

ANALYZING THE IMPACT OF MID-DAY MEAL SCHEMES IN GOVERNMENT SCHOOLS IN DELHI-NCR

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Abstract

The Midday Meal scheme is the first of its type and the most extensive feeding programme that has ever been initiated by the Government of India. Under the terms of this programme, a single lunch is provided to each and every child attending a government-run or government-aided school or madrasa from the first to the eighth grade at least two hundred days out of each year. Preparation workshops for school lunches are planned to be implemented in elementary schools across Delhi-NCR as part of the NEP 2020's school meal programme. The Mid-Day Meal Scheme plays a crucial role in the framework of the manifestation of the principles of NEP & Delhi govt. 2020, which are availability, Fairness, Quality, Cost, and Responsibility. The Delhi-NCR government has found that when children are malnourished or otherwise ill, they are unable to learn as effectively as they could. A significant number of children who come from impoverished parts of society enter puberty with an empty stomach. Even if they have breakfast before they head off to school, by the time lunch rolls around, youngsters are unable to concentrate because they are hungry. The "classroom hunger" that children experience can be alleviated with a meal at midday. According to the findings of a number of research investigations, when kids are hungry or sick, they can't focus on schoolwork as much. As a result, the strategy mandates bringing highly qualified social workers, counsellors, plus community involvement into the educational system to improve students' physical and mental health. This will be accomplished by providing children with

nutritious meals. There are always certain problems lurking in the shadows behind every policy, and in order to address such problems effectively, it is necessary to investigate them in depth. Issues about the role, vision, expectations, and malpractices associated with the Midday Meal Scheme were discussed in this article. Also findings suggest that a greater number of students are now enrolled since free lunch became available. According to the results of the previous research, many parents are eager to enrol their children. Midday meals have been shown to boost retention by as much as 30%. The traditional leader has voiced approval of the school lunch programme and its potential benefits. Students from low-income families are more likely to attend school and enrol thanks to the Mid-Day Meals programme. The Midday Meals programme has widespread support among rural educators and village chiefs. It has been discovered that rural school principals are generally supportive of the idea of implementing a school-wide midday meal programme for elementary students.

Keywords: Mid Day Meal, Schools, Government Schools, Delhi-NCR

Introduction

Education is the most important aspect of every phase of a person's life, but it is especially significant during childhood and the primary levels, because these are the stages in which the foundation of education is laid, and because this foundation is a very important component of the overall architecture of education. When a child reaches this age, they will first start attending a formal institution, marking the beginning of their official education. The education that he receives there lays the groundwork for all aspects of his development, including his physical and mental health as well as his emotional, intellectual, and social growth. God's crowning achievement in his creation is the human being. God has bestowed upon man a number of exceptional characteristics that are unique to the living world and cannot be found in any other living thing. The human being is a rational animal, and his behaviour is dictated by his logical reasoning and sound judgement. He possesses qualities that are shared by apes and angels, animalists and divinity, as well as the lower and higher aspects of his own self. A lower-elf and ability are associated with an animal. He is not endowed with the divine or higher-self powers. owing to the fact that they possessed logic as well as divinity and a higher-self. As a result of the human being's possession of rationality and divinity, the lower-self and animalist tendencies that are inherent in man are able to be converted into higher-self and rationality. This change is only conceivable given that it can never be misplaced or taken from its owner. Without education, man is doomed to a life of ignorance and is thought to be dead.

The vast majority of people in India are impoverished to an extreme degree. Their principal source of financial assistance comes from the agricultural sector. They are dependent on the forests for eight months out of the year, while agriculture is their primary source of income for the other four months. They make their living by working in agricultural fields. The residents of this country live in conditions that, both socially and economically, are not in the best of shape when compared to residents of other countries. The vast majority of the parents do not have any form of formal education. They are unable of comprehending the long-term benefits of obtaining an education due to the fact that they cannot read or write.

They would prefer that their children be involved in remunerative activity that enhances the family income and strengthens the family economy rather than sending them to school because schooling does not give them with any immediate financial return. This is due to the fact that obtaining an education does not offer them any kind of immediate financial reward. In addition, there are some parents who are aware of the positive effects that education has on their children but are unable to offer an education for their kids because they do not have the financial means to do so. This is a very unfortunate situation. They are in such a terrible state that the parents are reluctant to send their children to school because of the condition of the grownups.

