



## Healthy and affordable food choices

The Women University of Azad Jammu and Kashmir (WUAJ&K), Bagh, is committed to ensuring that all students, faculty, and staff have access to nutritious, hygienic, and affordable food on campus. The university recognizes that access to balanced meals directly supports the health, well-being, and academic performance of its community members.

To achieve this objective, the following initiatives have been implemented:

### **Provision of Nutritious and Balanced Meals**

The hostel mess and university canteen prepare meals following nutritional guidelines to ensure a balanced intake of proteins, carbohydrates, and essential vitamins (the staff is trained in the seminars on these topics [Annex I](#)). Menus are regularly reviewed to maintain both taste and nutritional value. ([Annex II](#))

### **Affordable Pricing for All**

The university ensures that the rates of all food items remain budget-friendly for students while maintaining high quality and hygiene standards. Regular monitoring of food prices and supplier rates is carried out to keep meals within an affordable range. ([Annex III](#))

### **Quality and Hygiene Assurance**

Strict hygiene standards are followed in food preparation and serving areas. Periodic inspections are conducted to ensure food safety and cleanliness in both the canteen and hostel kitchen. ([Annex IV](#))

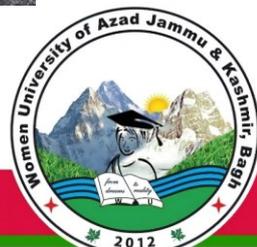
### **Feedback and Improvement Mechanism**

Feedback from students and staff is regularly collected to assess satisfaction levels regarding food quality, variety, and affordability. This helps in making continuous improvements to the menu and pricing structure.





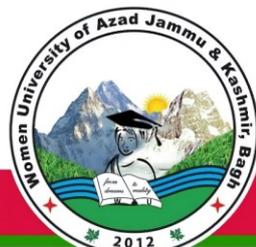
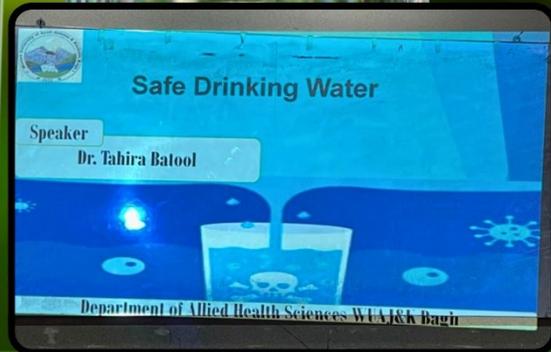
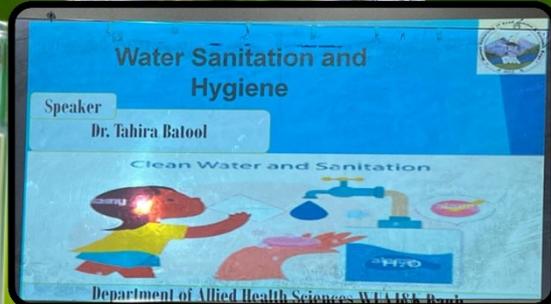
Annex I





**Seminars on Safe Drinking Water and Water, Sanitation, and Hygiene**

**11 April, 2024**





**Women University of Azad Jammu & Kashmir, Bagh**  
(Directorate of Students Affairs)

Weekly Food Schedule for Hostel No.02

Day	Breakfast	Lunch	Dinner
Monday	Bread, Jam and Tea	Dall Mash	Baryani, Rayta
Tuesday	Prahata, Tea	Mix Vegetable	Dall lobia, Rice
Wednesday	Parhata, Tea	Chicken Qoruma	Channa, Palow
Thursday	Parhata, Tea	Green Vegetable	Potato qoruma, White Rice
Friday	Qulcha, Tea	Dall Channa	Chicken Palow
Saturday	Bakurkhani, Tea	Karri Pokora	Dall lobia, Rice
Sunday	Bannd, Tea	Makraani	Chines Rice

**Director**  
Directorate of Students Affairs  
Women University of Azad Jammu & Kashmir



# WOMEN UNIVERSITY

OF AZAD JAMMU & KASHMIR, BAGH. Website: [www.wuajk.edu.pk](http://www.wuajk.edu.pk)  
OFFICE OF DIRECTORATE STUDENT AFFAIRS  
Contact # 05823-960043

