



**IMPACT OF MID DAY MEAL PROGRAMME IN 7TH GRADE STUDENTS OF YAPALADINNI VILLAGE OF RAICHUR, KARNATAKA"- A COMPARITIVE STUDY**

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**Key words:**

Mid DayMeal programme, Non Mid Day Meal, Nutritional Status

Mid- Day Meal (MDM) programme is being implemented in the state Karnataka since June 2002

**Objective:** To assess the effect of Mid Day Meal (MDM) programme on nutritional and educational status as well as school performance.

**Design :** Comparative study

**Subjects:** 7th grade students of Mid day meal and Non-Mid day meal school of Yapaladinni village of Raichur

**Results:** A total of 30 children (Mid day meal -15, Non-Mid day meal-15) were covered in the study. Results of the study indicated better attendance and better academic performance whereas it indicates marginally poor nutritional status of Mid day meal children.

**Conclusion:** Mid Day Meal programme is associated with a better educational status in Yapaladinni village of Raichur.

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**INTRODUCTION**

Education plays a vital role in the development of human potential. The State Governments are spending considerable portion of their limited resources to provide educational facilities all over the country.<sup>1</sup>

Education is lifelong and continuous process and is also the basis of development and change. Every developing nation should believe that education is the heart of development process. Development in any country will mean the improvement in the quality of life of the people as a whole and also of the individual. After Independence the biggest challenge for India was the education of its people. Ever since the Constitution was adopted in 1950, the focus of educational programmes was concentrated on universalization of elementary education. A number of initiatives were undertaken to achieve the Universalization of Elementary Education such as Non Formal Education, Operation Blackboard, Bihar Education Project, Uttar Pradesh Basic Education Project, LokJumbish, SikshaKarmi Project, Janshala, MahilaSamakhya, District Primary Education Programme, National Programme of Nutritional Support (Mid-day Meal), SarvaSikshaAbhiyan (SSA), etc. The Mid-Day Meal Scheme (MDMS) is the India's second largest food security programme. For the children, it is perhaps the largest food security programme in the world. Hunger and malnutrition are major hindrances in the way of child development, thus during the introduction of MDMS

The relationship between educational development and nutritional status of the children was taken into consideration. The MDMS was introduced primarily to protect the nutritional as well as the educational rights of the children, as children are not able to concentrate in their studies with empty stomach.<sup>2</sup>

Mid Day Meals (MDM) scheme was implemented in educationally & economically seven backward North Eastern districts of the state of Karnataka during 2002-03. Later the scheme was extended to other districts of the state in a phased manner. As per the directions of the Hon'ble Supreme Court the scheme of providing hot cooked meal is implemented for all the children of classes I - V of both Government and Government aided primary schools. Government of Karnataka has extended the scheme of providing hot cooked meal to the children of VI & X standards of Government and Government aided school out of its own resources. Programme was launched in India as a Centrally Sponsored Scheme. The Karnataka government began its mid-day meals scheme in June 2002. Initially, the programme was limited to seven backward districts of the state - Raichur, Koppala, Gulbarga, Bidar, Bellary, Bagalakote and Bijapur. Later, in 2003 under the ambitious "AksharaDasoha" programme, the remaining 20 districts were also included in the scheme.<sup>3</sup>

A Hungry Child Is A Poor Learner due to lack of concentration. A mid-day meal is an important instrument for combating classroom hunger and promoting better learning. Many children reach school with an empty stomach in the morning, since a good early morning breakfast is not a part of the household routine. Under these circumstances it is

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important to acknowledge the impact of mid day meal on learning.

**The Main Objectives of the MID-Day Meal Programme are to**

- Ensure enrolment of all children of school going age.
- Improve the enrolment and attendance.
- Improve retention rate.
- Improve child health by increasing nutrition level.
- Improve learning levels of children.
- Ensure social equity.<sup>4</sup>

Various studies have been conducted in India about mid-day meal scheme and students’ achievement in schools (Dreze & Goyal, 2003; Dreze & Kingdon, 2001; Khera, 2002; Mondalet al, 2007 etc.). Operational Research Group (1999) has evaluated the Mid-Day Meal programme in collaboration with United Nations Children’s Emergency Fund (UNICEF) , for ten years in India found that, there has been a boost to enrolment while in Karnataka, Gujarat, Haryana, Jammu & Kashmir, Orissa and Rajasthan the programme has made positive impact in attendance and retention particularly among girls.

