

## PARTICULARS

- i) CONTENT
- ii) LIST OF TABLES
- iii) LIST OF MAPS, CHARTS & CRAFTS
- iv) LIST OF PHOTOS
- i) CONTENT

	CHAPTER NAME	PAGE
1	Research Methodology	11
1.1	Introduction	11
1.2	Nutrients in food Materials	13
1.3	Review of Literature	14
1.4	Scope of Research.	20
1.5	Statement of the problem.	21
1.6	Hypothesis	22
1.7	Objective of the research.	22
1.8	Research Design	23
1.9	Tools used for the collection of information.	27
1.10	Need and significance of Research.	28
1.11	Limitations of Research.	29
1.12	Chapter Scheme.	30
2	Food security and food production in India.	32
2.1	Introduction	32
2.2	Concept of food security	32
2.3	Stages of food security for a developing country like India.	33

2.4	Food Self - sufficiency and food security in India	33
2.5	Trends in Production of foodgrains.	33
2.6	Net availability of cereals and pulses.	34
2.7	Foodgrain production in India.	35
2.8	State wise food production of some major states.	36
2.9	Food production in Karnataka from 1991-2010	38
2.10	Food security and Nutrition.	39
2.11	Prevention of Chronic Energy Deficiency.	39
2.12	Mid Day Meal Programme.	40
2.13	Public Distribution System and Food Security.	40
2.14	Main Components of the Food Security System.	44
2.15	Food Security at the National level.	44
2.16	Integrated Child Development Services Scheme.	45
2.17	India's boosting production of food grains for enhancing food security.	50
2.18	Why India concerned ?	51
2.19	Ensuring Food Security of Nation.	52
3	Akshar Dasoha Programme.	54
3.1	Introduction.	54
3.2	Aims and objectives of the Akshara Dasoha Programme.	54
3.3	Quantity of foodgrains provided for each child.	55
3.4	Agencies Responsible for Implementation of Mid Day Meal Scheme.	55

3.5	The departments involved in the Akshara Dasoha Programme.	56
3.6	Management of foodgrains.	56
3.7	System of cooking, serving, and supervising for Mid Day Meal in the schools.	57
3.8	Appointment of cook.	57
3.9	Norms of Nutrition.	58
3.10	Norms of cooking cost.	60
3.11	Monitoring and supervision of the programme.	62
3.12	Role of School Development and Monitoring Committee.	63
3.13	Record keeping and Display of information.	63
3.14	Role of teacher.	63
3.15	Steps to be followed during preparaton of food.	63
3.16	Role of Head Master.	64
3.17	Responsibilities of chief executive officer.	64
3.18	Role of non govt. organization.	65
4	Organization of Mid Day Meal Scheme.	68
4.1	Introduction.	68
4.2	Collected Information.	68
4.3	Analysis of explanation of questionnaires.	69
5	Functioning of the Mid Day Meal Scheme and its Related Problems.	77
6	Burden of Mid Day Meal work on Teaching and Administration.	96
7	Conclusion and Recommendations	116
7.1	Introduction	116

7.2	Findings and conclusions.	116
7.3	Recommendations.	119
7.4	Problems for further research.	120
8	Bibliography.	121
	Questionnaire	123
	Part I - School Information.	123
	Part II - Beginning and organization of Mid Day Meal Scheme.	124
	Part III - Functioning of Mid Day Meal Scheme and its related problems..	126
	Part IV - Burden of Mid Day Meal Scheme work on Teaching.	134

## ii) List of Tables

No	Title of the table	Page No
1.1	Required calories of food for different age group children.	13
2.1	Total food production & per capita net availability of cereals & pulses	34
2.2	Foodgrain production in India	35
2.3	Statewise Food production of Some Major States	36
2.4	Food production	37

2.5	Food production in Karnataka from 1991-2010.	38
2.6	Procurement and offtake of wheat and Rice	42
2.7	Central Government Expenditure on Food	42
2.8	Quantum of food subsidies released by Government	43
2.9	Expansion of the Integrated Child Development Services Scheme.	47
2.10	Food Menu	48
2.11	Status of Funds released under Integrated Child Development Scheme during 200-10	49
2.12	State wise Hunger Index	52
3.3.1	Quantity of foodgrains provided for every child	55
3.7.1	Categorization of Kitchen	57
3.8.1	Salary of cooking staff	58
3.9.1	Food Menu	59
3.9.2	Norms of Nutrition	59
3.9.3	Additional Nutrition	60
3.10.1	Cooking cost	61
3.10.2	Central-State Share	62
4.3.1	Information about beginning of the Mid Day Meal Scheme	69
4.3.2	Classes for Mid Day Meal Scheme	70

