



सत्यमेव जयते

Government Of India

Ministry Of Human Resource Development  
Department of School of Education & Literacy



मध्याह्न भोजन योजना  
Mid Day Meal Scheme

Report of 7<sup>th</sup> Joint review Mission on  
Mid Day Meal Scheme

TELANGANA

(24<sup>th</sup> -28<sup>th</sup> March,2015)

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## **DISTRICTS VISITED**

1. Hyderabad
2. Mahabubnagar
3. Nalgonda

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## CHAPTER-1

### ACKNOWLEDGEMENT

Our team comprising of Shri.Ashok Ganguly, and Dr.M.Amirthaveni, are grateful to MHRD, Government of India for constituting the Joint Review Mission for Mid Day Meal scheme and giving us the opportunity to undertake this task in the State of Telangana. We thank the department of Education, Government of Telangana and officials of Mid day meal scheme in the State of Telangana for hosting the 7<sup>th</sup> Joint review Mission in Telangana.

We are particularly express our gratitude and sincere thanks to Mr.T.Chiranjeevulu, Director of School Education, Telangana, Hyderabad for co-operation, assistance and suggestion during the entire period of JRM.

I also take this opportunity to express our thanks to the Head masters, Teachers and the non-teaching staff of various schools visited by us for their support and co-operation in providing relevant information and feedback regarding the status of MDM in their respective schools.

Despite the various time and space constraints, the mission members tried to bring out an insight and also highlight some best practices being followed in the implementation of MDM programme across the entire state of Telangana. We have tried to cover various issues relating to MDM which included infrastructure, fund flow, management mechanism, convergence of school health programmes, awareness and community participation as well as best practices which were included in the revised terms of references of the JRM. We hope that our recommendations do capture the entire array of discussion that we held with all the stakeholders at various levels and we do hope that the recommendations put forth by the mission will prove helpful to Government of Telangana in making further inroads in successful implementation of the MDM scheme in a more systematic and innovative manner which will make it sustainable in the years to come.

We wish grand success of the programme in the State.

Before ending, the mission members will like to wish a special word of thanks to Mr.G.Gopal Reddy, additional Director MDM for extending his untiring co-operation inspite of his very busy schedule. And, lastly the officials of State MDM Head Quarters including Mr.B.Sadanand, Assistant Director.

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## CHAPTER - 2

### INTRODUCTION

The Mid Day Meal programme was started in the year 1995 not only to provide free supply of food grain to all the children of classes I-V in Government, local body and Government aided schools in the Country to improve the nutritional and health standard of the growing children and to eliminate class room hunger but also to enhance enrolment retention and attendance with a focus to reduce dropouts and improve teaching learning process and ultimately quality of education. The scheme was subsequently revised to provide for central assistance for cooking cost, was extended to cover children of upper primary classes (class 6-8), to Madarasas/Maktabs supported under Sarva Shiksha Abhiyan and later on to provide hot cooked Mid day meal.

Food norms have been revised to ensure balanced and nutritious diet and nutrient content under MDM scheme at present are:

- (a) 450K.cal and 12g of protein which is derived from 100g of food grains(rice/wheat), 20g of pulses, 50g of vegetables, 5 gms of oil for children studying in primary classes and
- (b) 700K.cal and 20g of protein, which is derived from 150g of food grains(rice/wheat), 30g of pulses, 75g of vegetables, 7.5g of oil for children studying in upper primary classes.

It is the largest noon-meal programme in the world today covering about 10.80 crores children of primary and upper primary classes in 11.58 lakhs Government and Government aided schools. A programme of this magnitude requires close monitoring and evaluation periodically. The Government of India through MHRD decided to review the MDM programme in four states of Assam, Maharastra, Telangana and West Bengal through 7<sup>th</sup> Joint Review Mission, the terms of reference of which is being annexed as Annexure A.

## **CHAPTER :3**

### **EDUCATIONAL PROFILE OF THE STATE**

Telangana is the 29<sup>th</sup> state of India carving out from erstwhile state of Andhra Pradesh. It has 10 Districts, 464 Mandals, 8778 Panchayats, population 3.51 crore and the child population is 45 lakhs approximately.

Number of institutions serving MDM, enrollment, number of children taking MDM, components of the scheme and budget allocation for 2014-15 are shown in annexure 1 (from i to v).

The average availing against PAB approval quarterly wise for both primary and upper primary as well as comparison of average availing against PAB approval for 2013-14 and 2014-15 are shown in annexure 2.

The state has many strengths. It has an average coverage (% of students taking meals) in primary about 86% and in upper primary, it is about 91% which are higher than the national average. It has an average coverage of 83% or more in 7 districts at primary level and at upper primary level, average number of children availed MDM during last three quarters of the current financial year is 84% or more in 6 districts. Children of classes 9<sup>th</sup> and 10<sup>th</sup> are also covered under mid day meal from state resources. In almost all schools, hot cooked meal on daily basis is served without any interruption. Health checkups were carried out for about 65% of students.

The weaknesses are- some of the districts particularly Hyderabad which has good number of urban schools, the coverage (about 36%) is far below the state average. Meals are served through centralized kitchen in the schools in some rural areas where kitchen sheds are available or there is enough space for construction of kitchen cum stores. Coverage of children is about 41.4% and 72.9% at primary and upper primary levels under aided schools.

The state must seize the opportunity of achieving 100% coverage atleast in rural areas. Simultaneously it must plug the threats that while expanding availability of MDM and ensuring quality, they need to consolidate the human resource position putting dedicated manpower atleast at district and block level for MDM activity.

## **CHAPTER :4**

### **MANAGEMENT AND IMPLEMENTATION**

#### **I. Fund Flow:**

The state government releases the funds to the DEO's through treasuries and DEO's release the required budget to the Mandals. The Headmasters raises the bills as per meals taken in their schools to the Mandal Education Officers. The MEO after scrutinizing the claims, submits the bill to the treasury with bank account number of the agencies. This process has its own hassles and delays. The state government has decided to introduce "Green Channel" for making payment under MDM from financial year 2015-16.

