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Research Paper :

Impact of mid day meal programme on health status of children

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ABSTRACT

The present investigation was taken to assess the Impact of Mid day Meal Programme on health status of children Research had been conducted for collection of Data From Govt. school from Ghaziabad District (U.P). Sample size had been chosen n=150 a range of data was collected from male and female students of Govt. School. Anthropometric measurement had been used to analyse the impact of Mid Day Meal on health status of male and female students of Govt. school.

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Key words : Anthropometric measurement, Mid day meal, Health status of children

Mid Day Meal Programme is the basic Programme especially for children The Programme covers children studying in Primary and Upper Primary Government, Local Bodies, Aided, Education Guarantee Scheme and Alternative Innovative Education Centers and Madrassas. A Part From rice and sambar, schools children enjoy vegetable pulao, pongal, lemon rice, tamarid rice, khichidi and curd rice with egg/banana twice a week.

Mid day meals can also be a tool of reinforcement of prevailing social inequalities. For instance, during the pilot survey in Rajasthan, we found one village (Joz in Rajasamand district) where Dalit children had to drink from separate pitchers. This is an abominable instance of caste discrimination in the class room, which defeats the socialization role of mid-day meals. How common is caste discrimination in the context of mid day meals? The survey evidence suggests that open discrimination is rare. For instance, we did not find any cases of separate sitting arrangements or of preferential treatment for upper-caste children. Pupils of all social backgrounds seem to be quite happy to sit together and share the same food. Parents, too claim to welcome the arrangement in most cases. Teachers confirmed that parents rarely objected to their children sharing a meal with children of other castes. And among disadvantaged casts, very few parents felt that their children had ever experienced caste discrimination in the context of the mid day meal.

Mid Day Meal facilitate the abolition of classroom hunger. Many Indian children reach school on an empty stomach in the morning as early morning breakfast is not part of the household routine. In the absence of a mid day meal pupils often go hungry after a few hours and find it hard to concentrate. This problem is now large resolved.

The Mid Day Meal is also a protection against hunger in general. This year for instance, mid day meals have helped to avert an intensification of child under nutrition in many drought- affected areas. Similarly poor households such as those headed by widows or landless laborers value the assurance of a free lunch for their children. The contribution of mid-day meals to food security seems to be particularly crucial in tribal areas, where hunger is endemic.

Mid day meal also contribute to gender equality by creating employment opportunities for poor women. In the sample schools, a large majority (68 per) of the cooks are women and most of them come from underprivileged backgrounds. This cooks are surprising, since the work is fairly demanding and salaries are low. In addition, the scheme guidelines often state that priority should be given to disadvantage persons when cooks are appointed. In Karnataka, for instance the guidelines clearly specify that all cooks should be women and that preference should be given to widows. There is another important way in which mid day meals contribute to the liberation of working women: when children get a hot meal at school, mothers are free form the burden of having to feed them at noon. This feature is especially relevant for widowed mothers,

who often work outside the house without the benefit of any domestic support.

Mid day meals are not without their critics and detractors. Some of the criticisms are a easy to dismiss, such a contrived arguments from high caste parents whose real concern is that the mid day meal is threat to the prevailing social hierarchy. However there is also serious criticism to consider.

MDM seeks to provide for each school child roughly a third of the daily nutrient requirement in the form of a hot fresh cooked meal.

METHODOLOGY

Research had been conducted for collection of data from Government School from Ghaziabad District, U.P.(India) Modinagar area had been taken for survey. Five Govt. schools were chosen and five private schools were taken for survey. Data was collected from male and female students (both). All the data had been recorded for all the children for class 1 to 5 as per the Performa prepared by the researcher had recorded daily food consumed by children and their anthropometric measurement (height weight chest circumference mid arm circumference head circumference) of age group among 5-13 years old from various classes (I to IV).

Table 1 indicates the {height in cms in govt school children detailed analyses have been captured n the Table 1, 2, 3, 4 and 5.

Data collection:

Sample size had been chosen n=150 a range of data was collected from male and female students of Govt. school. Descriptive statistics with mean take and standard deviations was used to describe the data anthropometric measurement had been used researcher wants to analyses the impact of mid day meal on health status of male and female students of Govt. school Different table indicates height weight mid arm circumference chest circumference head circumference of Govt. school children. During survey researcher had found that most of the students were short heightened and they were under weight protein deficiency was found in most of the students (PCM). Energy deficiency was also found in most of students. VD deficiency (Rickets) was also found there a Different table indicates the height and weight chest circumference mid arm circumference head circumference.