4.3.3	Scheme started by the Central Government	70
4.3.4	Scheme started by the State Government	71
4.3.5	Facilities provided for preparation of Mid Day Meal	71
4.3.6	Clean drinking water arrangement	73
4.3.7	Advise taken to prepare food menu.	74
4.3.8	Appointing authority of main cook	75
4.3.9	The quantity of Food i.e. provided to each child	76
5.1	Starting year of the scheme	78
5.2	Opinion of teachers about scheme.	78
5.3	Reaction of parents regarding the scheme.	79
5.4	Reaction of the parents in the first Month.	79
5.5	Students taking benefit of this scheme	81
5.6	Suggestion for proper benefit of the scheme.	82
5.7	Reason for non participation	82
5.8	Reason for disinterest	83
5.9	Food items prepared in the school.	84
5.10	Tasting of prepare food	84
5.11	Regarding vitamins & proteins	85
5.12	Quality of food	85
5.13	Complaints of children's health	86
5.14	Action taken against the complaints.	86
5.15	Co-operation from School Development & Monitoring Committee.	87
5.16	Workers preparing Mid Day Meal	87
5.17	Proper service of workers	88
5.18	Serving of food	88
5.19	Representation of the scheme	89

5.20	Managing of Mid Day Meal Scheme.	90
5.21	Managing accounts of food items.	90
5.22	Sending demand letter	91
5.23	Receiving of cereals.	91
5.24	Receiving of gas in time.	92
5.25	Food is not prepared because of shortage of gas.	92
5.26	Responsible person who brings vegetable	93
5.27	The food items provided by the government	94
5.28	Items brought by the teacher to prepare meal	94
6.1	Time consumed for measurement of cereals & keeping accounts	96
6.2	Managing the account separately	97
6.3	Burden of managing the account	97
6.4	Negative effects of scheme on teaching work	98
6.5	Number of times inspection committee visited to check.	98
6.6	Type of fault identified by the inspection team.	99
6.7	Position of admission before implementing the scheme.	99
6.8	Position of admission after implementing the scheme.	102
6.9	The performance of students	105
6.10	Attendance of students before implementing the scheme.	108
6.11	Attendance of students after implementing the scheme.	110

6.12	The ratio of drop out after implementing the scheme.	113
6.13	Suggestion for improvement.	115

### iii) List of Graphs, Charts & Maps

No	Name of the Bar Graph	Page No
5.1	Bar graph of response of Head Masters about reaction of parents in the first month.	80
5.2	Bar graph of response of Assistant Masters about reaction of parents in the first month.	81
6.3.1	Bar graph of Head Masters response about the position of admission before implementing the scheme.	100
6.3.2	Bar graph of Assistant Masters response about the position of admission before implementing the scheme.	101
6.8.1	Bar graph of Head Masters response about the position of admission after implementing the scheme.	103
6.8.2	Bar graph of Assistant Masters response about the position of admission after implementing the scheme.	104
6.9.1	Bar graph of Head Masters response about the performance of the students.	106
6.9.2	Bar graph of Assistant Masters response about the performance of the students.	106
6.10.1	Bar graph of Head Masters response about the attendance of students before implementing the scheme.	108
6.10.2	Bar graph of Assistant Masters response about the attendance of students before implementing the scheme.	109



6.11.1	Bar graph of Head Masters response about the attendance of students after implementing the scheme.	111
6.11.2	Bar graph of Assistant Masters response about the attendance of students after implementing the scheme.	112
6.12.1	Bar graph of Head Masters response about the drop out ratio after implementing the scheme.	114
6.12.2	Bar graph of Assistant Masters response about the drop out ratio after implementing the scheme.	114

#### iv) List of Pie Diagrams.

Sl. No	Name of the diagram	Page No
6.7.1 (a)	Pie diagram of response of Head masters about the position of the admission before implementing the scheme.	101
6.7.1 (b)	Pie diagram of response of Assistant masters about the position of the admission before implementing the scheme.	101
6.8.1 (a)	Pie diagram of response of Head masters about the position of the admission after implementing the scheme.	104
6.8.1 (b)	Pie diagram of response of Assistant masters about the position of the admission after implementing the scheme.	104

6.9.1 (a)	Pie diagram of response of Head masters response for the performance of students	107
6.9.2 (b)	Pie diagram of response of Assistant masters response for the performance of students.	107
6.10.1 (a)	Pie diagram of Head masters response about the attendance of students before implementing the scheme.	109
6.10.1 (b)	Pie diagram of Assistant masters response about the attendance of students before implementing the scheme.	109
6.11.1 (a)	Pie diagram of Head masters response about the attendance of students after implementing the scheme.	112
6.11.1 (b)	Pie diagram of Assistant masters response about the attendance of students after implementing the scheme.	112

#### IV List of Photos

1]	Cook preparing the hot meal at Shri Mahaveer Kannada Primary School, Raibag	66
2]	Helper supplying hot meal at Shri Mahaveer Kannada Primary School, Raibag	66
3]	Raibag Taluka Map	67