In point of fact, figuring out how to make money is their primary objective at this moment. They do not place a primary emphasis on engaging in educational activities. For the purpose of successfully enrolling the children in the school, it is vital to offer encouragement not only to the children but also to their parents. If parents are not interested in taking part in the programme, it will be impossible to enrol their children. As a consequence of this, it is essential for us to create an environment in which children and their parents can be motivated to pursue educational opportunities.

This encouragement is only going to be attainable via the implementation of a number of different reward programmes that are made available to the children. They are an extremely valuable component of our human resources, and by the turn of the century, they will constitute the vast majority of our labour force. Their mental and physical health, the degree of knowledge and experience they have obtained, and the level of education and training they are currently pursuing will all play a key influence in deciding the state of our nation over the next year. UEE is increasingly becoming recognised as a civic right in every region of the world, and it is a right that is necessary for human development. As a direct result of this, a great number of efforts have been put up recently in the direction of the expansion of educational facilities.

Children who are not in good health and have a bad nutritional status are unable to stay in school for five or six hours, and the circumstances of their lives often force them to miss school on a regular basis. Other children are able to stay in school for the full day. In rural primary schools, a variety of incentive programmes of varied degrees of sophistication have been implemented in order to both satisfy the dietary requirements and encourage daily attendance. These programmes have included both monetary and non-monetary benefits. Other incentive programmes include: free text books. When we talk about "incentives," we're referring to those little pills that point the way. This is a treasure map that will lead you to new information. It is the instigation of an inclination to conduct in order to bring about one or more results, and it is referred to as behavioural instigation. If this is the case, it will not only decide the level of activity that the youngster engages in, but it will also direct that activity. An incentive is a certain internal component or event that has the inclination to begin and continue activities. Incentives can come in the form of both financial and non-financial rewards. Motivators might also take the form of external conditions or factors. It is believed that the programme has the potential to encourage schoolchildren to maintain a regular

attendance pattern as a result of the fact that they are provided with meals on a consistent basis by the Mid-Day Meals programme. In other words, it is believed that the programme has the potential to encourage schoolchildren to eat their meals. It is because of all of these reasons that the Mid-Day Meals programme is considered to be a significant contributor to the expansion of primary school instruction. This programme is being implemented in elementary schools with the goal of luring more children to attend school, with the ultimate goal of increasing the number of students who graduate from their formal education. The goal of this programme is to boost the number of students who graduate from their formal education. The primary goal of this initiative was to increase the number of children who were enrolled in elementary schools by luring in new students as well as attempting to keep the students who were already enrolled. The five-year plans all included this component as part of their overall structure.



Mid day Meal Scheme

It is the commitment of the government of India, as part of the Mid Day Lunch Scheme, which was initiated by the Government of India, to provide a single meal to each and every student attending a school or madrasa (religious institution) in India that is either directly run or indirectly aided by the government. The Ministry of Human Resource Development of the Indian government came up with the idea for the Mid Day Meal Scheme to ensure that children in elementary school all the way up to eighth grade eat a single meal on at least 200 of the days that make up an academic year. This programme has been around since 1995, when it was first presented by the Central Government as the National Program for Nutritional Support to Primary Students. Since that time, it has gone through several iterations. This endeavour has been going on for some time. In the latter part of that year, the

programme was renamed to become the Midday Meal Programme (2007). This programme is additionally safeguarded by the National Food Security Act of 2013, which was passed into law in the same year.

The Mid-Day Meal Scheme (MDMS), also called the National Program of Mid-Day Meals in Schools, is a federally supported programme. This programme is sometimes called Mid-Day Meals. Children in classes 1-8 at government schools, government-aided schools, special training centres, and 'Madarsas' subsidised by 'Samagra Shiksha' are eligible for a free lunch. Over-14-year-olds don't eligible for this benefit. Some states and territories supply extra milk, eggs, and fruits to schoolchildren. These are state or territory-donated products. Milk and eggs are examples.

