



## The midday meal is a very popular scheme

### Introduction

The midday meal is a very popular scheme of today's time. Every student born in 1997 and studying in government school will take advantage of this scheme but Sue has never tried to know about her and nowhere is her contribution to save our child from malnutrition, so today I will try to tell this paper.

Mid-day meal scheme is a government-sponsored scheme that was started on August 15, 1995, aimed at providing nutritional food to the children studying in government schools and motivating the poor parents to send their children to school. In its first phase, it started with 2408 block. In April 2002, it was implemented in each government school where the standard 1 to 5 children are educated, gradually started in upper primary schools. According to this plan, the government school child should get 300 grams of calories and 8 to 12 grams of protein; it has increased only 450-gram calorie and 12 grams' protein since 2004.

### Objectives of midday meal scheme

- The purpose of this plan was to provide a healthy meal to the children, mentally strengthening and enhancing the ability to learn
- Racism is still seen in remote rural areas of India. It was also through this plan that the children and children of this kind of gender and children were left away from the question
- If a family has two girls and one boy, then the education of children is more emphasis. This scheme is to eliminate such gender discrimination.
- As mentioned in the above sentence, it is also a purpose of raising the number of girls in school
- If more and more children are joining the school to take advantage of this scheme, illiteracy will be reduced. In this way, one purpose of this scheme is to throw illiteracy and to increase the number of children in school.
- When this scheme was sufficient for the children of five standards then the children were taken away from the school after standard five and hence the question of stagnation could arise, so this scheme has been increased from standard five to eight, thus eliminating the stagnation is also a purpose of this scheme.
- It is also a purpose to preserve nutritional food from malnutrition

### Benefits of midday meals scheme

- This scheme has proved to be a boon in the areas where there is a need for food to eat, which has been put on different works to get their children to eat, now they are sending their children to school with the expectation of getting one meal.

- As per this plan 80% attendance will benefit the scheme for the second year so that the absence of the student's absence in school
- In the area of rural areas or tribal areas where the girls were not admitted in school or very few children were sent to the school, due to this scheme, the father started sending the girls child to the school too.
- Where small children in rural areas were crying for school, they were happy after coming to the school
- Children who did not get enough food, went to school to take this scheme and started taking nutritious food, so the physical and intellectual development of those children started growing well.
- The social equality has increased due to the elimination of issues such as racism, communism, with the children being fed with this scheme
- Many good and positive habits of this plan have been found in children, such as before a meal and after a meal, washing hands and washing your own wares and drinking pure water.

### **Problems under mid-meal meals scheme**

- Sometimes a single type of food is made daily, so there is a lack of different food
- Due to this plan, education should be reduced to one hour so that the problems faced by the teaching program
- Do not pay any attention to cleaning cook wears and do not pay attention to clean cleaning
- Lack of quality food
- The same as eating and the irregularity of the delivery of money
- Send quality wheat and rice through the Indian Food Corporation
- It is also a problem that does not pay attention to the kitchen's cleanliness

### **Conclusion**

Despite the success of the program, child hunger as a problem persists in India. According to current statistics, 42.5% of the children under 5 are underweight. Some simple health measures such as using iodized salt and getting vaccinations are uncommon in India "India is home to the world's largest food insecure population, with more than 500 million people who are hungry", India State Hunger Index (ISHI) said. Many children don't get enough to eat, which has far-reaching implications for the performance of the country as a whole. "Its rates of child malnutrition is higher than most countries in Sub-Saharan Africa," it noted The 2009 Global Hunger Index ranked India at 65 out of 84 countries. More than 200 million went hungry in India that year, more than any other country in the world. The report states that "improving child nutrition is of utmost urgency in most Indian states

### **Reference**

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