Under MDM, funds towards cost of food grains are released from state to districts. District units of FCI submit bills to the DEO on quarterly basis. The DEO makes the payment to the area manager of FCI of the concerned districts as per the rates fixed by the government.

#### **II. Regularity in delivering food grains to the school level:**

It has been found that in majority of the primary schools and upper primary schools, food grains are supplied at the school point. The food grains are supplied in a manner that the buffer stock of one month is available. However for unknown reasons, it has been found that in Hyderabad and Nalgonda districts, the percentage availability of the food grains as on 31-12-2014 was found to be 234 and 118 respectively which needs to be looked into. However in some of the places, delay in delivering food grains by the lifting agencies has been noticed.

#### **III. Regularity in delivering Cooking cost to schools:**

The details of cooking agencies had been annexed in annexure 3

The cooking cost to the school and payment of honorarium to cook-cum-helper are being routed through MEO. In many of the districts particularly Range Reddy and Nalgonda districts, there is a delay in delivery of cooking cost by 1-2 months. As the cooking cost is not paid in advance regularly to the school, the cook-cum-helper manages from their own pockets or takes items on credit so that there is no disruption in the MDM. Thus in most cases, the cooking cost is paid through reimbursement and the reimbursement amount is credited directly into the bank account.

#### **IV. Infrastructure:**

While in urban areas, MDM is prepared through centralized kitchens and as such there is no kitchen sheds and store rooms for preparation and storage of food grains. In rural areas pucca kitchen sheds have been constructed. However, the state has a poor record of kitchen cum stores. Though Government of India has released for construction of 30408 kitchen-cum-stores till date, only 7632 (i.e. 25%) Kitchen-cum-stores have been constructed. Till today construction work for 18260 kitchen-cum-stores have not been started. Some of the kitchen sheds are found to be semi pucca and not suitable to cook MDM. It is noticed that in many schools, MDM is cooked in an open space of the school or even cooked in cook-cum-helper houses. It must be ensured that MDM are cooked in the school premises. It is also observed that in many places, the children are taking MDM in the open space with dust around. It can be found out that in urban areas and in some districts where centralized system is operated, appropriate dining space are constructed for children so that there is no disruption in taking meal in extreme weather situation.

#### **V. Storage of Foodgrains:**

In the sample schools visited, it has been found that foodgrains are stored in headmaster room or in class room of the school and in some places; it is stored in the house of SHG member of the cooking agent. Thus storage of food grains in a proper place and in proper way needs to be looked into.

#### **VI. Management Information System:**

The management information system in the state has been found to be satisfactory where at the state, district and even mandal level, annual and monthly data entry are made through online. The annual data entry and monthly data entry in all 10 districts, with few exceptions, are found to be satisfactory. However it is observed that strengthening of mandal resource centre needs to be done so that MIS is further upgraded and regularly updated.

#### **VII. Impact of Information Technology:**

There is no mechanism at present for, use of technology to gather information and also for monitoring on day to day basis. The use of information technology need to be given importance so that there is proper networking from top to bottom and bottom to top. In

case of any emergent situation and also to gather information under the MDM whether meal is served in the farthest corner of state or not, the use of information technology must be taken into consideration. The state has the capacity and can collaborate with some IT organization to evolve a mechanism for the use of information technology for management and monitoring of a scheme of such magnitude and scale as MDM.

## **CHAPTER :5**

### **OBSERVATIONS FROM THE FIELD AS PER THE T O R**

The mission members decided to visit this time schools in urban areas as well as in rural areas. So visit was made to urban schools at Hyderabad and rural schools of Mehaboobnagar and Nalgonda districts. The summary of the above field based observations are as follows:

#### **Urban schools of Hyderabad:**

Meals are served through centralized kitchen 'Manna Trust' in primary as well as middle classes. The good part is that children of classes IX and X are also covered under mid day meal program from state resources. The mission members have observed the serving of hot cooked meal on daily basis without hardly any interruption.

Though the coverage of the children was not encouraging but since the serving of meal with superfine rice to all students w.e.f.1-1-2015, the situation has become very encouraging with coverage increasing in primary schools from 36% to 47% in a short span of time.

The quality and quantity of the meal was found satisfactory. Egg and bananas are supplied once in a week on alternate days from state resources. Health checkups are done periodically with community support and NGOs like Rotary Club, Red Cross, Nice Foundation and wherever found necessary, nutritional supplement and micro nutrients including deworming tablets are given to the children.

But there is no structured process of delivering micronutrients to the children. Also in many of the schools visited, health cards of the children are not maintained. Many of the school are not having toilet facilities separately for boys and girls.

Though 169 high schools where middle classes are also running, are having RO facilities but many of the schools are found to be short of potable drinking water facility.

It is noticed that there is no caste, gender and community discrimination in serving or seating arrangement while eating the mid day meals. It is observed that variety is maintained in the menu and it is also found that the menu is displayed but it is suggested

that food menu must be displayed along with MDM logo in a prominent place and the menu must be followed.

As centralized cooking system is followed in the urban schools in Hyderabad where separate kitchen sheds are not required but it is suggested that appropriate dining space may be created in each school so that the children do not have difficulty in taking mid day meals in extreme weather situations and also take the pride to have the meal in appropriate dust free place.

It is noticed that cook-cum-helpers are appointed from the members of SHG ( Self Help Group) and in some cases, they are also parents of the children studying in the school. It is observed that remuneration to them is being paid regularly. The social status of cook cum helpers in the sample schools reveals that they are from all sections of the society including from minority and in some cases there are males also.

