

Impact of Mid- Day Meal on Primary School Teaching Learning Process

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Abstract

The future of any nation depends upon the children. Educated and healthy children can build a strong and powerful nation. Indian education system is one of the most democratic education systems in the whole universe. To improve the universalisation of primary education, Indian government is launching various schemes to increase enrolment and daily attendance of school children and their motivation level. Mid-Day Meal Scheme is one of the schemes launched by government with the aim of improving nutritional level, increasing enrolment and also improves the quality of education. Mid-day meal programme played a crucial role to increase the attendance level of the students and also developed the education system. The aim of this study is measuring the impact of mid-day meal on teaching learning in primary school in the district of Purulia, West Bengal. A questionnaire was used to measure the effect of mid-day meal on primary school teaching learning process. The sample consists of 300 parents (Urban-150 & Rural- 150) from Purulia district, West Bengal. The present study revealed that, 62.33% Guardians are responded that mid-day meal create problems in students learning, 35.33% guardians responded that mid-day meal do not create problems in students learning and 2.34% guardian remained neutral. It is also found that 79.33% guardians responded that mid-day meal increase the students attendance level, 13.33% guardians responded that mid-day meal do not increase of student's attendance level for the effect of mid-day meal and 7.33% guardians are remained neutral. In this study, this is also found that 51.33% Guardians are says that students are losing their attention due to mid-day meal programmed, 38.33% guardians are indicating that students are not losing their attention due to mid-day meal and 10.33% guardians remained neutral. Present study also responded that 31% guardians says that food of mid-day meal is very good for student's health but 52% guardian do agree with others, and 17% guardian remained neutral. On the other hand, this study revealed that 76.33% Guardians says that learners

are going to school in appropriate time due to mid-day meal but 17.33% guardians says that learners are not going to school in appropriate time due to mid-day meal and 6.34% guardian can't say about this. At the last, this study found that 76% Guardians says that in primary level no nutrient foods are provided on the other hand 22.33% guardians says that in primary level nutrient foods are provided and 1.67% guardians remained neutral.

Key Words: Mid- Day Meal, Teaching- Learning, Primary School Education, Health, and Enrolment

Introduction

Education is like the spine of the society and the most dependable vehicle of civilization. Without quality education, we are not able to develop properly. If we really want to develop our self then we need a strong hand of education. Education is the foremost thing for development of human potential. Today the government of India is trying to develop the all educational levels and for this reason government launching various schemes to increase enrolment and daily attendance of school children. Mid-Day Meal Scheme is one of the schemes launched by government with the aim of improving nutritional level, increasing enrolment, encouraging poor children belonging to disadvantaged sections to attend school more regularly and help them to concentrate in classroom activities. Mid- day meal is a programme where free mid-day meals are supplied by the government for children in primary and upper primary classes on working days. This programme is known as the mid-day meal scheme which is the National Programme of Nutritional support to Primary education (Kaur, 2016). In 2001 Supreme Court of India directed all state governments to provide cooked meals instead of “dry ration” the Supreme Court gave two crucial order on mid-day-meal in 2001 and 2004 respectively they were considered as mandatory (Chutani, 2012). National Programme of Nutritional Support to Primary Education, popularly known as the Mid-Day Meal Scheme (MDM) was started in 1995 in an attempt to enhance enrolment, retention and attendance while simultaneously improving nutritional levels among children in school. It currently covers nearly 12 crore children (<http://www.childlineindia.org.in/Mid-day-Meal-Scheme.htm>). The history of mid-day meal in India is given below:

