



*Research Article*

## The Comprehensive Aspects of Midday Meal (MDMS) on Primary School Students

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### *Abstract*

*It is thought that education is central to economic development, which increases productivity and living standards. Primary education is considered essential in Kerala and requires universal primary education. Mid-day meal is one of the most important policies and the main goal of education is to increase the return on education by improving the diet for children to reduce training costs and promote learning. This study showed that this plan does not contribute to improving the nutritional status of LP schools selected by both schools. Moreover, the lunch meal plan had no significant effect on the nutritional status, student enrollment and dropout. Therefore a higher caloric content of food can have a positive influence on the nutritional status of the student. The government must adjust the timing of food and food supply again. Nutritional aspects of children play a greater role in physical and mental development.*

**Keyword:** *Intermediate day - Meal plan, food level, enrollment percentage, drop-out percentage, elementary students.*

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### **Introduction**

Health and education are regarded worldwide as "basic rights". Universal primary education is an important goal of the 'Millennium Development Goals' (MGD) that both boys and girls have to complete primary education. The importance of basic education in primary education is not only a direct value of good health and other human performance as a part of the basic competence, but it can also help to create a more standard economic success. This in turn can contribute to improving the quality of human life(1).

Education plays an essential and important role in meeting the basic needs of ordinary people, food, shelter and clothing. The main goal of education is to prepare and feed children physically, mentally and spiritually to lead a

quality life. Education is a process by which we meet the challenges of life for survival and through the process of obtaining the competencies and skills necessary for the struggle for existence. Four key factors must be identified to reach the educational goals for everyone. This includes access to education, registration of children and the maintenance and implementation of registered children. The Mid-DayMeal scheme is an attempt to achieve and promote all these goals(2).

To reach the disadvantaged population, the government has introduced various plans in the primary education sector. Access to primary education has become universal through the government's regular programs, such as Sarva Shiksha Abhiyan, but few children still do not

receive primary education because of their low economic status. The 93rd constitutional amendment has been created as a free and compulsory training as a fundamental right for all children aged 6 to 14 years. India has also signed a Millennium Development Goal. Accordingly, by 2015, the state must achieve universal goals for primary education(3).

To achieve this goal, on 15 August 1995 a basic education and nutrition support program, nationally known as the Mid-Day Meal Arrangement, was started by the Primary Education and Information Agency, Human Resources Development and Government. India. Initially this program was introduced in 2408 blocks from 1997-1998, extended to all blocks of this country. In 2002, the system was expanded to include children who received the EGS education guarantee scheme and the AIE (Alternative Informal Education) education. September 2004 this program was revised to provide 300 calories of midday meals and 8-12 grams of protein to all children studying at level 1 to level V at government agencies, government-supported schools and EGS / AIE centers. In November 2001, the Supreme Court ordered all states to provide a luncheon instead of raw grains.

In October 2007, the system was initially expanded to cover the first primary (6th to 7th grade) children in the 3479 district blocks (EBBS) and then cover all national blocks. The number of children included in the interim meal plan increased from 3.34 crore in 1995 to 12 coradildren in 2010. The Mid-Day Meal-Scheme (MDM) was an attempt to improve registration, retention and presence.

**The main goals of this plan are:**

1. Improving nutrition for students in grades 1 through 7 in public and government-sponsored schools.

2. Encourage children in disadvantaged backgrounds to attend school regularly and to focus on school activities.
3. Provide nutritional support to students in areas prone to drought during the summer holidays.

The plan evaluates sardine food with at least 300 calories and 8-12 grams of protein for each child studying from grade I to grade V. The upper basic meal yields 150 grams of protein and consists of 700 calories and 20 grams of protein per person per day ( rice or wheat). The central government will supply 100 grams of free food grain (wheat and rice) to the state and local authorities per day per school from the nearest Food Corporation of India (FCI) farmers, and the cost of transporting food grains from the nearest FCI(1, 4).

**Elementary School**

This system also offers help to cover the costs of cooking. The program is managed by local authorities with the help of village authorities, village school boards, school management committees and parents' associations. Women cook self-help groups in rural areas. In urban areas, some NGOs are responsible for bringing food to primary schools. Free Chinese meals can achieve a lot about children's upbringing and health.

They create good eating habits, such as promoting the participation of children in school, reducing starvation in the classroom, promoting healthy growth, washing hands and ending food, and when all children eat the same, social eating gender equality It promotes. We should eat together. 8.41 crore elementary students and 3.36 crore higher elementary students, totaling 11.77 crore students, have benefited from the MDM scheme(5).

Intermediate Work History Lunch at the school has a long history in India. In 1925 Madras Municipal Corporation introduced a luncheon program for underprivileged children. In the mid-1980s, three states, Gujarat, Kerala and Tamil Nadu, and the Union Territory of Pondicherry in Pondicherry had a full-day cooking program(6).

### **The Basic Steps**

From 1990-1991 as a universal or large halfway with own resources - on - the number of countries implemented the meal plan was especially increased 12. In 2009, the following changes were made to improve the implementation of the plan.

