



**Government of India**

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



**मध्याह्न भोजन योजना  
Mid Day Meal Scheme**

**Report of 5<sup>th</sup> Joint Review Mission on  
Mid Day Meal Scheme**

**MADHYA PRADESH**

**(11<sup>th</sup> August - 21<sup>st</sup> August, 2013)**

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## **Acknowledgements**

The Mission would like to thank the Government of Madhya Pradesh for all the support rendered in organizing the logistics as well as in providing much required programmatic information that facilitated the Mission meet the terms of reference developed by the Government of India.

The Mission also values the hospitality and support extended by the Panchayat & Rural Development Department, school teachers, MDM kitchen staff in schools; members of the Self Help Groups(SHG), the SMC members of the schools in districts of Sheopur and Sehore and finally, the students and the village community more importantly.

The team has strived to capture the entire range of discussions and observations at various levels with all the officials and key stakeholders earnestly. It sincerely hopes that the recommendations that have emerged through interactions with the officials, experts, implementers and the stakeholders, would be of help to the State Government in strengthening the implementation of the Mid-Day Meal Scheme and ensure the right to nutritional food security of school going children of Madhya Pradesh.

The JRM Team

20<sup>st</sup> August, 2013

Bhopal, Madhya Pradesh

**List of abbreviations:**

SSA- Sarva Shiksha Abhiyan

NCLP- National Child Labour Programme

GoI- Government of India

MHRD- Ministry of Human Resource Development

MME- Management, Monitoring and Evaluation

JRM- Joint Review Mission

MDM- Mid Day Meal

PAB- Programme Approval Board

TA- Transportation Assistance

CCH- Cook cum helpers

SMC- School Management Committee

PTA- Parent Teacher Association

CEO- Chief Education Officer

DEO- District Education Officer

MPSCSC-Madhya Pradesh State Civil Supplies Corporation

BAC-Block Academic Coordinator

BRC-Block Resource Coordinator

CAC-Cluster Academic Coordinator

CRC- Cluster Resource Coordinator

DPC-District Project Coordinator

NAN-Nagrik Aapoorti Nigam

I/S- Inspector of schools

MI- Monitoring Institutes

TA- Transport Assistance

FCI- Food Corporation of India

SHP- School Health Programme

## Executive Summary

The Fifth Joint Review Mission on MDM for Madhya Pradesh interacted with various stakeholders of the MDM programme during 11<sup>th</sup>- 21<sup>st</sup> August 2013 in Sheopur and Sehore districts.

This, being one of the flagship programmes of the Government of India addressing hunger among all Government, Government Aided, Local Body, NCLP schools, Madrasas/Maqtabs serves hot cooked meal to children that helps them come to the formal education system, concentrate on classroom activities and receive nutritional support and break the social barriers of caste discrimination.

The Mission while interacting with stakeholders to review this national programme of MDM in schools observed that although the MDM encouraged poor children belonging to disadvantaged sections of the society to attend school more regularly, the goal of full coverage in the State has been a challenge. Convergence with department of health for school health programme requires strengthening.



## **Composition of Joint Review Mission**

1. Dr.(Mrs) Mridula Saxena, Professor & Head Dept. of Home Science & Hospitality Management, PSS Central Institute of Vocational Education, NCERT, Shyamla Hills, Bhopal-Team Leader.
2. Sh. Arun Kumar, Director (RE) & Coordinator, Panchayat & Rural Development Department, Govt. of Madhya Pradesh.
3. Shri V.K Nayyar, Under Secretary, Ministry of Human Resource Development, Govt. of India.
4. Dr. Nilima Varma, Professor (Home Science), Food and Nutrition, Govt. PG Girls MLT College, Bhopal.
5. Sh. Sachin Jain, Representative of Office of Supreme Court Commissioner.
6. Prof. Sandeep Joshi, Director, MP Institute of Social Science Research, Ujjain, Madhya Pradesh.

## **Mission Co- team members**

1. Mr. Rajat Gupta, Sr. Consultant, NSG- MDM, Ed.CIL, Ministry of Human Resource Development, Govt. of India.
2. Ms. Tulika Tiwari, Consultant, NSG- MDM, Ed.CIL, Ministry of Human Resource Development, Govt. of India.
3. Ms Neetu Pal, Research Scholar, Govt. PG Girls MLT College, Bhopal.
4. Ms Prachi Chaturvedi, Research Scholar, Govt. PG Girls MLT College, Bhopal.
5. Ms Namrata Thakur, Research Scholar, Govt. PG Girls MLT College, Bhopal.
6. Ms Nidhi Singh, Research Scholar, Govt. PG Girls MLT College, Bhopal.

The Review Mission team was also assisted by :

**State officers/officials:**

S.No	Name	Post
1	2	3
1.	Mr. Arun Kumar	State Coordinator
2.	Mr. Sudhir Khandekar	Deputy commissioner
3.	Mr. B.S. Chandel	Asst. Director Finance
4.	Mrs. Anita Vatsalya	Asst. Deputy commissioner
5.	Miss. Neerja Upadhayaya	Asst. Deputy commissioner
6.	Mr. B.P. Tiwari	Asst. Programme Off.
7.	Mr. S.L. Kurele	Asst. Programme Off.
8.	Dr. Rameshwar Shinde	Project Manager (Management monitoring and evaluation)
9.	Dr. Deepali Nigam	Project Manager (Nutrition)
10.	Dr. Parul Gaur	Quality Monitor
11.	Mrs. Sangeeta Jain	Accountant
12.	Mr. Shailendra Jaget	Office assistant cum Data entry Operator
13.	Mr. Santosh Kumar Yadav	
14.	Mr. Nitin Joshi	
15.	Mr. Vishnu Singh Thapa	
16.	Mr. Sunil Gaur	
17.	Miss. Hemlata Wankhede	
18.	Mrs. Priti Meena	

**District Sheopur:**

S.N	Name	Designation
1	2	3
1	Shri H.P. Verma	Chief Executive officer, Zila Panchayat Sheopur
2	Dr. R.C. Udaniya	Chief Medical and Health officer shepur
3	Shri Sanjay Bhardwaj	District Program officer, sheopur
4	Shri Avind singh	District Education officer sheopur
5	Shri G.P. Upadhyay	District Project Codinator sheopur
6	Shri Ajay Upadhyay	Project officer, Zila panchayat shivpuri
7	Shri Ashok Nim	Chief Executive officer, Janpad Panchayat Sheopur
8	Shri Vinayak Prasad pandey	Asst. Project officer, zila panchayat Sheopur
9	Shri Pushpendra singh Jadon	Project officer, Zila panchayat Bhind
10	Shri Rajesh kumar khare	Block Resource Codinator, Sheopur
11	Smt Jyoti Sikarwar	Task manager, Zila panchayat Gwalior

S.N	Name	Designation
1	2	3
12	Smt Pushpa Rajput	Task manager, Zila panchayat Gwalior
13	Ku. Vijay Laxmi Sharma	Task manager, Zila panchayat Morena
14	Smt Neera Bhargav	Task manager, Zila panchayat Guna
15	Shri Gagdish Sharma	ADEO, Janpad Panchayat Sheopur
16	Shri P.K. Gupta	Block Academic Codinator, Karahal
17	Shri Gajendra Rawat	Block Academic Codinator, Vijaypur
18	Shri Avinash singh kushwah	Block Academic Codinator, Sheopur (MDM Cell Zila panchayat Sheopur)

**District Sehore:**

S. no.	Dis./Block	Name	Degination
1	2	3	4
<b>District Level</b>			
1	Sehore	Dr. R.R. Bhosle	C.E.O. ZP Sehore
2	Sehore	Shri Dharmendra Shrma	D.E.O. Sehore
3	Sehore	Shri Ashok Pandarkar	D.P.C. Sehore
4	Sehore	Shri G.S. Chouhan	A.P.O. Z.P. Sehore
5	Sehore	Shri H.K. Rathore	A.P.O. Z.P. Sehore
6	Sehore	Shri H.K. Rathore	A.P.O. Z.P. Sehore
7	Sehore	Shri M.L. Parmar	Technical Asst. Z.P. Sehore
8	Sehore	Shri K.L. Gurondia	Grade 02 Z.P. Sehore
<b>Block Level</b>			
1	Sehore	Shri O.P. Shrma	BRCC Sehore (Sarv Siksha Abhiyan)
2	Sehore	Shri Dinesh Mawara	BAC Sehore
3	Sehore	Shri Ravi Survanshi	CAC
4	Sehore	Shri Chandar Shingh Varma	CAC
5	Sehore	Shri Neeraj Gurjar	CAC
6	Sehore	Shri Sumit Rathore	CAC
7	Sehore	Shri Surandra Yadav	CAC
8	Sehore	Shri Nizam Khan	CAC
9	Ashta	Shri M.S. Mandloi	BRCC Ashta (Sarv Siksha Abhiyan)
10	Ashta	Shri Habib Khan	BAC Ashta
11	Ashta	Shri Gajraj Thakur	CAC