Table-1: History of Mid-Day Meal

No	Name of States	Year of launching of MDM	Glimpses
	Tamil Nadu	1923	Started in Madras City by Madras Municipal Corporation & extended to full State in 1982.
	West Bengal	1928	Started in Calcutta city by Keshav Academy of Calcutta as compulsory Mid-day Tiffin on payment basis at the rate of four annas per child per month.
	Maharashtra	1942	Started free mid-day meal in Bombay. It was launched in 1995-96 as a centrally sponsored scheme.
	Karnataka	1946	Started in Bangalore city to provide cooked rice and yoghurt. There was provision of giving 3 kg of rice/wheat per month /per child who had 80% or more attendance in 1995. Cooked meal was started in 7 north eastern districts during 2002-03.
	Uttar Pradesh	1953	It introduced a scheme on voluntary basis to give boiled gram, ground-nut, puffed rice and seasonal fruits.
	Kerala	1960	Scheme had been funded by CARE (Cooperate American Relief Everywhere) under US Assistance during the period 1960-1983 (in a pilot manner).
	Bihar	1995	Started with dry ration of 3 kg/per student/per month and started providing cooked meal in 30 blocks of 10 districts in 2003-04
	Andhra Pradesh	1995	There was provision of giving 3 kg of rice/wheat per month per child with 80% or more attendance in school.
	Madhya Pradesh	1995	Initially dry rations or Dalia was provided.
	Rajasthan	1995	Students of Government Primary schools were provided

.			wheat at the rate of 3 kg/ per student /per month
.	Arunachal Pradesh	1995	Initially only dry ration was provided in five districts of the state, extended to all schools since 2004.
.	Punjab	1995	Students of Government Primary schools were provided wheat at the rate of 3 kg per student/ per month and switched over to cooked meal in one block of every district in 2002-03.
.	Haryana	1995	Initially implemented in 17 blocks of 6 districts & extended to blocks where female literacy rate was lower than the national level in 1996-97.
.	Himachal Pradesh	1995	Initially dry ration was provided
.	Jammu Kashmir	1995	Initially dry ration was provided
.	Meghalaya	1995	Started with dry ration of 3 kg per student /per month.
.	Jharkhand	2003	It was taken up on a pilot basis in 3140 government primary schools in 19 districts initially.

Source: <http://yोजना.gov.in/mid-day-meal-scheme.asp>

Mid-day meals have huge effects on school participation, not simply in terms of obtaining a lot of children enrolled in the registers however also in terms of regular pupil attendance on a daily basis. Many children reach school on an empty stomach. Even children who have a meal before they leave for school get hungry by the afternoon and are not capable to concentrate - particularly children from families who cannot give them a lunch box or are staying a long distance away from the school. Mid-day meal can help to overcome this problem by preventing “classroom Hunger”. Mid-day meal can also act as a regular source of “supplementary nutrition” for children, and facilitate their healthy growth. Many studies have shown that MDMs has helped in preventing classroom hunger, promoting school participation and fostering social equality and enhancing gender equity. Most of the children and parents expressed their satisfaction on the implementation of MDMs (Sahai, 2014).The Mid-Day Meal Scheme provided employment for more than 26 lakh cook-cum-helpers engaged by the

State/UTs during 2010-11 for the preparation and serving of school meals. Most of them were women and a part of them belonged to the Scheduled Castes and other vulnerable social groups (<https://mainstreamweekly.net/article4360.html>).

Statement of the problem

The problem for the present study is specifically stated as below:

“Impact of Mid- Day Meal on Primary School Teaching Learning Process”

Literature review

Blue (2005) evaluated the impact of mid-day meal on tribal communities and subsistence farmers in rural Udaipur and revealed that cooked mid-day meal had become a permanent part of the daily routine of rural primary schools in Udaipur. There were efforts in introducing variety of menus. Mid-Day Meal Scheme is helping to improve the nutritional needs of poor children. Enrolment and attendance had increased. Jain & Shah (2005) have conducted a survey in 70 most backward villages of Madhya Pradesh and found that 90% of teachers and cooks said that the meal is provided regularly. 96% of the parents felt that the Scheme should continue. Nangia, Anita. & Poonam, M.S. (2011) have conducted a study on “Impact of Mid-Day Meal Scheme on Enrolment of Elementary School Students” The objectives were 1. To study the impact of mid-day meal scheme on the enrolment of students at Primary level. 2. To study the impact of mid-day meal scheme on the enrolment of students at Upper Primary level. The results reported in the show that there were 20.16 % increase in the enrolment of students at primary level and 23.76 % increase at upper primary level. Over the period of three years that is from 2006- 2009. It may be concluded from the above results that enrolment at primary level and upper primary level are increasing every year after the initiation of Mid-Day Meal Scheme. Yawar, H. & Asmat, H. (2012) have conducted a study on Mid-Day Meal Scheme and Growth of Primary Education: A Case Study of District Anantnag in Jammu and Kashmir. Objectives: The study attempts to assess the impact of MDMS on attendance, enrolment, drop-out rates, of children in primary schools of district Anantnag in Jammu and Kashmir. Result: The results of the study shows that impact of MDMs is impressive in terms of enrolment, attendance and drop-out rates, but the scheme suffers from a number of bottlenecks in the course of its implementation. Singh, S. & Gupta, N. (2013) have conducted a study on “Impact of Mid-Day Meal on Enrolment, Attendance and Retention of Primary School Children”. Result revealed that MDM scheme proves a major mean in improving enrolment and attendance comparatively. Some efforts should be needed to increase retention of students by increasing variety and quality of Mid-Day Meal