Most of the studies revealed that there exist a positive relationship between mid-day meal program and enrolment and attendance of students in schools including education and health outcomes of students. Though attempts have also been made to examine the impact of mid-day meal on students’ academic achievement but no systematic effort has yet been made to look into the role of factors on which impact of mid-day meal is associated in academic achievement with a comprehensive manner. This study tries to investigate the impact of factors allied with mid-day meal scheme in achieving academic. So the need for the study is to evaluate the impact on nutritional status as well as on school performance in MDM schools and compare it with Non-MDM school to as it is necessary to evaluate the existing program to understand its strengths and weaknesses. (P. K. Paul, N.K.Mondal “Impact of Mid-day Meal Programme on Academic Performance of Students: Evidence from few Upper Primary Schools of Burdwan District in West Bengal” August 2012, International Journal of Research in Social Sciences, Volume 2, Issue 3). The government has left no stone unturned to achieve the aim of universalisation of elementary education by launching this schemes to enroll and retain the maximum number of students and minimize the dropout rate. Hence the assessment of impact of the scheme becomes very much important as it provides scope for the improvement.

The structural organization which is actively involved in this massive Mid Day Meal scheme is

**State Level**

Secretary  
Commissioner of Public Instruction  
Joint Director of Public Instruction (MMS)

**District Level**

Chief Executive Officer, Zilla Panchayath  
Deputy Director of Public Instruction  
Education Officer

**Taluk Level**

Executive Officer Taluk Panchayath  
Block Education Officer  
Assistant Director of Public Instruction

**School Level**

School Development and Monitoring Committee  
Head Master of the School and MDM Incharge  
Cook and Helper

**Aim**

The study will be conducted to assess the impact of Mid Day Meal (MDM) programme on nutritional and educational status of 7<sup>th</sup> grade students.

**Objectives**

**General Objective**

To study the impact of MDM programme on nutritional and educational status of 7<sup>th</sup> grade students of GHPS and compare it with Non-MDM school Yapaladinni, Raichur

**Specific Objectives**

- i. to study the effect of food supplementation provided under MDM program on the nutritional status of school going children
- ii. to assess the effect of the program on the children's attendance
- iii. to assess the role of mid-day meal in academic achievement of students.

**MATERIALS AND METHODS**

For the collection of data due permission was taken from the Principal and higher authorities of both MDM and Non- MDM school.

1. MDM School → Government Higher Primary School, Yapaladinni
2. Non-MDM School → J.P Education Trust (R), PratibhaChaitanya Higher Primary School, Yapaladinni

The children were randomly selected on the first day of visit to each school.

**In Each of the Selected Schools, the Following was Evaluated**

1. attendance
2. Nutritional status of children by anthropometry (height and weight)
3. Academic performance based on marks obtained by the children in annual examination in the preceding year

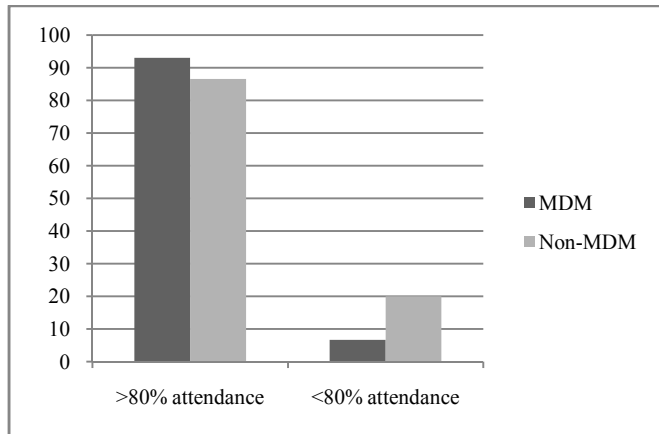
Anthropometric measurements i.e, Height and Weight of the children were taken using standardized instruments by following the WHO guidelines. The measurements were taken in a closed room with adequate lighting and under supervision of a teacher in the school to make children comfortable. The measurements were taken without wearing footwear. The attendance was noted down from the school registers and the academic performance was assessed on the basis of marks obtained by the children in annual examination. All the information that was been collected was transferred to the data collection sheet and the same was scrutinised for the comparative study.