<b>S. no.</b>	<b>Dis./Block</b>	<b>Name</b>	<b>Degination</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
12	Ashta	Shri Gyan Shingh Mawara	CAC
13	Ashta	Smt. Sushmita billora	CPDO- Mahila bal vikash
14	Ashta	Shri Rajiv Varma	Aush Dep.
15	Ichhawar	Shri K.K. Jain	Super Vaiser- Mahila bal vikash
16	Ichhawar	Shri O.P. Varma	BAC
17	Ichhawar	Shri Shleem Khan	BAC
18	Ichhawar	Shri Veemal Shrma	CAC
19	Ichhawar	Shri Dinesh Mawara	CAC
20	Budni	Shri Divendra Tiwari	BRCC BUDNI (Sarv Siksha Abhiyan)
21	Budni	Shri Raju Devgar	BAC
22	Budni	Shri Balram Panday	CAC
23	Budni	Smt. Kamla Nuria	Super Vaiser- Mahila bal vikash
24	Budni	Shri R.M. Mishra	BRCC Nas-Ganj (Sarv Siksha Abhiyan)
25	Budni	Shri Dinesh Shrma	BAC
26	Budni	Shri Rajendra Thakur	CAC

## **INTRODUCTION**

The National Programme of Nutritional Support to Primary Education (**NP-NSPE**) popularly known as Mid Day Meal Scheme, is a flagship Scheme of Ministry of Human Resource Development. The programme was launched on 15th August, 1995 in Government, Government aided and Local Body Schools to enhance enrolment, attendance and retention of primary class school children and to mitigate their class room hunger through nutritional support. Since its inception the scheme has undergone many changes in its coverage and content. Provision of dry ration in the initial phase has been replaced by hot cooked meals. Presently, the scheme is being implemented in primary and Upper Primary classes of Government, Government aided, Local body Schools, National Child Labour Project Schools, Madrasas and Maqtabas supported under SSA.

The basic objectives of the Mid-Day-Meal scheme include prevention of malnutrition among children, achieve universalization of Elementary Education by increasing enrolment, retention and attendance of students and thereby reducing dropout rate and improve the nutritional level of children.

Article 21 A provides Right to Children for free and compulsory education. This has been ensured through the enactment of Right to Education Act 2009, which came into force on 1st April 2010. SSA has been designated as the vehicle to realize the provisions of RTE Act, 2009. Chapter 4, Para 21 of RTE Act, 2009 stipulates that preference will be given to disadvantaged groups and weaker sections while nominating the representatives for the School Management Committee. The Act further states that all schools should have all weather building consisting of a kitchen-cum-stores to cook mid day meal in the school by 2012-13. The model rules under RTE Act also provide that School Management Committee will monitor the implementation of the Mid Day Meal in the school.

### **Nutrition supply through Cooked mid-day meals**

To achieve the objectives of the Scheme, the guidelines prescribe the following nutritional content in the mid day meal:

Components	Primary	Upper Primary
Calories	450 Cal	700 Cal
Protein	12 gms.	20 gms.
Micro-nutrients	Adequate quantities of micro-nutrients like Iron, Folic Acid , Vitamin-A etc.	

The component-wise break up of above nutrition value of food items constituting Mid Day Meal (MDM), both for primary and upper primary, are as under:-

S.No	Items	Primary			Upper Primary		
		Require- ment under MDM (gms)	Energy content  (calories)	Protein content  (gms)	Require- ment under MDM (gms)	Energy content  (calories)	Protein content  (gms)
1.	Foodgrains (Rice / Wheat)	100	340	8	150	510	14
2.	Pulses	20	70	5	30	105	6.6
3.	Vegetables	50	25	--	75	37	--
4.	Oil & Fat	05	45	--	7.5	68	--
5.	Salt & condiments	As per need	--	--	As per need	--	--
			480	13		720	20.6

Government of India constituted Review Missions (RM) in 2009 to review the implementation of the scheme as per the defined Terms of Reference (ToR) in various States across the country. The objectives of the Review Mission are as under:-

- (i) To review the performance of the Scheme in the selected State in the light of the Guidelines of the Mid Day Meal Scheme.
- (ii) To suggest policy measures for effective implementation of the Scheme in the State.

The State of Madhya Pradesh was selected for visit of Review Mission and the 5<sup>th</sup> Review Mission visited Madhya Pradesh from 11<sup>th</sup> August- 21<sup>st</sup> August, 2013 to see the implementation of the scheme in the State and assess the nutritional status of the children. Terms of Reference (ToR) of this Review Mission are given below:

### **Terms of Reference for implementation aspects of MDMS:**

1. Review the system of fund flow from State Government to Schools/cooking agency and the time taken in this process.
2. Review the management and monitoring of the scheme from state to school level.
3. 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.
4. Role of Teachers.
5. Convergence with School Health Programme (SHP) for supplementation of micronutrients and health checkups and supply of spectacles to children suffering from refractive errors.
6. Creation of Capital assets through kitchen-cum-store/kitchen devices
7. Appointment of Cook-cum –Helpers for preparation and serving of meal to the children.
8. Availability of dedicated staff for MDM at various levels.
9. Review the maintenance of records at the level of school/cooking agency.
10. Review the availability of infrastructure, its adequacy and source of funding.
11. Review of payment of cost of food grains to FCI by the districts.
12. Review the involvement of NGO's/Trust/Centralized kitchens by States/UTs Government in implementation of the Scheme.
13. Management of Information System (MIS) from school to block, district and State Level to collect the information and disseminate it to other stakeholders.
14. Assess the involvement of Community' in implementation of MDM Scheme.
15. Review of status of MIS integration with IVRS for monitoring of the scheme.
16. Review of status of MIS integration with IVRS for monitoring of the Scheme.
17. And give suggestions for improvement in the implementation of the programme.
18. Review of the status of tasting of the meal by at least one teacher.
19. Review of status of Safe storage and proper supply of ingredients to schools.
20. Review of the status of Awareness about Mid- Day Meal Scheme.
21. Review of status of convening of Monitoring Committee under the Chairmanship of Member of Parliament.
22. Review of the convening of regular review meetings at District level.
23. Review of the status of testing of food samples by reputed institute.
24. Review of the status of Emergency Medical Plan

## Term of Reference for the Assessment of Nutritional Status:

1. To measure the anthropometric measurements of a sample of children availing MDM.
  - i. Height
  - ii. Weight
  - iii. Mid arm Circumference
2. To Calculate the Body Mass Index (BMI) on the basis of measurement of Height and weight.
3. To identify the children who are undernourished and over nourished.
4. To assess the pattern of food provided in the visited schools under MDM.
5. To review the quality and quantity of the served MDM.
6. To review the satisfaction of the children parents and community on the served meal under MDM in respect of quality and quantity.
7. To suggest some nutritionally balance region specific recipes.
8. To assess the ways for better convergence with School Health Programme

The recommendations of the Review Mission are based on the evidences collected and the information gathered during the review of implementation of the Scheme in Sheopur and Sehore districts.

## Briefing Sessions and Schedule of Visits

Date	Place	Activity
12. 08. 2013	Bhopal	Briefing session by State Government on implementation of the MDMS in the State
13.08.2013-14.08.2013	District: Sheopur Block: 1. Vijaypur 2. Sheopur 3. Karhal	Field visit to schools
14.08.2013	Sheopur	Meeting with District Collector, Sheopur
16.08.2013-17.08.2013	District: Sehore Block:	Field visit to schools

<b>Date</b>	<b>Place</b>	<b>Activity</b>
	<ol style="list-style-type: none"><li>1. Ichhawar</li><li>2. Narsullaganj</li><li>3. Budhini</li><li>4. Ashta</li><li>5. Sehore</li></ol>	

## **BRIEF PROFILE OF MADHYA PRADESH**

**Madhya Pradesh (MP)** literally "Central Province" is a State in central India. Its capital is Bhopal, and the largest city is Indore. Madhya Pradesh is the second largest state in the country by area. With over 75 million inhabitants, it is the sixth largest state in India by population. It borders the states of Uttar Pradesh to the northeast, Chhattisgarh to the southeast, Maharashtra to the south, Gujarat to the west, and Rajasthan to the northwest.

### **MADHYA PRADESH AT GLANCE**

<b>Particulars</b>	<b>Data</b>
<b>1</b>	<b>2</b>
Area	308,252 km <sup>2</sup> (119,017 sq mi)
Population	75,597,565
Capital	Bhopal
Density of Population( per Sq Km.)	236 km <sup>2</sup>
Literacy Rate	70.60%
Schedule Tribes	46 (Recognised by Government)
Assembly Constituencies	230
Parliamentary Constituencies	29
National Highways	20

## Map of Madhya Pradesh



- **Districts - 50**
- **Blocks - 313**
- **Tribal Blocks - 89**
- **Municipal Corporation - 14**
- **Municipalities - 100**
- **Villages - 54903**
- **Nagar Panchayat - 263**
- **Gram Panchayat - 23010**

