

Chapter III “Akshara Dasoha” Programme

3.1 Introduction:-

The Karnataka govt began its mid-day meal scheme in June 2002. As per the govt order no.ED 20 MMS 2000 (b) dated 01-10-2000, it was started in seven backward districts of the state- Raichur, Koppala, Gulbarga, Bidar, Bellary, Bagalkote, & Bijapur. Later, in 2003 under ambitious “Akshara Dasoha” Programme, the govt order No. ED 24 MMS 2003 dated 05-06-2003, the remaining 20 districts were also included in the scheme. Earlier the programme was covered 1st – 5th Std of both Govt & Govt aided primary schools. On 1st oct 2004, the scheme was extended to 6th & 7th std of Govt & Govt aided schools. From 01-06-2007 onwards the programme was extended to 8th, 9th & 10th standards of Govt & Govt aided schools. Now the programme covered five lakh Govt schools and 7 lakh Govt aided schools & unaided private schools.

The Govt of Karnataka has implemented many schemes to universalize primary education. The mid-day meal scheme is one among them to impart the qualitative primary education. As medical report states that the hunger and under nutrition have hindered the learning process. It obstructs the intelligency. The deficiency of iron and blood limits the concentration power of child. The child will lose attention and interest. The Govt has started the mid-day meal scheme with the intention that to improve the learning process in schools.

The Mid Day Meal programme is implemented in Raibag taluka in the year 2003. Initially it was 1st to 5th std, later on it was extended to 8th and then up to 10th standard. The scheme is aimed at improving the conditions with improvement of attention in learning process.

The main aim of this scheme is to reduce the drop out ratio and increase in enrolment and attendance of children in the primary schools of Raibag taluka.

3.2 Aims & objectives of the Akshara Dasoha Programme. :-

- I. Improve the enrolment & attendance ratio of the children.
- II. Improve retention rate in the classroom .
- III. Improve child health by increasing nutrition level.

IV. Improve learning levels of children.

V. Ensure social equity

3.3 Quantity of Food grains provided for every child.:-

Table No 3.3.1

Quantity of Food grains provided for every child.:-

Items	Primary 1 st to 5 th Std		Upper primary 6 th -8 th Std		High schools 9 th -10 th	
	Quantity (in grams)	Percentage	Quantity (in grams)	Percentage	Quantity (in grams)	Percentage
Rice	100	56.49	150	56.28	150	56.28
Pulses	20	11.29	30	11.25	30	11.25
Vegetable	50	28.24	75	28.14	75	28.14
Salt	02	1.12	04	1.50	04	1.50
Oil	05	2.82	7.5	2.81	7.5	2.81
Total	177	100	266.5	100	266.5	100

(Source:-Guidelines for Mid Day Meal by Karnataka Govt.)

In the food that is being served to the child is mainly rice. It contains 60 % of total food, 10% of the food belongs to pulses and 25 % food belongs to vegetables. The share of salt and oil is very less.

3.4 Agencies Responsible for Implementation of Mid Day Meal scheme :

The organization chart of the management structure.

State Level

Secretary

Commissioner of Public Instruction

Joint Director of Public Instruction (Mid Day Meal Scheme)

District Level

Chief Executive Officer, Zilla Panchayath

Deputy Director of Public Instruction.

Education officer (Akshara Dasoha)

Taluka Level

Executive officer Taluka Panchayat

Block Education Officer

Assistant Director of public Instruction (Akshara Dasoha)

School Level School Development

monitoring committee

Head Masters of the school.

3.5 The Departments involved in the “Akshara Dasoha Programme”:-

The departments responsible for the implementation of Mid Day Meal are-

- (1) Govt of India & Govt Of Karnataka
- (2) Food corporation of India
- (3) Rural Development and panchayath Raj
- (4) Food & civil supplies & consumer Affairs
- (5) Revenue Department
- (6) Health & Family welfare
- (7) Karnataka state Food & civil supplies corporation.

At the school level the School Development & Monitoring Committee & Head Masters of the school are assigned the responsibility of the programme

3.6 Management of Food grains:- Food grains are lifted every month well in advance & supplied to schools as per the indent given by the school authorities. The taluka level official supplied food grains to schools. They collect it from the Food Corporation of India. At school level the president of School Development & Monitoring Committee & cooks are made the custodians of the food grains. A separate bank account is opened in the name of president of School Development & Monitoring Committee & Head cook.

They draw the amount to purchase vegetables, etc & also pay the honorarium of the cooks.

3.7 System of cooking, serving & supervising for mid-day meal in the schools:-

In Karnataka there are 24,679 schools, 107 Non Government Organizations participate in the programme supplying food to 52, 32,496 children.