**Data analysis and Observation**

The data was collected from MDM and Non- MDM school was compared in the present study. Sample size for the present study is 30 (15 from each MDM and Non-MDM school). All 30 students belong to 7<sup>th</sup> grade with the mean age of 12 years.

**Attendance**

The percentage of children with better attendance (>80% of working days) was higher (93%) in MDM schools than in non-MDM schools (86.6%) where as percentage of children with <80% attendance was higher in Non-MDM school (20%) than in MDM school (6.66%)



**Nutritional status**

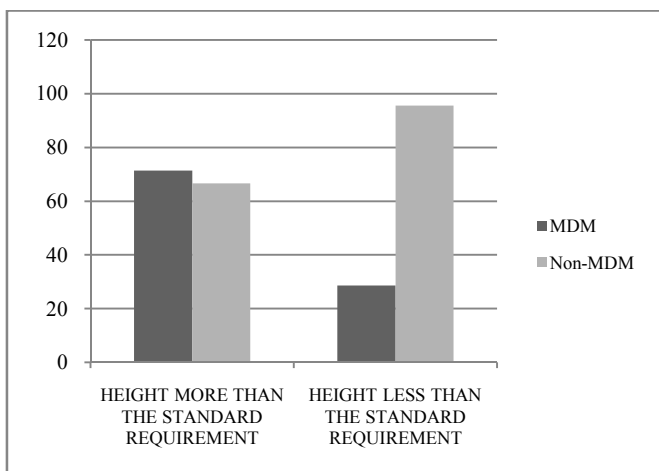
The standard anthropometric measurements for 12 year old Indian children (7<sup>th</sup> grade students) are as following.

	Height	Weight
Boys	147cm	37kg
Girls	148cm	38.7kg

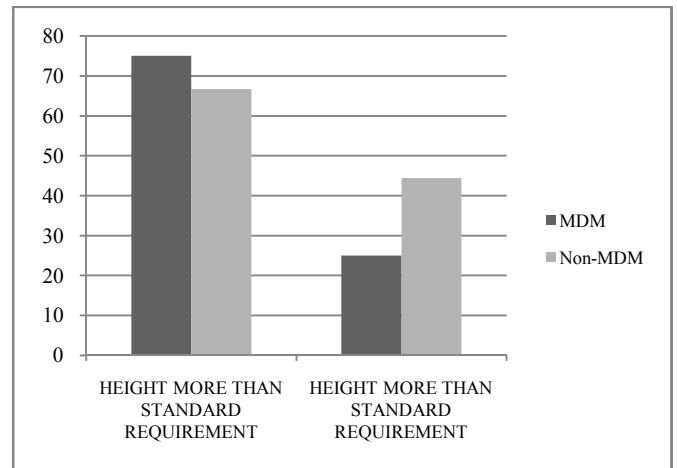
**Height**

The percentage of children whose height meet the standard requirement for that particular age (both boys and girls) is higher in MDM school (Boys-71.4%, Girls – 75%) than Non-MDM school (Boys and girls- 66.6%)

