**Memo**

To:

From:

Date: Nov 1, 2022

Subject: Need for Features Updation

**Introduction:**

My university life up till now has had a major impact on my physical and mental health. I have noticed that I have become very lazy and have been taking lots of stress due to my life as a student in FAST. After conducting a survey in FAST about students' opinion on how their health has been affected by university life, the results show that students' health has suffered a lot and the reasons for that are linked to the type of environment they are getting in the university. A few important things related to a healthy learning environment are being ignored in the university which has caused the students' health to suffer. It is important to improve the environment so the students can learn and grow while maintaining their health.

**Problems:**

The issues that can lead to poor mental and physical health of students according to my findings are as follows:

1. **Workload:**

The academic workload can be a source of stress for students. Since student success is dependent on both mental and physical health, the connection between stress and these aspects of health is key when looking at the academic and extracurricular workload. Students in **FAST** are burdened with a lot of assignments and quizzes and due to short deadlines students’ stress level increases trying to meet the deadlines. Due to these short deadlines, students often don't get enough sleep, and this affects their mental health resulting in poor academic performance. Furthermore, mid-term exams are conducted twice in a semester which is also very stressful for the students as these midterm exams are conducted on consecutive days, so students are given multiple exams on the same day. The mid-term exams are conducted on 3 consecutive days giving students no time to prepare for exams and during these midterm exams, students' mental health suffers the most because of the stress. Also, the students who are in societies suffer more as they are burdened with social work due to which students have to sometimes skip classes which builds up the workload. Hence, the university fails to provide a positive learning environment to the students.

1. **Cleanliness:**

Cleanliness is important, for it builds up a healthy environment that facilitates physical and mental well being and growth. Classrooms are never cleaned, in some classes the AC is leaking due to which carpets get all wet and this issue is not yet solved although it has been a few months since this issue started. Mosty classes stink a lot due to the reason classes are not cleaned on a daily basis. The labs are also in terrible conditions, there is dust everywhere on windows, keyboards and monitors. So studying in such filthy conditions can affect students' mental health.

1. **Sports:**

Physical fitness is of great importance for students as physical fitness also leads to mental fitness. Unfortunately, our campus has only one table for tennis and one badminton court for all the students. There is no proper cricket ground, basketball court, and swimming area. Students play other sports in the parking area which is now also closed for the construction of a new department building. They cannot go outside the campus either, as it needs transportation as well as time. The students spend most of their free time sitting idle on the benches or the love garden even after consecutive lectures.This affects the posture as well as the physical fitness of students.

1. **Food:**

As students spend most of their daytime in the university, they also need healthy food to beat the hectic day. Unfortunately, the food court at our university is not enough for the students. There is so little space for sitting. Moreover, the benches outside the cafe are not cleaned on a regular basis, they are mostly covered with dust and food stains. In addition to the space, the crockery used in the cafe looks so old, and even if a plate or spoon is cleaned it looks dirty. The cafeteria is also too dark, which makes it look dirty overall. The students also cannot go outside the campus due to back-to-back classes and class activities as mentioned above. As a result, most of the students prefer to stay hungry all day rather than go to the cafe or outside the campus.

**Solutions:**

In order to get the students out of poor mental and physical health, following are some solutions starting from high to low priority to the above mentioned problems.

1. **Play grounds:**

New playgrounds must be created. As campus is facing space issues, badminton and basketball courts can be created on roofs of different buildings with proper fencing and safety measures. The sports activity can also be enhanced by adding a separate sports time in the time table. By doing this, each section will have its own play time and empty basketball and badminton courts.

1. **New food court:**

A new food court building should be made with a large sitting area and special care for the lights. New crockery should be available which must be properly washed. The damaged crockery must be replaced with new on a regular basis. The benches outside the cafe should be washed daily and there must be a proper shade above. The new cafe building must be created away from the existing cafe so that the load will equally be divided.

1. **Reduce academic workload:**

It is suggested to reduce the number of assignments and give students enough time to complete their assignments so longer deadlines are needed. Secondly in mid term exams there must be at least 2 days gap between each paper so students can easily prepare for the exam.

1. **Daily cleaning:**

Classrooms and labs must be cleaned daily and all other issues like broken chairs, tables, and AC leaking must be fixed as soon as possible.

**Conclusion:**

All mentioned issues are valid, and they all lead to mental stress and physical health issues. The sports activities, food, assessments, and cleaning issues must be resolved so that you can save many students like me who are suffering or going to suffer from these issues. Students with less stress, better physical fitness, and energy can beat their hectic routines. The proposed solutions priority wise will be perfect to eliminate the mentioned problems. Although, if you need any other ideas or help regarding this proposal, just let me know. I will be happy to work with you.