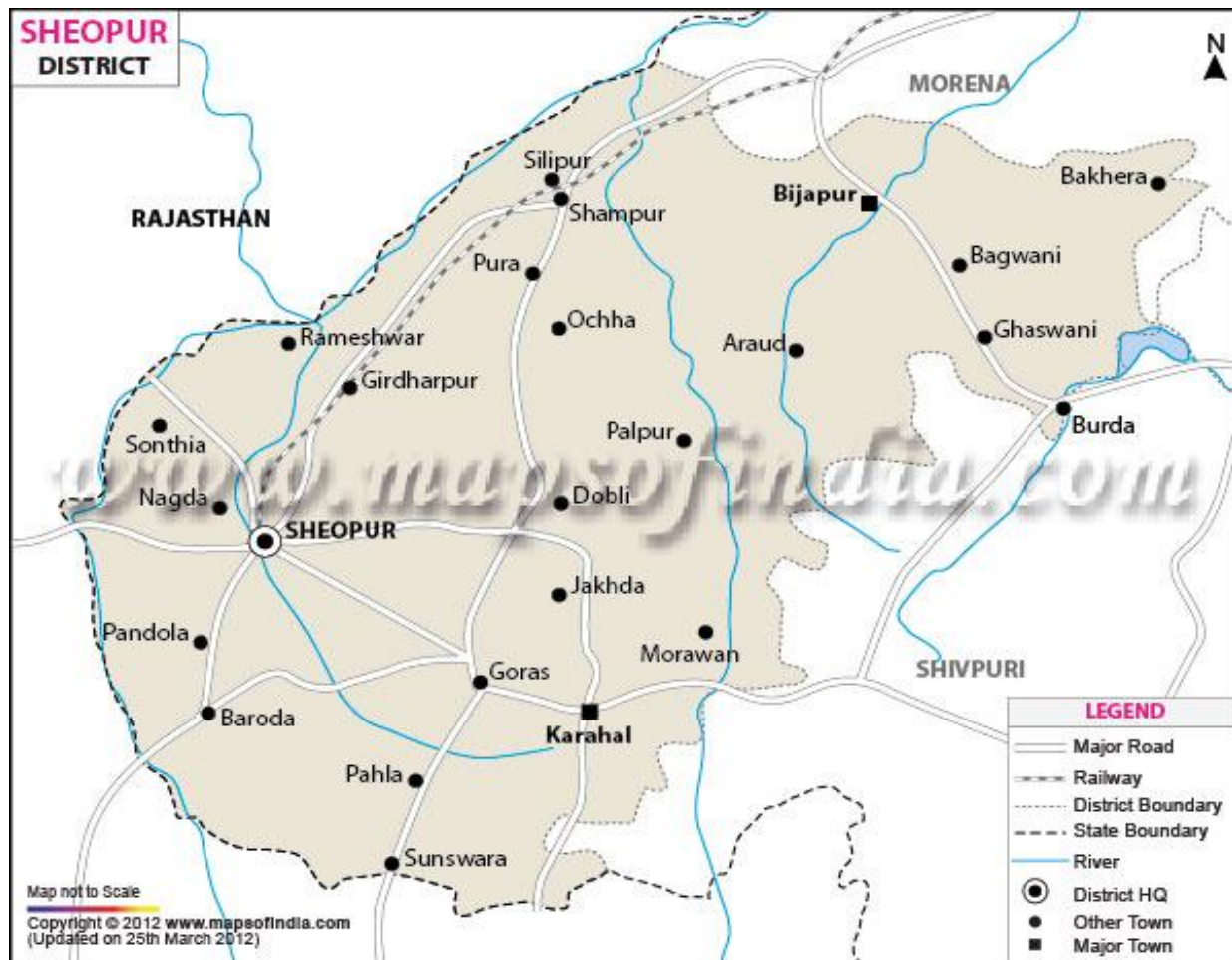


## Profile of the Districts

### SHEOPUR DISTRICT:

Sheopur is a district of Madhya Pradesh state in central India. The district is located in the north of the state and forms part of Chambal Division. It is one out of 21 tribal district of Madhya Pradesh. The town of Sheopur is the district headquarters. Other towns include Bijeypur, Karahal and Badoda.

Particulars	Data
1	2
Area	60,606 km <sup>2</sup> (2,551 sq mi)
Population	687,952
Density of Population( per Sq Km.)	100/ km <sup>2</sup> (270/ sq mi)
Literacy Rate	58.0
Sex ratio	902
Assembly Constituencies	2
Parliamentary Constituencies	1



- **Blocks - 03**
- **Tribal Blocks - 01**
- **Urban localbody - 01**
- **Villages - 587**
- **Gram Panchayat – 225**
- **PS-928 and MS-272**
- **Total School - 1200**

## SEHORE DISTRICT:

Sehore stands in the foothills of Vindhya Range in the middle of Malwa region. Sehore has a long and glorious past. Shaiva, Shakta, Jain, Vaishnav, Budhists and Nath priests made Sehore a significant seat of their deep meditation. Sehore was a part of Bhopal estate. After formation of Madhya Pradesh, the state capital Bhopal was a part of the Sehore district. It was bifurcated in 1972 and a new district Bhopal was formed.

The town of Sehore is the district headquarters. The district is part of Bhopal Division. Sehore is 39 Km away from state capital Bhopal towards south and on Bhopal-Indore highway. Its height from the sea level is 1500 ft. to 2000 ft. It is also connected to Western Railway from Bhopal to Ratlam.

Particulars	Data
1	2
Area	6578 km <sup>2</sup> (2,540 sq mi)
Population	13,11,332
Density of Population( per Sq Km.)	128
Literacy Rate	59.50%
Sex ratio	918



- **Blocks - 05**
- **Tribal Blocks - 00**
- **Urban localbody - 09**
- **Villages - 1072**
- **Gram Panchayat – 497**
- **PS-1508 and MS-667**
- **Total School - 2175**

## METHODOLOGY OF THE STUDY

### A. Implementation of MDMS

The Joint Review Mission visited two districts in the State of Madhya Pradesh. Out of the two districts, one district Sheopur was selected by Government of India on the basis of poor coverage against enrolment and Sehore was selected by the State Government. The team covered all the blocks of the above two districts. List of all primary and upper primary schools were collected from the Department. A sample of 25 schools from the Sheopur and 23 schools from the Sehore districts were selected for the study. The detail list of the visited schools is attached in the Annexure.

The JRM team was divided into two groups to examine the various issues relating to implementation of mid day meal. A set questionnaire, observations, perceptions and measurements were taken as tools. The teams have also interacted with teachers, students, cook-cum-helpers, members of SMCs, members of SHGs and local people to understand the reality of MDM implementation at the field level.

The Review Mission followed a methodology to capture the intricacies involved in the implementation of the programme. Instead of selecting a large sample, the review mission emphasized for a greater in depth study in selected samples to see the details in their entirety.

- i. The documents available with the implementing agencies were carefully studied and analyzed. Detailed discussions were held with State, District, Block and School level functionaries
- ii. Interview with stakeholders, observations, focused group discussions and record based inquiry methodology was followed to capture the information on the performance of the scheme during the visits.

Finally, the report of the JRM (MDM) was prepared and presented as per the terms and conditions.

## B. Nutritional Status

Sample Size : A total of 25 schools in Sheopur and 25 in Sehore were visited for assessing nutritional status of children during the Review period. A sample of 856 children was included in the assessment which had a representation of 420 girls and 436 boys.

S.N	Name & Type of school	Sample Size	Boys	Girls
<b>SHEOPUR</b>				
1.	Govt Middle School, Chambal Colony	7	3	4
2.	Govt Primary School, Chambal Colony	10	5	5
3.	Govt Middle School Hazarashwar	15	8	7
4.	Govt Primary School, Hazarashwar	16	7	9
5.	Govt Middle School, Zaida	23	13	10
6.	Govt Middle School, Kalmi, Karahal	12	5	7
7.	Govt Primary School, Kalmi, Karahal	34	17	17
8.	Govt Middle School No 1, Goras	14	8	6
9.	Govt Primary School No 1, Goras	25	17	8
10.	Govt Primary School, Parond	29	20	9
11.	Govt. Upper Primary School Sironi	10	6	4
12.	G Upper Primary School Ochapura	23	10	13
13.	Govt Primary School Sironi	6	3	3
14.	Govt Upper Primary School Ocha	11	6	5
15.	Govt Primary School Ocha	9	5	4
16.	Govt Primary School Gamloki	30	20	10
17.	Govt Upper Primary School Shyampur	8	3	5
18.	Govt Upper Primary School Datardan Kalan	9	4	5
19.	Govt Girls Primary School Datardan Kalan	10	10	0
20.	Govt Upper Primary School Soikalan	12	6	6
21.	Govt Boys Primary School Soikalan	10	10	0

S.N	Name & Type of school	Sample Size	Boys	Girls
22	Govt Primary School Kacharmooli	10	0	10
23	Govt Primary School Javdeswar	10	0	10
24	Middle School Raipura	7	3	4
25	G P S (Girls) Raipura	10	0	10
<b>Total</b>		<b>360</b>	<b>189</b>	<b>171</b>

S.No.	Name & Type of school	Sample Size	Boys	Girls
<b>SEHORE</b>				
1.	Govt Middle School, Lasudia Khas	16	6	10
2.	Govt Primary School, Lasudia Khas	16	8	8
3.	Govt Middle School, Balak Kothri	35	17	18
4.	Govt Middle School, Kacharia	27	13	14
5.	Govt Primary School, Kacharia	27	10	17
6.	Govt Middle School, Kila	24	12	12
7.	Govt Primary School, Kila	27	13	14
8.	Govt Boys Middle School, Mogararam	18	12	6
9.	Govt Boys Primary School, Mogararam	35	20	15
10.	Govt Girls Middle School, Mogararam	19	10	9
11.	Govt Girls Primary School, Mogararam	28	14	14
12.	Govt Middle School, Gurbhela	13	9	4
13.	Govt Primary School, Gurbhela	9	9	0
14.	Govt Upper Primary School Semlijadid	31	12	19
15.	Govt Primary School Semlijadid	20	9	11
16.	Govt Primary School Dhabla Mata	12	4	8
17.	Govt Upper Primary School Dhabla Mata	32	12	20
18.	Govt Upper Primary Bharakhedi	10	4	6
19.	Govt Primary School Akavalya	29	14	15

S.No.	Name & Type of school	Sample Size	Boys	Girls
20.	Govt Upper Primary School Satrana	33	13	20
21	Govt Primary School Semri	13	4	9
22	Govt Upper Primary School Semri	12	5	7
23	Govt Primary School, Bharakhedi	10	5	5
24	Madersa primary	5	4	1
24	Madarsa Middle	13	8	5
<b>Total</b>		<b>496</b>	<b>247</b>	<b>249</b>

## Assessment of Health and Nutritional Status

One of the most important tools used for assessing the health and nutrition status of a population is Nutrition Anthropometry. Nutrition during growing period of children directly affects the physical dimensions of their body. Height and Weight are the most commonly used anthropometric measurements. The indices generally used to assess nutritional status are height for age, weight for age and body mass index for age.