It is observed that in most of the schools visited, there is no arrangement of plates so that children can have hot meals properly. In most cases, the children are arranging from their home which are not found to be appropriate. It is suggested that a mechanism has to be evolved so that sufficient number of plates, preferably steel plates, are available in the schools.

### **Rural Schools**

The mission members visited primary schools and middle classes in the rural areas of two districts – Mehabubnagar and Nalgonda. We interacted with officials including Mandal Education Officer, Headmasters / Headmistress, teachers, cooks, SMC people and students. The observations are as follows:

1. The sample schools that we visited, the team observed the serving of hot cooked meals on daily basis. The quality of meal was found to be satisfactory. However in Mehabubnagar district, it was found that vegetables are not being used appropriately and adequately. The coverage of the children was found to be almost 100% with few exceptions here and there for one reason or the other. The use of superfine rice and eggs/bananas had put added attraction.
2. It is observed that food grains are delivered at school point and required buffer stock has been maintained. However schools in Mehabubnagar district could not found to stock vegetables nor found to be used in the meal.

3. There is also delay in delivery of cooking cost to the cooking agencies by 1-2 months and that could be the reason in not procuring the vegetables for the meal. The delayed release of sanction by the Government of India to the state and also delay in processing of bills in the mandal office is stated to be responsible for this.
4. It is observed that in some cases, the remuneration to the cook is not being paid regularly. The reason put forward are already mentioned in para (3) above but it needs to be looked into why such meager amount cannot be paid regularly.
5. MDM registers are maintained at school level. Health cards are maintained at school level but medical checkup of students is neither regular nor structured. Micronutrients are also not given to the children on regular basis. Active convergence with health departments is needed in this regard in rural areas particularly in regard to eye, ear, dental and nail checkup.
6. The cook cum helpers for cooking the mid day meal are being provided by the Self Help Group and there is a committee at the Mandal level headed by Tehsildars for this purpose. The social status of the cook-cum-helpers in visited schools reveals that they are from all sections of the society- OBC, SC, ST and even from minorities.
7. It is observed that in almost all the visited schools, the kitchen utensils grant was provided to schools in the year 2008. Thus in majority of the schools, the supplied kitchen utensils are not suitable for cooking. It is essential to replace the kitchen utensils immediately which are more than 5-6 years old.
8. Except few schools where water tap is found inside the kitchen, majority of kitchens are found to be far away from water source. Also in most of the kitchens, traditional brick structure chullahs are found where fuel efficiency was minimum and lot of smokes were emanating into the environment putting health hazards to the children as well as to other staffs.
9. Though appropriate safety measures have been taken up for cooking MDM in the visited schools, the hygiene part needs lot of improvement. Stray dogs and monkeys are moving near to the kitchen which needs immediate appropriate measures to check such menace.
10. The SMC members were available while visiting the schools. Though SMC members are aware about entitlements and provision of mid day meal but their active involvement in the quality and serving of meal and also in educational processes was found wanting. Even the SMC meeting reports are not properly recorded and registered in the school.

## **CHAPTER-6**

### **NUTRITIONAL ASSESSMENT**

The JRM could not take the anthropometric measurements (height, weight and BMI) due to the lack of man power this time and also for paucity of time. During the school visits the members observed the children for their health status only as a class. Information were gathered regarding the health cards and visit of health workers. Due to lack of time and the team members, individual food intake was also not done by food weightment method.

- **Quality and quantity of meals**

In the urban areas of Hyderabad the meal is prepared by 'Manna Trust' previously called as Nandi foundation and distributed to all the school. Children expressed that food quality is acceptable and improved from 1<sup>st</sup> January 2015 due to the change in the quality of rice at present and also menu has been modified.(Annexure- )

They like the entire item provided to them and the quantity is sufficient. If they need second service, that is also provided.

In the rural areas of Telangana in the primary and high school having middle classes, food is prepared and served by the SHG women. All the children told that they are satisfied with the menu and the taste of the food. Children in the higher classes told that amount of rice and dhal can be increased because 50 to 60 percent of the children are not consuming breakfast because of not having time, mothers are going out for jobs and the children are involved in the household/other work. Since the high quality rice is given, 100 percent of the rural children are becoming the beneficiaries of MDM.

- **Supply of micronutrients**

Health workers from various voluntary agencies and hospital doctors are conducting health camps for all the children in the urban schools every three months. They do physical examination, vital capacity, dental and eye check up. During that time they supply iron, folic acid, ascorbic acid and also deworming tablets. Depending upon the condition, they distribute other nutrient supplement also.

In rural schools every month ANM'S do the health checkup and yearly twice the doctors are conducting the health checkups.

- **Availability of potable water**

In the urban schools many of the schools are having Ro system donated by private organizations and companies. Some of the schools are in the dry areas, near the small mountains and markets their drinking water and tap water facilities are very poor which needs attention.

Some of the schools in the rural areas are having RO water facility either in the school campus or private concerns near the school. Supply around 1000 liters of RO water on alternate days, also supplied proper cans to store water in the class rooms.

- **Safety and Hygiene**

The vehicle used for transportation of cooked food to the schools should be properly covered and closed tight for safe, hygienic and secure delivery.

In most of the rural areas, food is prepared in the open areas, under the trees and the children are eating there itself. New kitchen has been constructed but since it is too small and no doors, cooks are not using it. Provisions are not stored properly. Cooking utensils are sufficient but old. Cooks are keeping it clean depending on the availability of water.

In some of the urban schools, toilets are well maintained and the water facilities are good.

All the healthy cleaning habits are taught by the PT teachers and head of the school.

In urban areas some of the schools are not having compound walls and proper drainage facilities. In some of the primary schools toilet facilities are poor. If it is available but not maintained properly due to lack of sweepers. In some high schools visited, toilets are not available for boys. In the rural areas also, boys are not having toilet facilities. Girls toilets are constructed by private agencies.

