

Mid-Day Meal Scheme in India. A Bird's Eye View

Abstract

The children are main part of schooling education because they are the future of our country and education is main part in their life. Education is the root of modernization and human development education cuts across three dimensions such as economic, cultural and political, which are considered the measuring scales of development process. Education is learning process and goes on throughout life. Education is helpful to lift people above the crude human life and create Modern thought. Education makes people skilled for jobs and creates productive efficiency. To promote Education Central Government of India provides grants financial assistance and loan to the state and Union Territories on different issues like:

1. Awarding stipends for Primary and High schools students.
2. Provide hostel facilities.
3. Organizing and developing teaching materials.
4. Opening and maintenance of ashram schools.
5. Giving dresses and uniform to the students.
6. Exempting scheduled caste and scheduled Tribe candidates from tuition fees.
7. Providing pre-and post matric scholarship from class 1st to Higher Education.
8. Making arrangements of mid day meals for the students.¹

Keywords : Midday meal, Scheme of food, Maintenance of Schools, making of Arrangements of midday meals, Attendance and enrollment of students.

Introduction

The Mid-Day-meal scheme is the popular name as school meal programme in India which was started in the 1960. It involves provision of Lunch, free of cost, to school-children on all working days. The key objectives of the programme are protecting children from classroom hunger, increasing school enrolment and attendance, to improve socialization among children belonging to all castes, addressing malnutrition and social empowerment through provision of employment to women. The scheme has a long history. Especially in the state of Tamil Nadu it was introduced statewide by the then Chief Minister K.Kamaraj in 1960s and later expanded by M.G. Ramachandran Government in 1982 and now it has been adopted by the most of the states in India after a landmark direction by the supreme court of India on November 28, 2001. The success of this scheme is illustrated by the tremendous increase in the school Participation and completion rates in Tamil Nadu.²

Objective of Study

1. To examine the status of implementation of the mid day meal scheme.
2. To analyze the effectiveness of the scheme.
3. To study the lack of administrative efficiency and chances of improvement.
4. To study the financial structure and funding pattern of the scheme.
5. To examine the scheme and contribution of various level institution in implementation of the scheme.
6. To study the opinion of Primary and Higher school teachers regarding existence and continuation of the programme
7. To study the opinion of primary teachers about the relevance of the programme.
8. To study the opinion of primary school teachers about the effectiveness of the programme.
9. To study the opinion of the upper primary schools teachers about the relevance of the programme.



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10. To study school teachers about the effectiveness of the programme.
11. To study the opinion of primary and upper primary school teachers about the resources related to the programme provided by the government and are available in the school.
12. To study the problems faced by primary and upper primary schools teachers in implementation of this programme.
13. To know the suggestions of primary and upper primary school teachers about mid-day-meal programme.
14. To know the suggestion of primary and upper primary school students/ parents about mid-day-meal programme.

Mid-Day-Meal Scheme A Bird's Eye View

The Mid-Day-meal is the world's largest school feeding programme reaching out to about 12 crore children in over 12.65 lakh schools/EGS centres across the country.

Mid-Day-meal in school has had a long history in India. In 1925 a mid-day-meal programme was introduced for disadvantaged children in Madras Municipal Corporation by the Mid 1980's in three states viz Gujarat Kerala and Tamil Nadu and the UT of Pondicherry had universalized a cooked mid day meal programme with its own resources for children studying at the primary stage. 1990-91 the number of states implementing the mid day meal programme with their own resources on a universal or a large scale increased upto twelve states.³

Although the programme in Tamil Nadu was initially framed as an act of popularism the success of the scheme made the project hugely popular. The success was so spectacular that in 1995 the then Indian Prime Minister P.V. Narasimha Rao hailed the success of the project and suggested that the scheme be implemented all over the country and thus began the "National programme for Nutrition support to primary education" By the year 1997-98 the NP-NSPE was introduced in all (2408) blocks of the country. It was further extended in 2002 to cover not only children in classes 1st to 5th of government, government aided and local body schools but also children studying in EGS and AIE Centres. Central assistance under the scheme consisted of free supply of food grains 100 grams per child per school day, and subsidy for transportation of food grains up to a maximum of Rs. 50 per quintal.⁴