**Measurement of Ht :** Height was measured using a portable wall mounted stature meter which had an accuracy of 0.1 cm. Accuracy of the stature meter was assessed by measuring five individuals five times by the stature meter under testing and comparing the height with that measured using the standard steel measuring tape. The stature meter was unwound completely. The nail on which the stature meter is hung was fixed so that the horizontal limb of the stature meter resting on a flat floor was reading Zero.

To ensure that the tape is winding down vertically, the tape was drawn down vertically and it was ensured that the horizontal limb rests evenly on the floor.

Two lines were drawn one on either side of the tape when it was held at 90 degree vertical plane.

The child was positioned under the wall mounted stature meter. It was ensured that the child was barefooted and hair was flat, feet together with heels, buttocks and shoulder touching the wall, Tragus of the ear and the lower orbital margin in the same horizontal plane (Frankfurt Plane). The horizontal limb of the stature meter was firmly placed on the top of the head but was not pressed. With the eyes of the investigator in level with the window showing the reading, the height was measured to the nearest 0.1cm.

According to WHO, “Stunting” refers to insufficient gain of height relative to age (WHO,1995). It is an indicator of chronic under-nutrition and is a result of extended periods of inadequate food intake or increased morbidity or a combination of both.

**Measurement of Wt :** The body weight of children was taken on a personal weighing machine with maximum capacity of 120 KG and minimum division of 0.5 Kg. having an accuracy of  $\pm 100g$ . The weighing scale was placed on a flat, even floor away from the wall. The children were



weighed wearing school uniform but without shoes. The child was requested to stand erect on the weighing scale without any support and not move while the weight was noted (Gibson,1990).

A child who is 15-20% below the normal weight for his age and height is classified as 'Underweight'. Underweight indicates low body mass relative to chronological age which is influenced by height as well as weight of the child.

**Measurement of Mid Upper arm circumference (MUAC) :** MUAC indicates the status of muscle development. In the present study, the MUAC was measured using a tape with minimum count of 0.1 cm. The mid point between the acromion of scapula and the tip of the olecranon process of the ulna (forearm bone), with the arm flexed at the elbow at right angle, was marked with a marker pen. The subject was asked to hang his/her arm freely and the fiber glass tape was gently but firmly placed around the arm, at the marked mid point without exerting too much pressure on the soft tissues. Reading was taken to the nearest millimeter with the tape still in position (Gibson, 1990).

**Calculation of BMI :** The Body Mass Index (BMI) was calculated using the following equation given by Garrow,1981: (Formula and compared with WHO ref Stdrds) :

$$\text{BMI} = \text{Weight}/\text{Height}^2$$

where weight is in Kilogram and height is in Meters

Nutritional Status Classification of Children According to Body Mass Index (WHO, 2007)

Classification	BMI (Principal cut off points)
Severely undernourished	< minus 3SD
Mildly undernourished	minus 2SD to minus 3 SD
Normal Range	+1 SD to -2 SD
Overweight	+1SD to + 3 SD
Obesity	> + 3SD

“Severely Undernourished” is an indicator of acute under-nutrition, which can be due to most recent food deprivation or illness (Bose et al,2008). It is defined as body weight significantly below the weight expected of a child of same height.

**Signs of Nutritional Deficiencies :** Signs of various nutritional deficiencies were looked for in children and presence, if any was taken note of. In order to reinforce this information, reporting by the student and the teacher was also taken note of.

## Assessment of Food Intake and its Quality

**Food Consumption Pattern :** 24 hour Recall method was used to draw information on food consumption of the children. The number of meals, items and quantity thereof consumed by children on the day previous to the visit were recorded.

### Evaluation of MDM :

- **Serving Size of Mid-Day Meals :** The usual portion size being served to children was weighed on a spring balance having an accuracy of  $\pm 10$  gms. In order to minimize error, two portions of each dish were randomly weighed separately. The weight of the plate/tiffin box was subtracted from the total weight in order to obtain net weight of meals served. The serving size was used to determine the energy and nutrient content supplied to children through mid day meals.

The serving size and nutrient supply through MDM was reported overall as also District wise.

Wastage or rejection of food by the children was noted and, if wastage was seen in large quantities, the same was also weighed to calculate the Net food intake and therefore actual Nutrient intake by children.

The information was analysed w.r.t Gender, Rural vs Urban, the 2 districts.

- **Temperature :** The 'Danger Zone' in which food-borne bacteria can grow is defined as  $5^{\circ}$  C to  $57^{\circ}$  C ( $41^{\circ}$  F –  $135^{\circ}$  F) according to the 2009 U.S Food and drug Administration Code (2009). However, some other agencies consider the danger zone as  $5^{\circ}$  C to  $60^{\circ}$  C ( $41^{\circ}$  F –  $140^{\circ}$  F). As is evident from the term, microorganisms multiply at a fast pace when food is kept at this temperature range. Therefore, all foods should be kept at temperatures either below  $4^{\circ}$  or piping hot above  $65^{\circ}$  C.

The temperature of each dish was noted using a thermometer having an accuracy of  $\pm 1^{\circ}$  C. To ensure Hygiene, the thermometer was cleaned using clean water and disinfectant before and after each use.

- **Sensory Evaluation of MDM :** It is an established fact that the sensory attributes play an important role in acceptability of a food or meal. Hence, the mid day meal served on the day of visit was evaluated for sensory attributes like colour, appearance, texture, consistency, flavor and mouth feel.

**General Observations:** The Mid Day Meal was evaluated for other general parameters also

like:

- Most Liked Food item
- Least liked Food Item
- Type of Utensils used - For cooking  
For serving  
For eating
- Is food kept covered or not

- Who provides eating utensils
- What happens if someone does not bring their plate and saucer
- Cleanliness of utensils used for cooking, storage and eating
- Who washes utensils after eating and how
- Waste Disposal
- Cleanliness of surroundings/kitchen

## OBSERVATIONS OF THE JOINT REVIEW MISSION

### A. Implementation of MDMS

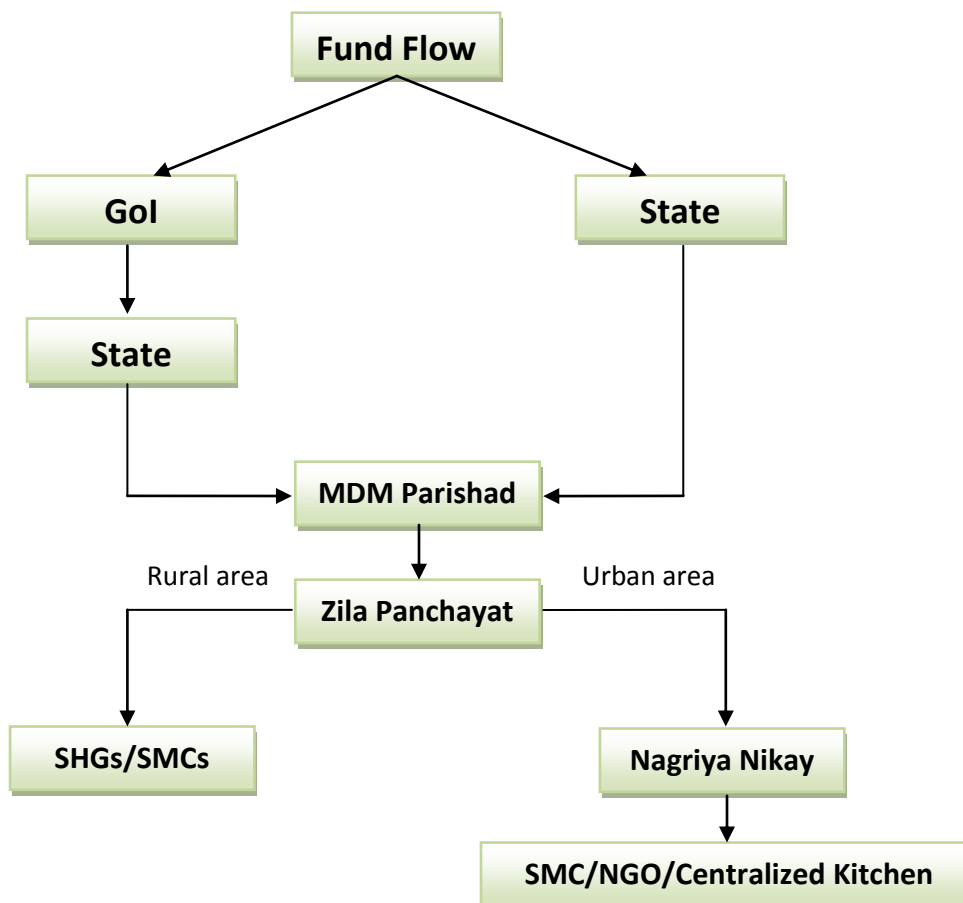
On the basis of the data made available, field observations, interaction with various stakeholders as well as the nutritional assessment of the students, the observations made by the Mission have been discussed herein. To facilitate the discussion, these observations have been categorized into two sections – assessment of MDMS (Mid Day Meal Scheme) and assessment of nutritional status.

