

VIDYASAGAR UNIVERSITY

A Project Work

On

A Comparison study on Nutritional and Health Status between Mid Day Meal eating and Non Eating Students.

This project work is submitted for the partial fulfillment for the award of degree of B.Sc. (Hons) from Vidyasagar University



Submitted by

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Study nutritional health status between Mid-
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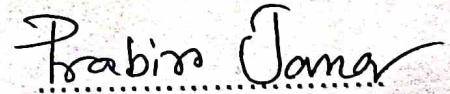
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TO WHOM IT MAY CONCERN

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I am satisfied for her performance. She is energetic and up to date in her work; I wish success in her life.

Date: 20/02/24



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Date:.....

Jayasri Giri

ABSTRACT

Mid Day Meal (MDM) has been an important part of education from decades as Government of India (GOI) gradually put efforts to improve quality and quantity of food. The present study focuses on the physical growth of students in terms of their age, height and weight along with the number of days the students had MDM intake in schools. The data were analyzed by calculating frequency and percentage. The data collected through information schedule of students to collect data of height, weight and number of days the students had MDM in school. The findings of the study reveal that majority of students have age appropriate height and weight with majority of students had MDM intake for more than 220 days. It indicates that MDM had been one of the important aspects of physical growth of students.

INTRODUCTION

The Mid Day Meal Scheme is a school meal programme in India designed to better the nutritional standing of school-age children nationwide. The scheme has been renamed as POSHAN Scheme. The programme supplies free lunches on working days for children in government primary and upper primary schools, government aided Anganwadis, *Madarsa* and *Maqtabas*. Serving 120 million children in over 1.27 million schools and Education Guarantee Scheme centres, the Midday Meal Scheme is the largest of its kind in the world.

The Midday Meal Scheme has been implemented in the Union Territory of Puducherry under the French Administration since 1930. In post-independent India, the Midday Meal Scheme was first launched in Tamil Nadu, pioneered by the former Chief minister K. Kamaraj in the early 1960s. By 2002, the scheme was implemented in all of the states under the orders of the Supreme Court of India.

Ajay Kumar Director of Poshan Abhiyaan Shared 'The name of the scheme has been changed to PM-POSHAN (*Pradhan Mantri Poshan Shakti Nirman*) Scheme, in September 2021, by MoE (Ministry of Education), which is the ministry responsible for the scheme'. The Central Government also announced that an additional 24 lakh students receiving pre-primary education at government & government-aided schools would also be included under the scheme by 2022.

Under article 24, paragraph 2c of the Convention on the Rights of the Child, to which India is a party, India has committed to yielding "adequate nutritious food" for children. The programme has undergone many changes since its launch in 1995. The Midday Meal Scheme is covered by the National Food Security Act, 2013. The legal backing to the Indian school meal programme is akin to the legal backing provided in the US through the National School Lunch Act.

The roots of the programme can be traced back to the pre-independence era, when a midday meal programme was introduced in 1925 in Tamil Nadu.^[11] Initiatives by state governments began in the 1962–63 school year.

The Indian state Tamil Nadu was a pioneer in introducing midday meal programmes in India to increase the number of children enrolling in school; K. Kamaraj, the Chief Minister of Tamil Nadu at the time, introduced it first in Chennai and later extended it to all districts of Tamil Nadu. During 1982, 1 July onwards, the Chief Minister of Tamil Nadu, M. G. Ramachandran upgraded the existing midday meal scheme in the state to 'Nutritious noon-meal scheme' keeping in mind that around 68 lakh children were malnourished. Gujarat was the second state to introduce an MDM scheme in 1984, but it was later discontinued.

A midday meal scheme was introduced in Kerala in 1984, and was gradually expanded to include more schools and grades. By 1990–91, twelve states were funding the scheme to all or most of the students in their area: Goa, Gujarat, Kerala, Madhya Pradesh, Maharashtra, Meghalaya, Mizoram, Nagaland, Sikkim, Tamil Nadu, Tripura and Uttar Pradesh. Karnataka, Odisha and West Bengal received international aid to help with the