In September 2004 the scheme was revised to provide cooked mid day meal with 300 calories and 8-12 grams of protein to all children studying in classed 1st to 5th in Government and aided schools and EGS/AIR centres. In addition to free supply of food grains, the revised scheme provided central assistance for

1. Cooking cost @ Rs. 1 per child per school day
2. Transport subsidy was raised from the earlier maximum of R. 50 per quintal to Rs. 100 per quintal for special category states and Rs. 75 per quintal for other states.
3. Management monitoring and evaluation costs @ 2% of the cost of food grains, transport subsidy and cooking assistance
4. Provision of mid day meal during summer vacation in drought affected areas has also

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made. In July 2006 the scheme was further revised to provide assistance for cooking cost at the rate of Rs. 1.80 per child/school day for states in the north Eastern Region, provided the NER States contribute Rs. 0.20 per child/school day and Rs. 1.50 per child/school day for other states and UTs provided that these states and UTs contribute Rs. 0.50 per child/school day.

In October 2007, the scheme was further revised to cover children in upper primary (Classes 6th to 8th) initially in 3479 educationally backwards blocks (EBBs). Around 1.7 crore upper primary children were included by this expansion of the scheme.

From 1st April, 2008 the programme covers all children studying in government local body and government aided primary and upper primary schools and the EGS/AIE centers including Madarras and maqtabs supported under SSA of all areas across the country. The calorific value of a mid day meal at upper primary stage has been fixed at a minimum of 700 calories and 20 grams of protein by providing 150 grams of food grains (rice/wheat) per child/school day.

During the year 2009 the following changes have been made to improve the implementation of the scheme.

1. Food norms have been revised to ensure balanced and nutritious diet by children of upper primary group by increasing the quantity of pulses from 25 to 30 grams, vegetables from 65 to 75 grams and by decreasing to quantity of oil and fat from 10 grams to 7.5 grams.
2. Cooking cost (excluding the labour and administrative charges) has been revised from Rs. 1.68 to Rs. 2.50 for primary and from Rs. 2.20 to Rs. 3.75 for upper primary children from 1-12-2009 to facilitate serving meal to eligible children in prescribed quantity and of good quality. The cooking cost for primary is Rs. 2.69 per child per day and Rs. 4.03 for upper primary children for 1-4-2010. The cooking cost will be revised by 7.5% from 1-4-2011.
3. The honorarium for cooks and helpers was paid from the labor and other administrative charges of Rs. 0.40 per child per day provided under the cooking cost. In many cases the honorarium was so little that it became very difficult to engage manpower for cooking the meal. A separate component for payment of honorarium @ Rs. 1000 per month per cook-cum-helper was introduced from 1-12-2009. Honorarium at the above prescribed rate is being paid to cook-cum-helper. Following norms for engagement of cook-cum-helper have been made.
4. One cook cum helpers for schools up to 25 students.
5. Two cooks-cum-helpers for schools with 26 to 100 students.
6. One additional cook-cum-helper for every addition of up to 100 students. More than 26 Lakhs cooks-cum-helper at present are engaged by the state /UTS during 2010-11 for

- preparation and serving of mid-day-meal to children in elementary classes.
7. A common unit cost of construction of kitchen shed @ Rs. 60,000 for the whole country was impractical and also inadequate. Now the cost of construction of kitchen-cum-store will be determined on the basis of plinth area norm and state schedule of rates. The department of school education and literacy vide letter no. 1-1-2009 Desk (MDM) dated 31-12-2009 had prescribed 20 sq mt. plinth area for schools having upto 100 children. For every additional upto 100 children additional 4 sqmt plinth area will be added states/Ups have the flexibility to modify the slab of 100 children depending upon the local condition.
 8. Due to difficult geographical terrain of the special category states the transportation cost @ Rs. 1.25 per quintal was not adequate to meet the actual cost of transportation of food grains from the FCI god owns (Food Corporation of India) to schools in these states. On the request of the North Eastern states the transportation assistance in the 11 special

REMARKING : VOL-1 * ISSUE-1*JUNE-2014 category states (North Eastern States, Himachal Pradesh, Jammu & Kashmir and Uttarkhand) have been made at per with the public distribution system (PDS) rates prevalent in these states with effect from 1-12-2009.