#### Assessment of MDMS

##### 1. Review the fund flow from the State Government to schools/cooking agency and the time taken in this process

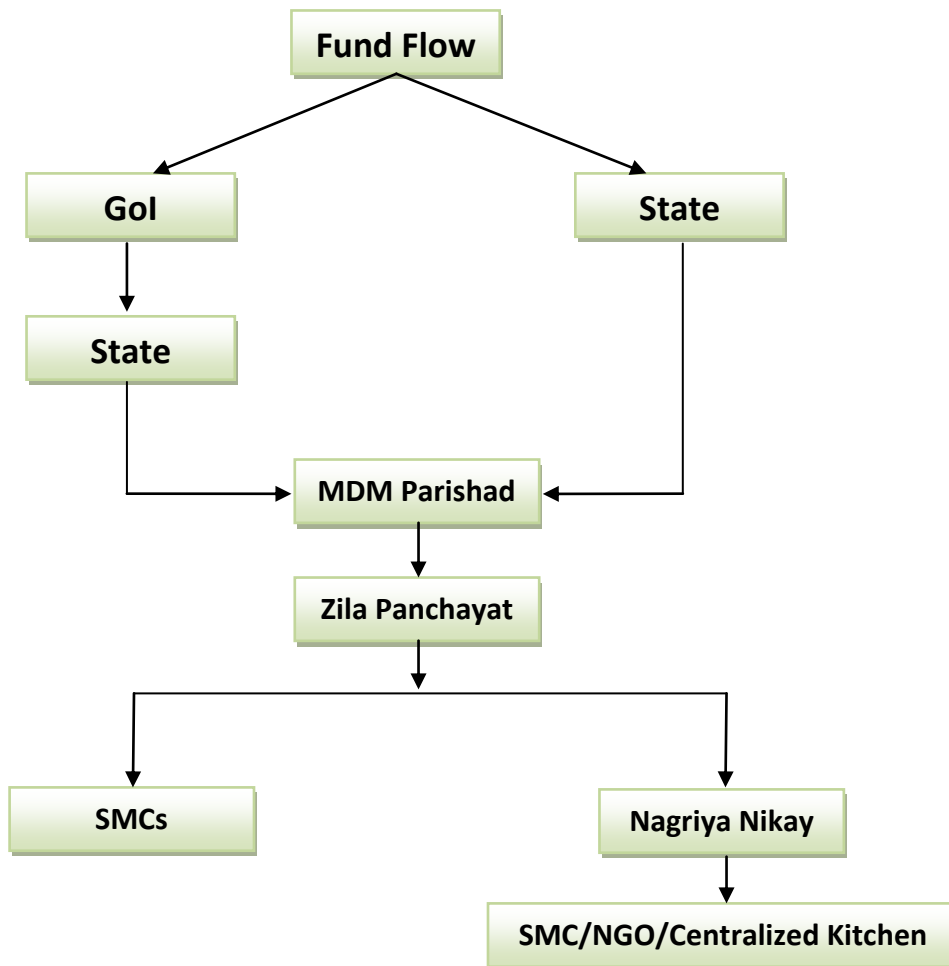
The existing system of fund flow from the Finance Department to the school level involves the following steps.

#### Fund Flow of Cooking Cost



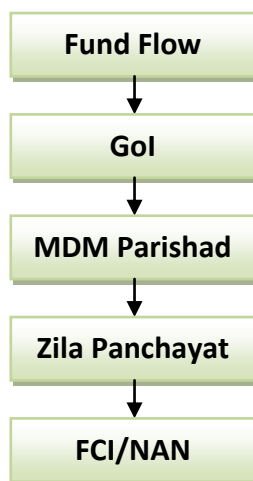
The State government releases cooking cost to Zila Panchyat including State share and the zila panchyat releases cooking cost to directly SHG/SMC in rural area and in urban area the same is released through Nagriya Nikay.

### Fund Flow of Cook cum Helper



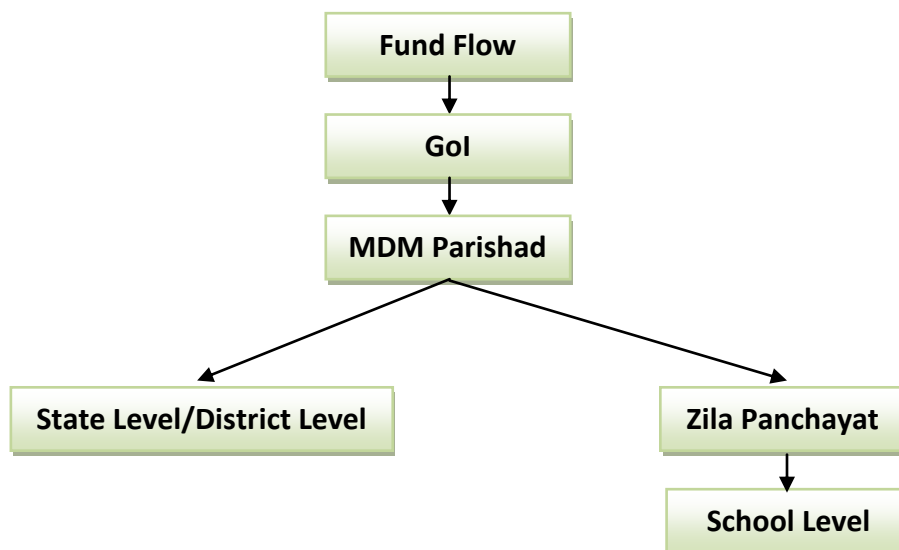
In case of honorarium to cook-cum-helpers, the amount is released from the State to the respective District Zila Panchayat. Fund is released (one month advance) from the District to the School Management Committee Account. Cheque is released in the account of the Cooks in the first week of every month after seeking attendance of the Cook cum Helper.

## Fund Flow of Cost of Food Grain



State Government has authorized / nominated the district Collector who will be responsible for receiving the bills submitted by NAN/FCI and ensuring payment to it in time. NAN/FCI will raise the bills pertaining to supply of food grains during a month to the district Collector by the 10th day of the following month in the prescribed format and the district Collector will ensure payment within 20 days of the day of submission of the bills.

## Fund Flow of MME



In case of MME, fund is released by Mid-Day-Meal parishad to Zila Panchayat at district level and finally it is transfer at school level in SMC's account for school level expenditure.

The actual time taken in transfer of funds from State to districts has been shown in the following table:

**2012-13**

<b>S.No</b>	<b>Components</b>	<b>Date of Fund received by the state from GoI</b>	<b>Date of fund received by the State (State Share)</b>	<b>Date of fund release by state to Directorate</b>	<b>Gap of (No. Of Days) between funds receiving and releasing</b>	<b>Reason for delay if any</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>1</b>	Cooking cost	09-05-2012 13-08-2012 08-02-2013 28-03-2013	15-06-2012 22-09-2012 07-03-2013 31-03-2013	18-06-2012 25-09-2012 09-03-2013 31-03-2013	39 42 29 03	Official process
<b>2</b>	Kitchen Shed	06-09-2012	23-03-2013	25-03-2013	195	Previously no budget provision for kitchen shed, additional budget provision made in third supplementary budget.
<b>3</b>	Kitchen Devices	-	-	-	-	-
<b>4</b>	Transportation	09-05-2012 13-08-2012 08-02-2013 28-03-2013	-	18-06-2012 25-09-2012 09-03-2013 31-03-2013	39 42 29 03	official process
<b>5</b>	MME	09-05-2012 13-08-2012 08-02-2013 28-03-2013	-	15.06.2012 04.09.2012 22.09.2012 30.10.2012	<b>Approx 03 month</b> <b>Approx 01 month</b>	official process and availability of fund at district level

S.No	Components	Date of Fund received by the state from GoI	Date of fund received by the State (State Share)	Date of fund release by state to Directorate	Gap of (No. Of Days) between funds receiving and releasing	Reason for delay if any
1	2	3	4	5	6	7
6	Honorarium to Cook-cum-helpers	09-05-2012 13-08-2012 08-02-2013 28-03-2013	15-06-2012 22-09-2012 07-03-2013 31-03-2013	18-06-2012, 25-09-2012. 09-03-2013, 31-03-2013	39 42 29 03	Official process
7	Cost of foodgrain	09-05-2012 13-08-2012 08-02-2013 28-03-2013	-	18-06-2012 25-09-2012 09-03-2013 31-03-2013	39 42 29 03	-

It is evident from the above table that the State received the adhoc installment of fund of 2012-13 on 09<sup>th</sup> May 2012 and it took around 40 days to release the fund from State Government to State Directorate. On the other hand State Directorate had released the fund on 30.06.2012 to the Districts. It took around 12 days for release of fund from State Directorate to Districts. Almost similar pattern was observed in other components and further installments also.