and by incorporating interesting method of teaching. Karunakaran, N. & Krishnaraj, T. (2015) have conducted a study on 'Impact of Mid-Day-Meal-Scheme (MDMS) On Nutritional-Level, Enrolment-Rate and Dropout-Rate of Primary School Children in Kerala: A Case Study. Result revealed that the scheme can make a positive impact on nutritional level of students, if the food-item has greater calorie contents. Nutan & Preja (2016) have conducted a study on "To Assess the Nutritional Status of the Midday meal consuming rural School Going Girls (7-10 years)". The objectives of the study were: i) To determine the nutritional status of school going children. ii) To study the food consumption pattern and nutrient intake of school going children. Results: It revealed that father of 46% of the school children were engaged in farming, 32% were laborers and 60% in business and only 6% were engaged in service which includes driver, policemen, teacher etc. Data revealed that 36% of the school children mothers were educated up to metric level and 24% were up to graduated and postgraduate. Whereas, 18% were educated up to intermediate level. Equal respondents (50-50%) were belonging to joint and nuclear family. It was found at 36% and 34% children had two and three meal a day followed by 30% children had four meals a day. Most (94%) of the children were vegetarian and only 6% children were vegetarian. Meal was skipped by the 34% of the total children in which 14%, 6%, 8%, and 6% children skipped breakfast, lunch, evening tea and dinner, respectively. Out of total children 94% children prefer to eat outside while only 6% liked to eat at home.

Delimitation of the study

(A) Geographical Area

The investigation was delimited to only Purulia district of West Bengal, India

(B) Level of Education

- (i) The study was restricted to the primary level in Purulia district.
- (ii) Among the primary level only male parents were considered as the subjects of the present study.

Research question of the study

The research question of this study is as following:

1. Does mid-day meal create problem in the study?
2. Is the present percentage of students increased in the consequence of mid-day meal?
3. Is the student losing their attention due to mid-day meal programme?
4. Is the food of mid-day meal good for students' health?
5. Are the learners going to school in appropriate time due to mid-day meal programme?
6. How much protein deficiency being there in mid-day meal?

Objectives of the study

The study was conducted to find out the following objectives:

1. To assess how the mid-day meal create problem in the study.
2. To assess how the attendance percentage of students is increased in the consequence of mid-day meal.
3. To assess how students are losing their attention due to mid-day meal programme.
4. To assess how is the food of mid-day meal good for students' health.
5. To assess how learners are going to school in appropriate time due to mid-day meal programme.
6. To assess how much is protein deficiency is there in mid-day meal.

Methodology

The survey method of research was used in the study.

Population of the Study

All the parents of primary school students in Purulia district of West Bengal (India) comprised the population of this study.

Sample and Sampling

Six places of Purulia district, West Bengal were selected randomly. The researchers selected 300 parents randomly (Rural- 150 & Urban-150). Here stratified random sampling technique was adopted. The sample profile is given in Table-2.

Table-2: Sample Profile

Rural	Urban	Total
150	150	300

Tools of the Study

A questionnaire was used for knowing the effect of mid-day meal on primary school teaching learning process. In the tool consisted of 3 points scale namely: Yes, No & Neutral.

Statistical Techniques Used

Percentage of parents' responses about mid-day meal programme was used.