Review Literature

This link between poverty and low educational attainment is supported by a large number of research studies. These studies also find that the habits of the home are a strong predictor of how well children do in school. Dreze and Kingdon (2001) did research in rural North India to find out what factors affect school attendance. They found that a child's chance of going to school goes up when their parents have more education. They also found that this link is especially important when the parent and child are the same gender. Also, the effects of caste rank, the amount of money in the home, and how motivated the parents are all play a very important role. Research done in Brazil shows that there is a positive link between the level of education of parents and the level of education of their children. Also, the results of this study suggest that a mother's level of education may reduce gender biases in the home, which may keep girls from going to school (Emerson and Souza 2007). Canagarajah and Coulombe's (1997) study of child labour and schooling decisions in Ghana shows that as household wealth goes down, the number of children who go to school goes down and the number of children who work goes up. This finding backs up the idea that sending kids to school can be a financial burden for families with a lower socioeconomic status. If these results are the same everywhere, the 69 million children who don't go to school be able to pay for their children's education, which will keep the cycle of poverty going for more generations.

Statement of Problem

Specific problem of the present study is “analysing the impact of mid-day meal schemes in government schools in Delhi-NCR”.

Research Methodology

Due to the fact that this is a descriptive study, the researchers decided to employ a secondary survey in order to evaluate the strata of the phenomenon. This type of educational approach is typical. It does an in-depth analysis of the current situation and summarises the most important components. The researcher was persuaded to adopt the method for the study by the fact that it was both quick and precise in addition to having a low cost. Secondary

sources, such as websites of government agencies, blogs, research papers, and so on, have been used in the analysis of the data.

Research Questions

- How MDM affects primary school enrollment.
- How has MDM impacted primary school enrollment and retention?.

Table 1: Increasing Midday Meal Program Enrollment

Class	Enrolment	Enrolment after M.D.M Programme
First	532	616
Second	508	568
Third	496	556
Fourth	484	544
Fifth	472	532

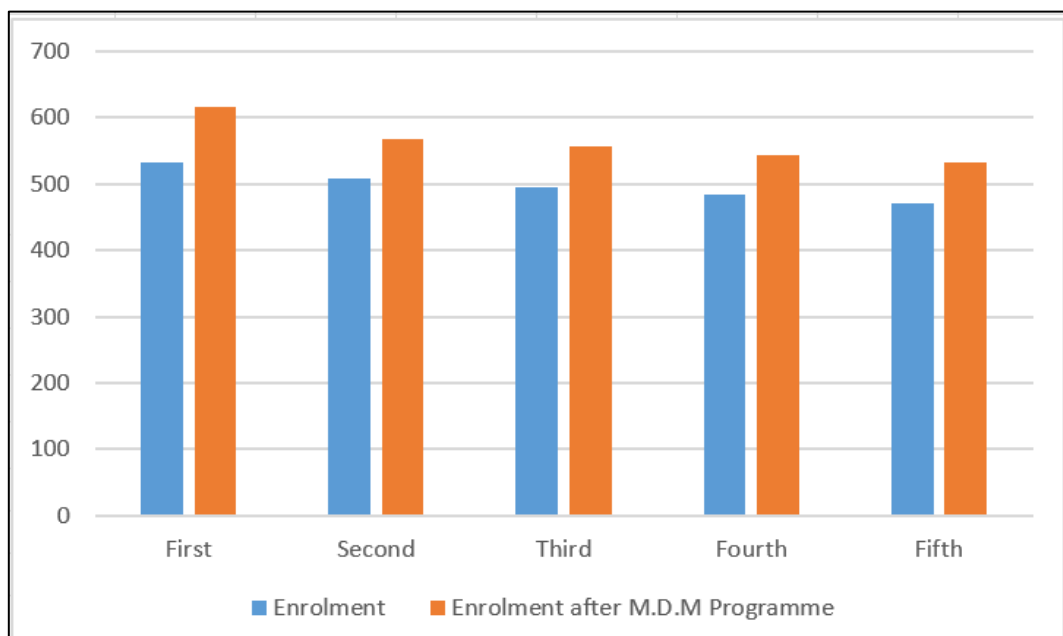
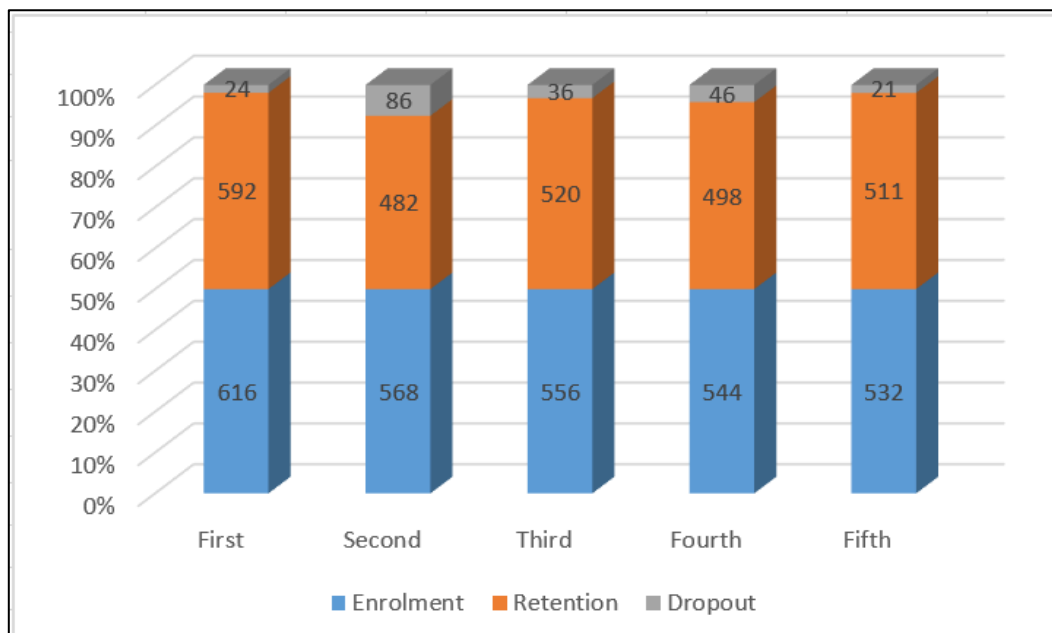


