

**MID DAY MEAL SCHEME UNDER FOOD SECURITY: A  
STUDY WITH SPECIAL REFERENCE TO UPPER  
PRIMARY SCHOOLS OF RURAL BHADRAVTHI TALUK**

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**Abstract**

*Mid-Day meal have big effects on school participation, not just in terms of getting more children enrolled in the registers but also in terms of regular pupil attendance on a daily basis. Many children reach school on empty stomach. Children who do not have lunch box are not able to concentrate on study. Mid-day meal can help to overcome this problem by preventing classroom hunger. It acts as regular source of supplementary nutrition for children and facilitates their healthy growth. It helps to learn to sit together and share on common meal. It erode the barriers that prevent girls from going to school.*

**Key words:**

*children,  
Class room,  
Education,  
Hunger,  
Mid day meal,  
Schools..*

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## 1. Introduction

The History of the midday meal starts when, looking out of a window one day in Mayapur a village near Calcutta His divine Grace A.C.Bhaktivedanta Swamy Prabhupada saw a group children fighting with street dogs over scraps of food. From this incident was born a determination that molded the belief of the foundation “No Child within a radius of ten miles from the center should go hungry”.

T.V Mohandas Pai and Abhay Jain planted the seeds of thought starting a kitchen at ISKON, Bangalore, India. That cooked food for disadvantaged children in government schools. The program started in the year 2000 feeding 1500 children from a temporary kitchen in Bangalore. It has grown in length and breadth and to a day when they have served over a billion meals. Akshaya patra partnered with the government of Karnataka in 2003 under the mid-day meal scheme to act as one of the implementing arm of the government in many regions. It now works with central and state governments in 9 states (i.e. Karnataka, Andhra Pradesh, Assam, Chhattisgarh, Gujarat, Orissa, Rajasthan, Tamil Nadu and Uttar Pradesh) and has set up kitchens in 20 locations.

Many of developing countries including India greatest challenge is to overcome from Hunger and poverty. These are big enemy for National development, children represent the future and ensuring their healthy growth and development ought to be a prime concern of all the societies our government is also trying its best to control and get back their rights. The Supreme court directed the Government to fully implement its scheme of providing cooked meals to all school going children in Primary Schools. This landmark direction converted mid-day meal scheme into a legal entitlement. The violation of such can be taken up in the court of law. The direction and further follow up universalizing the scheme.

## 2. Scope of Research

The Present research work is an attempt to analyze the Mid-day meal scheme under food security with special references to upper-primary schools in Bhadravathi rural Taluka. It also aims at analyzing its effect on enrolment, attendance, drop-out ratio, learning performance, teaching effectiveness, and Empowering women.

Malnutrition is widely present among the rural side school going children in Bhadravathi Taluka. It prevents a child from developing into fully functional adult, It adversely affects of universalization of Primary Education terms of lack of concentration. A malnourished child is less likely to attend school regularly. But the attainment level is very low. A programme providing Mid-day meal in schools can be expected to help can be expected to help enrolment and regularity of attendance, reducing drop-out ratio and improving children level of learning and self esteem.

### **3. Objectives**

1. To collect information on Mid-day meal scheme to encourage primary and upper primary education by the Government.
2. To evaluate the scheme in securing the food for the children of upper primary education.
3. To know the increase in the enrolment ratio of upper primary schools in rural Bhadravathi Taluka and reduce the drop-out.
4. To assess the impact of the scheme on overall classroom performance of primary schools in rural Bhadravathi Taluka.
5. To portray profile of beneficiaries of Mid-day meal scheme and their suggestion for improvement of the program.

### **4. Research Area**

This study limited to upper primary schools in rural Bhadravathi Taluka. The study covers securing of food for the children of upper primary schools. It evaluates the enrollments and attendance ratio in the primary schools. It assesses the quality of education and drop-out ratio also.

