



## An Evaluative Study of Midday Meal Programme

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### ABSTRACT

Malnutrition is the big problem before India. Malnutrition in school going children is also a problem faced every year by our country. Mid-day meal programme is the government scheme for school childrens to remove malnutrition and hunger problem and education awareness in parents and children. Mid day Meal Programme in Nagpur and Amravati District play important role

in student Nutrition and their welfare. Findings of the mid day meal study is Satisfactory Evaluation.

**Keywords :** Mid day programme, Malnutrition, School Children , Vidarbha Region etc.

### I. INTRODUCTION

As per the Global Nutrition Report 2020, India is among 88 Countries that are likely to miss global nutrition targets by 2025. Global hunger Index (GHI) 2020 India has been ranked at 94 among 107 countries in the GHI 2020 India has a level hunger that is serious.(14) **Ref . Global Nutrition Report 2020** The situation of children in India is very concerning for planners of our country. Presently nearly half of the Indian children are undernourished .This is rightly called as “Silent Emergency” by Khera (2006). This makes primary education and basic health facilities as fundamental challenges of human development in India (Afridi 2005) (15) Midday meal scheme was launched by the Ministry of Human resource development during 1995-96 for the benefit of students in primary schools. Food grains (rice and wheat) were supplied by FCI free of cost to the states and union territories. However FCI charges the economic cost of the food grains supplied under the Scheme from the Ministry of HRD. A quantity of 1.91 lakh metric tons of wheat and 3.74Lakh tons of rice was lifted under the scheme during 1995-96 .Initiated in 1995 the NMMP aims to increase primary school attendance and retention as well as improve the nutritional status and learning achievements of school children generally in the 6 to 11 years old age group. Some states emphasize the education of young girls through this programme. (**Ref. Nutrition and Dietetics - Shubhangini A. Joshi 2002**)

The school programmes were started in our country keeping in mind the social and economic advancement of the country. Urbanisation, Industrialisation and an increase in the number of working mothers frequently brought about longer school days. This mean, that children often did not receive proper meals at home and therefore needed to have a meal at school. Thus, a free compulsory primary education became more common and pressures were brought to bear on governmental authorities to provide school lunch.

Mid-day meal programme for school children is comes under Ministry of education. On the recommendation of National school health committee, the government of India started a scheme for providing midday meal to school children is extended to all states with effect from is 15<sup>th</sup>August 1995. The government of India pays 40% of expenditure and 60% is borne by the states. The meal is usually prepared from special foods such as Balahar, Soya fortified Bread, Indian Multipurpose food, Skim milk Powder and Wheat. The children studying in corporation schools are given midday meals. The meals given are based on a combination of cereals, pulses and leafy vegetables. Eggs are given once a week. Such a diet would increase the amount of vitamins and minerals result in weight gain and clearance of deficiency symptoms. (Ref. B. Srilakshmi second edition)

The history of Mid Day Meal scheme has being implemented in the union territory of pouducherry under the French Administration since 1930. In the post independent India Mid Day Meal Scheme was first launched in Tamilnadu, pioneered by the Former chief minister K. Kamaraj in the early 60's. By 2002, the scheme was implemented in all the states under the orders of the supreme court of India.

### 1.1 Need of the Study :-

Children health is important in any country and needs attention always. Child Nutrition is important to reduce hunger crisis. Malnutrition in children is common everywhere and need attention on this subject. School children nutrition is essential for national development.

### 1.2 Objectives of Study :-

1. To study the policy perspectives of midday meal scheme of Government of India and its implementation mechanism in the primary and secondary schools of Amravati and Nagpur.
2. To compare the working of midday meal scheme in rural and urban primary schools and secondary in Amravati and Nagpur district of Vidarbha.
3. To evaluate how the scheme has been effective in raising the overall current enrolment rate in the primary and secondary schools of Amravati and Nagpur district.
4. To evaluate the scheme effectiveness in checking the dropout rate of children in the primary schools of Amravati and Nagpur district.
5. To explain the views and perspectives of Stakeholders, Head teachers and cooks about the problems faced in running the midday meal Scheme in Amravati and Nagpur district
6. To study the scheme at rural and urban level and compare the data and analyse it
7. To suggest measures for further improvement in the planning and implementation of midday meal programme
8. To assess the malnutrition by Physical Examination and deficiency symptoms of beneficiaries
9. To study the problems in implementation of programme in condition of COVID pandemic period

## II. LIMITATIONS OF STUDY

The study is limited to 300-400 sample size only and only for rural and urban area of Nagpur district. The name of the scheme has been changed to PM POSHAN (Pradhan Mantri Poshan Shakti Nirman) Scheme in September 2021., by MoE (Ministry of Education) which is the nodal ministry for the scheme. The central Government also announced that an additional 24 lakh students receiving pre primary education government and government aided schools would also be included under the scheme by 2022. Under article 24, Paragraph

2c of the Convention on the Rights of the Child, to which India is a party, India has committed to yielding “adequate nutritious food” for children. The programme has undergone many changes since its launch in 1995. The Mid Day meal Scheme is run under National Food Security Act, 2013.