Figure 1: Increasing Midday Meal Program Enrollment

The above table data gathered from various secondary sources. 02 primary schools of Delhi-NCR data captured. On the basis of above table, enrolment percentage continuously increased due to mid-day meal policy implementation.

Table 2: Positive Effects of the Midday Meal Program on Retention

Class	Enrolment	Retention	Dropout
First	616	592	24
Second	568	482	86
Third	556	520	36
Fourth	544	498	46
Fifth	532	511	21

**Figure 2: Positive Effects of the Midday Meal Program on Retention****Table 3: Comparison of Dropout Prior to and Following the Midday Meal Programme**

Class	Percentage of Dropout before M.D.M	Percentage of Dropout After M.D.M
First	14.13	5.65
Second	21.69	8.67
Third	32.30	8.89

Fourth	35.38	8.38
Fifth	37.59	8.63

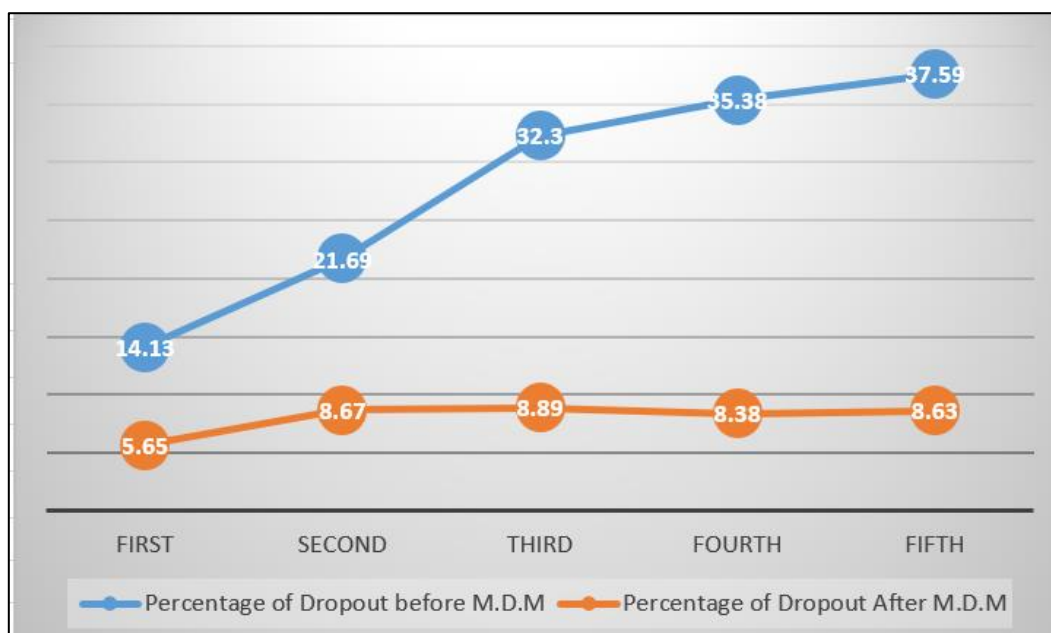


Figure 3: Comparison of Dropout Prior to and Following the Midday Meal Programme

Above table discussed that percentage of dropouts before mid-day meal scheme was high as comparison to after incorporating mid-day meal scheme. The percentage gradually decreased. This highlights that the decision taken by government is useful for the first class to fifth class students in government schools of Delhi-NCR.

Findings of the study

According to the findings of the study, there has been a good impact made by the MDMS in terms of enrolment, attendance, and retention. During the course of this study, the vast majority of the students from each of the schools agreed that the provision of a midday meal is the primary factor that encourages them to go to school on a consistent basis. The following findings are:

1. The number of students enrolled in classes has increased since lunches were made available to them throughout the school day.
2. Parents are becoming increasingly interested in the schools their children attend.
3. The percentage of people who have been retained as a result of the provision of midday meals has grown.
4. Analysis suggested, it's in favour of adopting the Mid-Day Meals scheme at the elementary level, and they have stated their support for this.

5. The Midday Meals programme assists in raising the number of low-income pupils who attend school and enrol in the programme overall.

Suggestions & Recommendations

1. Students should be provided with free textbooks at the beginning of each session.
2. Students in primary school should be eligible for merit-based scholarships according to the classes they are in at the appropriate time.
3. Pupils who are not economically stable across the board should also be eligible to get free textbooks. This includes students who are not part of a scheduled caste or tribe.
4. The meal (prepared food) that is provided by the Midday Meals programme should be of high quality, and there should be an adequate amount of it.
5. The elementary/primary school should have a greater number of staff members assigned there.
6. The components that are utilised in the preparation of the Midday Meals programme ought to be subjected to a comprehensive medical examination.