- **Satisfaction of the children, parents and community on the served meal in respect of quality and quantity.**

In urban schools children are satisfied with the food, especially due to the modification of the menu and giving the high quality rice, but less than 50 percent are eating MDM. Around 10 percent of the children informed that their parents are not permitting them to eat in the school.

Teachers expressed that from next year because of the use of super fine rice, the MDM consumers will be more.

In the rural areas, almost 100 percent of the children are beneficiaries of MDM. Community involvement has also been improved. Most of the Sarpanch is visiting the school frequently.

- **Suggestion of nutritionally balanced region specific recipes**

Region based nutritionally balanced recipes are being suggested and are being put up as Annexure-IV.

### **Maintenance of school health records**

In most of the Urban schools, health records are not maintained properly. In some of the schools in rural area, class teachers and head of the school are maintaining them properly.

Almost 40-50 percent of urban children and 60 -70 percent of rural children are not consuming breakfast while coming to the school. Proper health and nutrition education should be given to the children and also to the parents for improving their health and cognitive development.

The Mission Members feel that we can think of some innovative measures of providing some snacks in the morning in the form of biscuits/soaked channa to address the issues of hunger and under nourishment.

- **Review the status of emergency medical care.**

There is a need to create awareness regarding MDM's including the contingency /medical health plan at all level with the do's and don'ts in case of emergency. The public health centers should also be equipped suitably to handle cases of food poisoning or any untoward incident in the school. Also in accordance with the instruction issued, the contact numbers of PHC /community health centers /education departments should be prominently displayed in the school

## **CHAPTER :7**

### **HUMAN RESOURCE DEVELOPMENT**

#### **I. Status of Cooks:**

The implementation of MDM scheme at school level in rural areas is carried out mainly by SHG's, SMC and NGO's with proven track record. In some areas/schools, even charitable trusts, parents identified by the Mandal Revenue Officers (Teshildar's) in consultation with MEO are also extending their services. In urban areas, a committee headed by the MRO identifies community development societies, NGO's, urban SHG's, DWCRA, SMC's and other agencies as implementing agencies after verifying credentials. Around 27858 such personnel are at work at one point of time in the state of Telangana. Many of these personnel are either semi-skilled or un-skilled or even absolutely raw. These people need orientation, empowerment as well as motivation to do their job professionally.

The state has developed standard operating procedures(SOP), in the form of manual and calendars and these have been printed and supplied to the districts and to all the schools in the entire state, for effective implementation of MDM. It is planned that in future, all the SHG's and cook-cum-helpers will be given training on these modules.

#### **II.Creating Awareness among various Stakeholders:**

Besides above, there are other people like SMC members, cluster resource persons (CRP's), Mandal Revenue Officers (MRO), Mandal Education Officer (MEO), Mandal Development Officer (MDO), Head Masters of the school who are directly or indirectly involved in successful implementation of MDM scheme. It is proposed that they will also be empowered in a phased manner as part of human resource development. The state is proposed to take the assistance of UNICEF in this gigantic task.

#### **III.Social Issues:**

This is important and it has been found that there is no caste, gender and community discrimination in the preparation, serving and seating arrangements in the mid day meal programmes. In some cases, it has been found that some children are not taking food because of its preparation by certain caste. But these are exceptions and cannot be generalized. As explained earlier, the meal is cooked by cook-cum-helpers from Self Help Groups. The social composition of the cooks indicate that majority of them belong to OBC and scheduled caste community and other castes and even from Muslim minority. But these cooks need to be trained to ensure hygiene of the meal prepared. We need to ensure whether cooks wash their hands every time they are handling fire woods/soils while preparing food. Health check up of cooks is also necessary which is not happening right now.

#### **IV. Availability of dedicated staff:**

There is no dedicated staff for mid day meal scheme at all levels. There is no exclusively designated officer for MDM scheme at district and mandal levels. Time and again, the review mission commented that non availability of regular and dedicated staff of MDM is affecting the very implementation of the scheme. Even as back as the 2<sup>nd</sup> review mission which observed the same and recommended for creation of dedicated posts and engagement of professionals at state as well as district levels. But it remain unaddressed even today. Though not in practice now, we also need to identify three best cooks from each mandal every year and suitably reward/ recognise them to ensure motivational environment in the system

#### **V. Payment of remuneration:**

Whatever may be the reason, there is no doubt that majority of the cooks cum helpers are not paid regularly. There are delays of even 2-4 months. A mechanism has to be developed that this meager remuneration of the cooks is not delayed.

#### **VI. Food safety audit:**

As a part of capacity building of all stakeholders, 'Food Safety Audit ' need to be carried out regularly. The state has developed some guidelines in this regard which is commendable.

## **CHAPTER :8**

### **ROLE OF TEACHERS AND COMMUNITY PARTICIPATION**

Teachers' role is critical in ensuring the success of MDM scheme. Any activity in school and involving school children cannot bear fruits unless active participation and commitment from the side of teacher. Though the teachers' role primarily in the school is to ensure teaching-learning process and in organizing co-curricular activities, they need to give some time and some of their attention for MDM programme.

There are directions from the top that before serving the meal, one of the teachers including headmaster must taste the food. May be because of repetitiveness of this nature of activity, this direction is losing its shine. Moreover, there is no process of putting up comments in writing by teachers after tasting the food. So in many places of visited school, this practice is not strictly adhered to. However it is found in most of the visited school that the teachers particularly the female teachers were serving the food. Teacher need to be given the impression that it is a community feast and in such situation, they cannot place themselves in isolation. It is, however, found in some of the visited schools that teachers are also taking the meal once the children finishes.