Anthropometric measurement:

Height of Male and female students of Govt. school Tables are only for Govt. School children.

FINDINGS AND DISCUSSION

Mean values of height weight chest circumference head circumference mid arm circumference and standard deviation have been presented in Table 1, 2, 3, 4 and 5. Table 1 indicates the height of children. Indicate their that growth was normal

Table 2 indicates the weight in kg of children

Table 3 indicates the Mid arm circumference of children.

Table 4 indicates the chest and head circumference of children in cms mean and SD also there of all tables.

Conclusion:

To conclude, we can say that mid day meal is beneficial for children especially for the poor children. It provides essential nutrients to children. It has lot of advantages and disadvantage children suffering from various diseases like (kwashiorkor marasms rickets etc) due to mid day meal

Table 1 : Anthropometric measurement

Heights (cm)	Govt	
	No	Percentage
90-100	2	1.33
100-110	22	14.67
110-120	28	18.67
120-130	51	34
130-140	26	17.33
140-150	21	14
Total	150	100
Mean		122.57
S.D.		12.75

Above table indicates the height of Govt. School Children (Height)

– Maximum percentage (18.67) (110-120).
– Minimum percentage (1.33) (90-100).
– The mean was (122.57) and SD was (12.75).

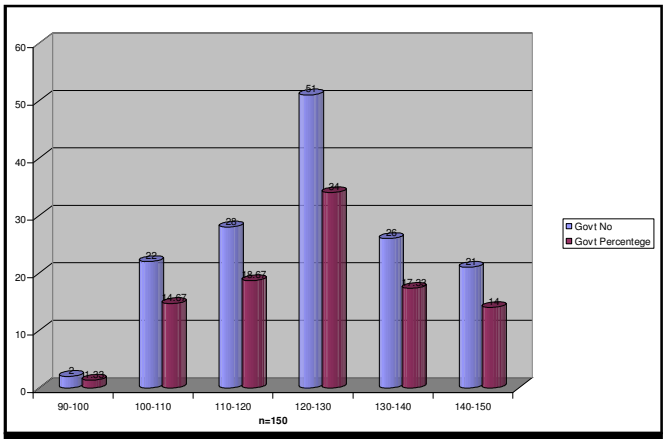

Fig. 1 : Adoption of measurement

Table 2 : Weight of male and female students of Govt. school

Weight (kg)	Weight(kg) in Govt. School	
	Govt	
	No	Percentage
10–15	3	2
15–20	44	29.33
20–25	48	32
25–30	25	16.67
30–35	15	10
35–40	13	8.67
40–45	2	1.33
Total	150	100
Mean		23.56
S.D.		6.42

Above table indicates the weight in kg of govt schools children (Weight)

– Maximum Percentage (29.33) on (15-20).
– Lowest Percentage (1.33) on (40-45).
– The mean was 23.56 and the SD was 6.42

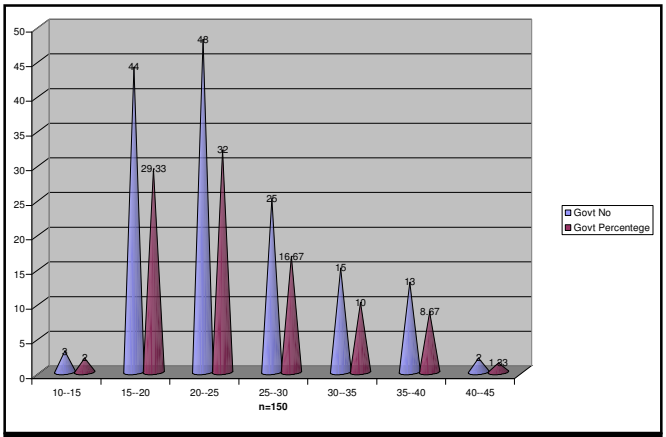

Fig. 2 : Weight of male and female studnets of Govt. Schools

Table 3 : Mid arm circumference was

Mid arm circumference in cms of Govt. schools		
Mid arm circumference in cms	Govt.	
	No	Percentage
5–10	71	47.33
10–15	36	24
15–20	11	7.33
20–25	28	18.67
25–30	4	2.67
30–35	0	0
Total	150	100
Mean		12.55
S.D		5.78

Above table indicates the mid arm circumference of Govt. School children

– Mid arm circumference Maximum Percentage (71) on(5-10)
– Mid arm circumference Lowest Percentage (00) on(30-35)
– The mean was 12.55 and SD was 5.78.