### **5. Need and Importance of the Study**

Mid-Day meal have big effects on school participation, not just in terms of getting more children enrolled in the registers but also in terms of regular pupil attendance on a daily basis. Many children reach school on empty stomach. Children who do not have lunch box are not able to concentrate on study. Mid-day meal can help to overcome this problem by preventing classroom hunger. It acts as regular source of supplementary nutrition for children and facilitate

their healthy growth. It helps to learn to sit together and share on common meal. It is erode the barriers that prevent girls from going to school. It also provides an use full source of employment for women. The scheme can facilitate cognitive emotional and social development by removing insecurity, anxiety and stress.

## **6. Research Issues:**

The very Programme was introduced in June, 1977. It envisaged that the below poverty line population would be identified in every state to a certain quantity of food grains at specially subsidized prices with in addition 25kg of food grains was to be provided to the poorest of the poor families of the Anthodya Anna Yojana at a highly subsidized price of Rs. 2 per kg for wheat and Rs. 3 per kg for rice under Public Distribution System. It aims to protect low income groups, ensuring equitable distribution, and controlling the price of essential commodities in the open market, Government of Karnataka is committed to supply 28 kgs rice, 7kg of wheat to the Anthyodaya Anna Yojana card holders and 20 kg of rice and 5kg wheat per card per month through the Fair price shops.

Integrated Child Development Service Scheme was launched on 2<sup>nd</sup> October 1975. It was intended to provide food supplement to children and pregnant /nursing women. It aims to improve the nutritional and health status of children in the age group of 0 to 6 years. It helps to reduce the incidence of mortality, morbidity and malnutrition. It enhances the capacity of the mother to look after the normal health.

Akshara Dasoha Programme was started in 7 districts of Karnataka in the year 2002. The scheme was extended to remaining districts. Now it is covered 1<sup>st</sup>Std to 10<sup>th</sup> Std. It is covered Government Aided and Unaided private schools to universalize the primary education. The child will lose attention and interest because of hunger. So the Government started the Mid-Day Meal Programme with the intention that to improve the learning process in schools. The scheme is aimed at improving the conditions of learning process. The main aim of this scheme is to reduce the drop-out ratio and increase in enrolment and attendance of children in the primary schools;. It improves child health by increasing nutritional level.

## 7. Methodology

This study is based on primary and secondary sources of Information. The data are collected from 20 Upper Primary schools of rural Bhadravathi Taluka. The necessary primary data are collected through questionnaires and interview schedule and holding discussions to know the increase in enrolment and attendance and improvement in learning 20 Head Masters and 50 Assistant Teachers. 5 upper primary schools of rural Bhadravathi Taluka are selected for the study through random sampling.

## 8. DATA ANALYSIS

Government of Karnataka has formed district level implementing committee for the supervision and effective implementation of the cooked meal programme under the chairmanship of the district in charge Minister, elected representatives and concerned officials of various departments, Government of Karnataka has also given directions to chief executive officer of the Zilla panchayath, Education officer of Mid Day meal, DDPI and BEO supervise preparation and distribution of Mid Day meal scheme. The school development and monitoring committees (SDMC) are playing a major role in the successful implementation of Mid Day meal scheme in Karnataka. It ensures to provide good quality food to the children.

Akshara Dasoha Yojana authority has fixed the quantity of the food that is provided to each child. The Government is providing 100gms cereals, 20gms pulses, 50 gms vegetable, 5grams salt and 3grams oil per child per day.

**Table – 1**

### Position of admission before and after implementing the scheme

Sl. No	Name of the School	Admission Before the scheme (2001-02)	Admission after the Scheme (2005-06)	Increase in Admission
1	G K H P School, Vishwanagar.	90	114	24
2	G Tamil H P School, Vishwanagar.	41	53	12
3	G K H P School, Kudligere.	135	153	18
4	G M H P school, Arebilachi,	93	114	21
5	G K H P School, Sitaramapura.	113	145	32

Admission position had improved a lot after implementing the scheme particularly in rural area of Bhadravathi Taluka. Most of the HM And Assistant Masters have said that the admission of students has increased in the schools a lot. The scheme has brought many changes in admission particularly where more number of people are residing below the poverty line. It has helped in increasing the enrolment ratio in Upper Primary Schools.

