



Mid-Day Meals Programme In Chennai Corporation Schools

**** M. VIJAYAA LASHMI**, Ph.D. Scholar, PG & Research Department of Economics
Ethiraj College for Women, Chennai – 600008.

*** Dr. V.M. SUNEELA SHYAM**, M.A.(Economics), M.Phil. (Economics), M.A. (Population Studies), M.A.(History), M.A. (Public Administration), M.A. (Journalism & Mass Communication), M.Ed., M.B.A (HRD) PGDHE., Ph.D. (Economics), Ph.D. (Education),
Associate Professor,
PG & Research Department of Economics,
Ethiraj College for Women, Chennai-8.

ABSTRACT The main aim of the Mid-Day Meals Programme are protecting children from classroom hunger, get nutritious food, increasing the school enrolment and attendance, improved socialisation among children belonging to all castes, addressing malnutrition, and social empowerment through provision of employment to females. 12 crore (120 million) children are so far covered under the Mid-day Meal Scheme, which is the largest school lunch programme in the world. Allocation for this programme has been enhanced from Rs 3010 crore to Rs 4813 crore (Rs 48 billion, \$1.2 billion) in 2006-2007.

Key words: hunger, school enrolment, nutrition.

1.1 INTRODUCTION

Urupaciyum ovap piniyum cerupakaiyum
cera tiyalvatu natu.

Thiru Kural – 734

In the year of 2018-19, 9.12crore children studying, 11.35 lakh schools were benefitted with hot nutritious school meals. In this feast program support training and has absolutely affected in the space of wellbeing, enrolment, standard participation, and execution of children in school activities. In 2001 the Supreme Court passed an order in expressing that A fundamental privilege of each and every child in each Administration and Government helped Elementary Schools with a pre-arranged Noonmeal with a base substance of 300 calories and 8-12 grams of protein every day of school for at least 200 days. The underlying foundations of the program can be followed back to the pre-freedom time, a noon meal program was presented in 1925 in Madras by the British organization. The public authority of India started the public program of wholesome help to essential instruction on fifteenth august 1995. It's otherwise called school meal program in India. It includes arrangement of lunch liberated from cost to school students on every working day. The plan has a long history particularly in Tamil Nadu and Gujarat and has been extended to all part of India.

The scheme officially started as a centrally sponsored initiative in 1995, it was limited to providing dry rations and was not fully executed in most states until 2002. The State Governments were instructed to introduce cooked school meals, and by 2003 most states had started providing school meals. In the year of 2004 a Supreme Court order made it obligatory to provide midday meals during summer vacations in drought-affected areas. It was an important intervention, as drought has affected large sections of India's rural population. In the Young Lives sample shows almost 35 percent of the rural household's report having suffered from drought between 2002 and 2006.

The objectives of the Mid-Day Meals Programme are: protecting children from classroom hunger, increasing the school enrolment and attendance, improved socialisation among children belonging to all castes, addressing malnutrition, and social empowerment through provision of employment to women. 12 crore (120 million) children are so far covered under the Mid-day Meal Scheme, which is the largest school lunch programme in the world. Allocation for this programme has been enhanced from Rs 3010 crore to Rs 4813 crore (Rs 48 billion, \$1.2 billion) in 2006-2007.

1.2 MEANING

The Mid-Day Meal Scheme is a school meal programme of the Government of India. It is designed to better the nourishing standing of school-age. The programme supplies free lunches on working days for children. Serving 120,000,000 children in over 1,265,000 schools and Education Guarantee Scheme

centres. It is the largest of its kind in the world. India has committed to providing “adequate nutritious foods” for children. National Food Security Act (NFSA) was passed in 2013.

1.3 OBJECTIVES

- To study the achievement of Mid-Day Meals Programme in Chennai City.
- To examine socio economic status of children study in Corporation School.
- To understand the mid-day meals programmes on enrolment of children in school.
- To review health status of children and its effectiveness on intelligence.
- To suggests measures for improvements of mid-day meals programme.