No: WUAI&K/DSA/ 835 /2025

Date: 06-08-2025

## Comparison Some Common item and their Prices

<b>Food items</b>	<b>Market price(full/half)</b>	<b>University rates (full/half)</b>
Biryani	600/350	250/100
tea	90	30
vegetable	200/150	80/40
Dal	200/150	80/40
Chicken pulao	600/350	250/100
paratha	50	20

  
06/08/25

Director Student Affairs



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**Report on Food Quality**

**January 2024-December 2024**

The Directorate of Student Affairs at Women University of Azad Jammu and Kashmir (WUAJ&K) Bagh is committed to ensure students access to nutritious and hygienic food provide in hostel mess. The purpose is to evaluate the standard of meals served to the residents in term of taste, hygiene, and overall satisfaction. The findings are based on direct observation, student feedback, and review of food preparation practices.

**Objectives**

1. To assess the quality, variety and nutritional value of food served.
2. To evaluate cleanliness and hygiene standards in the kitchen and dining areas.
3. To identify issues raised by girls regarding meals services.
4. To suggest recommendations for improvement.

**Methodology**

The following methods are employed in preparations of the report:

- Inspection of kitchen storage and dining facilities.
- Sample testing of meals across different times of a day.
- Interaction with kitchen staff.
- Review of food menu.

**Observations and findings**

**1. Food Quality and Taste**

- The meals served are generally edible and moderately palatable.
- Moderate use of oil and spices was observed.
- Rice and chapattis were cooked properly.

**2. Menu and variety**

- The weekly menu is of sufficient variety.
- Breakfast, lunch and dinner are better in quality.
- Fruits are not included in menu.

**3. Nutritional balance**

- The diet is proper balanced in Protein and Fiber,
- Green vegetables are served.
- Junk food is completely avoided which is positive

**4. Hygiene and Cleanliness**

- The kitchen staff follows basic hygiene protocols.

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#### **4. Hygiene and Cleanliness**

- The kitchen staff follows basic hygiene protocols.
- Storage of raw material is acceptable.
- The dining hall is kept clean.

#### **5. Student feedback**

- Majority of the students expressed satisfaction with the menu.
- Meals served on time
- Positive feedback was received on the attitude of kitchen staff and cleanliness efforts.

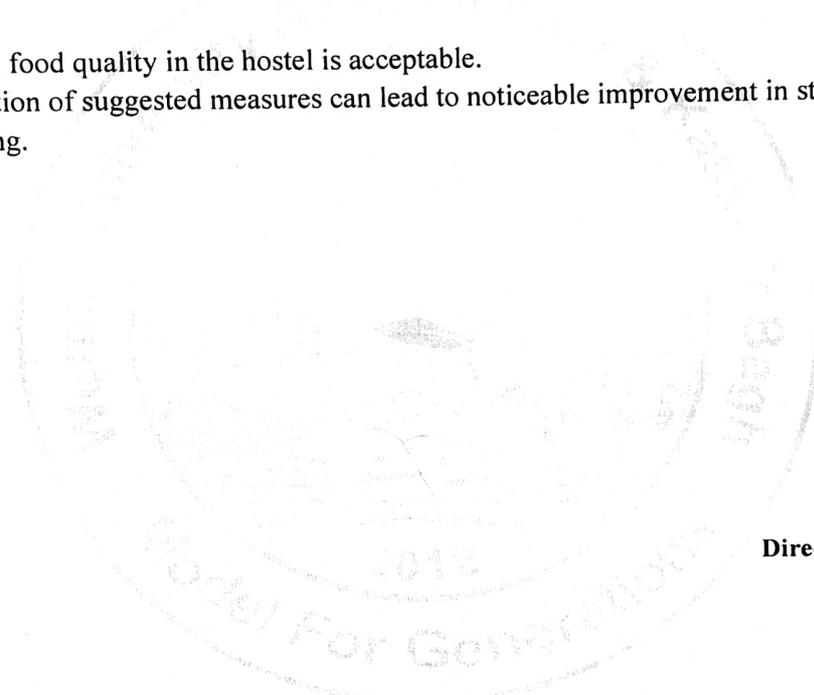
#### **Recommendations**

- Include fruits and dairy products and green vegetable regularly.
- Organize monthly hygiene and nutrition workshop for kitchen workers.

#### **Conclusion**

The over all food quality in the hostel is acceptable.

Implementation of suggested measures can lead to noticeable improvement in student satisfaction and wellbeing.



*[Handwritten Signature]* 06/08/25

**Director Student Affairs**