



Evaluation of mid day meal programme in schools of Varanasi

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Abstract

The purpose of this study was to evaluate the mid day meal school programme in the Varanasi. So the investigator had interested to take a survey work to find out the mid day meal programme are being carried out properly or not. Construction of the questionnaire the investigator studied various literatures of school nutritional services. Through the literature the investigator took every aspect of mid day meal programme to construct the questionnaire. The data was collected through personal visits and interviews. Investigator personally visited the schools of Varanasi and discussed with principals regarding mid day meal programme and requested to fill up the questionnaire. The responses obtained from different schools were analysed by descriptive percentage method.

Keywords: Mid day meal, school nutrition, survey, questionnaire, data collection

Introduction

Mid Day Meal (MDM) programme has been one of the earliest supplementary nutrition in the country. National programme of Nutritional support to Primary Education also known as Mid Day Meal Programme was launched as a centrally sponsored scheme on 15th August 1995. It's objectives are to boost universalization of primary education and improve the nutritional status of the food being given to the children. In order to implement the programme effectively a separate Directorate has been established. A new body registered by the name "Mid Day Meal Authority" has come into existence in the state under the administrative control of the Department of Education. A separate post of Director has been created solely for the purpose of running the programme. The feeding programme under Mid Day Meal has overcome its teething troubles in the state. Now the people at large are aware of the programme. The enrolment has got a big boost because of this scheme. It has been successful in breaking social inhibitions as children from different castes sit together to eat.

Statement of the Problem

The purpose of the study was to Evaluate Mid Day Meal Programme in schools of Varanasi.

Selection of Subjects

In order to assess the present status of mid day meal in the schools of Varanasi thirty principals of the district primary schools were selected as subjects for the study.

Construction of the Questionnaire

For the construction of the questionnaire the research scholar studied various literatures, magazines, periodicals and completed research in the area of health and school nutritional service. A sufficient numbers of questions were selected and listed and sent to ten experts and common questions were taken which were ticked by the experts.

The questionnaire was constructed in a way that it covered important aspects of the study for betterment of the Mid Day Meal programme. The important aspect which leads to development of the programmes of the Mid Day Meal services in schools of Varanasi region was selected. for preparing the questionnaire following steps were taken.

Initial Writing, Trial Run, Rewriting, Administration of the Questionnaire

Administration for Collection of Data

1. The researcher personally contacted the Principals working in different primary schools along with the letter which consisted betterment of mid day meal in the school.
2. An assurance was given to keep all the received information confidential.
3. All the respondents were assured of a copy of summary of the dissertation results.
4. In this way the research scholar collected the data.

Statistical technique

The responses obtained from different schools for the survey study regarding programmes available for mid day meal in Varanasi were analysed by descriptive percentage method. It was further illustrated by means of bar diagrams.

Results of the study

The questionnaire of midday meal covering each and every aspects of mid day meal programmes. Its responses are presented here under the following tables.

Table 1: Statement: do you have provision for cooks in the school?

S. No.	Types of Responses	Frequency	Percentage
1	Yes	28	93.33
2	No	2	6.67

The data from table 1 shows that out of 30 schools 93.33 percent of the schools have cooks and 6.67 percent schools did not have any provision for cooks.

Table 2: Statement: do you serve mid day meals regularly in the school?

S. No.	Types of Responses	Frequency	Percentage
1	Yes	26	86.67
2	No	4	13.33

The data from table 2 reveals that out of 30 schools 86.67 percent of the schools served mid day meals and 13.33 percent schools not served mid day meals regularly in schools.

Table 3: Statement: does the menu vary day to day in the school?

S. No.	Types of Responses	Frequency	Percentage
1	Yes	27	90
2	No	3	10

Table 3 indicates that out of 30 schools 90 percent of the schools had variation in mid day meal menu and 10 percent schools did not vary in mid day meal from day to day.

Table 4: Statement: do you have any helpers for mid day meal in the school?

S. No.	Types of Responses	Frequency	Percentage
1	Yes	16	53.33
2	No	14	46.67

The data presented in table 4 shows that out of 30 schools 53.33 percent of the schools had helpers for mid day meal and 46.67 percent schools did not have any helpers for mid day meal.

Table 5: Statement: is the raw material for the mid day meal supply regular?

S. No.	Types of Responses	Frequency	Percentage
1	Yes	24	80
2	No	6	20

The data from table 5 indicates that out of 30 schools 80 percent of the schools received raw material for the mid day meals regularly and 20 percent schools did not receive raw material for the mid day meals regularly.

Table 6: Statement: has the mid day meal programme increased the number of students enrolment in the school?

S. No.	Types of Responses	Frequency	Percentage
1	Yes	21	70
2	No	9	30

Table 6 reveals that out of 30 schools 70 percent schools Principal's are in favour of the mid day meal programme had increased the number of students enrolment in the schools and 30 percent schools principals are against the mid day meal programme had not increased the number of students enrolment.

Table 7: Statement: does the mid day meal enhance the student's interest in studies?

S. No.	Types of Responses	Frequency	Percentage
1	Yes	16	53.33
2	No	14	46.67

Table 7 reveals that out of 30 schools 53.33 percent of the schools Principal's are in favour of the mid day meal programme which enhance the student's interest in studies and 46.67 percent schools principals are against the mid day meal programme which enhance the student's interest in studies.

Table 8: Statement: is there are opposition to serving of the mid day meals in the schools for the community?

S. No.	Types of Responses	Frequency	Percentage
1	Yes	0	0
2	No	30	100

The data from table 8 indicates that all the schools did not have any opposition for serving of the mid day meals in the schools for the community.