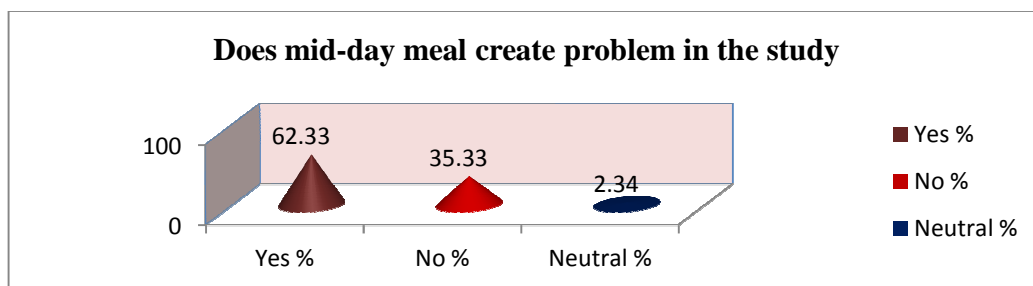
ANALYSIS AND DISCUSSION

Objective-1: To assess how the mid-day meal create problem in the study.

Table-3: Show the percentage of parent's responses towards first objective.

Research Question	Yes %	No %	Neutral %
Does mid-day meal create problem in study?	62.33	35.33	2.34

Figure-1: Graphical Presentation about the research question one.



From Table-3, it is found that, 62.33% Guardians are responded that mid-day meal creates problems in students learning, 35.33% guardians responded that mid-day meals do not create problems in students learning and 2.34% guardian remained neutral.

Objective-2: To assess how the attendance percentage of students is increased in the consequence of mid-day meal.

Table-4: The percentage of parent's responses towards 2nd objective.

Research Question	Yes %	No %	Neutral %
Is the present percentage of students increased in the consequence of mid-day meal?	79.33	13.33	7.34

Figure-2: Graphical Presentation about the research questions two.

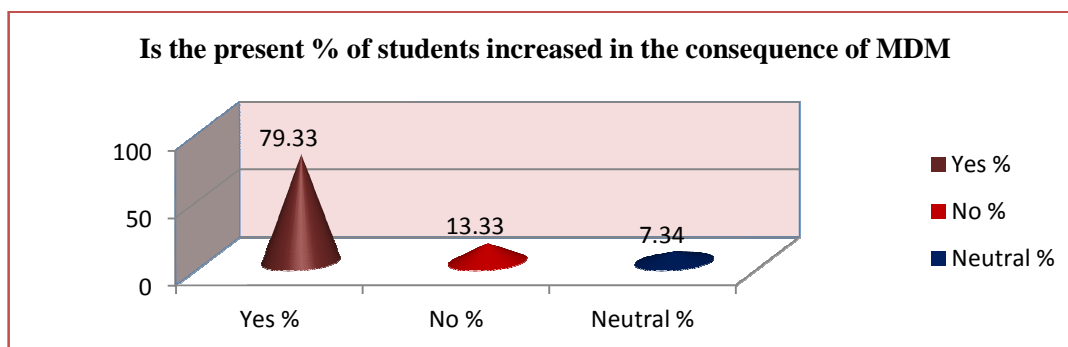


Table- 4 shows that 79.33% guardians responded that mid-day meal increased the students' attendance level, 13.33% guardians responded that mid-day meal do not increase of student's attendance level for the effect of mid-day meal and 7.33% guardians are remained neutral.

Objective-3: To assess how students are losing their attention due to mid-day meal programme.

Table- 5: Show the percentage of parent's responses towards 3rd objective.

Research Question	Yes	No %	Neutral %
Is the student losing their attention due to mid-day meal programme?	51.33	38.33	10.34

Figure-3: Graphical Presentation about the research questions three.