Though it cannot be generalized but the mission members could gather this impression that because of whatever involvement the teachers have in MDM scheme, the teaching-learning process is not getting proper attention and sometimes the students are left with themselves to take care of the situation. The teachers need to belief that mid day meal is an additional facility given to the children to assist their learning process and not a stand-alone activity. So teachers must participate in this programme as an additional facilitator and not treat it as burden without compromising on teaching learning process. In the inservice training programme for teachers, the MDM must also be included as a component and teachers must know how to integrate this programme with teaching-learning process.

The community participation in the form of SMC, health checkup with the help of NGO's besides convergence with State Health Programme and the appointment of cook-cum-helpers with the help of SHG's are very much visible. The SMC's have been duly constituted in all schools, their meetings are regularly held and they have started taking keen interest for the growth and development of schools., However, in majority of the schools, it is observed that the community has less awareness level with regard to school education projects, particularly MDM, SSA and RTE. For example, in one particular school in rural area visited by mission members, the health check-up of students was not done in the current session where as in earlier years, it was done regularly. But the SMC has not intervened and nor intimated to the department for necessary action.

The MDM guidelines provide necessary interventions like regular health checkups, supplementation of micro nutrients like vitamin A,B dosage, iron tablets and folic acid and provision for deworming tablets in convergence with National Rural Health Mission (NRHM). The school health programme is primarily focused on school age children and its

components include screening of general health, immunization, micro nutrients management, deworming and counseling services. In most cases, teachers seem to be not aware that school health programmes ensure better educational outcomes, improved social equality and it is not only preventive but promotes curative health services.

Most of the visited schools has individual school health cards of students but in majority of the cases, it is not being maintained properly. Though the situation in urban schools seems better, in rural schools, it seems to be a formality and no one is bothered about its importance and proper upkeep. The practice of giving deworming tablets to the students every six months was not prevalent in most of the visited schools. Even where deworming tablets and IFA supplementation is given, the teachers have no idea or instruction how to make their use.

The mission recommends that immediate action be taken for greater convergence and effective implementation of the School Health Programme so that children can receive periodic health checkups and corrective measures to be taken to improve nutrition and health status of the children.

It is also observed that there was no community participation in monitoring of the meals prepared and served at the school point. For a programme like MDM, awareness and advocacy are of paramount importance. Schools where MDM is served through centralized kitchen, even the key functionaries of MDM i.e. Deputy Educational Officer and Head teachers in most schools were not aware what is going to be served on a particular day under MDM through the centralized kitchen. We need strong linkages – both vertical and horizontal as well as inter and intra departmental for a programme like MDM to be a success.

## **CHAPTER :9**

### **BEST PRACTICES AND INNOVATION**

Some of the best practices being followed in the state and needs highlight are listed below:

I. As mentioned earlier, children of class IX and X had been covered under mid day meal from state resources across the state. Also with an intention to provide quality food, mid day meals is being served with super fine rice to all the students in the state w.e.f. 1-1-2015 and the state is meeting the additional resources for this purpose.

II. In order to address under nutrition, eggs are being supplied to the children twice a week wherever necessary, egg is replaced by banana. The state is meeting the additional expenses for this purpose.

III. It is noticed that the state has taken a quantum leap for capacity building for SHG's and cook cum helpers. Posters had been designed in this respect and developed and supplied to all the stakeholders including schools for this purpose. A manual containing SOPs which deal with preparation of MDM and how to serve, has been developed and supplied to districts for use in the training programme.

IV. Social audit had been conducted in one of the district i.e Khammam and action points had been developed for conduct of such social audit in all the district of the state. The detailed observation during social audit has been sent to the concerned districts to take necessary action for implementation of MDM scheme. The state wants to replicate the same after getting necessary feedback.

V. The details of nutritional recipes prepared by National Institute of Nutrition and Home Science College were communicated to all the DEOs in the state for implementation and for providing flexible and local specific recipes to suit the taste of the children.

VI. Instead of having centralized kitchen in rural areas the state is contemplating to set up cluster kitchen comprising 8-10 schools in manageable distance to reduce the distance and also to ensure quality of the mid day meals.

VI. The state has decided to go for 3<sup>rd</sup> party for monitoring for MDM and constituted a committee for taking review of quality of meals under MDM as per the assessment of the third party monitoring.

VII. A well knit process of involvement of women SHG's for implementation of the Mid Day Meal scheme at school level both for rural and urban areas has been developed in the state. Women SHG's (invariably they are the mothers of the students) are involved as part of the community involvement of the scheme.

VIII. Availability of RO systems in many schools for drinking water.

## **CHAPTER :10**

### **CONCLUSION AND RECOMMENDATION**

On the basis of field visits, discussions with state officials, meeting with mandal level and grass root workers and after looking into the report submitted by the monitoring institute, the following conclusion are drawn:

1. In almost all the sample schools visited both in urban and rural area, the schools are serving hot cooked meal every day without any interruption.
2. In urban area of Hyderabad and in Medak districts, the meal is served through centralized kitchen. Rest of the other places, cooking is done in school premises.
3. In all the schools visited, it is observed that foodgrains are received by the school on time.
4. In all the schools visited, superfine rice is supplied and there is a added attraction amongst the children to avail the MDM.
5. It is observed that all the schools are having a buffer stock but the storage of foodgrain is found to be neglected. In many schools, it is stored in the classroom or HM's room.
6. There is a delay in payment of cooking cost which is impacting the quality of meals. Similarly there is delay in payment of remuneration to cooks-cum-helpers.
7. It is observed that there is variety in menu but it is not strictly followed particularly in meal supplied by centralized kitchen system.
8. The cooks-cum-helpers are appointed by Self Help Groups and they belong to all sections of society.
9. In many schools, there are no pucca kitchen sheds and cooking is done in open place.
10. It has been reported that supplied kitchen utensils are not suitable for cooking anymore. These old utensils need replacement immediately.
11. Though there are LPG gas connection in some schools(36%), majority of the schools use firewood as the fuel for cooking Mid Day Meal, thus emanating smoke to the surroundings.
12. Children do wash their hands before and after the meal. They clean their plate also.
13. There is no safety measures while cooking the food in all schools visited. Neither the fire extinguishers nor any other measure available in the schools visited.

