

Nutritional status of students in primary classes of Kaushambi, Uttar Pradesh

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Abstract

For giving a boost to universalisation of primary education by increasing enrolment, attendance and retention and simultaneously improving the nutritional status of students in primary classes, The National Programme of Nutritional Support to Primary Education which is popularly known as the Mid-day Meal Scheme was launched by the Government of India in 1995. In this research study an evaluation of Mid Day Programme in Kaushambi is being done mainly based on primary data. The universe of the study is Kaushambi block Muratganj and the sample size used is 100 children of government schools. Views of some of the available teachers in the schools are also covered in this study. The study states that MDM Programme is really helpful in removing classroom hunger, increasing enrollments and daily attendance of the children. Several steps are yet to be taken to improve the implementation of the programme and to provide best quality of Mid-Day Meal to school children.

Keyword:- 1. Nutritional Support to Primary Education 2. Mid-Day Meal Scheme (MDMS)

Introduction

Mid Day Meal scheme in which children get food and this primary school and no fees charged from those children so that people of poor households send their children for study without any reason. This Scheme has been started in 1995. This scheme was started by the K.Kamaraj CM of Tamilnadu in 15th August 1995. Children here get free nutrition food, free bag, free dresses, free shoes and all this free from the government. This Scheme has been launched so that children of poor household can get the nutrients and children to study them. And no fees are charged from those children, so that people of poor household send their children for study without any reason. In primary School these children get nutrients according to the age of these children, as the government is providing many types of Schools to us. Primary School and Junior School. Mid Day Meals separate from them children of Primary School and the MDM of Junior School children is different it means that they are given lunch as per age. All children are give food at the sometime and all are given an equal amount of Food only on one is given less or more. Mid Day Meal Food is not given without check. So children cannot get any problem. Children are given Food according to the given means and then any condition. This Scheme means that children get free food and free education. Nutrition for children means making sure your child is getting enough nutrients from age 1 through 11. He will grow each year and his needs for nutrients and new textures will change. Nutrients are calories, protein, fat, vitamins, and minerals. Giving your child a healthy diet is vital so he can grow, develop, and stay at a good weight for his age. By

giving your child a healthy balanced diet, you are ensuring that they are getting all the essential vitamins, minerals and other nutrients that children need for healthy growth and development. You can see that children will need foods that give them all these nutrients for their growth and development. Maintaining a balanced diet and regular exercise is important for all individuals, especially school-aged children (6-12 years). These children are required to eat a variety of foods from each food group to ensure optimal intake of all vitamins and minerals. At the same time, they may face new challenges regarding food choices and habits. Decisions about what to eat are partly determined by what is provided in school, at home, the influences from friends at school. Mid Day Meal Scheme (MDMS) is the largest school lunch programme in the nation. It has been reported that MDMS has catered to the nutritional needs of school children in both rural and urban areas. A Mid Day Meal (MDM) is an important instrument for combating class room hunger and promoting better learning. MDM is effective in improving physical and psycho-social health for disadvantaged school children in lower income and higher income countries. It increased the school attendance in lower income countries and increased the height of younger children in both lower and higher income countries. The Government of Uttar Pradesh Kaushmbi. Started cooked meal for all students of primary classes in Government and Government aided schools of the state from September, 2004. All the schools of total twenty districts are covered under this scheme. The meal is cooked and served in the school premises. Under the scheme, school children are being provided cooked food viz. mithe chawal, roti sabji, kadichawal and dal chawal during different days of a week. Wheat and rice are provided free of cost to all schools by Government of India. The main objective of the scheme is to increase enrollment, retention, attendance and to improve the nutritional level of such children through supplementary nutrition. It is an incontrovertible fact that Mid-Day Meal Programme exerts a positive influence on the enrollment and attendance in schools. But still there is a question mark: Does the Mid-Day Meal improve the nutritional status of children too? Therefore, the present study has been undertaken to assess the nutritional contribution of mid day meal to the dietary intake of school children. Primary school represents an important time point in student's life, and in particular the recess at school is a time when they have their own responsibility regarding food choices. Nowadays, children are recognized as primary consumers, since they are able to make independent decisions and also purchases with their own money. Therefore, children have increasing participation in food choices and it has been shown that accessibility, price and availability are determinants in the foods children consume. Furthermore, it should be noted that food and nutrition is the responsibility of society, not just an individual or each family. Consequently, eating habits are having a significant impact on the health and nutritional status of populations, particularly in developing countries and countries in transition. While living standards have improved, food availability has expanded and diversified over, and access to services has increased, there have also been significant negative consequences in terms of inappropriate eating habits, decreased physical activity and a corresponding increase in diet-related chronic diseases . Thus, continuous social changes influence modifying eating habits. While it is known that the potential of cognitive development of children is genetic, it has been determined that an appropriate diet has positive effects on cognitive development.

Research methodology

The research methodology is an integral and essential part of research work. It is most important for the frame work to obtain all the necessary input for the research work to examine the objectives of the study on the topic called Economic Evaluation of Primary Education and Mid-Day Meal program.

Description of study area

Selection of state: For the present study Uttar Pradesh has been selected purposively.

Selection of district: In Uttar Pradesh out of there are 75 district. Out of these district kaushambi district will be purposively selected for study.

Selection of block: There are 8 blocks in kaushambi district. Out of 8 block in kaushambi has been selected.