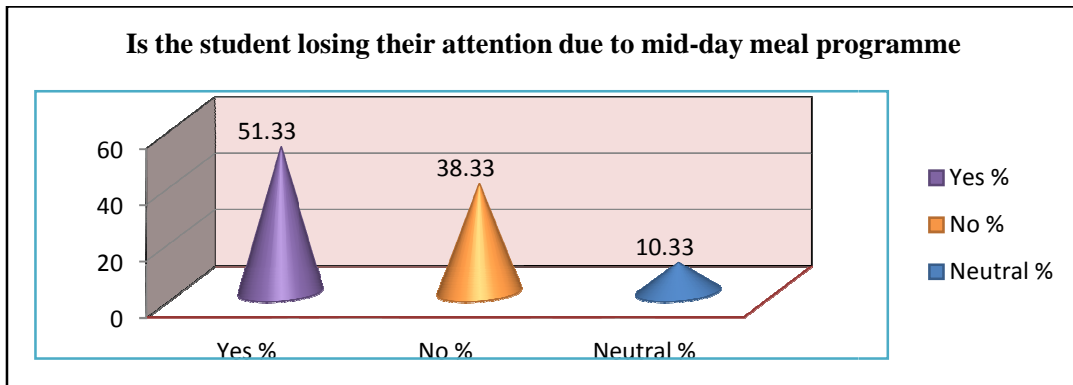


Table -5 shows that 51.33% Guardians are says that students are losing their attention due to mid-day meal programmed but 38.33% guardians are indicating that students are not losing their attention due to mid-day meal and 10.33% guardians remained neutral.

Objective-4: To assess how is the food of mid-day meal good for students’ health.

Table- 6: Show the percentage of parent’s responses towards 4th objective.

Research Question	Yes %	No %	Neutral %
Is the food of mid-day meal good for student’s health?	31	52	17

Figure- 4: Graphical Presentation about the research questions four.

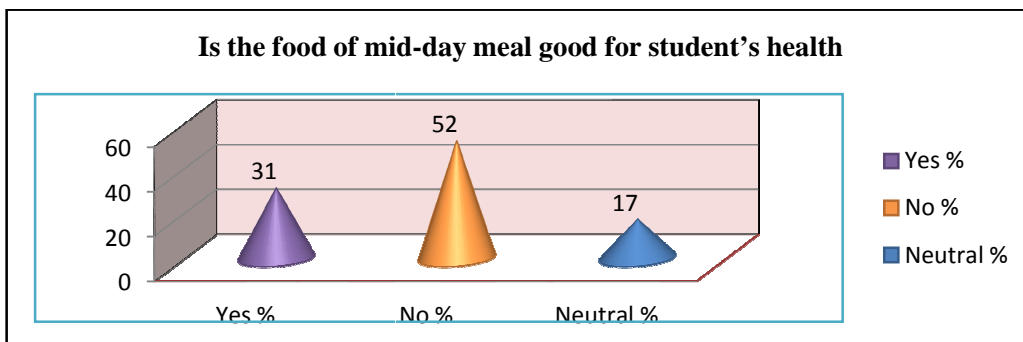


Table- 6 shows that 31% guardians says that food of mid-day meal is very good for student’s health but 52% guardian do agree with others, and 17% guardian remained neutral.

Objective- 5: To assess how learners are going to school in appropriate time due to mid-day meal programme.

Table-7: The percentage level of parent’s responses towards 5th objective.

Research Question	Yes %	No %	Neutral %
Are the learners going to school in appropriate time due to mid-day meal programme?	76.33	17.33	6.34

Figure-5: Graphical Presentation of the research questions five.

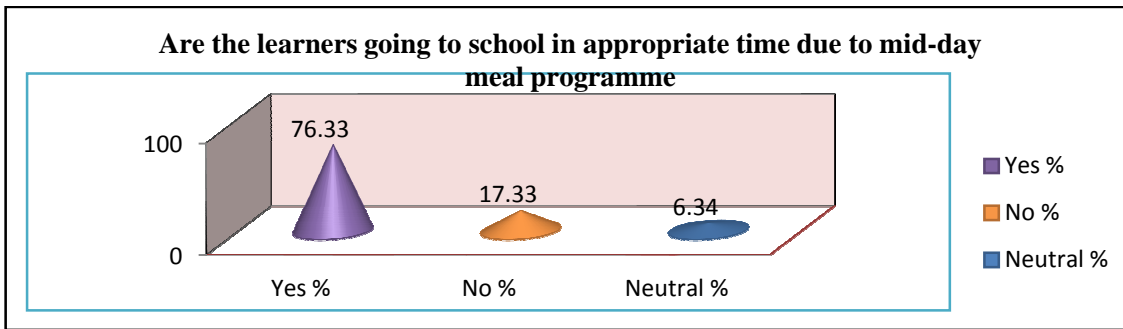


Table- 7 shown that 76.33% Guardians says that learners are going to school in appropriate time due to mid-day meal but 17.33% guardians say that learners are not going to school in appropriate time due to mid-day meal and 6.34% guardian can’t say about this.

