



A scheme of mid day meal scheme and its impact on health of primary classes (6-11 yrs) in Meerut region

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ARTICLE INFO :

Received : 22.05.2016

Accepted : 30.05.2016

KEY WORDS : Scheme of mid day meal scheme, Health primary classes

HOW TO CITE THIS ARTICLE :

Sharma, Praggya (2016). A scheme of mid day meal scheme and its impact on health of primary classes (6-11 yrs) in Meerut region. *Adv. Res. J. Soc. Sci.*, 7 (1) : 167-169, DOI: 10.15740/HAS/ARJSS/7.1/167-169.

The concept of mid day meal scheme has a long history in India. In 1925 a mid day meal scheme was introduced for children belonging to poor socio-economic status in Madras Municipal Corporation area. In 1928 Keshav Academy of Calcutta (Kolkata) introduced compulsory mid day tiffin for school boys on payment basis at the rate of four annas per child per month.

In 1941, in parts of Kerala, the school lunch programme was started. In 1942 Mumbai started implementing a free mid day meal scheme. A mid day meal scheme was introduced in Bangalore city in 1946 to provide cooked rice and yoghurt. In 1953, Uttar Pradesh government introduced a scheme on voluntary basis to provide meals consisting of boiled or roasted or sprouted grams, ground nut, puffed rice, boiled potatoes or seasonal fruits.

In the 1950's many states came to introduce mid day meal scheme with the assistance of different international agencies like UNICEF, FAO and WHO. International voluntary/charity organizations like Catholic Relief services CWS, CARE, USA's Meal Millions etc. During 1958-59 an expanded nutrition programme (ENP) jointly by FAO, WHO, UNICEF and government of

India was introduced.

Mid day meal scheme was also provided to the tribal areas in some states like Madhya Pradesh and Orissa. By 1990-91 the number of the states implementing the mid day meal programme with their own resources on a universal or a large scale had increased to twelve states.

Mid day meal scheme in Uttar Pradesh :

The mid day meal scheme in Uttar Pradesh covers around one lakh primary schools and related institute and covers 1.86 crore children. The mid day meal scheme provides for nutritious, well cooked and warm food to the children during lunch in at least 200 in a year. U.P. government has nominated following organizations for social audit and government aided primary schools and the for the children enrolled in E.G.S, and A.I.I. enters.

- To develop the grasping process of children through making nutritious food available to them.
- To enhance the enrollment of children in schools.
- To develop the tendency to stay in schools in the children and to reduce the drop out rates in schools.
- To develop the feelings of brotherhood/sisterhood

and to develop positive outlook through combined fooding for the children belonging to different religion and castes.

Constitution about mid day meal :

The mid day meal authority was constituted under the Uttar Pradesh society register on Act-1860. The concerned government order was issued on October 9th,2006 monitoring quality improvement and transparency in mid day meal scheme.

- Army officers wife welfare association.
- Lions club.
- Indian medical association.
- Mahila samakhya.
- Rotary club.
- Akansha samiti.

Mid day meal scheme setup district :

- In each and every district a district co-ordinator and a computer operator has been appointed.
- District co-ordinator is the main key person for collecting and managing information from schools.

Objects of mid day meal schemes :

The major objectives of the mid day meal authority are :

- To make available nutritious food for the children enrolled in the primary schools of the state government board and government aided primary schools and the for the children enrolled in E.G.S. and A.I.I. enters.
- To develop the grasping process of children

through making nutritious food available to them.

- To enhance the enrollment of children in school.
- To develop the tendency to stay in schools in the children and to reduce the drop out rate in schools.
- To develop the feelings of brotherhood/sisterhood and to develop positive outlook through combined fooding for the children belonging to different religion and castes.

Constitution about mid day meal :

The mid day meal authority was constituted under the Uttar Pradesh society register on Act-1860. The concerned government order was issued on October 9th 2006.

The authority has been constituted for the operation, management and monitoring for the mid day meal scheme.

The mid day meal authority functions under the overall administrative and supervisory control of the basic education department of government of Uttar Pradesh General Body of the mid day meal authority.

Essential quality norms for mid day meal programme :

- Nutritious hot cooked meal.
- Micronutrients supplementation.
- Adequate manpower.
- Adequate utensils.
- Drinking water.
- Kitchen and storage.
- Logistic management.