9. The existing system of payment of cost of food grains to FCI from the government of India is prone to delays and risk decentralization of payment of cost of food grains to the FCI at the district level from 1-4-2010 will allow officers at state and national levels to focus on detailed monitoring of the scheme. crores primary children and 3.36 cr. Upper primary children i.e. total of 11.77 cr children were estimated to be benefited from MDM scheme during 2009-10. 11.04 crore children were covered under MDM Scheme during 2009-10. During 2010-11 11.36 cr. Children i.e. 7.97 cr children in primary and 3.39 cr children in upper primary are expected to be covered in 12.63 lakhs institutions.⁶ Today mid-day-meal scheme is serving primary and upper primary school children in entire country.

**MDM Meeting to Consider & Approval AWP & B 2012-2013
Mid Day Meal Division MDM-PAB Meeting to Consider and Approve AWP & B 2012-13
Meeting Held on 3-4-12⁷**

N o	d e t a i l s	States Proposal for the year 2012-13		Recommendations by Appraisal Team	
		No. of Institutes	No. of children as per state Plan	No. of institutes	No. of children
1	N o . o f c h i l d r e n a v a i l i n g M D M				
1 . 1	Govt.+ Govt. aided +LB Schools	4 2 8 8	1 4 5 0 6 2 4	4 2 8 8	1 4 5 0 6 2 4
1 . 2	EGS/AIE centres	1 9 9	6 5 8 1	1 9 9	6 5 8 1
1 . 3	Madarsas/ Maktabs	0	0	0	0
1 . 4	N C L P	9 2	4 9 2 0	9 2	4 9 2 0
	T o t a l (A)	4 5 7 9	1 4 6 2 1 2 5	4 5 7 9	1 4 6 2 1 2 5
Upper Primary					
1 . 4	Govt.+ Govt. aided +LB Schools	1 1 0 1 7	6 8 6 4 6 7	1 1 0 1 7	6 8 6 4 6 7
1 . 5	E G S	0	0	0	0
1 . 6	A I E C e n t r e s	0	0	0	0
	T o t a l (B)	1 1 0 1 7	6 8 6 4 6 7	1 1 0 1 7	6 8 6 4 6 7
	Grand Total (A+B)				
2 .	No. of working days				
2 . 1	P r i m a r y	2 4	2		
2 . 2	U p p e r P r i m a r y	2 4	2		
3 .	No. of cooks cum helpers	3 6 1 8 2	P A B a p p r o v a l	States proposal of 5324 additional cooks	
4 .	K i t c h a n s h e d	3 8 2 2	u n i t s	3 8 2 2 u n i t s	
5 .	K i t c h a n d e v i c e s	No proposal for 2012-13			

Review of the Related Studies

Chakraborty, Sudip,⁸ The Supreme Court's verdict is binding for all states and this system of service is in vogue now everywhere. Various studies have captured the wonderful impact of the noon meal scheme on enrolment and attendance. The scheme covers all types of schools including SSK, MSK, and alternate school excluding private schools. Thus there are enough schemes and incentives to realise the goal of universal elementary education in India. SSA is providing infrastructure, recruiting teachers, establishing schools, introducing innovative school curriculum, providing on Job training of teachers,

striving for quality education and sustaining the movement with all out effort. Mid day meal is supplementing the SSA effort through serving nutritious and tasty food to children for physical as well as cognitive growth. These are all supply side intervention but the demand side factor must work positively parents need to feel that return to child's education must be positive.

Sharma, Anima⁹ in her book "Social Economic Development of India Tribes". In concludes more people in family means more a working hand and every one in it contributes in its own way to procure more food. Thus, food is the centre of their

entire activities keeping this in mind the government has launched the programme of providing the mid day meal (meal in the recess) to the students. According to the plan, when the children would get meal, then their parents would not object in sending them to school and also, those children will get nourishing diet at least once in a day. But even this scheme is not showing promising out come because of the reasons:-

1. Villagers out smarted the authorities.
2. Corruption in the circulation of the meal.

Thakur Gulab Singh the prabhari of 2-3 schools of other villagers also complained about the provision of mid day meal in the government records. He said, in the schools under this charge " beaten wheat" (Dalia) and other light goods were supplied previously for two years but since past one year (from 1989-90 session) This supply has been totally stopped and there is no notice regarding its continuation.