Selection of Village: There are 106 village in the Muratganj Block. Out of these villages, Dewara, Badanpur, Sobhana, Basedhi Naraur, purwa, Mastihapar, uchwa, Gulamipur and Naseerpur were purposively selected for the present study.

Selection of respondent: We will select 100 respondent who are student of primary school.

(b) Sampling techniques: The population of the study will comprises 60 sample schedule. The samples are taken from only student of primary school will be interviewed in order to get average data of study area. Purposive sampling will use for sample selection.

(c) Tools and Techniques of Data Collection: For data collection various techniques will be used described below.

Location of area under the study

Uttar Pradesh, abbreviated as **UP**, is the most populous state in the **Republic of India** as well as the most populous country subdivision in the world. It was created on **1 April 1937** as the United Provinces during British rule, and was renamed Uttar Pradesh in 1950. Lucknow is the capital city of Uttar Pradesh. Ghaziabad, Bulandshahar, Kanpur, Gorakhpur, Prayagraj, Bhadohi, Raebareli, Moradabad, Bareilly, Aligarh, Sonbhadra, and Varanasi are known for their industrial importance in the state. On 9 November 2000, a new state, Uttarakhand, was carved out from the Himalayan hill region of Uttar Pradesh.

Uttar Pradesh was home to powerful empires of ancient and medieval India. The two major rivers of the state, the Ganges and Yamuna, join at Allahabad and then flow as the Ganges further east. The state has several historical, natural, and religious tourist destinations, such as, Agra, Varanasi, Raebareli, Kaushambi, Ballia, Shravasti, Gorakhpur, Chauri Chaura, Kushinagar, Lucknow, Jhansi, Allahabad, Budaun, Meerut, Mathura, Muzaffarnagar and Shahjahanpur.

Kaushambi district is one of the districts of Uttar Pradesh state of India, and Manjhanpur town is the district headquarters. The present Kaushambi district was carved out of Prayagraj district on 4 April 1997. Manauri bajar interconnect the Prayagraj district to Kaushambi district By Railway over bridge at SH-95. District Headquarter, Manjhanpur is situated in the south-west of the Prayagraj on the north bank of the Yamuna river, about 55 km away from Prayagraj. **Muratganj**

Muratganj is a Block placed in Kaushambi district in Uttar Pradesh. Located in rural area of Uttar Pradesh, it is one of the 8 blocks of Kaushambi district. As per the government records, the block code of Muratganj is 455. The block has 109 villages and there are total 33447 families in this Block.

Results and discussion

1. Information of Primary School for Mid Day Meal

Majority of the parents opined that their children eat mid day meal (95%), needs change in the menu (98%) and are satisfied (90%) by the MDMS. Forty four percent parents (44%) expressed that their children go to school without breakfast and they send their children to the school as lunch is provided. The table also reveals that majority of beneficiary parents (85%) reported that, after introduction of mid day meal scheme, the enrolment and attendance of children were improved. Thirty three percent of the parents (33%) were also of the opinion that as far as possible the teacher's time should be utilized in teaching-learning activities and there should be no wastage of teaching time in school. Higher per cent of parents (90%) reported that the quality of the food served in the school is good and few parents (10%) opined that the quality of the school lunch is below average. Table also revealed that almost all the parents (100%) feel that the school lunch programme should continue. Many parents noticed the development of good practices in children such as washing their hands before eating at home and take their meal properly.

Details of sample of subject taken for the study of views and perceptions

Education Village	Head Teachers	Teachers	Students	Parents	Cooks
Dewara	1	8	242	206	4
Badanpur	1	3	98	78	2
Sobhana	1	3	102	89	2
Basedhi	1	4	122	107	2
Naraur	1	6	178	156	3
Purwa	1	2	64	53	1
Mastihapar	1	2	72	59	1
Uchwa	1	6	207	193	4
Gulamipur	1	3	228	203	4
Naseerapur	1	5	156	147	3
Total	10	38	1469	1291	26

In order to study the views and perceptions of stakeholders, head teachers, teachers and cooks about the problems faced in Mid-Day Meal Scheme, following interview schedules were constructed and standardized by the investigator herself Total frequency of 10 Villages and 10 Head and 38 Teacher and 1469 Students and 1291 Parents and 26 Cooks.

Conclusion

It is concluded all this place The economic condition of the people there is not good due to which they send their children to primary schools, hence the government is given mid-day meals in primary schools, so that their studies can be completed and their nutrients are also provide. The Mid Day Meal (MDM) is a welfare scheme funded by the government of India, which offers free cooked meals to students in primary and upper primary schools, aiming at improving nutritional intake in Primary school children. This programme was meant for students up to fifth class until recently. However, now it has been extended till eighth class. In addition to Government and aided schools, alternative education centers, which are outside the formal schools, could also be included under the programme. This nutrition programme is the largest school nutrition programme in the world. According to a recent circular of District Magistrate (DM) of Kaushambi, one serving of MDM must provide 450 kcal and 12g protein in primary schools.

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Information	Yes		No	
	Number	%	Number	%
Children go to school daily	94	94%	6	6%
Information about MDMS in the school	100	100%	0	0%
Eat MDM	95	95%	5	5%
Eat breakfast regularly	56	56%	44	44%
Beneficial to children	85	85%	15	15%
Disturb classroom teaching	33	33%	67	67%
Object if the cook/server is SC	0	0%	100	100%
Satisfied with the quality of MDM	90	90%	10	10%
Continuation of the program	95	95%	5	5%
Need improvement in the meal items	98	98%	2	2%