

Chapter – I

Research Methodology

1.1 Introduction :

India is predominantly an agricultural country. Even after that we are facing the problem of shortage of food. It has the population of more than 113 cr. & it has been continuously increasing. This has resulted in an enlarged demand for foodgrains.

India is an underdeveloped country though it has more population. The illiteracy rate is very high because there is no balance between nutrition food & education. The dropout rate is more in primary schools because of some family problems. So to reduce the drop-out rate in schools & to provide food security to school going children, the Government started the Mid – Day Meal scheme. It attracts the children for schools.

Food, clothing & shelter are the basic needs of the human beings. Without these he cannot survive & prosper. So there is a need to provide nutritious food to the children for their better growth & study. There is a proverb that “ A sound mind lives in a sound body”. When the child is physically strong, he can study & work hard. “Healthy children are the Pillars of the nation.”

It is becoming increasingly difficult to maintain food security in India. Famine and hunger are both rooted in Food security. The Government of India accorded top priority to agriculture under different five year plans after independence to increase foodgrain production. However, food problem is still existed as millions of poor suffer from persistent hunger and malnutrition. The government has not succeeded in providing quantitative and qualitative food to

all. Even after the completion of 10th Five year plan, we have not been able to provide the minimum of food at reasonable prices.

In India, there are more number of children who are suffering from hunger. Hunger is a big enemy to the human beings. It will take the lives of the people. Children represent the future, and ensuring their healthy growth and development ought to be a prime concern of all societies. Our government is also trying its best to control and get back their rights.

The Mid Day Meal scheme was introduced in Karnataka in June 2002 for those studying in classes I to V and again it was extended upto 6 & 7 classes in October, 2004, then it was extended to class X in 2007. The Mid Day Meal Scheme is the popular name for school meal program in India. It involves provision of lunch free of cost to school children on all school working days. The key objectives of the programme are protecting children from classroom hunger, increasing school enrolment and attendance, improving socialization among children belonging to all castes.

We can not make a hungry child to sit and study for long hours as they would not be having the urge to study. Here is the situation where the government made Mid – Day – Meal program to all the Government and private aided schools. So that the children instead of going for work they come to school and learn a bit, get education just because they get Mid – Day Meal.

For the physical & mental development, there is a need of balanced food for the children. Proper study depends on good health & their good health depends on nutritious food. But majority of them are not getting balanced food. Because they are belonged to the poor families. They are not only under-fed but also under – nurioushed. They feed on inferior quality of foodgrains. So it affects their physical growth & their learning process.

The problem of malnutrition and deficiency in vitamin A and iodine are very common among children in India. In a country where 47% of children are underweight and school dropout are often linked with poverty providing good quality food on a large scale across the school network is not just a noble effort in charity but a small investment in its economic future.

1.2 Nutrients in Food Materials. :

The food that we eat must contain essential vitamins, minerals & proteins. All these are present in milk, egg, fish, leafy vegetables, yellow & green vegetables, pulses, etc. They give energy to our body & also help in the growth of our body. Mineral salts protect our body from diseases. The parents should provide it. The parents are unable to provide the balanced food. The meal that we eat may have rice, dal, milk, fruits, vegetables, greens, fish & others. We should eat them every day in adequate quantity. But because of their poverty majority of them are not giving the balanced food to their children. So many families in rural areas send their children for work rather than to schools. This has increased the dropout rate in primary schools.

Table No 1.1

Required calories of food for different age group children is shown in the below table.

Age	Protein	Calcium Gm	Iron Mg	Vitamin A Mg	Vitamin B Mg	Vitamin B-2 Mg	Vitamin C Mg
0-6	45	0.8	10	2500	0.7	0.8	45
7-8	50	0.9	12	3500	0.8	0.9	50
9-10	60	1.0	12	4000	1.0	1.1	50
11-12	70	1.0	15	5000	1.2	1.4	50
13-16 Boys	80	1.0	20	5000	1.5	1.6	50
13-16 Girls	75	1.0	20	5000	1.3	1.4	50

(Source – Nutritive value of Indian Foods .)