- (I) increase the amount of oils and fats to improve heart rate from 25 to 30 g to provide a nutritious diet balanced children between the upper primary group and, vegetables, from 65 ~ 75 to 10 grams to 7.5 grams .
- (II) (excluding labor and administrative costs) Cooking costs review if the parent primary school children to the primary children on Rs 1.68 has been set at Rs 2.50, providing meals to the good children of the prescribed quality against Rs 2.20 to Rs 3.75 has been. The costs of primary cooking are 2.69 rupees per day for children and 4.33 rupees for primary school students from 2010. The cooking costs are revised by 7.5 per cent compared to 2011.
- (III) Existing systems that pay food grain costs to FCI The Indian government is vulnerable to delays and risks. The payment of food grains costs from the local and national level, district-level agents

from 2010 to focus on the details of the monitoring plan FCI decentralization.

### **Mid-day Meal Quality**

The quality of intermediate meals largely depends on the quality of food grains. FCI is responsible for the highest quality food grains, which must at least be reasonably average quality (FAQ). FCI appoints a Nodal Officer for each state to address many problems with the delivery of food pellets as part of the MDM program. District collectors or the highest executive board of the Panchayath district ensure that the removal of food grains at least FAQ by joint investigation team composed of FCI and the collector or CEO, appointment and confirmation of district panchayath.

Quality, safety and hygiene specifications are laid down in the guidelines. In addition, at least one of the two or three adult members must be a teacher and taste food before they are served to the child. Guidelines do not occur for every quarter supervisor can test the 25% schools / EGS / AIE centers, but officials, employees, and intensive and frequent monitoring of the program due to lack of resources as expected. The guidelines also provide active community involvement in monitoring and monitoring the program. For programs of this size, the core success is active and implies the full involvement of the community(7)

This report examines the implementation of the National Maternity Benefit Scheme and intends to replace it in Uttar Pradesh. This report is based on interviews March 2007 three weeks Bhopal, Sunny, Hvar Wani, at four weeks of shale Darfur. The report, despite the Supreme Court's order, the government implemented more National Maternity Benefit Scheme (NMBS). Instead, NMBS has been replaced by Janani Suraksha Yojana (JSY).

This system is a system that provides monetary incentives to pregnant women looking for an institutional birth. JSY does not cover the data created to pursue the worthy goal of safe delivery of the babies of women during pregnancy, as one NMBS designed nutritional needs. Moreover, although JSY gives money to women who deliver at home, this part of the program rarely happens. Finally, JSY encourages women to give birth to public institutions that cannot offer competent and safe care.

Uttar Pradesh has a plan that is hardly known, but is often called the prenatal benefit program. Pregnant women over the age of 19, who have a yellow card for the first time under this scheme, will receive a double birth 500 Rs a few weeks ago (in practice on the premises is limited to a certain class). This system is similar to the NMBS, but all pregnant women who have one below the poverty line (BPL) cards are subject to a non-500 R yellow card holder (only for the poorest of the arms included). In addition, prenatal benefit programs are implemented on a large scale with many potential beneficiaries who are not aware of the program.

### **Problems with Mid-Day Meal Plans**

A mid-day meal plan has been in use since 1995 and revisions of the guidelines for clarifying program objectives by 2006 have been repeated. Despite the stated aim of promoting the universalization of basic planning and education, Human Resource Development (MHRD) has not established how the program measures the impact on enrollment, retention or attendance. Data collected at the time of registration was used exclusively for the distribution of food. In addition, MHRD has not demonstrated a relationship with the family, and the Health

and Human Services for health screenings, so collected data on the nutritional status of the beneficiaries or listed in the manual(8).

- 1) Official information on the lack of evidence on the effects MDM sources do not provide evidence of the degree of reduction of chronic hunger and malnutrition in children attending the school. No impact assessments have been carried out to assess the impact of the system on children's health and education.
- 2) I cannot pay cooking costs at school level. The US mentioned two main reasons for the incorrect implementation of MDM. Lack of funds for cooking costs and budget delays. The state claims that the current costs of cooking per student are insufficient and required repeatedly.
- 3) The deviation from the set criteria: the food offered in a number of weeks, was not under the prescribed 100 g of 83 g in the range of 5. In addition, many states have not followed the quality of food and other states have not carried out irregular or important tests. Moreover, Human Resource Development has not provided micro-nutritional supplements that the state claims to be responsible for. The 2008 CAG Audit Report 2008 concluded that the Department of Human Resources Development ignored the crucial role in monitoring whether a primary school meal is available for school children.
- 4) Inefficient monitoring and evaluation: the provisions for monitoring were not followed and the internal control mechanisms were weak. The Monitoring and Steering Committee regularly meets to

determine the status and performance of the plan.

### Conclusion

Schools play an important role in society for schools for food evaluation of secondary schools, especially school children. The right to education is one of the fundamental rights. There is compulsory education for children between the ages of 6 and 14 years. Education has therefore had a major influence on the attitude and personality of children. Children must have cooked meals in order to grow. It will help you focus your research and improve your health. This study mainly focuses on daily meals for primary school students

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