the affordable charges by scanning the QR-Code at the canteen.



For students in CSJM University, it's important to provide healthy and affordable food options that provide nourishment and support to busy lifestyles. Here are some which we provide in University Campus:

1. **Homemade Meals:** Cooking homemade meals is generally more affordable and allows to have control over the ingredients. University Canteen & Guest House provides simple and nutritious dishes like dal (lentils), rice, roti (whole wheat bread), sabzi (vegetables), and yogurt.
2. **Vegetarian Street Food:** India is known for its diverse and delicious street food options. Here in University Campus, we can find affordable and relatively healthy choices like poha, Idli Sambhar, bhel puri, and vegetable wraps.

3. **Fresh Fruits & Juice Counter:** There is Fresh fruit counter in canteen which Incorporate seasonal fruits into your meals and snacks. Fruits like bananas, apples, oranges, and papayas make convenient and nutritious.
4. **Yogurt and Curd:** Yogurt is a nutritious and affordable option. We have “Namaste India” counter in University Campus which provides fresh Curd, Milk & Shakes which can be paired best with summer meals in affordable prices. Canteen & Guest House also make raita (yogurt-based side dish) with vegetables and spices to add flavour and nutrients to meals.
5. **Whole Grains:** Include whole grains like brown rice, whole wheat bread, oats, and millets in Students diet at University Hostel Menu. They provide essential nutrients, fiber, and energy. These grains can be purchased in bulk, making them cost-effective.
6. **Lentils and Legumes:** Lentils (dal) and legumes are a great source of protein and are relatively inexpensive. Prepare dishes like dal, rajma (kidney beans), chole (chickpeas), and sprouts. They can be combined with rice or roti for a balanced meal.
7. **Nuts and Seeds:** Nuts and seeds like almonds, peanuts, and flaxseeds are nutrient-dense and can be consumed as snacks. They provide healthy fats, protein, and fibre. Buy them in bulk to save money.
8. **Herbal Teas and Infusions:** Instead of expensive beverages, University opt for homemade herbal teas or infusions using ingredients like ginger, tulsi (holy basil), or mint leaves. These can be refreshing and provide various health benefits.



ANCIENT INDIAN HEALTH TIPS

अजीर्णं भोजनं विषम् ।

If previously taken lunch is not digested, Taking Dinner will be equivalent to taking Poison, Hunger is one signal that the previous food is digested.

अर्धशय्यानिद्रा ।

Proper sleep cures half of the diseases.

मुद्गदाली गदव्याली ।

Of all the Pulses, Green grams are the Best. It boosts immunity. Other Pulses all have one or the other side effects.

भस्माग्नि - सदानकरो लश्नः ।

Garlic even joins broken Bones.

अति सर्वत्र यज्यते ।

Anything consumed in Excess, just because it tastes good, is not good for Health. Be moderate.

नास्ति मूलमनोषधम् ।

There is no Vegetable that has no medicinal benefit to the body.

न वैद्यः प्रभुयद्युषः ।

No Doctor is capable of giving Longevity. (Doctors have limitations)

चिन्ता व्याधि प्रकाशात् ।

Worry aggravates ill-health.

व्यायामश्च शनैः शनैः ।

Do any Exercise slowly. (Speedy exercise or Cardio is not good.)

अजवत् चर्वणं युज्यात् ।

Chew your Food like a Goat. (Never Swallow food in a hurry. Saliva aids in digestion)

स्नानं नाम मनःप्रसाधनकरं

दुःस्वप्न-विध्वंसनम् ।

Bath removes Depression. It drives away Bad Dreams.

न स्नानमाचरेद् भुक्त्वा ।

Never take Bath immediately after taking Food, Digestion is affected.

नास्ति मेघमं तोयम् ।

No water matches Rainwater in purity.

आजीर्णं भेषजं खरि ।

When there is indigestion taking plain water serves like medicine.

सर्वत्र नूतनं शस्तं, सेवकात्रे पुस्तने ।

Always prefer things that are Fresh. Whereas Rice and Servant are good only when they are old.

नित्यं सर्वा रसा भव्याः ।।

Take the food that has all six tastes. (viz: Salt, Sweet, Bitter, Sour, Astringent and Pungent). In fact, there are seven tastes.

जठरं पुरवददत्तं अन्नैः, भागं जलेन च ।

याद्योः संवर्णार्थाय चतुर्दशवरीषयेत् ।।

Fill your Stomach half with Solids, (a quarter with Water and rest leave it empty.)

भुक्त्वा शतपथं गच्छेद् विरज्जीवितम् ।

Never sit idle after taking Food. Walk for at least half an hour.

दुःसाधुर्ता जनसति ।

Hunger increases the taste of food. In other words, eat only when hungry.

चिन्ता जरा नाम मनुष्याणाम् ।

Worrying speeds up ageing.

शतं विहाय भोक्तव्यं, सहस्रनमाचरेत् ।

When it is time for food, keep even 100 jobs aside.

सर्वधर्मेषु मध्यामाम् ।

Choose always the middle path. Avoid going for extremes in anything.



DOS & DON'TS FOR CAFETERIA

DO'S

- Wash your hands before and after eating.
- Explore the menu to find meals that suit your preferences.
- Use utensils or disposable gloves when handling food. It's important to maintain cleanliness and prevent the spread of germs.
- Do manage your time effectively. Plan your meals to avoid long waiting times. Be respectful to fellow students and canteen staff.
- Follow basic table manners, such as not talking with your mouth full, using napkins, and not leaving a mess behind.
- Remember to queue up patiently and wait for your turn.
- Do consider a balanced diet. While it's tempting to indulge in fast food or unhealthy snacks, try to incorporate balanced meals. Include fruits, vegetables, proteins, and whole grains to ensure you're getting a variety of nutrients.

DON'TS

- Don't waste food. Be mindful of your portion sizes and only take what you can eat.
- Avoid piling up your plate with more food than you need.
- Reducing food waste is important for sustainability.
- Respect the queue and wait for your turn. Cutting in line can lead to conflicts and disrupt the smooth operation of the canteen.
- Don't monopolize tables. If the canteen is busy, avoid occupying a large table by yourself.
- Share tables with others when necessary, especially during peak hours.
- Don't be too noisy. Keep the noise level at an acceptable level.
- Avoid shouting or playing loud music that could disturb others.
- Don't ignore food safety. If you notice any issues with the food, such as improper storage, hygiene concerns, or expired products, inform the canteen staff or relevant authorities.
- Food safety is essential for everyone's well-being.