1.4 NEED OF THE STUDY

The Mid-day meals programme is important for improving enrolment, attendance and retention of primary school children, while simultaneously improving their nutritional status. Mid-Day Meal Scheme had proved to be an effective means to check high dropout rates of children from economically weaker sections, while also addressing their nutritional needs.

1.5 METHODOLOGY

The study is based on the both primary data and secondary data.

- The primary data is collected through questionnaire from the respondents.
- Secondary data is collected from the Book, Journals, News Paper, Magazines and Websites.
- The sample size of the study is 100 respondents in Corporation School

The processed data and the information are presented in the form of Tables, Diagrams, Charts and statistical tools chi-square test and regression test are used to test the hypothesis.

1.6 Limitations of the study:

- ❖ The target groups of the study for school children.
- ❖ The time period of research is limited.
- ❖ The survey is confined to school children in Corporation School in Chennai.

Review of Literature

Rajan Sankar (2014) was stated that improving the nutritional quality of mid-day meal programme. India’s National Feeding Programme, the Mid Day Meal (MDM) Scheme, is the largest in the world and caters to 120 million children in primary schools. Complementary strategies such as de-worming or fortifying meals provided through the mid-day meal scheme could increase the nutritional impact of this

programme. In urban areas, big centralised kitchens cook serve a larger number of schools, with some kitchens serving up to 150000 children daily. The objective of the project was to test the operational feasibility of fortifying the school meal in centralised kitchens, as well is the acceptability of fortified meals by recipients. More than 750000 children were reached with fortified food on all school days for a period of one year. School feeding help to eliminate hunger for millions of children around the globe and is contributing to their education, nutritional, health and future productivity as adults.

Joglekar (2015) was analysed that the impact of Mid-Day Meals Programme on cognitive ability of school going girls between age ranges of 6-11 years, the study was planned. The study was conducted on 80 school-going girls from Kabir Dham district of Chhattisgarh, received the benefits of Mid-Day Meal Program. The author was studied those subjects with haemoglobin level below 10mg\dl. The researcher was analysed Significant improvement was also observed in haemoglobin levels of selected subjects the study highlights the role of nutritional health in cognitive development of school children.

3.1 Introduction

The Mid-Day Meal Scheme is one of the important schemes that the Government of India introduced to protect the varied interests of the children attending primary school. Tamil Nadu is being taken due to its overall successful implementation of the scheme. The meal system in schools was introduced in a large scale in 1960s by K. Kamaraj, former Chief Minister of Tamil Nadu. But the first major thrust came in 1982 when the Chief Minister of Tamil Nadu, Dr. M. G. Ramachandran, decided to implement the scheme for all children in government schools in primary classes. Later the programme was expanded to cover all children up to S.S.L.C level. Tamil Nadu's mid-day meal programme is among the best known in the country.

3.2 HISTORY:

- Started in the 1960s by Kamaraj in Tamil Nadu and later expanded by M.G Ramachandran 1982
- It provides lunch at free of cost to all school going children in all working days
- World's largest feeding programme reaching up to 12 crore children's
- In 1925, a mid-day meal programme was introduced for disadvantaged children in madras Municipal Corporation
- In 1995, government of India implemented it as the national programme of nutritional support to primary education
- The national programme of nutritional support to primary education (NP-NSPE) was launched as a centrally sponsored scheme on 15th august 1995, initially in 2408 blocks in the country.