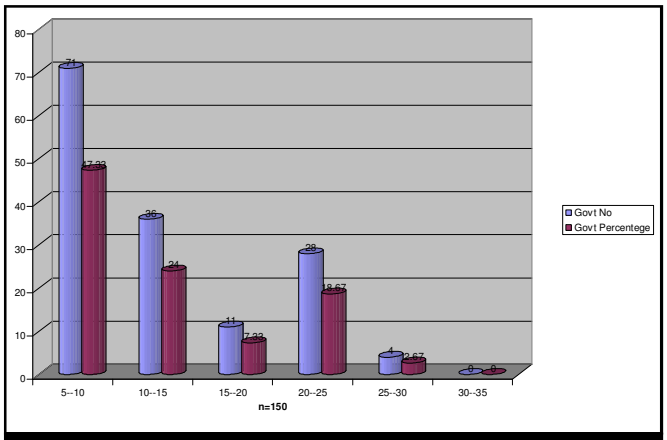

Fig. 3 : Mid arm circumfernce in cms of Govt. schools children

Table 4 : Chest (cm) in Govt. Schools childern

Chest (cm)	Govt.	
	No	Percentage
15–25	74	49.33
25–35	45	30
35–45	0	0
45–55	7	4.67
55–65	20	13.33
65–75	4	2.67
75–85	0	0
Total	150	100
Mean		31.57
S.D.		15.03

Above table indicates the Chest circumference (cms) of Govt. school and children.

- Maximum percentage (49.33) on (15-25)
- Minimum Percentage (00) on (75-85)
- The mean was (28.47) SD was (12.53)

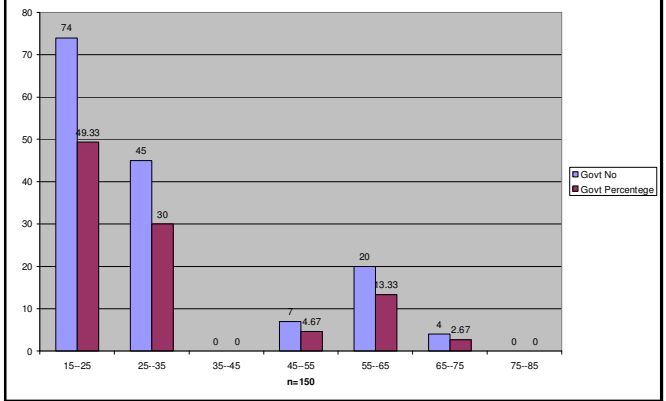

Fig. 4 : Chest (cm) of Govt. schools children

On the other hand, it is also beneficial for children height of the children is increasing. Their body is also growing well but they were mainly lean it means their

Table 5 : Head circumference (cm) of Govt school children

Head circumference in cms of Govt. schools		
Head circumference in cms	Govt.	
	No	Percentage
15—25	104	69.33
25—35	11	7.33
35—45	1	0.67
45—55	1	21.33
55—65	32	0.67
65—75	1	0.67
Total	150	100
Mean		28.47
S.D.		12.53

Above table indicate the head circumference in cms of Govt. schools
– Maximum percentage (69.33) on (15-25)
– Minimum percentage (0.67) on (55.65)
– The mean was 28.47 and SD was 12.53

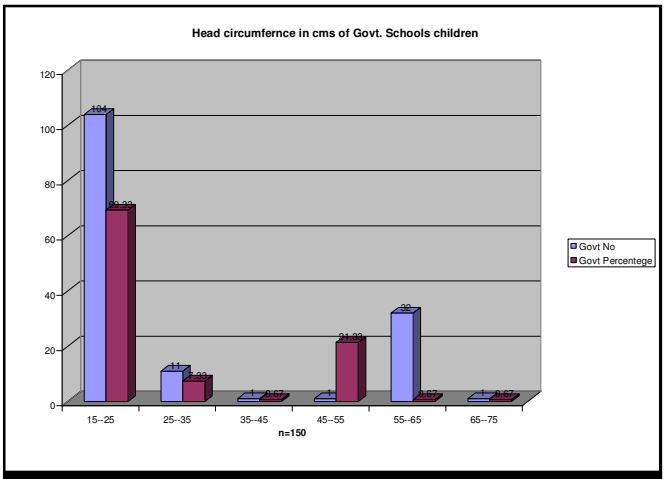

Fig. 5 : Head circumference (cm) of Govt. schools children

weight is less than normal weight.

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