Table 9: Statement: has there been any opposition of upper and lower class students taking food together in same place?

S. No.	Types of Responses	Frequency	Percentage
1	Yes	1	3.33
2	No	29	96.67

The data from table 9 indicates that out of 30 schools 3.33 percent of the schools had opposition of upper & lower class students taking food together in same place whereas 96.67 percent schools did not have any opposition of upper & lower class students taking food together in same place for the community.

Table 10: Statement: does the school have a separate kitchen or cooking shed?

S. No.	Types of Responses	Frequency	Percentage
1	Yes	29	96.67
2	No	1	3.33

The data from table 10 indicates that out of 30 schools 96.67 percent of the schools had a separate kitchen or cooking shed and 3.33 percent schools did not have a separate kitchen or cooking shed.

Table 11: Statement: do the food stuffs reach the school on time?

S. No.	Types of Responses	Frequency	Percentage
1	Yes	28	93.33
2	No	2	6.67

The data from table 11 indicates that out of 30 schools 93.33 percent of the schools in favour to the food stuffs reached the schools on time whereas 6.67 percent schools were against to the food stuffs reach the schools on time.

Table 12: Statement: is safe drinking water provided during the meal?

S. No.	Types of Responses	Frequency	Percentage
1	Yes	29	96.67
2	No	1	3.33

The data from table 12 indicates that out of 30 schools 96.67 percent of the schools provided safe drinking water during the meal whereas 3.33 percent schools did not provide safe drinking water during the meal.

Table 13: Statement: do the authorities of the school check meals before it is served?

S. No.	Types of Responses	Frequency	Percentage
1	Yes	30	100
2	No	0	0

The data from table 13 indicates that all the schools are in favour to the authorities of the school check meals before it is served.

Table 14: Statement: are the grains and vegetable washed properly before it is used for cooking?

S. No.	Types of Responses	Frequency	Percentage
1	Yes	30	100
2	No	0	0

The data from table 14 reveals that all the schools wash grains and vegetables before it is used for cooking.

Table 15: Statement: who serves the meals?

S. No.	Types of Responses	Frequency	Percentage
1	Student	6	20
2	Teacher	1	3.33
3	Cook	23	76.67

The data from table 15 depicts that in 20 percent schools the student serves the mid day meal while in 3.33 percent schools teacher serves the meal and in 76.67 percent of schools, this services are rendered by cooks.

Table 16: Statement: how often the meal been served in current academic year?

S. No.	Types of Responses	Frequency	Percentage
1	Everyday	20	66.67
2	Most day	8	26.67
3	From time to time	2	6.67
4	Never	0	0

The data from table 16 indicates that out of 30 schools 66.67 percent of the schools serve mid day meal everyday, 26.67 percent schools serve most day and 6.67 percent schools serve mid day meal from time to t

Table 17: Statement: how many times do the government officials inspect the schools regarding the mid day meal in a year?

S. No.	Types of Responses	Frequency	Percentage
1	0 times	3	10
2	1-4 times	11	36.67
3	5-9 times	9	30
4	10-14 times	5	16.67
5	More than 15 times	2	6.67

The data from table 17 shows that out of 30 schools 10 percent of the schools responded government officials never inspected the schools regarding the mid day meal in a year and 36.67 percent schools responded 1-4 times, 30 percent schools responded 5-9 times, 16.67 percent schools responded 10-14 times and 6.67 percent schools responded government officials more than 15 times inspected the school regarding the mid day meal in a year.

Table 18: Statement: how many children have fallen ill after consuming the mid day meal in one academic year?

S. No.	Types of Responses	Frequency	Percentage
1	No/Never	30	100

Table 18 reveals that all schools principal responded that any children never have fallen ill after consuming the mid day meal in one academic year.

Table 19: Statement: how would you describe the quality of the rice/wheat that is being used to prepare the mid day meal?

S. No.	Types of Responses	Frequency	Percentage
1	Poor	3	10
2	Average	21	70
3	Good	6	20
4	Very Good	0	0

The data from table 19 shows that out of 30 schools 10 percent of the schools principals responded poor, 70 percent responded average, and 20 percent principal describe good quality of the rice/wheat that is being used to prepare the mid day meal.

Table 20: Statement: are you satisfied the quantity of the mid day meal served to the each student?

S. No.	Types of Responses	Frequency	Percentage
1	Yes	18	60
2	No	12	40

Table 20 indicates the 60 percent schools principal satisfy the quantity of the mid day meal whereas 40 percent principal not satisfy the quantity of the mid day meal served to each student.

Table 21: Statement: mention the place where the meals have been served?

S. No.	Types of Responses	Frequency	Percentage
1	Class Room	0	0
2	Open Area	22	73.33
3	Other specific area	8	26.67

Table 21 shows that 73.33 percent schools served mid day meal in open area whereas 26.67 percent schools served mid day meal in other specific area.

Discussion of Finding

The analysis of data based on descriptive percentage technique of the responses received by administration of Questionnaire revealed the fact that majority of schools of Varanasi are carrying out proper mid day meal programme. Most of the schools had given the information that in their school regular mid day meal is served and also the menu is changed from day to day.

Maximum of the schools have kept their own cook and their helper for preparation of food. School administration felt that this mid day meal program had encouraged the students towards studies and also the enrolment has increased.

As in most of the schools raw material reaches on time and they had separate place for cooking. Most of the school authority pays proper check on the meals before it is served. Majority of the schools reported that there was a regular check and supervision from the government regarding proper functioning of the mid day meal program.

The quality of food stuff provided are of an average quality and food is served mostly in an open area.

Finally, it may be summarized that mid day meal programme is summing efficiently and effective in most of the schools of Varanasi.

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