When we provide all types of nutrients i.e. the balanced food which is shown in the above table, then it will help in the mental & physical growth of children

1.3 Review of Literature

The researcher has cleared the problem of study in this first chapter. The related literature of the present problem is discussed in this chapter. It is very important to know the problem in depth. It avoids the repetition of the research. It helps to know the method of research to the researcher. It helps to know the research work so far done on the topic. It builds the confidence of researcher. The researcher should know what method she has to use in her research work. It takes the help of statistical data.

The scheme has a long history especially in Tamil Nadu it was introduced by K. Kamraj Chief Minister of Tamil Nadu Government in 1960s and expanded by M. G. Ramachandran in 1982. It has been adopted by most of the states in India after a landmark direction by the supreme court of India on 28th Nov, 2001 .

120 million children are so far covered under the Mid Day Meal Scheme which is the largest School Lunch Programme in the world. Allocation of this programme has been enhanced from Rs 3010 crore to 4813 crore in 2006-07 in the country.

Gujarat implemented it in the year 1980's, Kerala Started since 1995 and also Madhya Pradesh and Orissa in small pockets. Now the program has become almost universal by 2005.

In 1995 the Indian's Prime Minister P. V. Narasimha Rao hailed the success of the project and suggested that the scheme be implemented all over the country and thus began the "National Program for Nutrition support to primary Education."

According to the programme, the Government of India will provide grains free of cost and the state will provide the cost of other ingredients, salaries and infrastructure. In 2001 the supreme Court of India made it mandatory for the State Governments to provide cooked meals instead of dry rations.

In April 2001 people's union for Civil Liberties (Rajasthan) initiated the famous right to food litigation. It has covered the issues relating to right to food. The Supreme Court directed the Government to fully implement its scheme of providing cooked meals to all children in primary schools. This landmark direction converted the Mid – Day – Meal scheme into a legal entitlement the violation of such can be taken up in the court of law. The direction and further follow up by the Supreme court has been a major instrument in universalizing the scheme.

The private sector was allowed to participate in the Mid Day Meal programme one of the successful of the ventures is Akshaya Patra which was started with leadership from ISKCON in Bangalore. The programme is managed with an ultra modern centralized kitchen that is run through a public / private partnership. Food is delivered to schools in sealed and heat retaining containers just before the lunch break every day. The program contains tasty sambar, rice, vegetable, and some curd on most days.

Software corporations such as Infosys, Bharti, and Jindal are major donors to the programme. The model has been successfully replicated in rural Karnataka, Delhi, Hyderabad and other cities.

In this chapter the previous research works have been discussed and compared with the present Research.

SHARMA V .S .(1976) “INCREASE IN ATTENDANCE IN PRIMARY SCHOOLS – EFFORT & RESULT :

- 1] To increase attendance by displaying the attendance on the Board.
- 2] To appoint lady teacher to increase the enrolment of Girl Child.

Here the survey method was used. The stastical method was used to analyse the collected data.

- 1] 44% Primary Schools have all the facilities and 20% Primary schools do not have any facilities even black board.
- 2] Attendance is positive . It is required to provide free meals, book stationary, fee concession and uniform and scholarship for girl child.
- 3] The drop out ratio is declined from 1 to 3rd standard.

SEXENA R R AND MITHAL S C (1985) “EFFECT OF MID DAY MEAL ON ENROLMENT AND ATTENDANCE IN PRIMARY SCHOOLS

This study is used to test two concepts.

- 1] It increases substantially the attendance and students participation.
- 2] It increases the attendance and reduces the drop out ratio.

In this study the data were collected from different blocks in Haryana State. Here interview and questionnaire method are used.