Objective – 6: To assess how much is protein deficiency is there in mid-day meal.

Table- 8: Show the percentage level of parent’s responses towards 6th objective

Research Question	Yes %	No %	Neutral %
Is how much protein deficiency is there in mid-day meal?	76	22.33	1.67

Figure-6: Graphical Presentation about the research questions six.

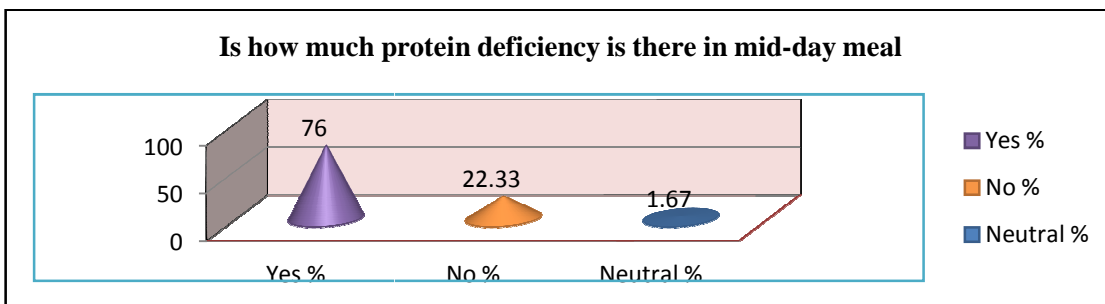


Table-8 shows that, 76% Guardians says that in primary level no nutrient foods are provided on the other hand 22.33% guardians says that in primary level nutrient foods are provided and 1.67% guardians remained neutral.

Discussions & conclusion

62.33% Guardians are responded that mid-day meal create problems in student learning, 35.33% guardians responded that mid-day meal do not create problems in student learning and 2.34% guardian remained neutral. Once analysis it's additionally found that 79.33% guardians responded that mid-day meal increase the student attendance level, 13.33% guardians responded that mid-day meal do not increase of student's attendance level for the effect of mid-day meal and 7.34% guardians are remained neutral. In this study, this is also found that 51.33% Guardians are says that students are losing their attention due to mid-day meal programmed, 38.33% guardians are indicating that students are not losing their attention due to mid-day meal and 10.34% guardians remained neutral. Present study also responded that 31% guardians says that food of mid-day meal is very good for student's health but 52% guardian do agree with others, and 17% guardian remained neutral. On the other hand, this study revealed that 76.33% Guardians says that learners are going to school in appropriate time due to mid-day meal but 17.33% guardians says that learners are not going to school in appropriate time due to mid-day meal and 6.34% guardian can't say about this. At the last, this study found that 76% Guardians says that in primary level no nutrient foods are provided on the other hand 22.33% guardians says that in primary level nutrient foods are provided and 1.67% guardians remained neutral.

From the above study, it is clear that mid- day meal programme is an important step taken by the government. This scheme aims at enhancing ingress and retention of children in schools by providing nutritional food in order that the children could gain health and take keen interest in education. Indirectly it additionally envisages the promotion of social values and. As children learn to sit together and share a common meal, one can expect some erosion will be there in caste prejudices and class inequality. But a "huge corruption" at all stages was demolishing the scheme. Children are getting low quality and insufficient foods; hence there is lack of nutrition. Corruption is involved in the delivery system. Fake enrolments are being done to embezzle money. These rackets are killing this very important scheme, and the major reason is lack of guidelines and institutionalization. Government agencies don't seem to be doing the observation. Even if there are committees at some places, they are not practical. They submit reports sitting at their tables without having visited

schools. The society has also responsibility to examine that such useful programmes are run properly. The parents can form groups and that they will supervise the standard and hygienic conditions at the places of cooking. Any theme as this may achieve success with active participation of the general public. It's time we tend to stop querulous and explore the ways that to create such schemes prospering.

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Online Resources:

- <http://www.childlineindia.org.in/Mid-day-Meal-Scheme.htm>
- <https://mainstreamweekly.net/article4360.html>
- <http://yojana.gov.in/mid-day-meal-scheme.asp>