14. In the sample schools visited, it is found that SMC members and even parents are not aware of the entitlement and quality of foodgrains, pulses and vegetables.
15. The availability of dedicated staff for MDM is still a dream in Telangana. Strengthening of MDM office at district and mandal level is required. So regular inspection and supervision becomes a causality. Though 74% of primary schools and 71% of upper primary schools were inspected till February, in schools visited.

**Recommendation:-**

1. Let technology be used for mentoring & monitoring the MDM programme. IVRS (Interactive Voice Response System) using mobile phones can be explored.
2. Appropriate awareness and advocacy programme be built up involving SHG's, SMC's, NGO's, media, local representative, teachers & cooking agencies for effective implementation of MDM.
3. To address hunger and under nutrition, are we ready to provide little snack in the morning in the form of biscuits, soaked chana & managing it within existing cost or bearing a little more from state resources.
4. Smokeless chulhas seems to be the urgent need. Though state has proposal to extend LPG facility to other schools but that may take its own time. The present system of chulhas with brick structure using firewood has very poor fuel efficiency. So it is suggested that smokeless chulhas may become a reality as early as possible.
5. The capacity building for SHG's & Cook-cum-helpers on the basis of SOP's designed may be taken up in a phased manner urgently.
6. Social audit on the line of Khammam district may be expanded to other district. Similarly Food safety audit needs to be conducted in a phased manner.
7. Nutrition & health education should be part of the noon meal programme in which teachers & cooking agencies can be trained and they can impart education during noon meal time.
8. Noon meal distribution should not be done on the open corridor of the school or in the play field to avoid the dust & the disturbance by dogs, monkeys, cows and goats.
9. The funds allotment for purchase of vegetables need to be revisited keeping in mind the hike in cost of the vegetables.
10. Quality vegetables and pulses should be purchased by the cooks under the supervision of teachers.
11. Quantity of pulses can be marginally increased so that too much of dilution can be avoided.

12. Practice of raising the kitchen garden should be encouraged wherever there are facilities for water & space.
13. Dining space can be thought of by putting a polycarbonate sheet on top & putting up a brick structure on the floor particularly in the urban schools where kitchen sheds are not needed.
14. Bringing of food items to be taken along with noon meal by few children should be discouraged.
15. Proper storage facilities should be provided in all the schools to preserve the shelf life and quality of the raw ingredients.
16. Can noon meal programme be associated with “Birthday celebrations” of teachers, class monitors ?
17. State level Joint Review Mission may be constituted to visit the poorly performing districts in the state.

## **CHAPTER – 11**

### **The Road ahead (Next 2 to 3 years)**

- (i) Technology intervention for mentoring & monitoring.
- (ii) Cluster kitchen concept in rural areas amongst 8-10 schools within a manageable distance.
- (iii) Facility of kitchen tap in the kitchen/cooking area for hygiene/safety.
- (iv) All kitchen cum store sheds be constructed on priority.
- (v) “Green Channel” system for making payments under Mid day meal to reduce hassel and delay.
- (vi) The dedicated staffs & manpower for MDM at block and district level.
- (vii) Smokeless environment while cooking MDM in the schools.

Dr.M.Amrithaveni

Ashok Ganguly

JRM Members

**Terms of reference – Part – I**

- i) Review the system of fund flow from State Government to Schools/cooking agency and the time taken in this process.
- ii) Review the management and monitoring of the scheme from State to School level.
- iii) Review the implementation of the scheme with reference to availability of food grains, quality of MDM, regularity in serving MDM as per approved norms and mode of cooking.
- iv) Role of Teachers.
- v) Convergence with School Health Programme (SHP) for supplementation of micronutrients and health checkups and supply of spectacles to children suffering from refractive errors.
- vi) Creation of capital assets through kitchen-cum-store/kitchen devices.
- vii) Appointment of Cook-cum-helpers for preparation and serving of meal to the children.
- viii) Availability of dedicated staff for MDM at various levels.
- ix) Review the maintenance of records at the level of school/cooking agency.
- x) Review the availability of infrastructure, its adequacy and source of funding.
- xi) Review of payment of cost of food grains to FCI by the districts.
- xii) Review the involvement of NGOs/Trust Centralized kitchens by States/UTs Government in implementation of the Scheme.
- xiii) Management Information System (MIS) from school to block, district and State Level to collect the information and disseminate it to other stakeholders.
- xiv) Assess the involvement of Community in implementation of MDM scheme.
- xv) Review of status of MIS integration with IVRS for monitoring of the Scheme.
- xvi) Review of status of MIS integration with IVRS for monitoring of the Scheme.
- xvii) And give suggestions for improvement in the implementation of the programme.
- xviii) Review of the status of tasting of the meal by at least one teacher.
- xix) Review of status of Safe storage and proper supply of ingredients to schools.
- xx) Review of status of awareness about Mid-Day Meal Scheme.
- xxi) Review of status of convening of Monitoring Committee under the Chairmanship of Member of Parliament.
- xxii) Review of the convening of regular review meetings at District level.
- xxiii) Review of the status of testing of food samples by reputed institute.

xxiv) Review of the status of Emergency Medical Plan.

**Terms of Reference for Assessment of Nutritional Status – Part – II**

- i) To measure the anthropometric measurements of a sample of children availing Mid Day Meal Scheme
  - Height
  - Weight
  - Mid arm Circumference.
- ii) To calculate the Body Mass Index (BMI) on the basis of measurement of height and weight.
- iii) To identify the children who are undernourished and over nourished.
- iv) To assess the pattern of food provided in the visited schools under MDM.
- v) To review the quality and quantity of the served MDM.
- vi) To review the satisfaction of the children parents and community on the served meal under MDM in respect of quality and quantity.
- vii) To suggest some nutritionally balance region specific recipes.
- viii) To assess the ways for better convergence with School Health Programme.