Kitchen centers were divided into four categories based on the number of children in the schools & cooks were appointed for these centers to prepare food & to serve it to the children. Instructions have been issued to Head Master to taste the food before serving it to the children.

Table No: - 3.7.1
Categorization of kitchen

Category	No. of Children	No. of cooks
AI	0-25	01
A	26-70	02
B	71-300	03
C	301-& above	04

Source:-Guidelines for Mid Day Meal by Karnataka Govt.

3.8 Appointment of cook.

The cooks are to be appointed as per the guidelines issued by the Govt of Karnataka. A committee consisting of President of Grampanchayath, the president of the School Development & Monitoring Committee & Head Masters of the school will select the cooks & the honorarium is given to them through bank account. As per the programme guidelines all the cooks are to be women & reservations are also given for Scheduled Caste / Scheduled Tribe / Other Backward Communities & Other categories.

Table No: 3.8.1

Salary of Cooking Staff

	Primary schools	Honorarium to cooks (In Rs)
A1	Head cook	1100.00
A	Head cook	1100.00
	Cook	1000.00
B	Head Cook	1100.00
	Cook	1000.00
	Helper	100.00
C	Head Cook	1100.00
	Cook	1000.00
	Helper	1000.00

(Source:-Guidelines for Mid Day Meal by Karnataka Govt.)

3.9 Norms of nutrition

The hot cooked meal contains about 490 calories for primary school children & 12 gms of protein. The calorific value is ensured on the basis of using good quality of rice & other good quality food ingredients as per the norms of National Institute of Nutrition. Nutritional experts are also involved in planning & evaluation of menus and quality of food served under the programme. Department has issued the guidelines.

Table 3.9.1

FOOD MENU

DAY	ITEM
Monday	Rice Sambar Rice + Pulses + Oil +Vegeables = Total 345 + 65 + 27 + 5 = 490+12gr Protein
Tuesday	Rice Sambar Rice + Pulses + Oil +Vegeables = Total 345 + 65 + 27 + 5 = 490+12gr Protein
Wednesday	Rice Sambar Rice + Pulses + Oil +Vegeables = Total 345 + 65 + 27 + 5 = 490+12gr Protein
Thursday	Rice Sambar Rice + Pulses + Oil +Vegeables = Total 345 + 65 + 27 + 5 = 490+12gr Protein
Friday	Bise Bele Bath Rice + Pulses + Oil +Vegeables = Total 345 + 65 + 27 + 5 = 490+12gr Protein
Saturday	Upma

(Source:-Guidelines for Mid Day Meal Scheme by Karnataka Govt.)

Table 3.9.2

Norms of Nutrition

Items	Calorie Values
Rice 100 gms	345 calories
Pulses 20 gms	65 calories
Oil 03 gms	27 calories
Vegetables 50 gms	5 calories
	490 calorie & 12 grams of protein

(Source:-Guidelines for Mid Meal Scheme by Karnataka Govt.)

Table 3.9.3
Additional Nutrition

Vitamin A	2 Lakh I U	2 tablets / year
Iron and Folic Acid tablets	20 mg	108 tablets / year (Alternative day for 36 weeks)
Albendazole Tablets (Deworming tablets)	400 mg	2 Tablets / year

(Source:-Guidelines for Mid Day Meal by Karnataka Govt.)

3.10 Norms of cooking cost.

The expenditure per child per school per day incurred by the state Govt on pulses (Dhal, Oil & salt) Vegetables, Condiments, Fuel, etc with the Administrative Expenditure are given below,

- 1) Salary, honorarium, transportation of rice, printing of forms. Total cost is Rs 2.69 for 1st -5th standards of children.
- 2) The honorarium transportation of rice, printing of forms. Total cost is Rs 4.03 for 6th to 8th standards of children.
- 3) Govt of India provided Rs 2.69 per child / day as conversion charges for classes 1st to 5th .
- 4) Govt of India also provides Rs 4.03 per child / day as conversion charges & 150 grams free rice for classes 6th to 8th Govt and aided schools.

Table No: - 3.10.1

Cooking cost

Particulars	Primary 1 st to 5 th	Unit cost Rs	Upper Primary 6 th to 8 th	Unit Cost Rs
Rice	100 grams	Free	150 grams	Free
Pulses	20 grams	1.22 (27.6)	30 grams	1.83 (33.48)
Oil	05 grams	0.27 (4.12)	7.5 grams	0.41 (10.71)
Salt	02 grams	0.02 (0.91)	04 grams	0.04 (1.33)
Vegetables	50 grams	0.65 (22.93)	75 grams	0.97 (31.25)
Transportation charges	-	0.01 (0.45)	-	0.01 (0.44)
fuel	-	0.52 (18.34)	-	0.77 (17.85)
Cooks Honorarium		0.40 (18.34)		0.00
Additional Nutrition		0.05 (2.29)		0.05 (2.23)
Staff salary		0.05 (2.29)		0.00
Arogya Chitanya		0.01 (0.45)		0.00
Sathypane		0.05 (2.29)		0.05 (2.23)
Printing of Registers		0.01 (0.45)		0.01 (0.45)
Grand Total		2.18		2.24

(Source:-Guidelines for Mid Day Meal by Karnataka Govt.)