- 1 Enrolment ratio was increased .
- 2 Enrolment of girl child was increased.
- 3 Attendance ratio was also increased
- 4 Enrolment and attendance were increased in the scheme covered districts and not increased in the uncovered districts

DR K. SRINIVAS (NOV 2008) “STUDY OF BEST PRACTICES IN THE IMPLEMENTATION OF MID DAY MEAL PROGRAMME IN KARNATAKA”

- 1 To present brief history, objectives and rationale of the Mid Day Meal programme in the State of Karnataka
- 2 To document best practices in the implementation of Mid Day Meal programme
- 3 To give profiles of Some primary schools having good practices.

The data collected from the Primary and Secondary Sources. The Primary data was collected after visiting 6 districts and 24 Schools with the State and District officials (Mid Day Meal Scheme) Karnataka. The format was designed to collect data and also interview schedules, observation and open ended questionnaires and focus group discussions.

The secondary data was collected from the school records, reports, Annual work plan and Budget Sarva Shikshana Abhiyana activities, Guidelines of N P – NPSE 2006 and Review meeting of Mid Day Meal.

- 1 Teachers participated actively in preparing the food.
- 2 Non Government Organisation's involved in the scheme and served to provide meal.
- 3 School Development and Monitoring Committee contributed more in providing infrastructure to the M D M Programme
- 4 By the year 2005-06 the program covered close to 5 lakh Government schools and 7 lakh Government aided schools in the State.

BARAD M H (2000) "A STUDY ON EFFECT OF MID DAY MEAL ON ATTENDANCE OF I TO V STD"

In Koor village of Bhurgad Taluka in Maharashtra a study was conducted on children from 1st to 5th std.

- 1 To study the attendance ratio of 5th std before and after implementation of the scheme.
- 2 To check the views of Head Masters and Assistant Masters, parents about the Mid Day Meal.
- 3 To study the improvement of study of the children.
- 4 To find the universalisation of primary education by the Mid Day Meal Scheme.

It was followed the method of survey. The data was collected from questionnaires and interviews.

- 1 It gave positive effect towards improvement in average attendance.
- 2 There was an improvement in 5th std attendance.
- 3 There was an improvement in study of children.

PROF. PATIL M. G. (2004-05) "ROLE OF MID DAY MEAL IN UNIVERSALIZING THE PRIMARY EDUCATION WITH SPECIAL REFERENCE TO KITTUR AND AMBADGATTI CLUSTER RESOURCE CENTER SCHOOLS IN BAILHONGAL TALUKA IN BELGAUM DISTRICT OF KARNATAKA .

- 1] To know the role of Mid Day Meal in universalising the primary education.
- 2] Try to understand the ratio of enrolment and attendance before and after implementing the scheme.
- 3] To measure the quality of learning .
- 4] To confirm the decreasing ratio of drop out children.

In this study the data was collected from 21 Primary schools of Kittur and Ambadgatti Cluster Resource Centre of Bailhongal Taluk in Karnataka.

Two Cluster Resource Center officers, 2 Head Masters, 80 Assistant Teachers and 21 Chief cooks were selected for the survey. The questionnaires were used in the study.

- 1] It showed that the enrolment and attendance was increased remarkably.
- 2] It helped in universalizing the primary education .
- 3] It helped in providing qualitative education in rural area.
- 4] It reduced the drop out ratio among children of Primary classes.

“It is compulsory to all State Governments to implement Mid Day Meal Scheme.”

Some states had not implemented Mid Day Meal programme so the Supreme Court of India directed the Central Government that it should be compulsory to implement Mid Day Meal Scheme Program. The State Government should implement it and supervise properly. This judgment was given by K. K. Sabarwal and S. S. Kapadia.

The scheme is more effective towards attracting the children towards education.

Opinions Of Doctors Towards Mid Day Meal Scheme.

Dr. Patil V. D. Belgaum

It is required for all growing children to get protein, vitamins for their healthy development. All these nutrients are available more in Egg. So it is very useful for children. It was given once in a week in Karnataka Primary Schools.

This is the opinion of the children Specialist and Principal of Jawaharlal Nehru Medical College, Belgaum.

Dr. Kulkarni Anil, Children Specialist, Belgaum.