**INSTITUTIONS SERVING MDM**

<b>Type of School</b>	<b>Govt/LB</b>	<b>Aided</b>	<b>NCLP</b>	<b>Madarsas</b>	<b>Total</b>
Primary	19,622	345	0	212	20,179
Upper Primary (I – VIII)	3366	113	119	143	3741
UP sections in HS (VI- VIII)	4807	203	0	2	5012
<b>Total</b>	<b>27795</b>	<b>661</b>	<b>119</b>	<b>357</b>	<b>28932</b>

**ENROLMENT**

Type of School	Govt/LB	Aided	NCLP	Madarsas	Total
Primary	1355796	70145	0	24149	1450090
Upper Primary (I – VIII)	561416	23057	6338	16867	607678
UP sections in HS (VI- VIII)	405038	15441	0	161	420640
Total	2322250	108643	6338	41177	2478408

NOTE:- In addition to the above 507602 children belonging to classes IX & X are also served MDM with the funds of State Government.

Type of School	Govt/LB	Aided	NCLP	Madarsas	Total
Primary	1200899	29083	0	21442	1251424
Upper Primary (I – VIII)	529419	19724	6074	16413	571630
UP sections in HS(VI- VIII)	352426	8374	0	154	360954
Total	2082744	57181	6074	38009	2184008

NOTE:- In addition to the above 507602 children belonging to classes IX & X are also served MDM with the funds of State Government.

## Annexure-I(iv)

### Components of the Scheme ( I to VIII)

Sl. No	Item	Central Govt contribution	State Govt. Contribution	Remarks
1	Cooking cost including LPG	75%	25%	
2	Transportation Assistance @Rs.750 per MT	100%	0%	
3	Cost of Food grains @ Rs.5650 per MT	100%	0%	
4	Hon. To cook-cum-helpers @ Rs.1000 per Month	75%	25%	
5	Management, Monitoring & Evaluation(MME) @1.8 % of plan	100%	0%	
Note:	(1) State Govt. Is providing Rs.1/- extra per child for the cost of egg/Banana. (2) 100 % expenditure for providing MDM to IX & X classes is borne by the State Government.			

## Annexure-I(v)

**BUDGET 2014-15**

Item/Month	Central	State	Total	Remarks
Approval	24566.98	17289.22	41856.20	
Opening Balance	3643.79	0.00	3643.79	
Released from June.14	0.00	10078.76	10078.76	
Released in Sep.14	0.00	3365.12	3365.12	
Released in Jan.15	4798.79	0.00	4798.79	
Released in Feb.15	9503.29	2732.21	12235.50	
Total Releases	17945.87	16176.09	34121.96	

## ANNEXURE-III

## DETAILS OF COOKING AGENCIES

S.No	Name of District	No. of Institutions assigned to						
		PRI/GP/Urban Local Body	SHG	SMC/VCE/WEC	Youth Club of NYK	NGO	Trust	Total
1	Mahabubnagar	0	3799	0	0	0	0	3799
2	Ranga Reddy	0	2384	0	0	0	70	2454
3	Hyderabad	0	0	0	0	0	914	914
4	Medak	0	2504	0	0	448	0	2952
5	Nizamabad	0	2300	0	0	0	0	2300
6	Adilabad	0	3011	0	0	0	0	3011
7	Karimnagar	0	3082	0	0	0	0	3082
8	Warangal	0	3090	0	0	0	0	3090
9	Khammam	0	2973	0	0	0	0	2973
10	Nalgonda	0	3192	91	0	0	0	3283
<b>Total</b>		<b>0</b>	<b>26335</b>	<b>91</b>	<b>0</b>	<b>448</b>	<b>984</b>	<b>27858</b>

## Recommended Recipes for Noon Meal

### 1.VEGETABLE PULAV

#### INGREDIENTS

Rice	100g
Carrot	30g
Beans	20g
Cabbage	10g
Tomato	10g
Onion	20g
Coriander leaves	2g
Mint leaves	5g
Green chillies	2no
Garlic	10g
Ginger	10g
Cinnamon	A piece
Cloves	2 no
Oil	10g
Salt	To taste

#### **METHOD:**

- Clean and cut all the vegetables
- Soak rice for half an hour
- Make a paste of ginger, garlic, cinnamon and cloves
- Heat oil in a vessel, fry onion, chillies, coriander leaves, mint leaves and tomato.
- Add the paste and fry, then pour water add salt and boil
- Add the rice and cook
- Serve hot

## 2. MEAL MAKER PULAV

### INGREDIENTS:

Rice	100g
Meal Maker	30g
Tomato	10g
Onion	20g
Coriander leaves	2g
Mint leaves	5g
Green chillies	2no
Garlic	10g
Ginger	10g
Cinnamon	A piece
Cloves	2 no
Oil	10g
Salt	To taste

### METHOD:

- Clean and soak channa for five hours/Soak meal maker for 15 minutes
- Cut onion and chillies
- Soak rice for half an hour
- Make a paste of ginger, garlic, cinnamon and cloves
- Heat oil in a vessel, fry onion, chillies, coriander leaves, mint leaves and tomato.
- Add the paste and fry, then pour water add salt and boil
- Add the rice and cooked channa and mix and cook
- Serve hot

### 3 - JEERA RICE AND VEGETABLE KURUMA

#### INGREDIENTS

Rice	100g
Onion	20g
Coriander leaves	2g
Mint leaves	5g
Cumin seeds	3g
Green chillies	2no
Garlic	10g
Ginger	10g
Cinnamon	A piece
Cloves	2 no
Oil	10g
Salt	To taste