As far as the flow of funds at District level in concerned, in both the visited Districts i.e. Sehore and Sheopur, the cooking cost has been released by Districts without much delay. However, in case of MME, the delay of 33 days has been reported in Sehore District.



The fund release details (cooking cost) for both the districts are shown in the following tables:

Distt.	Components	School Level	Date of Fund received by the District from state	Date of fund release by the District to Block/ FCI/SHG/S MC	Gap of (No. Of Days) between funds receiving and releasing	Reason for delay if any
1	2	3	4	5	6	7
Sehore	cooking cost	PS & MS	30.06.2012, 04.10.2012, 21.11.2012, 06.02.2013, 12.03.2013, 06.05.2013	02.07.2012, 11.10.2012, 01.12.2012, 13.02.2012,	1, 6, 9,7	official process
	Kitchen shed		09.05.2013	Nil	Nil	
	Kitchen devices		Nil	Nil	Nil	
	MME		04.09.2012,3 0.10.2012	18.10.2012,2 8.05.2013	33, 7 month	
	Transportation		Nil	Nil	Nil	
	Cost of Food grain		28.06.2012, 04.10.2012, 05.02.2013, 12.03.2013	12.07.2012, 14.08.2012, 13.12.2012, 03.01.2013, 21.02.2013, 21.03.2013, 12.04.2013	Nil	
	Cook cum helper		05.07.2012, 08.10.2012, 22.03.2013, 25.03.2013, 08.05.2013	14.05.2012, 11.06.2012, 02.07.2012, 31.07.2012, 01.10.2012, 19.10.2012, 30.03.2013	Approx. 25 to 30 days	official process
Sheopur	cooking cost	PS & MS	30.06.2012, 04.10.2012, 21.11.2012, 06.02.2013, 12.03.2013, 06.05.2013	31.07.2012, 03.10.2012, 07.12.2012, 04.02.2013, 17.04.2013	1, 6, 9,7	official process
	Kitchen shed		Nil	Nil	Nil	
	Kitchen device		Nil	Nil	Nil	

Distt.	Components	School Level	Date of Fund received by the District from state	Date of fund release by the District to Block/ FCI/SHG/S MC	Gap of (No. Of Days) between funds receiving and releasing	Reason for delay if any
1	2	3	4	5	6	7
	MME		04.09.2012,3 0.10.2012	04.09.2012,3 0.10.2012	Nil	
	Transportation		Nil	Nil	Nil	
	Cost of Food grain		28.06.2012, 04.10.2012, 05.02.2013, 12.03.2013	24.07.2012, 21.08.2012, 29.10.2012, 24.01.2013, 19.03.2013, 30.03.2013	Nil	

**Status of flow of funds in the 1<sup>st</sup> quarter of FY 2013-14:**

S.No	Components	Date of Fund received by the state from GoI	Date of fund received by the State (State Share)	Date of fund release by state to Directorate	Gap of (No. Of Days) between funds receiving and releasing	Reason for delay if any
1	2	3	4	5	6	7
1	cooking cost	19.04.2013	25.06.2013	28.06.2013	70	official process
2	Kitchen Shed	-	-	-	-	-
3	Kitchen Devices	-	-	-	-	-
4	Transportation	19.04.2013	-	18.06.13	60	official process
5	MME	19.04.2013	(18.06.13)(23 .07.13)	06.08.13	-	
6	Cost of food grain	19.04.2013	-	18.06.13	60	
7	Cooks	19.04.2013	25.06.13	28.06.13	70	official process

It is evident from the above table that the State received the adhoc installment of fund of 2013-14 on 19<sup>th</sup> April 2012 and it took around 70 days to release the fund from State Government to State Directorate. On the other hand State Directorate had released the fund on 28.06.2013 to the Districts. No delay has been observed in release of fund from State Directorate to Districts. However the transportation assistance provided by State directorate to NAN has not been utilized timely by lead and link society.

As far as the flow of funds at District level in concerned, in both the visited Districts i.e. Sehore and Sheopur, the cooking cost has been released by Districts in advance. However, rest of the components were not released by Districts before 30<sup>th</sup> June, 2013.

The fund release details (cooking cost) for both the districts is shown in the following tables:

<b>Distt.</b>	<b>Components</b>	<b>School Level</b>	<b>Date of Fund received by the District from state</b>	<b>Date of fund release by the District to SMC/SHG</b>	<b>Gap (No. Of Days) between funds receiving and releasing</b>	<b>Reason for delay if any</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Sheopur	Cooking Cost	PS & MS	28.06.2013	17.05.2013	Advance fund release by district from unspent balance amount	
	Kitchen Shed	PS & MS	-	-	-	-
	Kitchen Devices	PS & MS	-	-	-	-
	MME	PS & MS	06.08.2013	-	-	-
	Transportation	PS & MS	-	-	-	-
	Cost of foodgrain	PS & MS	29.06.2013	-	-	NAN has not submitted the bills
	Cooks	PS & MS	28.06.2013	07.07.13		
Sehore	Cooking Cost	PS & MS	28.06.2013	24.04.2013, 09.05.2013, 08.06.2013, 12.07.2013	Advance fund release by district from unspent balance amount	

Distt.	Components	School Level	Date of Fund received by the District from state	Date of fund release by the District to SMC/SHG	Gap (No. Of Days) between funds receiving and releasing	Reason for delay if any
1	2	3	4	5	6	7
	Kitchen Shed	PS & MS	-	-	-	-
	Kitchen Devices	PS & MS	-	-	-	-
	MME	PS & MS	06.08.2013	-	-	-
	Transportation	PS & MS	-	-	-	-
	Cost of food grain	PS & MS	29.06.2013	21.06.2013, 29.07.2013		
	Cooks	PS & MS	28.06.2013	07.07.2013 06.08.2013	-	-

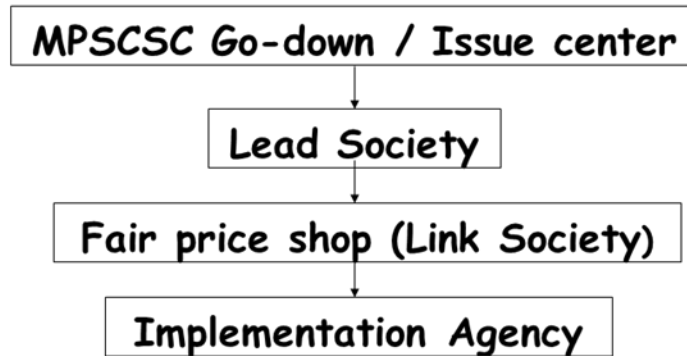
## 2. Food grain flow

After receiving allocation of food grains from Government of India the State Government reallocates the food grains on the basis of average attendance and number of educational days of the districts. District Collector / CEO Zila Panchayat releases the food grain on quarterly basis. Release Orders (Month wise) are issued to the SHGs / SMCs on the basis of which the food grains are lifted from Fair Price Shops by the SHGs / SMCs.

As per the information provided by the State, appropriate arrangements have been established between NAN depots and SHGs/SMCs of schools in each district to ensure timely lifting and transportation of food grains up to the school.

Suitable arrangement has been made at all levels for secured storage of foodgrains. M.P. State Civil Supplies Corporation Ltd, representatives of District Collector and district project coordinator (SSA) carry out joint inspections of food grains for monitoring Fair Average Quality (FAQ) of the supply. The FAQ monitoring is also done at the level of lead society, link society and SHGs / SMCs.

## Lifting and Transportation of Food grains



The food grain flow from State to Districts for FY 2012-13 is shown in the following table:

S.No	Components	Date of foodgrains received by the state from GoI	Date of foodgrains release by state to District	Gap of (No. of Days) between foodgrains receiving and releasing	Reason for delay if any
1	2	3	4	5	6
1	Foodgrains	16-02-2012 29-08-2012	01-03-2012 11-09-2012	13 12	official process

The food grain flow details from for both the districts are shown in the following table:

S.No	Districts	School Level	Date of foodgrains released by the state to district	Date of foodgrains received by the District to block	Gap of (No. Of Days) between foodgrain receiving and releasing	Reason for delay if any
1	2	3	4	5	6	7
1	Sheopur	PS & MS	01.03.2012,11.09.2012	04.05.2012, 18.06.2012, 31.08.2012, 17.10.2012,15.01.2013, 23.03.2013		official process
2	Sehore	PS & MS	01.03.2012,11.09.2012	18.04.2012, 19.06.2012, 02.07.2012, 23.08.2012		official process

Flow of food grains in the FY 2013-14

S.No	Components	Date of foodgrains received by the state from GoI	Date of foodgrains release by state to District	Gap of (No. Of Days) between foodgrains receiving and releasing	Reason for delay if any
1	2	3	4	5	6
1	foodgrains	15.02.13	07.03.13	19	official process

S.No	Districts	School Level	Date of foodgrains released by the state to district	Date of foodgrains received by the District to block	Gap of (No. Of Days) between foodgrain receiving and releasing	Reason for delay if any	
1	2	3	4	5	6	7	
1	Sheopur	PS	07.03.2013	05.06.2013		official process	
		MS					
3	Sehore	PS			24.04.2013, 09.05.2013, 08.07.2013		
		MS					

It is evident from the above table that much delay has not been observed in releasing foodgrains

from State to District. However, none of the districts have released the food grains to blocks before the start of the 1<sup>st</sup> quarter in both the Financial Years. In Sheopur District the food grain for 1<sup>st</sup> quarter has been released to blocks only in the month of June, 2013. However, the programme at the beginning of the academic session since 17 June, 2013 has not suffered for want of foodgrains.