7. A more senior level of authority should conduct routine inspections of the elementary school to ensure that the programme is being properly carried out.
8. It is inappropriate to demand the kids to carry the necessary utensil from their own homes.
9. There should be an equitable distribution of the food.

Educational Implications

The Mid-May Meal Scheme should be strengthened since it has the potential to not only increase student enrollment but also improve teaching and learning in schools. Because children of different groups and castes eat together, it also plays a significant role in improving social integration. With the help of MDMS, parents will have an easier time convincing their children to attend school, and teachers will have an easier time keeping students engaged in the classroom. It has the potential to encourage healthy social behaviour in youngsters and to eliminate attitudes of discrimination between different castes.

Conclusion

The education that he receives there lays the groundwork for all aspects of his development, including his physical and mental health as well as his emotional, intellectual, and social growth. God's crowning achievement in his creation is the human being. God has bestowed upon man a number of exceptional characteristics that are unique to the living world and cannot be found in any other living thing. The human being is a rational animal, and his behaviour is dictated by his logical reasoning and sound judgement. He possesses qualities that are shared by apes and angels, animalists and divinity, as well as the lower and higher aspects of his own self. A lower-elf and ability are associated with an animal. He is not endowed with the divine or higher-self powers. due to the fact that they possessed logic, divinity, and a higher sense of self. As a result of the fact that human beings contain both

rationality and divinity, the lower-self and animalist tendencies that are inherent in man are able to be converted into higher-self and rationality. This change is only conceivable given that it can never be misplaced or taken from its owner. Without education, man is doomed to a life of ignorance and is thought to be dead. The number of students attending school regularly has increased since the introduction of meals served at midday. On the basis of the findings of the previous study, it has been determined that parents are more interested in sending their children to the institution. The percentage of people who have been retained as a result of the provision of midday meals has grown. The headman has provided their opinion, which is in favour of adopting a Mid-Day Meals scheme at the elementary level, and they have stated their support for this. The Mid-Day Meals programme assists in boosting the number of low-income pupils who attend school and enrol in the programme. The headman and the rural teachers all share a favourable outlook on this plan for providing midday meals. It has been discovered that rural primary school principals have a positive attitude regarding the implementation of a programme to provide children with lunch throughout the school day.

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