

A STUDY ON NUTRITION INTAKE OF MID DAY MEAL OF PRIMARY SCHOOL OF KAUSHAMBI, UTTAR PRADESH

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Abstract: *The present study entitled “A STUDY ON NUTRITION INTAKE OF MID DAY MEAL PRIMARY SCHOOL OF KAUSHAMBI, UTTAR PRADESH” was carried out during the year 2018-19 in 10 selected villages of Muratganj blocks of Kaushambi district of Uttar Pradesh state. A total of 100 respondents were selected and interviewed randomly from a list of children of parents to collect the primary data on the basis of objectives and variables of the study. Further, the data was tabulated and analysed statistically to draw appropriate conclusions. 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. It was found that most of the children of parents involved in agriculture as the principal occupation with an annual income between Rs. 20,000 to Rs.30,000. 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:- *Nutritional Support to Primary Education, socio-economic condition,*

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. 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. Maintaining a balanced diet and regular exercise is important for all individuals, especially school-aged children (6-12 years). The Government of Uttar Pradesh Kaushambi. 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. mithechawal, 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. A diet survey was done in 40% subsample of children in 2-5 years age group. 5-9 year children were not included for dietary survey as most of the children were breast fed up to 5 years of age and their mothers were not able to give the quantity of breast milk fed to them. Anthropometric measurements taken were weight, height, mid arm circumference, head circumference, chest circumference as per following technique. Children are the country's biggest human investment for development. Quality of life of school children, by all standards continues to be poor more so in rural areas and urban slums. Hence evaluation of the nutritional status of the children is imperative as it is an important index of the national investment in the development of its future manpower.

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. The research design is Ex-post-facto research design in which the events have taken place prior to undertaking the investigation this category. I have selected Uttar Pradesh for the present study. In Uttar Pradesh there are 75 districts. Out of these districts Kaushambi district have been purposively selected for study. There are 8 blocks in kaushambi district. Out of these blocks Muratganj block have been selected purposively. There are 106 village in the Muratganj Block. Out of these villages, Dewara, Badanpur, Sobhana, Basedhi were purposively selected for the present study. I have selected 100 respondents who were student of primary school. The population of the study had comprises 60 sample schedule. The samples were taken from only student of primary school have been interviewed in order to get average data of study area. Purposive sampling have been used for sample selection. For data collection various techniques have been used which is described below. 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 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.

1. Educational status of the respondents**N=100**

Sr. No.	Educational status	Frequency	Percentage (%)
1.	Illiterate	16	12
2.	Primary	5	5
3.	Middle	7	7
4.	High School	27	27
5.	Intermediate	25	25
6.	Graduation	15	15
7.	Post Graduation	5	5
	Total	100	100

The above table shows that 16 percent respondents were Illiterate and 5 percent respondents were Primary and 7 percent respondents were Middle and 27 percent respondents were High School and 25 percent respondents were intermediate and 15 percent respondents were Graduation and 5 percent respondents were post graduation. This finding Hasandanu S. jeya (2006).

2. Specific information collected from parents**N=100**

Sr. No.	Occupation of respondents	Frequency	Percentage (%)
1.	Agriculturist	66	66
2.	Labour work	30	30
3.	Job	4	4
4.	Other	0	0
Sr.	Income	Frequency	Percent
1.	500-1000	5	5
2.	1000-1500	10	10
3.	1500-2000	15	15
4.	Above 2500	70	70

The above table reveals that 66 percent respondents were Agriculturist, 30 percent respondents were engaged in Labour work and other 4 percent respondents were Government job and on other work. So Agriculture is the main occupation rural people This finding Armstrong and Griffin (2006).

The above table shows that 5 per cent respondents get 500 per month and 10percent respondents get 500-1000 and 15 percent respondents get 1000-1500 and 70 percent respondents get above 2500 per month.

3. Overall information of Primary School

Information	Fully attained		Partially attained		Not attained	
	Frequency	percentage	Frequency	percentage	Frequency	percentage
Children go to school daily	90	90	6	6%	4	4
Information about MDMS in the school	100	100%	0	0%	0	0
Eat MDM	91	91%	5	5%	4	4
Eat breakfast regularly	56	56%	41	41%	3	3
Beneficial to children	85	85%	13	13%	2	2
Disturb classroom teaching	33	33%	63	63%	4	4
Object if the cook/server is SC	0	0%	99	99%	1	1
Satisfied with the quality of MDM	85	85%	10	10%	5	5
Continuation of the program	93	93%	5	5%	2	2
Need improvement in the meal items	97	97%	2	2%	1	1

It started that 90% of children was fully go to school, 6% of children was partially go to school and followed by 4 % of children was not go to school. From the above table 100 % of children was fully information about the MDMS in school, 0% and 0% of children was partially and not information about the MDMS in school. It observed that 91 % of children having fully eat MDM in school at the time of lunch, 5% of children are partially eat the MDM in school at the time of lunch and followed by 4% of children are

not eat MDM in school at the time of lunch. It revealed that 56% of children having fully eat breakfast regularly in school, 41% of children are partially eat breakfast in school and followed by 3% of children are not eat breakfast in school. It started that 85% of nutrition fully beneficial to children by the MDM, 13% of nutrition partially beneficial to children by the MDM and followed by 2% of nutrition not beneficial to children by the MDM. From the above table 63% partially disturb classroom at the time of teaching, 33% fully disturb classroom at the time of teaching and followed by 4% not disturb classroom at the time of teaching. It observed that 99% not object if the cooks/server is sc in primary school, 1% partially object if the cooks/server is sc in primary school and 0% followed by fully object if the cooks/server is sc in primary school. It revealed that 85% of children are fully satisfied with the quality of MDM in primary school, 10% of children are partially satisfied with the quality of MDM in primary school and followed by 5% of children are not satisfied with the quality of MDM. It started that 93% of school having fully continuation of the program in school, 5% of school are partially continuation of the program in school and followed by 2% of school are not continuation of the program in school. It observed that 97% of children parents are fully need to improvement in the meal items, 2% of children parents are partially need to improvement in the meal items and followed by 1% of children parents are not need to improvement in the meal items.

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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