### **Change of supplying agency from Food Corporation of India (FCI) to Nagrik Aapoorti Nigam (NAN)**

The State of Madhya Pradesh comes in category Of DCP (Decentralized procurement) States. In DCP states, as per the order issued on 14.02.2012, Department of Food, Govt. of India has issued instruction to use excess DCP stock for MDMS. In this regard, Department of Food, Govt. of Madhya Pradesh requested Ministry of Human Resource Development, Govt. of India to permit the same. Accordingly Ministry of Human Resource Development, Govt. of India informed *vide* its DO letter No. 1/15/2009/DESK-MDM dated 08.04.2013 that the proposal had been examined in consultation with Department of Food and Public distribution who had given the following confirmation and advice:

- 1. In so far as the quality of foodgrains is concerned as per instructions, foodgrains confirming to the minimum quality specifications of issuable ready stocks for distribution under targeted PDS is to be allocated/supplied under MDMS.*
- 2. With regard to proposed arrangement for payment price of food grains while the payment at the issue price can be taken by MPSCSC directly from the concerned District Administration. The differential (subsidy) can be claimed from Department of Food and Public Distribution, Ministry of Consumer Affairs, Govt. of India as per procedure already been followed in case of TPDS and subject to instructions issued in this regard from time to time.*
- 3. You may like to take further necessary action as per the advice of the Dept. of Food and Public Distribution for utilizing DCP foodgrains under MDM scheme.*

On the basis of this advice, the State Government issued orders on 8 July, 2013 for lifting of food grain from NAN instead of FCI and payment of foodgrains would be done direct to District Manager, NAN.

**JRM team members visited NAN godown in Sehore District on 17<sup>th</sup> August, 2013 and made the following observations:**

- There are altogether 5 godowns with total capacity of 6100 metric tonnes (MT):  
3 godowns each with a capacity of 1800 MTs and 2 with capacity of 400 and 300 MTs respectively.
- Jute bags containing foodgrains were stacked on racks. Each rack had a capacity of storing 160-175 MTs.
- Both rice and wheat are stored in the units.
- Food grain under MDM is lifted from FCI by NAN and distributed as per block wise allocations made by the district authorities.
- In the NAN godowns, storage and preservation of grains was being done by standard, scientific, technical methods using approved preservatives in desired quantities.

### **3. Management and monitoring of the scheme from the State to school level**

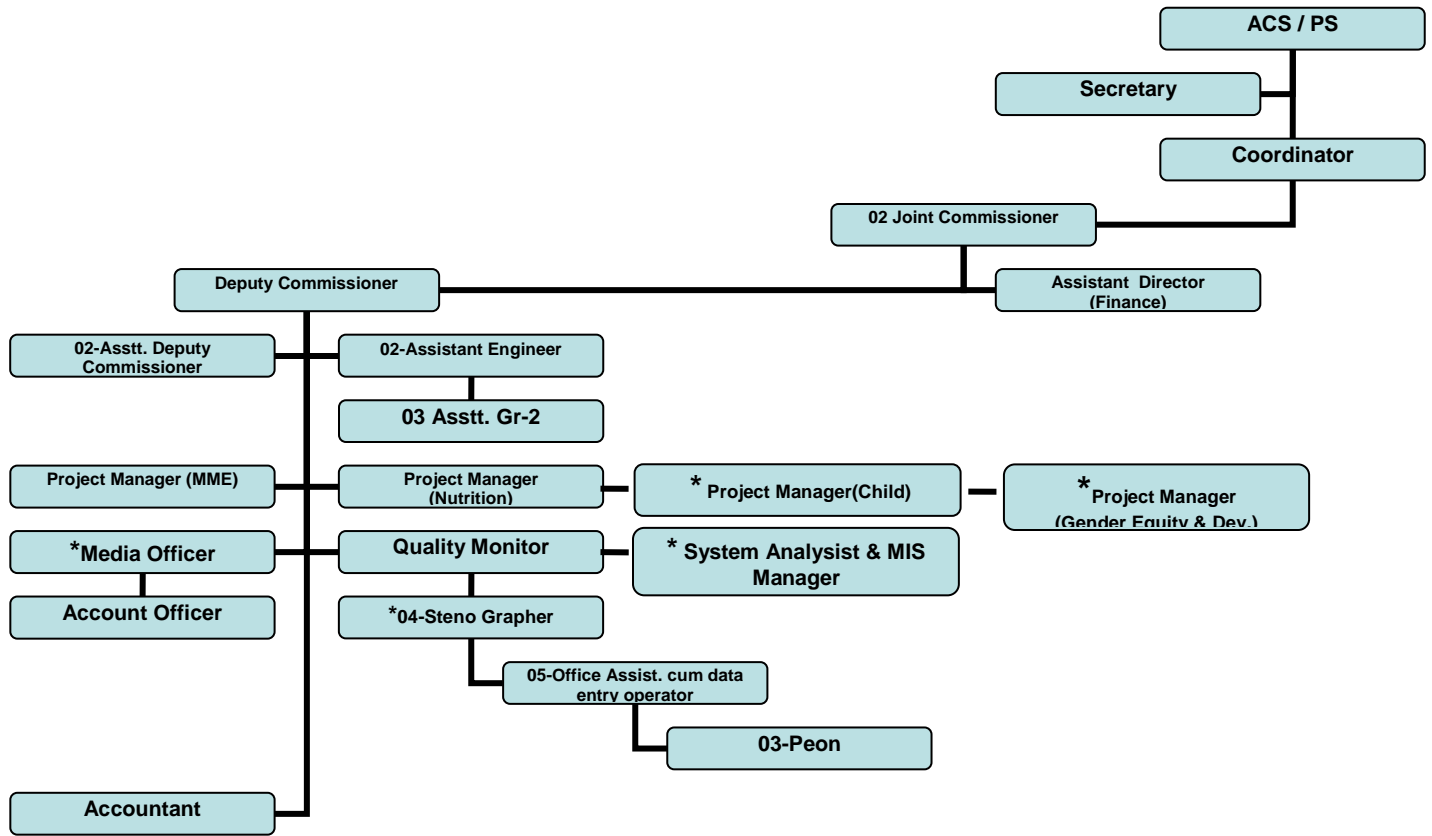
The present Management structure of Mid-Day Meal is totally under the Panchayat and Rural Development Department. At the State level, Additional Chief Secretary, Panchayat & Rural Development Department, Govt. of Madhya Pradesh controls the MDM implementation at the State Level. The Coordinator is the Nodal officer of Mid-Day-Meal Scheme in the State and oversee the implementation of MDM. The coordinator is assisted by Deputy Commissioner who is in turn assisted by two Asst. Deputy Commissioners.

It is praiseworthy to mention that the State has dedicated staff for monitoring of the scheme at State as well as District level. At the State level the MDMS is monitored by two task managers and one quality monitor and they all report to Deputy Commissioner.

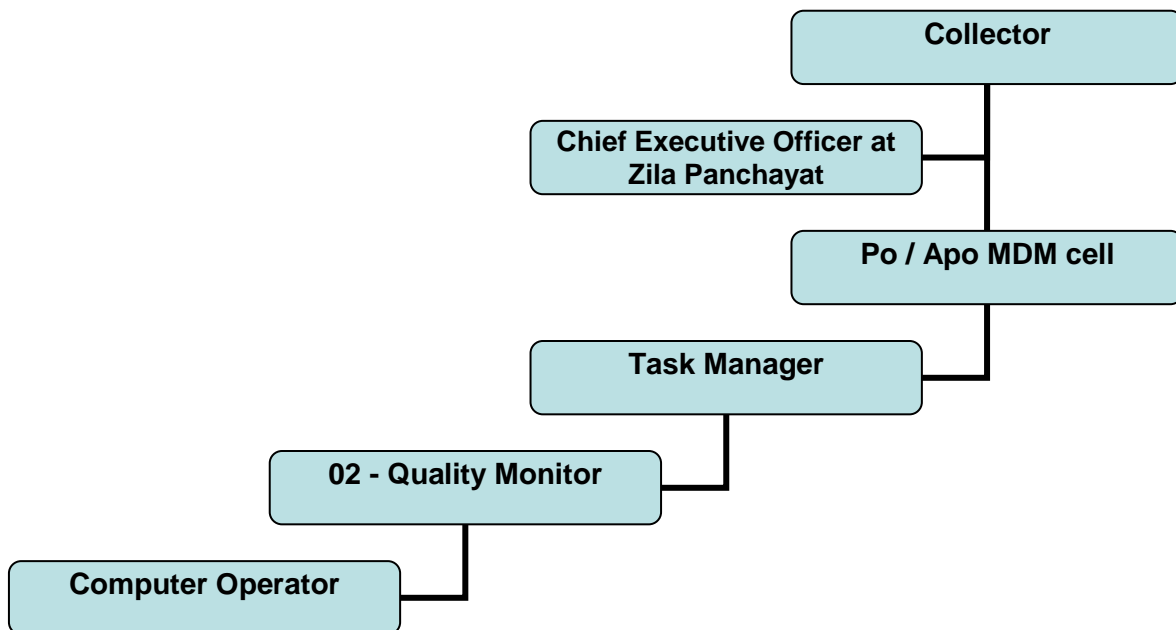
The existing management structure for implementation of the scheme has been shown in the following diagram.