The MDMS was introduced in rural areas of Tamil Nadu in 1925 for pre-school children in the age-group 2 to 5 years and for primary school children in the age group of 5 to 9 years. Later, from September 1982 this scheme was extended to urban areas and even old age pensioners were covered

from January 1983. From September 1984, the scheme covers school students of 10-15 years of age. And from December 1995 pregnant women were brought under the scheme. In 1982, the then Chief Minister, M G Ramachandran (MGR) launched one of the largest expansions of feeding through the Chief Minister's Nutritious Noon-Meals Programme, a programme solely targeted to combat hunger and get children to school. In the words of M G Ramachandran about the programme. One of the important aspects about the state is that there has been constant improvement in the supply of food under the MDMS. During 1982, along with education emphasis was given more on nutritious food while including ingredients like different vegetables, eggs, etc. From 1989, egg was identified as a nutritive intake and included in the menu and from June 1998 onwards one boiled egg was supplied to children along with nutritious meal once in a fortnight. the frequency of supply one egg in a fortnight was reduced to one boiled egg once in a week. From April 1996, to combat the problem of 'goitre' in some hilly regions of the state especially the Nilgiris, Trichy, Salem, and Coimbatore double fortified salt with iron and iodine was introduced. Apart from this highly nutritious *sathumavu* was also distributed to those children who were not eating eggs. The midday meals scheme as a government scheme was first contemplated by M.G.R. and it was implemented on 1st July 1982 in rural areas and on 15th September 1982 in urban areas.

The Broad Rationale for the programme were the following

1. To maximize enrolment and reduce school dropout rates with a view to universalize elementary education.
2. To provide nutrition to the under fed and under nourished children.
3. To encourage children from disadvantaged backgrounds to attend school regularly and to help them in attaining formal education.
4. To empower women by offering employment opportunities

Growth of Nutritious Meal Programme in the State: -

01.07.1982 Scheme launched in Rural areas for age groups of 2 to 5 & 5 to 9 years

15.09.1982 Scheme extended to Urban areas

15.09.1984 Scheme extended to the children in the age group of 10 to 15 years

Timings for serving of Mid-day meal at school level.

Primary Children – 12.00 Noon to 12.30 p.m.

Upper Primary Children – 12.30 to 1.00 p.m.

3.3 PURPOSE OF MID-DAY MEAL

Mid-day meal in India governments schools were envisaged to stop hunger from keeping children away from schools and to improve enrolment children do come to school and meal get served, but quite after, terrible accidents happen. Sometimes hygiene plays the devil, sometimes adulteration. What caused all the harm earlier this week was reportedly a can of pesticides. Investigating teams of doctors found organosphorus compounds, mostly found in insecticides, in the meal's plates of rice, soybean and lentils, the lunch killed 27 children all between age four and 12 of a government school in Chhabra district in Bihar, about 80 km from the state capital Patna, while more than a dozen is still hospitalized. Mid-day Meal Scheme is also known as National Programme of Nutritional Support to Primary Education (NP-NSPE). Its main purpose is to improve the effectiveness of primary education by improving the nutritional status of primary school children.

3.4 MID DAY MEALS IN INDIA

Mid-Day Meal (MDM) scheme of India which is considered as the world's largest school meal programme serving hot and freshly cooked meals to emaciated children, according to the Ministry of Human Resource Development (MHRD). As per the government data, in the year 2018-19, MDM scheme served about 9.17 crore children in 11.35 lakh schools across the country. However, there have been many instances where the scheme has faced malpractices and slippages, like recently in Uttar Pradesh, multiple incidences of irregularities were reported like a school serving just 'roti and salt' to students in Mirzapur district of the state. Then in Son Bhadra district, one-litre of milk was mixed with a bucket of water to feed 81 students. In another school in Muzaffarnagar of up, a dead rat was found in cooked lentils when it was being served to the students, nine who had already consumed the dal fell sick. All these incidents were reported from one state in the span of three months. Similar instances have also come to light time and again from other states like in August 2018, in Jharkhand, an upper primary student had died and more than 60 were hospitalised allegedly after consuming contaminated meal at school. NDTV spoke with experts and government officials to understand the challenges in the effective implementation of MDM. India's Mid-Day Meal Scheme is one of the largest food assistance programs in the world with a 2013-2014 budget of Rs 30 billion (\$490 million.) It is managed by the Ministry of Education, which claims the program is in place to "enhance enrolment, retention and attendance and simultaneously improve nutritional levels among children. "Any government program of this size—with the goal of assisting 120 million children every day—no doubt suffers from organizational problems. Referencing a study done by Yamini Aiyar for the Accountability Initiative, The Guardian states that "too many layers of government were involved in the scheme, resulting in poor information, coordination and monitoring." A few examples of poor monitoring and coordination show the issues this scheme encounters. A little over one year ago in July, 2013, 23

children from the Indian state of Bihar died as a result of unsafe food preparation. Outrage within the community led to protests as well as a government probe into the incident.