Dr Anil Kulkarni appreciated this scheme of providing egg to the school going children once in a week. The egg is very nutrient food after the mothers milk. Under this scheme the banana were used to give those who were not taken egg. The said doctor suggested to give egg and banana once in a every week to all the school going children.

In this chapter the previous research work is discussed in relation with the problem that Mid Day Meal Scheme in primary schools of Raibag Taluka under food security. The news information from Daily News papers and child specialist doctors opinions was also discussed in regard to nutrient food

The above said literature help the Researcher to find out the way and method of research.

1.4 Scope of Research.

The present research work is an attempt to analyze the Mid – Day Meal scheme under food security with special reference to Primary Schools in Raibag Taluka. It also aims at analyzing its effect on enrolment, attendance, drop out ratio, learning performance, teaching effectiveness, empowering women.

Malnutrition is widely present among the school going children in Raibag Taluka. It prevents a child from developing into fully functional adult, it adversary affects universalisation of primary education in the following ways.

- * A malnourished child is less likely to attend school regularly.
- * It finds difficult to concentrate on teaching, learning activities, therefore it tends to drop out.
- * The attainment level is very low.

- * A programme of providing Mid Day Meal in Schools can be expected to help enrolment and regularity of attendance, reducing dropout ratio and improving children's level of learning and self esteem.

1.5 Statement of the problem. :

“A study of Mid – Day-Meal scheme under food security with special reference to the primary schools of Raibag Taluka” (“Akshar Dasoh Yojana)

Mid – Day Meal scheme : This scheme started by the Government which involves provision of lunch free of cost to school children on all working days.

Raibag Taluka : One of the Taluka's of Belgaum District in Karnataka State.

Primary level : Now educational structure is 10+2+3. For the study

1st to 8th standard is taken as primary schools.

Effect of Study : Improvement in enrolment, attendance & health of the students.

Food security – Nutritient & enough food to all children particularly for poor.

Basic concepts are defined in the study as follows.

1. Primary schools

The school belonging Govt, Govt aided and unaided private schools from 1st std to 8th standard are called primary schools.

2. Mid-day meal

It is a popular name for school meal programme in India. It involves provision of lunch free of cost to school children on all working days from 1st to 8th standard.

3. Nutrition

The scientific study of food and drink that nourishes the human beings. Here the contents of mid-day meal is the food which has essential vitamins, proteins in required calories.

4. Beneficiary

A person who gains or benefits in some way from mid-day meal programme .

5. Level of study

Growth and development of the learner intellectually, socially, emotionally, spiritually and physically.

6. Enrolment and attendance

Children admitted for different classes from 1st to 8th is called enrolment and children attending the classes for 1st to 8th is called attendance.

7. Food security

It refers to the availability of food and one's access to it. A household is considered food secure, When its occupants do not live in hunger or fear of starvation.

8. Drop out ratio

It is the number of children from 1st to 8th who leaves the schools in middle without completing their primary education in Raibag taluka.

9. Impact of study

It is an effect of mid day meal programme on their learning process.

1.6 Hypothesis.

Mid Day Meal scheme will increase enrolment and attendance ratio, the quality of education and will reduce the dropout ratio in primary schools.

1.7. Objectives of Research. :

- 1] To collect information on Mid – Day – Meal scheme to encourage primary education by the Government.
- 2] To evaluate the scheme in securing the food for the children of primary schools.
- 3] To know the increase in the enrolment ratio of primary schools in Raibag Taluka and reduce the dropout ratio.
- 4] To assess the impact of the scheme on overall classroom performance of primary schools in Raibag Taluka.
- 5] Encouraging poor children, belonging to disadvantage section to attend school more regularly & help them to concentrate on class room activities.

- 6] To portray profile of beneficiaries of Mid – Day – Meal scheme & their suggestion for improvement of the program.

1.8 Research Design.

The present research is important for social relationship and in seeking answers to various social problems. The researcher feels that the proper primary education will help in the development of a child. It is assessed with special references to the primary schools of Raibag taluka.