Table No: - 3.10.2

Central-State Share

Class	Rice (Grams)	State	Unit Cost (Amount in Rs)		Transportation (Amount in Rs.)		Total
			Central	State	Central	State	
1-5	100	-	2.69	0.79	75	-	2.37
6-7	150	-	4.03	0.33	75	-	2.43
8	150	-	4.03	0.25	75	-	2.35

(Source:-Guidelines for Mid Day Meal by Karnataka Govt.)

3.11 Monitoring & supervision of programme

Govt of Karnataka has formed district level implementing committee for the supervision & effective implementation of the cooked meal programme under the chairmanship of the district –in-charge minister, elected representatives and concerned officials of various departments, Govt of Karnataka has also given directions to chief executive officer of the Zilla panchayath, Education officer of Mid Day Meal, Deputy Director for Public Instruction & Block Education Officer supervise preparation & distribution of Mid Day Meal Scheme.

3.12 Role of School Development & Monitoring Committee

The School Development & Monitoring Committees are playing a major role in successful implementation of Mid Day Meal scheme in Karnataka. It includes the Head Masters, elected members of the village panchayath & parents of children. One of the parents is the chairman of School Development & Monitoring Committee. School Development & Monitoring Committee chairman & the Head Masters jointly operate the school account. School Development & Monitoring Committee are actively participating in the development of the school infrastructure, donations & mid-day meal programme. School Development & Monitoring Committee is supposed to call a meeting of all parents every three months to discuss school results. School Development & Monitoring Committee supervise Mid Day Meal & ensure to provide a good quality food to the children.

3.13 Record keeping & Display of information:-

Primary schools in the state are displaying the following information on the school notice board.

- i. Details of food grains to be served to each student.
- ii. Details of the protein tablets provided to the students.
- iii. Details of safety measures.
- iv. Daily details of the beneficiaries with attendance.

3.14 Role of Teacher

The success of the Mid Day Meal programme depends on the active participation of teacher. Teacher should taste the meal before serving it to the children. They have to educate the children about cleanliness & hygiene. They are also collecting the necessary details from the head cook & giving food indent & utility certificate to Block Education Officer in time.

3.15 Steps to be followed during preparation of food – (Mid Day Meal)

I Cleanliness

1. Vessels.
2. Food grain.
3. Vegetables.
4. Kitchen.
5. Clean water.
6. Cooks personal cleanliness.
7. Prevention of mosquitoes / flies / Lizards.

II Safety

1. Vessels should be cleaned during & after cooking.
2. Proper use of cooking stove.
3. Use regulator.
4. Children should be kept away from stove.

III Economy

1. Proper use of food grains.
2. Preparation of food as per admission.
3. Proper storage of food grains.

3.16 Role of Head Masters

1. The Head Masters should give daily attendance & demand note to the main cook.
2. He should guide the children about cleanliness.
3. He should inform the children about nutrients in vegetables.
4. He should look after to keep the food grains properly.
5. He should manage to serve the food in required quantity.

3.17 Responsibilities of chief executive officer.

He coordinates all the heads of different departments for proper implementation of the programme

1. Procurement and distribution of food grains.
2. Supplying of oil , pulses , spices to the kitchen.
3. Disposing contingency and honorarium to the account of School Development & Monitoring Committee and main cook.
4. Supervising the Mid Day Meal programme .
5. Managing to provide iron and folic acid and deworming tablets to the children.
6. Encouraging Non Government Organizations to take part in preparing the mid – day meal.
7. He should ensure the implementation of Mid Day Meal in all schools.

3.18 Role of Non Government Organization

The Non Government organizations are given an opportunity to participate in this programme by opening their own kitchen centers for a single or cluster of schools prepare food in the common kitchen and distribute the same to the school.

The chief executive officer of Zilla panchayath can take the help of women self help groups and Non government organizations. The selected Non Government Organization will be given all expenses of preparing the meal.