### **Objectives of Feeding Programmes**

1. To provide food for under nourished children and to improve the nutritional status and monitor it.
2. To increase school enrolment and attendance of the children
3. To reorient to good eating habits
4. To incorporate nutrition education in to the curriculum
5. To improve literacy and educational performance of the pupils
6. To encourage the use of local commodities
7. To encourage the community participation in the feeding programme

### **Programmes Implemented in India**

Considering the above objectives many programmes were implemented in India. They include,

1. Mid day meal programme for school Children
2. Integrated child development services
3. Tamilnadu government nutritious meal Programme

The efficiency of Mid Day Meal (MDM) Programme in India to ensure the optimum Nutritional status of its beneficiaries is rarely studied. (3) Good health is a major factor in our happiness and for an active life. Food is vital for building strong bodies and promoting good health. (13) While eating with other children at school, the child observes many food attitudes and tastes new foods that he may not normally accept. The school age child has increasing exposure to influences on food habits There are positive learning opportunities in the classroom , particularly when parents provide support at home and nutrition is integrated in academic activities.

### **Parameters of research will use in above study**

1. Study of Midday meal scheme and its implementation in selected area.
2. Study of Policy perspectives of scheme in the primary schools of Nagpur district.
3. To compare the working of Midday meal scheme in Rural and urban primary schools in Nagpur district.
4. Questionnaire and Interview schedule develop to use to collect data. Observation method also apply.
5. 24 Hour dietary Recall Method for dietary assessment of beneficiaries.

## **III. METHODOLOGY**

Research Design : Descriptive research design will be use for the Study.

Locale of Study Amravati district is a district of Maharashtra state in central India. It is the administrative headquarter of Amravati division, which is one of the two divisions in Vidarbha (other being Nagpur), out of total 6 regions in state of Maharashtra. The district is situated between 20°32' and 21°46' north latitudes and 76°37' and 78°27' east longitudes. The district occupies an area of 12,235 km<sup>2</sup>. The district has boundaries with Betul District of Madhya Pradesh state to the north, and with the Maharashtra districts of Nagpur to the northeast, Chindwara district of Madhya Pradesh to the northeast Wardha to the east, Yavatmal to the south,

Washim to the southwest, and Akola and Buldhana. Nagpur is the third largest city and the winter capital of the Indian state of Maharashtra. Total population of city is 4,653,570 according to 2011 data. It has been proposed as one of the smart cities in India. The total area of Nagpur (Rural) is 659.59 sq. km. with population density of 458 per sq.km. Out of total population 49.11% of population lives in Urban Area and 50.89 % lives in rural area. There are 19.45% Scheduled caste (SC) and 8.5% Scheduled Tribes (ST) of total population in Nagpur (rural) Taluka. Urban population of Nagpur 2405665 of which 1225405 are males and 1180260 are females.

### **Sample size and sample design**

5-10 schools will select and 300-400 samples, Students (Both Boys and Girls) will be select from rural and urban primary and secondary schools of Amravati and Nagpur District for the above study.

#### **Sample design**

5-10 schools will select from rural and urban area of Nagpur city.

Rural area Amravati and Nagpur                      Urban area Amravati and Nagpur

Hingna Camp Area

Ramtek Yashoda Nagar

Besa Sitaburdi , Sakkkardara

Mozari, Tiwasa Nandanwan

Butibori

Hudkeshwar

Tools and measuring Scales:

Questionnaire method, Interview method were applying for data collection test Z test will apply to collect data and assessment of nutritional status by anthropometry scales and other measurement.

The study will apply following steps

1. Study of Policy Perspectives of Midday Meal Programme of government of India and its implementation in the primary schools of Nagpur.
2. Observation Method and develop interview schedule, Questionnaire use in the study.
3. Compare the collected data of working of MDM Scheme at rural and urban level. Comparison between subjects of Rural and Urban beneficiaries will be studied
4. Study of school dropout rate and problems faced in covid situation.
5. Dietary assessment by 24 Hour Dietary Recall Method. Midday meal and total dietary intake of subjects will be observe and impact on health and effectiveness of subjects were examine.
6. Subjects were examine by symptoms of nutritional deficiencies

**Statistical Analysis:** Different Parameters Observation, Interview, Questionnaire method will use to collect information and collection of data. Data on mid day meal programme in schools will be collected.

### **Remarks or Findings of the Study:**

**Questionnaires were developed to evaluate the above Study 200 Questionnaires were fill by all sudents From Regional language.**

- Eight Schools were selected and are evaluated for the study. Four were from Rural and four from Urban Nagpur.
- The Midday Meal in the schools are found to be satisfactory and evaluation done by filling up questionnaires.

- The all school management in implementing the above programme is good.
- In Pandemic period Bachat Gat play's an important role and help's in economic crisis of child family.
- The Students from different Schools eat mid day meal like Dal Palak ,Vegetable Rice, peas subji,Veg. interestingly and happy with their food.

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