#### METHOD:

- Soak rice for half an hour
- Make a paste of ginger, garlic, cinnamon and cloves
- Heat oil in a vessel, fry onion, chillies, coriander leaves, mint leaves and cumin seeds
- Add the paste and fry, then pour water add salt and boil
- Add the rice and cook
- Serve hot

### 3(a) - VEGETABLE KURUMA

#### INGREDIENTS

Carrot	30g
Beans	20g
Cabbage	10g
Tomato	10g
Onion	20g
Coriander leaves	2g
Curry leaves	5g
Coconut	20g
Green chillies	2no
Garlic	10g
Ginger	10g
Cinnamon	A piece
Cloves	2 no
Oil	10g
Salt	To taste

#### METHOD:

- Clean and cut all the vegetables
- Make a paste of ginger, garlic, coconut, cinnamon and cloves
- Heat oil in a vessel, fry onion, chillies, coriander leaves, Curry leaves and tomato.
- Add vegetables, salt and cook along with the coconut paste
- Serve hot

## 4 - MINT RICE

### INGREDIENTS

Rice	100g
Onion	20g
Coriander leaves	2g
Mint leaves	10g
Green chillies	2no
Garlic	10g
Ginger	10g
Cinnamon	A piece
Cloves	2 no
Oil	10g
Salt	To taste

### METHOD:

- Clean and cut onion and mint leaves
- Make a paste of ginger, garlic, cinnamon, chillies, mint and cloves
- Heat oil in a vessel, fry onion and coriander leaves
- Add the paste and fry, then pour water add salt and boil
- Add the rice and cook
- Serve hot

## 5 - TOMATO BIRYANI AND POTATO PORIYAL

### INGREDIENTS

Rice	100g
Tomato	50g
Onion	20g
Coriander leaves	2g
Mint leaves	5g
Green chillies	2no
Garlic	10g
Ginger	10g
Cinnamon	A piece
Cloves	2 no
Oil	10g
Salt	To taste

### METHOD:

- Clean and cut tomato and onion
- Soak rice for half an hour
- Make a paste of ginger, garlic, cinnamon and cloves
- Heat oil in a vessel, fry onion, chillies, coriander leaves, mint leaves and tomato.
- Add the paste and fry, then pour water add salt and boil
- Add the rice and cook
- Serve hot

## 6 - CARROT RICE

### INGREDIENTS

Rice	100g
Carrot	60g
Onion	30g
Coriander leaves	2g
Curry leaves	5g
Green chillies	2no
Oil	10g
Salt	To taste

### METHOD:

- Clean and grate the carrot and cut the onion
- Heat oil in a vessel, fry onion, chillies, coriander leaves, curry leaves and carrot
- Add cooked rice and mix
- Serve hot

## 7 - SAMBAR RICE / BISIBELLA BATH

### INGREDIENTS

Rice	100g
Carrot	30g
Beans	20g
Cabbage	10g
Tomato	10g
Onion	20g
Curry leaves	2g
Fenu greek	2g
Coriander leaves	2g
Red gram dhal	25g
Chili Powder	2no
Coriander seed	10g
Asafoetida	A pinch
Oil	10g
Salt	To taste

### METHOD:

- Clean and cut all the vegetables
- Soak rice and dhal for half an hour
- Make a powder of coriander seed, fenugreek and asafoetida
- Cook dhal along with rice
- Heat oil in a vessel, fry onion, chillies, coriander leaves, mint leaves and tomato.
- Add the powder and fry, then add salt and cooked rice and dhal
- Mix nicely and serve hot

## 8 - DHAL RICE/PAPPU ANNAM

### INGREDIENTS

Rice	100g
Red gram dhal	30g
Onion	20g
Tomato	30g
Coriander leaves	2g
Curry leaves	5g
Green chillies	2no
Garlic	10g
Ginger	10g
Oil	10g
Salt	To taste

### METHOD:

- Clean and cut the onion, curry leaves, green chillies, tomato, garlic and ginger
- Soak rice and for half an hour
- Heat the oil in a vessel, fry onion, chillies, coriander leaves, curry leaves, ginger, garlic and tomato.
- Add water and salt put rice along with dhal and cook
- Serve hot

## 9 - CHANNA /MEAL MAKER VEGETABLE CURRY

### INGREDIENTS

Channa/Meal Maker	30g
Brinjal	20g
Drumstick	20g
Pumpkin (yellow)	20g
Tomato	20g
Onion	20g
Curry leaves	2g
Fenu greek	2g
Coconut	10g
Coriander leaves	2g
Red gram dhal	25g
Red Chili	2no
Coriander seed	10g
Pepper & cumin seeds	5g
Asafoetida	A pinch
Oil	10g
Salt	To taste

### METHOD:

- Clean and cut all the vegetables
- After roasting coriander seed, fenugreek, red chilies, pepper and cumin seeds and asafoetida and make a powder
- Cook channa along with vegetables
- Heat oil in a vessel, fry onion, coriander leaves and tomato.
- Add the cooked channa/Soaked Meal Maker and vegetables
- Add the powder and then add salt and cook for 15 Minutes
- Serve hot along with rice

## 10 - DRUMSTICK LEAVES AND DHAL KULAMBU

### INGREDIENTS

Red gram dhal	25g
Drumstick leaves	20g

Onion	20g
Curry leaves	2g
Garlic	5g
Red Chili	2no
Cumin seeds	5g
Asafoetida	A pinch
Oil	10g
Salt	To taste

**METHOD:**

- Clean drumstick leaves and cut onion
- Cook red gram dhal
- Heat oil in a vessel, fry onion, curry leaves, red chillies and add cumin seeds and garlic
- Add the cooked dhal and drumstick leaves and salt
- Cook till the drumstick leaves gets cooked
- Serve hot along with rice