Sr. No.	Nutrient	Bulandshahr		Meerut		Ghaziabad		Baghpat		G.B. Nagar		Total	
		Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.	Mean	S.D.
1.	Calorie	446.80	42.48	459.57	71.87	485.61	57.07	473.56	75.52	487.74	44.94	470.66	61.91
2.	Protein	11.35	2.41	11.84	3.88	12.11	2.32	11.10	2.05	14.87	2.92	12.25	3.23
3.	Calcium	57.20	37.91	54.76	24.27	77.79	59.45	110.89	78.46	113.99	66.97	82.93	62.34
4.	Vit. A	25.23	24.32	77.15	50.11	55.67	43.58	53.99	18.63	38.55	12.48	50.12	37.51
5.	Vit. B ₁	0.10	0.08	0.21	0.18	0.13	0.08	0.15	0.06	0.01	0.06	0.14	0.11
6.	Vit. C	3.47	3.77	9.51	4.74	6.41	5.85	6.32	4.46	1.42	0.43	5.43	5.09
7.	Iron	3.75	2.08	3.42	2.10	3.18	1.95	2.12	0.85	4.84	2.52	3.46	2.17
8.	Fat	5.77	2.67	5.95	2.37	5.64	2.04	6.96	0.74	7.02	0.13	6.27	1.96
9.	Riboflavin	0.05	0.04	0.09	0.04	0.08	0.05	0.11	0.05	0.07	0.05	0.08	0.05
10.	Niacin	1.46	1.18	2.56	1.36	1.93	1.21	2.33	0.37	1.15	0.81	1.89	1.17
11.	Carbohydrate	87.25	13.89	89.60	16.76	95.79	14.25	90.11	14.23	89.61	10.12	90.51	14.30
12.	Fibre	0.95	0.47	1.10	0.73	0.85	0.45	0.62	0.30	1.22	0.69	0.95	0.59
13.	Sodium	652.22	323.13	709.77	278.47	603.79	358.40	600.49	300.67	622.08	348.20	637.67	336.00

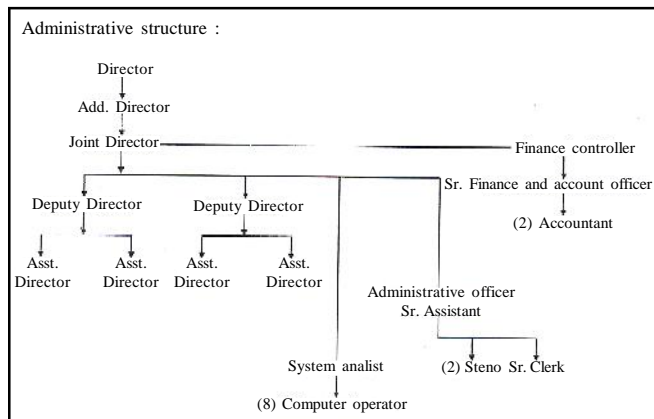


Fig. 1 : Administrative structure

- Supervision and monitoring.
- Social equity
- School health programme.

An intake of various nutrient the according to district (300 students) from Meerut region :

About tables shows the mean intake of various nutrient the children according to district 300 students were selected from Meerut region 60 students each were selected from district-Meerut, Bulandshahar, Ghaziabad, Baghpat and Gautam Budh Nagar, respectively. Mean nutrients intake of calories, protein, calcium, iron, fat and fibre was found to the more among the children were studying in district G.B.Nagar as compare to children were studying in district Bulandshahar, Meerut, Ghaziabad and Baghpat, respectively. While the mean nutrients intake of riboflavin was found to be more among the children studying in district Baghpat as compare to children were studying in district Bulandshahar, Meerut, Ghaziabad and G.B.Nagar, respectively and the mean nutrient intake of carbohydrates was found to be more among the children studying in district Ghazizbad as compare to children studying in district Bulandshahar, Meerut, Baghpat and G.B.nagar, respectively mean nutrient intake of vit-‘A’,

vit-‘B’, vit-‘C’ niacin and sodium was found to be more among the children studying in district Meerut as compare to children were studying in district Bulandshahar, Ghaziabad, Baghpat and G.B.Nagar, respectively.

Conclusion :

On the basis of findings of the study the important conclusion emerging out are given below : This study was found midday meal scheme in fruitful scheme for school children which is increasing health of children (school going). The retention rate of girl child as were as boys increased.

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