**Boys**



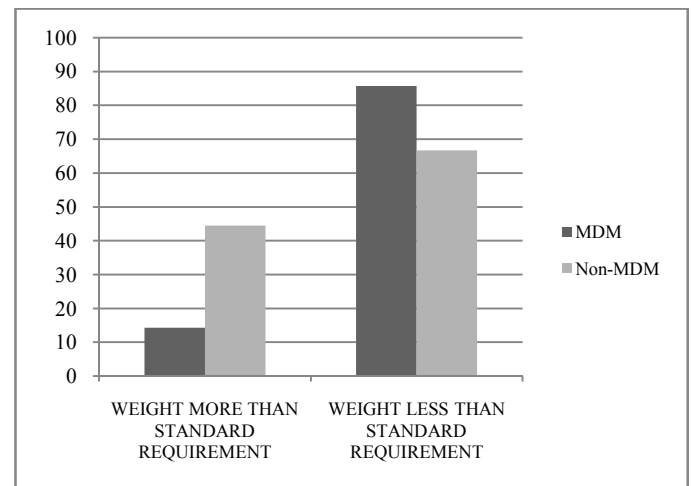
**Girls**



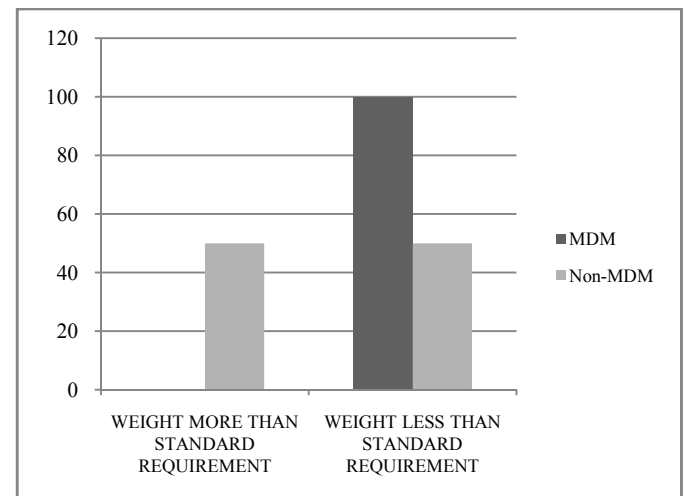
**Weight**

The percentage of children whose weight is equal to or more than the standard requirement is higher in Non – MDM school (Boys-44.44%, Girls – 50%) as compared to MDM school (Boys- 14.28%, Girls – 0%)

**Boys**

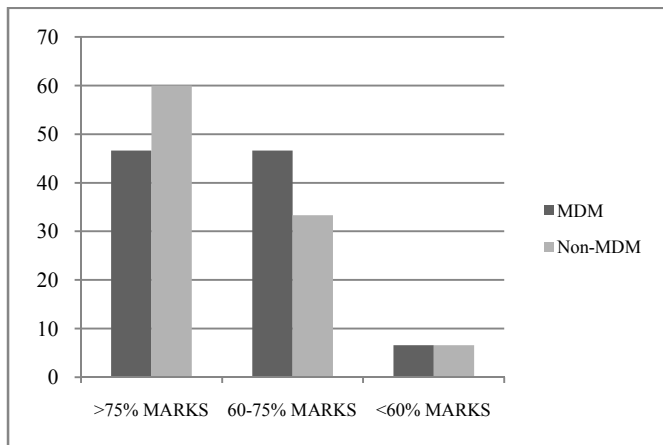


**Girls**



### Academic Performance

Marks obtained by students in the annual examination were collected from the school records and were distributed as per the grades normally adopted in schools for the purpose of analysis. The percentage of students who scored > 75 % mark was marginally higher in Non-MDM school (60%) as compared to MDM school (46.6%). However the proportion of students, who secured 60-75% marks was higher in MDM school (46.6%) than in Non-MDM school (33.33%). The percentage of children who scored <60% in both MDM and Non-MDM school was similar (6.66%)



### DISCUSSION

The Mid Day Meal programme was introduced and implemented for providing one meal out of three meals for a child at school, atleast one third of the calories and half of the protein RDA per child daily. This study is intended to evaluate the impact of such a phenomenon step taken by government for the benefit of school children. This study shows notable increase in the attendance in MDM School which is around 93 % as compared to 86 % as in Non MDM School. At the same time students who secured 60-75% marks was higher in MDM school (46.6%) than in Non-MDM school (33.33%).

The benefits in terms of nutritional status and academic performance were not perceptible, it indicates the desperate need for the increase in nutritional value of mid day meal. Though the socio-economic and environmental circumstances of children may have association with this, but there should be strong measures taken to improvise the nutritional value of mid day meal.

### CONCLUSION

The results of this study revealed the anthropometric failure in terms of weight among 7<sup>th</sup> grade students who were the beneficiaries of MDM programme. At the same time Mid day meal programme has shown the appreciable rise in attendance of school children. The Mid Day Meal programme is aimed at providing one meal out of the three meals for a child. In spite of the nutritious food that is been provided in the school, the nutrient gap that exists in the diets of children is not getting filled.

Poor socio economic condition may be the prime suspect. In the present study MDM programme seems to have achieved educational rather than nutritional benefits. The results indicate the need for continuous nutritional interventions and surveillance among these children. The MDM programme needs to be strengthened in its operational supervision. Also the quality and quantity of the supplement needs to be further improved to fill the nutrient gap.

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