The present study is aimed to know the drop out ratio among the school going children of primary classes. It is also observed that the level of improvement in the study particularly after implementing the mid-day meal scheme in Raibag taluka.

Research involves a planned approach to the unexplained. A researcher has to plan her work in advance so as to anticipate any obstacles in the course of research. It is defined on the blue print specifying every stage of action in the course of research.

A principal instrument in research is testing of hypotheses. The main function of the hypotheses is on the basis of available information to take decisions. A researcher draws inference about the population on the basis of sample characteristics. The validity of the assumption is ensured by hypotheses testing. Thus hypotheses testing enable a researcher to make probability statements about population parameters like mean, standard deviation, co-relation, regression, co- efficient etc.

Research can be defined as the search for knowledge, or as any systematic investigation, with an open mind to establish novel facts usually using a scientific method. The research is a network of connecting knowledge through critical inquiry or examination in seeking facts or principles through different investigation in order to ascertain something.

“A careful investigation or inquiry specially through search for new facts in any branch of knowledge” The advanced Learners Dictionary of Current English.

“A systematized effort to gain new knowledge”- Redman and Mary.

“The manipulation of things, concepts or symbols for the purpose of generalizing to extend , correct or verify knowledge ,whether that knowledge aids construction of theory or in the practice of an art” D.Slesinger and M. Stephenson.

The term research means to the systematic methodology which consist of

1. Stating the problem clearly and exactly.
2. Framing a hypothesis.
3. Collecting the required data.
4. Analyzing the facts observed and collected.
5. Arriving at conclusion appropriately.

It is a simple set of methods or procedures or it may refer to the rationale and the philosophical assumptions that underline a particular study relative to the scientific method.

Methodology may be a description of process, or may be expanded to include a philosophically coherent collection of theories concepts or ideas. As they relate to a particular discipline or field of inquiry.

Research methodology is defined as a highly intellectual human activity used in the investigation of nature and matter and deals specifically with the manner in which data is collected, analyzed and interpreted.

Educational Research refers to a variety of methods in which individuals evaluate different aspects of education including student learning, teaching methods, teacher training and classroom dynamics.

Educational research is research conducted to investigate behavioral pattern in pupils, students, teachers and other participants in schools and other educational institutions.

Research Methodology

Survey Method

Survey refers to actually a fact-finding study. It is a kind of research involving collection of data directly from population or a sample at particular time. It requires

planning with some experience and imaginative ability, very careful analysis with rational interpretation of the findings made.

Collection of data may be through observation, interviewing or mailing questionnaires.

Research Design

A research design is the logical and systematic planning and direction of research. It gives an outline of the structure and programme and progress of the research programme. A research design indicates a plan of action to be carried out in connection with the proposed research work.

A research design contains

- * Presentation of the research problems.
- * Procedure and techniques to be used for collecting information.
- * The population to be studied.
- * Methods to be used in processing and analyzing data.

The Pre-Research condition

The researcher has selected 80 primary schools of Raibag taluka. Raibag is situated in Belgaum district of Karnataka. Raibag is the place where many number of scheduled caste people are residing. It is a taluka where the level of primary education is not up to the mark. The drop out ratio was more and enrolment and attendance ratio was not satisfactory. So it is selected for study. "A study of mid-day meal scheme under food security with special reference to primary schools of Raibag taluka"

The present study aims at to evaluate the scheme in securing the food for the children of primary schools. It also assesses the impact of the scheme on over all classroom performance of the primary school children. It is also assumed that the mid-day meal scheme increase the enrollment and attendance ratio in the primary schools. It will improve the quality of education and reduce the drop out ratio in primary schools.

The researcher has selected survey method. In her study 80 primary schools out of 314 primary schools have been selected for survey. The questionnaires are

formed on these sub topics i) Beginning and organization of mid-day meal scheme. ii) Functioning of mid-day meal scheme and its related problems. iii) Burden of mid-day meal scheme work on teaching. The required information is collected through questionnaires from Head masters and Assistant teachers of 80 primary schools. The collected information is analyzed and list out the important findings of the study.