3.5 MID DAY MEALS IN TAMIL NADU

Ninety-two per cent schools in the southern state have good kitchen infrastructure, which is now being upgraded with cooking gas facility. On July 18, nearly 155 students fell ill after consuming contaminated mid-day meal in Neyveli town in Tamil Nadu's Cuddalore district. The incident marred an otherwise excellent record the state holds in providing mid-day meals to poor children and retains them in school. Tamil Nadu, in fact, could serve as a model for the rest of poor performing states as far as implementing mid-day meals is concerned. The state has not only provided kitchen infrastructure to more than 92 per cent schools but has also started upgrading and modernising it by providing cooking gas facilities. Complaint boxes have been installed in every school.

3.6 MID DAY MEALS IN CHENNAI

Here are some key points about mid-day meals in Chennai:

1. **Implementation:**

- Managed by the Department of School Education.
- Meals are provided in government and government-aided schools, including primary and upper primary levels.

2. **Menu:**

- The menu typically includes a variety of nutritious foods like rice, sambar, vegetables, eggs, and sometimes, a sweet dish. The menu is designed to meet the dietary requirements of children.

3. **Nutritional Standards:**

- The meals are planned to provide a minimum of 450 calories and 12 grams of protein for primary students, and 700 calories and 20 grams of protein for upper primary students.

4. **Safety and Hygiene:**

- Strict hygiene standards are maintained in the preparation and serving of the meals.
- Regular inspections are conducted to ensure quality.

5. **Community Involvement:**

- Local communities, including parents and school management committees, are often involved in overseeing the implementation of the scheme.

6. **Challenges:**

- Ensuring consistent quality and quantity of meals.
- Addressing logistical issues in remote areas.
- Dealing with occasional food safety concerns.

The Mid-Day Meal Scheme in Chennai is a crucial initiative to support the education and health of children, contributing to their overall development and future prospects.

3.6.1 Action of department of social welfare in mid-day meals in Chennai

The Department of Social Welfare plays a vital role in the implementation and management of the Mid-Day Meal Scheme in Chennai. Their actions are aimed at ensuring the smooth functioning of the program, maintaining the quality of meals, and achieving the scheme's objectives. Here are some key actions taken by the Department of Social Welfare:

1. **Coordination and Implementation:**

- The department collaborates with the Department of School Education to oversee the implementation of the scheme in various schools.
- They coordinate with local authorities, school management committees, and non-governmental organizations to ensure effective delivery of meals.

2. **Monitoring and Supervision:**

- Regular monitoring of the meal preparation and distribution process to ensure compliance with nutritional and hygiene standards.
- Conducting inspections and audits of kitchens and storage facilities to maintain quality control.

3. **Nutritional Planning:**

- Working with nutritionists to design balanced and nutritious menus that meet the dietary requirements of children.
- Periodic reviews and updates of the menu to include locally available and seasonal foods.

4. **Training and Capacity Building:**

- Providing training programs for cooks and kitchen staff on food safety, hygiene practices, and efficient cooking methods.
- Conducting workshops for school administrators and teachers on managing the Mid-Day Meal Scheme.

5. **Infrastructure Development:**

- Facilitating the construction and maintenance of kitchens, dining areas, and storage facilities in schools.
- Ensuring the provision of clean drinking water and proper sanitation facilities.

