



Tithi Bhojan
Community Participation
in
Mid Day Meal Scheme

What is Tithibhojan?

- Word “Tithi” refers to date or anniversary such as child birth, marriage, birthdays, success in exams, festivals etc.
- Exists a tradition of offering food to children (Girls students, especially in Navaratri) on auspicious days, anniversaries etc.
- The scheme intends to cultivate the existing custom in to a healthy tradition of Community Participation

Objectives of Tithibhojan

- The scheme intends to improve
 - Nutrition level among school children
 - Retention of children in the primary schools
 - Promote the sense of belonging among the community

The process..

- .It is voluntarily served among school children in several forms.
- It is a combined effort of the teachers, MDM organizers and community leaders
- A healthy competition among District Administrations to devise innovative schemes

Mode of Community participation

- Community participation in form of
 - Complete meals
 - Sweet and *Namkeen* in addition to the regular MDM
 - Supplementary nutrition in form of sprouted beans, dry fruits, fruits etc.
 - In kind donations : Dinner sets and kitchen devices

Tithi Bhojan Allows

- Supplementation of the nutritional value of MDM
- Development of rapport with the local community
- Inculcate the feeling of equity and brotherhood among the children of all communities
- Reduction in the gap between the school administration and the community.

Innovative approaches

- School Principal in Botad introduced “Let us fight malnutrition with a handful of pulses”
- In many tribal blocks of Gujarat, Pasteurized fortified flavored milk was served to students to enhance nutrition among primary students
- Vaherakhadi School Dist-Anand was donated with pressure cookers for hygienic cooking by Harihar Mission Trust.

Tithi Bhojan -an Innovative Best Practice in Gujarat

- The Gujarat Day (First May) is celebrated with Tithibhojan in primary schools
- Sadbhavna program was associated with Tithibhojan in all the primary schools
- Welcome of the dignitaries with fruits, vegetables, dry fruits and pulses in public programs and distribution among the anganwadis

District wise details of Tithi Bhojan in current year (Up to July-14)

Sr. No	District	Number of Meals	Approx Value in Rs.
1	Ahmedabad	54428	845805
2	Amreli	6555	29599
3	Anand	63726	2041915
4	Banaskantha	137185	3352594
5	Bhavnagar	79862	384160
6	Bharuch	18247	91235
7	Dahod	35370	138885
8	Junagadh	32570	307854
9	Kutch	18255	242653
10	Kheda	43699	794087
11	Mehsana	84104	1997776

Sr. No	District	No. of Tithi Bhojan	Approx value in Rs.
12	Navsari	835	19450
13	Panchmahal	11346	34038
14	Patan	47836	1417630
15	Porbandar	10135	140560
16	Rajkot	21553	181829
17	Surat	20039	434096
18	Surendranagar	70833	694435
19	Bhavnagar Corp.	1318	13180
20	Jamnagar Corp.	930	10000
21	Surat Corp.	707562	12080113
Total		14,66,388	2,52,51,894

Tithi Bhojan over the years...

Sr.No	Year	No. of Meals (in lacs)	Total Amount (Rs.in Lacs)
1	2003-04	22.40	111.09
2	2004-05	80.18	328.80
3	2005-06	68.05	229.68
4	2006-07	61.94	341.12
5	2007-08	31.09	294.27
6	2008-09	70.93	661.02
7	2009-10	49.74	444.01
8	2010-11	68.57	729.78
9	2011-12	122.81	1245.32
10	2012-13	90.31	965.28
11	2013-14	513.88	6579.20
Total		1179.90	11929.60

Donations in kind...

Item	Quantity in Kgs / Set	Approximate Value (in Rs.)
➤ Dishes, Glasses, Spoons, etc.	36322	6,19,915
➤ Pulses, Vegetables, Fruits, etc.	33646	29,64,907
Total Amount		35,84,822

Teacher helps 200 girls fight anaemia

IIM-A Awarded Dilip Bhalgamiya For His Innovation

Vijaysinh Parmar | TNN

Botad: It has been a battle against anaemia that has been fought with handfuls of pulses. It took a couple of year for Dilip Bhalgamiya, principal of Taluka Kanya Shala (Girls School) in Botad, to reverse the depleting haemoglobin levels among his students.

In 2011, the teachers at the school were shocked when the tests of a health check-up camp for around 200 school girls studying between class six and eight revealed that most of them had very low haemoglobin levels.

"The attendance of girls was irregular in our school and our attempts at improving it were not working since we could not pinpoint the reasons behind it. After the health check-ups, the doctors told us that because of low haemoglobin, the girls were sick and could not concentrate on their studies. They were anaemic," said Bhalgamiya.

Once the problem was identified, the teachers sought the help of doctors in supplementing nutrition of girls.

"The doctors recommended more intake of pulses. We asked each girl to bring one handful of pulses from her home once a week and we teachers also did the same. We took it up as a mission since



Girls relish sprouts during recess

2011. The mid-day meal cook sprouted the pulses and added lime, onion, tomatoes, green chili and salt to make a delicious snack. We started giving this snack to each student on every Saturday. This led to the students turning up in full strength even on Saturdays which is a half-day," Bhalgamiya, who came up with idea, added.

Bhalgamiya was among the 100 innovative primary

search and Training (GCERT) a few months ago.

"Slowly we noticed that the attendance was increasing and girls were more enthusiastic as they felt healthy," said Rajesh Jivani, another school teacher.

Jivani added that the girls now bring pulses in their lunch boxes instead of junk food. The eating pattern has also changed in their entire families, who have started taking pulses in their diet.

"Last year, when we again conducted a health-check up for girls, we found that their haemoglobin level had reached up to 10," Bhalgamiya disclosed.

"We plan to replicate this experiment at seven other schools in Botad. Children and teachers from this school will go to other schools and share their experiences," said Cluster Resource Centre (CRC) coordinator Rajesh Oza.



school teachers, who were awarded by Indian Institute of Management-Ahmedabad (IIM-A), Gujarat Innovative Education Council (GIEC) and Gujarat Council of Educational Re-

**Complementary sweets from
Community Leader in Manej
Primary School, Dist- Anand**



**Van Bhojan (Picnic) Khambhat,
Dist-Anand**





Dinner set
Ta- Garbada, District- Dahod



Tithi Bhojan Village-Ratanpore Dist- Bharuch,



**Tithi Bhojan in Rajpur Primary School,
Ta- Siddhpur, Dist - Patan**



**Tithibhojan on the occasion of Sadbhavna Mission
in Kaloli Primary School, Dist- Kheda**



अन्नं ब्रह्मः
Thank You