Duties :

1. Procurement of food grains as per enrolment and attendance.
2. Supplying the cooked meal to the children and confirming the next day's demand.
3. They should keep the record of food grains and have their own store for food grains.
4. They should keep the record of contingency, vegetable expenses as per the guidelines issued.
5. They should take prior permission before building the kitchen house.
6. They should provide the cooked meal to the schools as per NP-NSPE 2006 guidelines.
7. The license will be cancelled in case they fail to provide qualitative food.
8. For classes 6th and 7th std children Rs 1.80 conversion charge for each child is given.

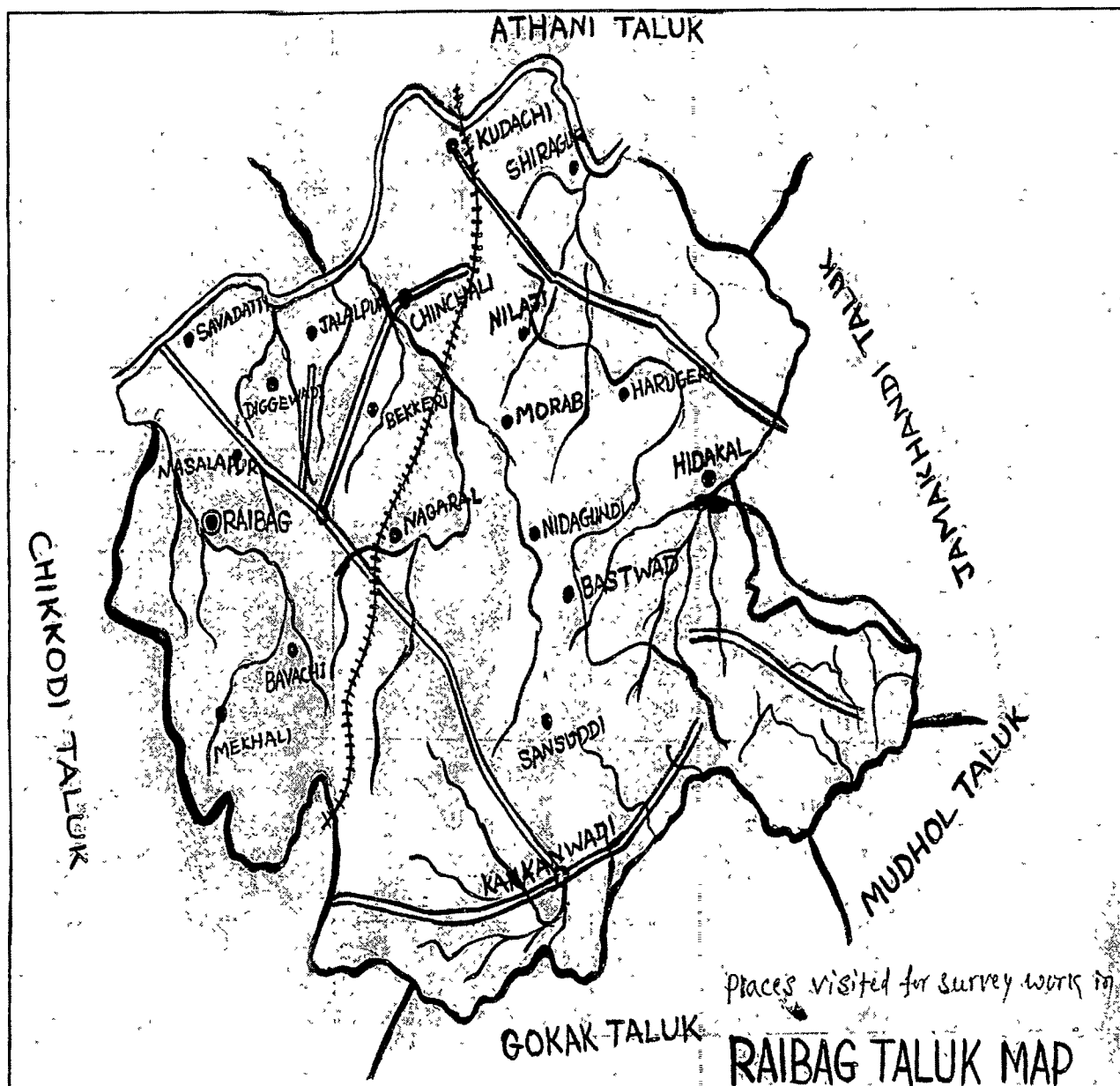
1) COOK PREPARING THE HOT MEAL AT SHRI MAHAVEER KANNADA
PRIMARY SCHOOL, RAIBAG



2) HELPER SUPPLYING THE HOT MEAL AT SHRI
MAHAVEER KANNADA PRIMARY SCHOOL, RAIBAG



3) RAIBAG TALUKA MAP



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