The researcher has personally visited to primary schools and interviewed with Head masters, Assistant masters, cooks and the teacher who is maintaining the meal accounts. It is discussed in detail about the preparation of meal and its impact on teaching and learning.

The researcher has analyzed the collected information in the next chapter. It is also interpreted in different ways. The hypotheses are tested with the available information and drawn conclusions at the end.

The interpretation suggests solution to the problem and then it leads to conclusion and generalization. It made all these things in the form of document, these preparations of research report is very important and useful for the future research work in the concerned field.

The researcher has fixed the problem and discussed with the guide. The guide has helped in fixing the objective and formulating the hypothesis. The questionnaires are scrutinized by the experts. In questionnaires opinion is asked at the end. It is also observed that the news paper information is collected and discussed it with the staff of mid day meal scheme .The problems arising out of the scheme are also discussed.

The researcher is personally visited all the schools and distributed questionnaires and also discussed some doubts with them and got it clarified. All the Head Masters and Assistant Masters are co-operated and provided all the relevant information regarding the scheme. They felt free to discuss the problems that they faced. Based on all these information the researcher has come to the final conclusions.

To address the process and outcome indicators underlying the objectives of the study both primary and secondary data are collected through schedules that are structured at different levels of sample units by adopting a systematic sampling method.

Interview Schedule

Interview schedule is one of the methods of collecting information. It is said that schedules are sent to representatives through interviewers. The interviewer contacts the respondent, gets replies to the questions contained in a schedule and fill them in their own hand writing in the questionnaire, She goes personally to obtain the information.

Questionnaire

The success depends largely on the skill and insight with which the lists of questions are formulated. The questions should be short and simple to understand. They should be objective type.

1.9 Tools used for the collection of information

The researcher has visited to primary schools of Raibag Taluka and collected information from the Headmasters and the Assistant Masters through questionnaires. The data collected with the help of questionnaires is tabulated and analyzed. The collected information is explained with the help of statistical data.

The data are collected mainly on the following topics

Part i: Beginning and organization of mid-day meal scheme

Part ii: Functioning of mid-day meal scheme and its related problems.

Part iii: Burden of mid-day meal scheme work on teaching.

To make the study worthwhile a representative random sample of the total population has been taken. The total population of the study consists of to primary schools of Raibag Taluka. From these primary schools in order to know the increase in enrolment, attendance and improvement in bearing 58 questions have been formed and given to all the 80 Headmasters and 80 Assistant teachers to answer for the purpose of the study.

For every primary school one questionnaire booklet is given to Headmaster and another one is given to an Assistant teacher to make the right answer. The filled booklets are taken back for analysis.

To know the quality of mid-day meal and its impact on teaching, five schools have been inspected and tested the food also. In the interview the Head masters, the Assistant teachers who are looking after the scheme and cook are interviewed and the needed information is obtained.

1.10 Need & significance of Research.

The present study is concerning about the primary schools of Raibag Taluka in Belgaum District of Karnataka State. It includes Govt, Government Aided & Unaided Schools. Mid – Day – Meal scheme is being carried on by the help of Central Government & the State Government of Karnataka. My research confers about the effect of Mid – Day Meal scheme on the enrolment ratio, attendance & their improvement in study & securing food for the children. The problems faced by the Head Masters & Assistant Masters while implementing the scheme. The time they spent on this scheme & the other non-educational work allotted by the Government. The effect of the scheme on their study performance. The researcher will try to understand the above things in this research.

The researcher feels that the proper primary education will help in the development of a country. Hence it is required urgently. The qualitative human resource depends on the proper primary education. So each & every Indian should get a proper primary education. To reduce the drop out ratio & to create interest in primary education among the children of landless rural labourers, the Government has undertaken many schemes. One of the schemes is Mid – Day – Meal scheme. (Popularly called as “Akashar Dasoh Yojana) in Karnataka.