Table – 1 shows the position of admission before and after implementing the Mid Day meal scheme of a few sample surveyed Primary schools of rural Bhadravathi Taluka.. The Number of admission after implementing the scheme is more. It shows that the admission position increased because of Mid Day Meal scheme. The children were attracted towards the school because of this hot meal. Before this children used do the work as laborers. Now they are enrolled in the school.

**Table – 2**

**Performance of Students**

Sl. No	Name of the School	No of Children secured above 60% in 2001-02	No of children secured above 60% in 2005-06	Increase number
1	G K H P School, Vishwanagar.	58	79	21
2	G Tamil H P School, Vishwanagar.	35	39	4
3	G K H P School, Kudligere.	123	137	14
4	G M H P school, Arebilachi,	58	102	44
5	G K H P School, Sitaramapura.	44	78	34

More than 75% of HM and the Assistant Teachers said that there is an improvement in the performance of the students. There is an improvement in the children performance after implementation of the scheme. Teaching learning process has become effective. The attention of learning improved a lot.

Table-2 shows the performance of study before and after implementing the scheme. The performance of children has increased during the year 2005-06. The children showed a very good performance after implementing Mid Day Meal scheme. The third Column shows that the increased number of better performed children. The result is better than the year 2001-02.

**Table – 3****Attendance status**

Sl.No	Name of the School	Attendance in 2001-02 (Out of 227days) average days	In percent age	Attendance in 2005-06 (Out of 222days) average days	In percentage
1	G K H P School, Vishwanagar.	170	74.8	195	87.8
2	G Tamil H P School, Vishwanagar.	165	72.7	198	89.1
3	G K H P School, Kudligere.	154	67.8	185	83.3
4	G M H P school, Arebilachi,	168	74.0	210	94.5
5	G K H P School, Sitaramapura.	180	79.3	201	90.5

There was a less of attendance for almost all children during 2001-02. They missed the classes and went to field for work. But after implementing the scheme the schools attendance have increased a lot 75% of HM's and 75% if Assistant teachers have opined that the attendance to have increased.

Table-3 shows the average attendance ratio of the children. More than 75% of the HM's and Assistant Teacher's opinion is that the drop out have decreased after implementing the Mid Day Meal scheme. Many of children continued their education because of food security at the school. The Mid Day Meal Scheme assured food Supply to the school going children. The children who have come from poor family would drop the school because of food. When the Government

started this scheme, then onwards they have been attending the school regularly. They secure food at afternoon so they would not drop the school.

### **9. Suggestion for Improvement of Scheme:**

More than 80% of HM's and Assistant Teachers have said that the present quality is good but it requires change in the food menu. Most of the HM and Assistant Teachers have expressed their opinion that the Government should provide good quality food grains. Most of the teachers have expressed that there is a need of change in food. The responsibility of the scheme should be given to the local organizations so teachers can concentrate on educational activities.

### **10. Findings of the Study:**

1. The scheme is successful in achieving its objectives like feeding of hunger children, increasing attendance ratio, to make teaching and learning process effective, to improve attention of learning etc.
2. The poor children are feed satisfactorily and improved their health.
3. The HMs and Teachers have suggested changing the food menu periodically and improvement in quality of food.
4. The scheme has helped to universalize the primary Education in Rural Bhadravathi Taluk.
5. It has increased the enrolment ratio in Primary schools.
6. It has reduced the drop out ratio.
7. It has increased the attendance ratio.
8. The quality of Primary Education has improved a lot.

### **11. Recommendations and Conclusion:**

1. The schools which are not having kitchen, vessels and other materials they should have all these.
2. Many schools are not having the pure and clean drinking water facility. Such schools should be given the water facility.



3. Government should supply good quality of Food grains, that to on time.
4. Gas agency should supply gas in time.
5. The other non educational burden on the teachers should be reduced for the success of Mid Day Meal.
6. SDMC members should give full co-operation to the teachers. It reduces the burden on the teachers.
7. The responsibilities of the scheme should not be given to the teachers. It should be given to the local organizations.
8. Periodic monitoring and evaluation of the scheme is necessary.
9. Akshara Dasoha Yojana will be more effective only when the food items that they are giving are changed periodically.
10. Fruits and egg should be included in the food menu.

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