6. **Community Engagement:**

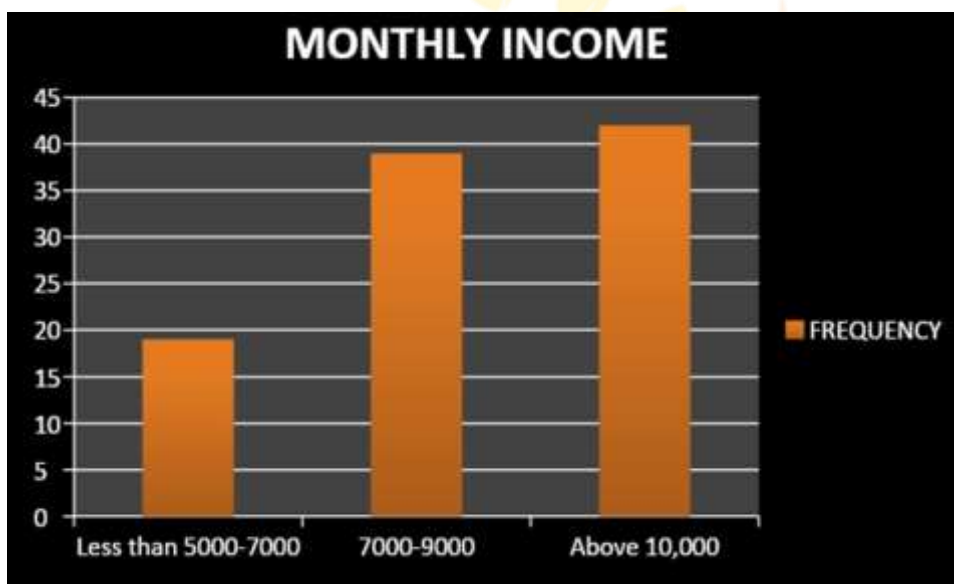
- Involving parents, local communities, and school management committees in the monitoring and evaluation process.

- Organizing awareness programs to educate communities about the importance of nutrition and the benefits of the Mid-Day Meal Scheme.

7. Addressing Grievances and Feedback:

- Establishing mechanisms for addressing complaints and feedback from students, parents, and school staff.
- Taking corrective actions based on feedback to improve the quality and delivery of meals.

Figure 4.1 MONTHLY INCOME



Source: Primary Data

INTERPRETATION: Income distribution of the family demonstrates that most of them 42 percent of respondents falls in the above Rs.10000 per month. 19 percent of respondents are earning less than Rs. 5000 to Rs. 7000.

TABLE 4.2 TYPE OF FOOD

PARTICULAR	FREQUENCY	PERCENTAGE
Rice	26	26
Idly	30	30
Roti/chapati	18	18
Previous day food	14	14
Other	12	12
TOTAL	100	100

Source: Primary Data

TESTING OF HYPOTHESIS:**NULL HYPOTHESIS (H₀):** There is no significant difference between monthly income and types of food.**ALTERNATIVE HYPOTHESIS (H₁):** There is a significant difference between the monthly income and types of food.

ANOVA

monthly income	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	8.446	4	2.111	4.244	.003
Within Groups	47.264	95	.498		
Total	55.710	99			

INTERPRETION:

To find out the relationship between the monthly income and types of food by using one way ANOVA. The result shows that alternative hypothesis is rejected at 5percent level of significance there is no significant relationship between the intake of food and the nutritional status of children in the school.

SUGGESTION

- Use locally sourced ingredients to support the local economy and ensure freshness.
- Rotate menus based on seasonal availability of vegetables and fruits.
- Ensure that meals are prepared in a hygienic environment to prevent foodborne illnesses
- Engage with local communities and parents to get feedback and suggestions for meal improvements.
- Educate children about the importance of nutrition and healthy eating habits.

CONCLUSION

Therefore, India is considered as the world's largest school meal programme serving hot and freshly cooked meals to emaciated children, according to the Ministry of Human Resource Development (MHRD). To maximize enrolment and reduce school dropout rates with a view to universalize elementary education and to provide nutrition to the under fed and under nourished children.