At present In 15000 schools, approximately 22 lakhs students are enjoying the delicious meals, Those who were helpless to take stale and dry food now enjoy delicious dishes. Their health is also better. They are leading a disease free life. Before the starting of MDM countless children died of mal nutrition But now they a healthy life and get good education. Now the children have dropped the child labor and are moving to schools. Now the children get all the seasoned food. So we can say that these days children are getting both good education of well as good meals.

Kaur Harbinder ¹⁰in her research entitled problem of Primary education persived by the parents in relation to their institute towards Primary education" a study that made it clear that education has not got proper development yet it is the biggest loophole of our constitution. She has also made it clear that different aspects of education should be analysed from the parents point of view. Today parents like neither the traditional system of education nor the rot system which children do exercise these days. The things which are supposed to be very necessary are beyond the reach of the parents.

Ahluwalia, Montek ¹¹the Deputy Chairman of Planning Commission on 28th Feb 2012 Called for integration of DRDO's Aahaar project with mid day meal. Mid day meal and integrated child development scheme for enhancing child nutrition in the country.

Primary Education and Mid Day Meal

Mid day meal scheme origin and growth students perception regarding effect of teachers, parents educational administrators with the mid meal along with community leader's opinions with regard to the performance short comings and implication of mid day meal have been dealt result, challenges and recommendations have also been added towards the end of this book to make it more indispensable for better implementation of mid day meal scheme. The improved mid day meal programme could have a major impact on school attendance child nutrition, and social equity.

National Council of Educational Research & Training's ¹² latest report (2005) Learning Achievement of Students at the End of Class-V informed that children covered under MDM programme have higher achievement level than those

who were not covered under it. It further stated that MDM is a better managed programme than many other schemes.

In Gujarat by Tara consultancy services. ¹³

The mid day meal programme commissioner ate worker very hard from early 1994 to make the school health inputs, programme a success it produce the necessary tablets of albendayole (400 mg) iron (60mg Elemental iron) and vitamin a capsules to does nearly 30 lacs primary scholars in the 10 districts of Gujarat. From after and before does, children showed the following improvement.

They were an average 1.1 Kg heavier 1.1 cm taller than undoes children.

Greatly reduced prevalence of might blindness and eye signs of vitamin A deficiency i.e. from 67% to 34%

Mid-Day-Meal Scheme The Recipes

The State Govt. approved five recipes for this mid-day-meal scheme. This cooked food is provided to student during all working days. The detail description of all receipes is as following.

Recipes	Recipes
Vegetable Pulao	Paushtik Khichri
Dal Chawal	Curry Chawal
Rice & Black Chana	Sweet Kheer
Roti & Seasonal Vegetable	WheatHalwa with Black Chana
Roti & Dal	Stuff Parantha
Sweet Dalia	Wheat Savien
Rice & White Chana	Rice and Rajmah
Roti & Patato Matar	StuffedParantha (Seasonal)

Objectives of this Programme

The main objective of the programme was to increase the enrolment of the students in primary and upper primary schools. To bring improvement in retention and attendance and also to provide nutrition to students in primary & upper primary classes thereby giving a boost to universalization of primary & upper primary education.

It is an effort towards universalization of primary & upper primary education.

The main objectives of the prohramme are :

1. To increase enrolment, retention and to tone up the learning abilities of the beneficiaries, especially of children belonging to poor and down trodden sections of the society.
2. To provide nutritious meal to the school going children to achieve the goal of healthy mind in healthy body.
3. To promote friendship and feelings of common brotherhood among the children belonging to different caste, colour and creed by providing meals to them together and also to increase their retention in schools.

Problems & Hypothesis

1. Mid Day Meal Scheme is implemented in an indifferent way.
2. This scheme is not working effectively as it should be.
3. There is lack of adequate financial resources for Mid Day Meal.
4. There is less impact of the scheme on the society as it is desired.
5. The administrative efficiency is not upto the mark.

6. More incentives are needed for the attraction of the students to wards scheme.
7. There is violation of guidelines of the Mid Day Meal.
8. Many problems are faced to teachers and students.
9. The main problem is the lack study time for students.

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