The Mid Day Meal scheme was introduced in Raibag Taluka in the year 2003. What is the enrolment ratio before & after implementating the scheme? What is the drop out ratio before & after the scheme. ? What are the reactions of teachers & parents ? What is the ratio of improvement in students after implementing the scheme? So the researcher has decided to understand the above all.

Mid Day Meal programme is meant to boost children's participation and learning at the primary stage and not to interfere it. The programme should not be implemented in such a manner that, in any way adversely affects either the duration or quality of actual teaching learning in school.

Apart from hygienic procession of ingredients and cooking of meal, it is important that children themselves are trained to eat their meal hygienically. For this, they must be encouraged to develop habits like.

- * Washing their hands with soap before eating.
- * Cutting their nails regularly,
- * Using clean utensils for eating.
- * Avoiding littering and wastage of food, and
- * Cleaning their plates and rinsing their hands and mouth after eating.

The Mid Day Meal programme is also meant to be a vehicle for inculcating social equality among children. There should not be any discrimination and segregation of any sort on community or other basis-in serving/consumption of the meal. It should be utilized as an opportunity to instil among children, values of equality, co-operation and discipline.

1.11 Limitations of Research

- 1] For the convenience of study, the area is also limited to Raibag Taluka.
- 2] Present research is restricted to only primary schools of Raibag Taluka.
- 3] For this research 80 primary schools have been selected out of 314 schools.
- 4] The present research includes Government, Private aided & Private Unaided primary schools.

1.12 Chapter Scheme. :

The present study is divided into seven chapters, the brief outline of each of the chapter is as follows.

Chapter one includes research methodology .It deals with the introduction of the subject. The introduction plans out the general background on which the research problem is formulated. Again this chapter defines all the relevant aspects of research design, such as objectives, scope, need & significance and limitations of the study. The so far research has been done on the topic is explained, the summary of the research already done, information collected from newspapers, magazines & web. It is an extensive review of the theoretical literature.

Chapter second consists food security and food production in India, concept of food security, stages of food security, food self sufficiency and food securing in India, Net availability of cereals, statewise food production, Imported items of foodgrains, Food production in Karnataka, Food security and Nutrition, Prevention of chronic energy and deficiency, Mid Day Meal, Public distribution system and food security, Main components of the food security system.

Chapter three includes Akshara Dasoh Yojana What is Akshara Dasoh Yojana? When is it started? What are its effects on learning process are discussed in this chapter. Objectives & working of Mid – Day Meal scheme, the duties & responsibilities of different people engaged in Mid – Day - Meal scheme is explained.

Chapter four consists of organization of Mid Day Meals Scheme, Information collected from Head Masters, & Assistant Teachers from different schools with questionnaires is analyzed & list out the important findings of the study.

In this chapter it is discussed that the beginning of the scheme, by whom it was introduced, facilities provided, quantity of food served and the procedure for appointment of the cook.

Chapter five includes functioning of the Mid Day Meal Scheme & its related problem. In this chapter it is analyzed that the year in which it was started, the reaction of parents, teachers and students, the number of students benefitted by this scheme, suggestions for the proper use of the scheme, reasons for non participation, food menu, the quality of the food, co-operation from School Development and Monitoring Committee members, number of workers engaged, management of the scheme and quality of the cereals are all discussed.

Chapter six consists of burden of Mid Day Meal Sceme on teaching & administration. In this chapter it is dealt that the burden of managing the scheme, negative effects of the scheme on teaching and administration, inspection of the scheme, position of the admission before and after implementing the scheme, the level of students performance, situation of attendance before and after implementing the scheme and the dropout ratio are all analyzed with tables.

Chapter seventh includes conclusions and recommendations. The conclusions & suggestions are drawn by the data analyzed & interpreted . A few suggestions on Mid – Day – Meal have been made at the end. What future research work can be done on the topic is also discussed. What are its educational implications are all explained.