## Management Structure at State level:



## Management Structure for implementing MDMS at district level:



Similarly at the district level, one task manager and two quality monitors are appointed for the monitoring of MDMS. Apart from these one computer operator has also been appointed at district level. The task managers and quality monitors report to Project Officer/Addl. Project Officer of MDM who in turn report to CEO, Zila Panchayat. CEO further reports to District Collector.

### **Position of State and district level posts**

#### **State level (Head Quarter) :**

<b>S.No</b>	<b>Post</b>	<b>Sanctioned post</b>	<b>Filled Post</b>	<b>Vacant Post</b>	<b>Remark</b>
<b>1</b>	State Coordinator	1	1	0	
<b>2</b>	Joint commissioner (Planning and implantation)	1	0	1	
<b>3</b>	Joint commissioner (Resources, Management and monitoring)	1	0	1	
<b>4</b>	Deputy commissioner	1	1	0	
<b>5</b>	Asst. Director Finance	1	1	0	
<b>6</b>	Asst. Deputy commissioner	<b>2</b>	<b>2</b>	<b>0</b>	
<b>7</b>	Asst. Engineer	1	1	0	
<b>8</b>	Sub Engineer	2	0	2	
<b>9</b>	Project Manager (Child health)	1	0	1	
<b>10</b>	Project Manager (Management monitoring and evaluation)	1	1	0	
<b>11</b>	Project Manager (Nutrition)	1	1	0	
<b>12</b>	Project Manager (gender equality and community development)	1	0	1	
<b>13</b>	Media officer	1	0	1	
<b>14</b>	Account officer	1	0	1	
<b>15</b>	Quality Monitor	1	1	0	

S.No	Post	Sanctioned post	Filled Post	Vacant Post	Remark
16	Accountant	1	1	0	
17	System analyst and MIS Manager	1	0	1	
18	Programme Assistant	3	1	2	
19	Stenographer	4	0	4	
20	Office assistant cum Data entry Operator	5	0	5	
21	Peon	3	2	1	
<b>District level :</b>					
1	Task Manager	54	34	20	
2	Quality Monitor	100	51	49	
3	Computer Operator	50	<b>50</b>	<b>50</b>	
<b>Sheopur District :</b>					
1	Task Manager	1	0	1	
2	Quality Monitor	2	0	2	
3	Computer Operator	1	<b>1</b>	<b>0</b>	
<b>Sehore District :</b>					
1	Task Manager	1	1	0	
2	Quality Monitor	2	1	1	
3	Computer Operator	1	<b>1</b>	<b>0</b>	

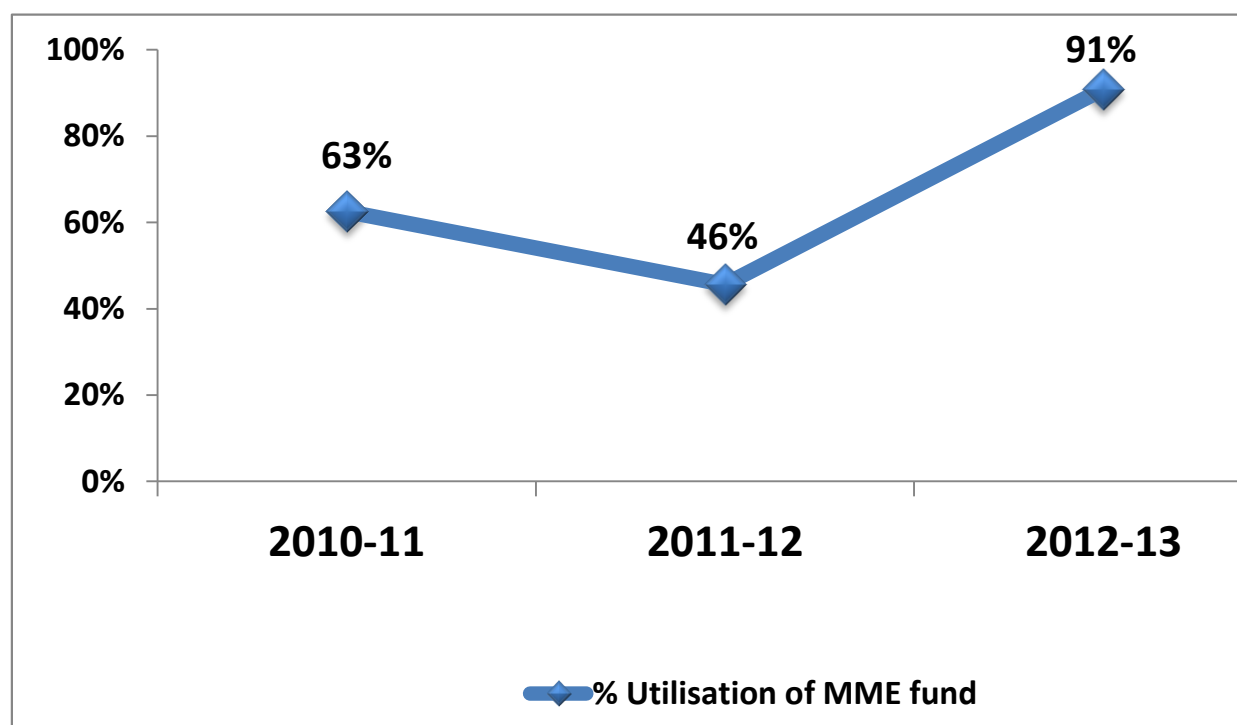
It is evident from the above that a large no. of posts are vacant as far as dedicated staff for MDM is concerned. At district level posts for 20 task managers and 49 quality monitors are vacant.

The team also analyzed the vacant and filled posts in the visited Districts i.e. Sheopur and Sehore. It is relevant to mention that in Sheopur, all the 3 posts for task manager and quality monitors are vacant. The impact of the same was clearly visible to the teams during the field visit to the schools. There was a clear lack of monitoring in the District. The record keeping was found to be

very poor. The schools were able to provide the records for the current academic year i.e. for 2 months only.

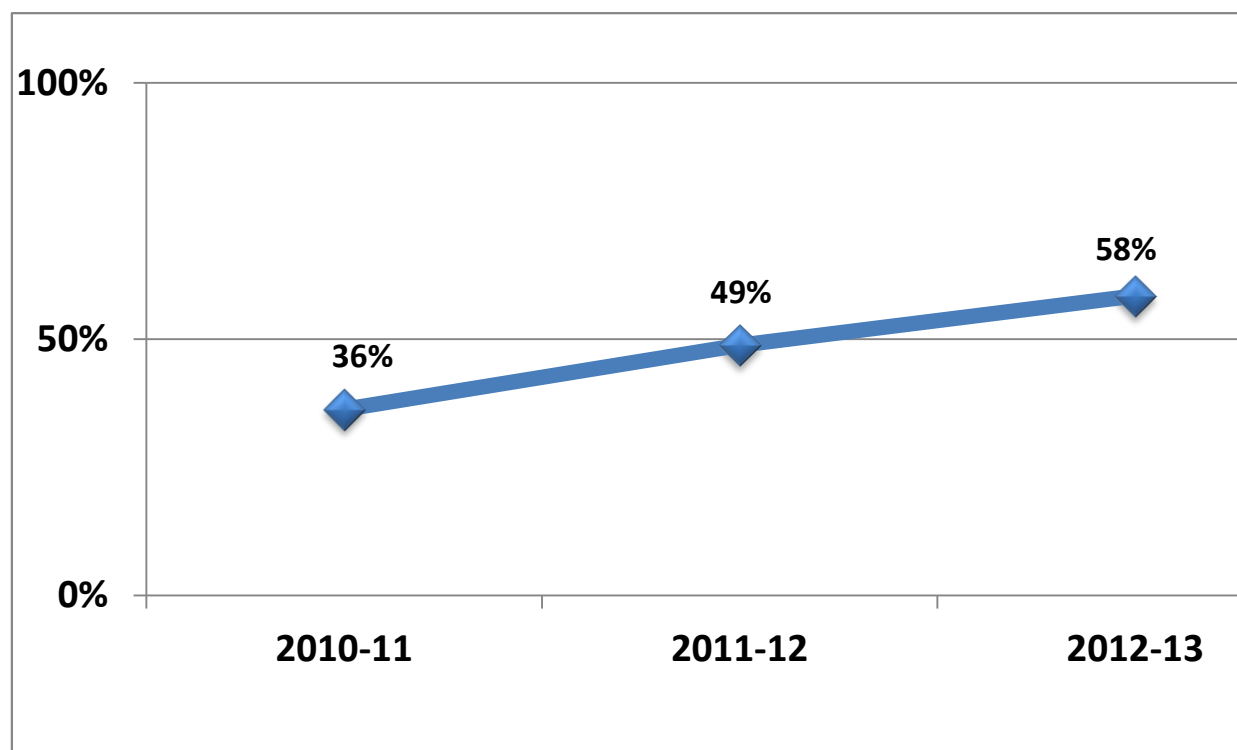
It is recommended that the vacant posts may be filled up as soon as possible as the same would ensure the regular monitoring as well as better management of the scheme at all levels. The option of following the similar mechanism at the block level may also be explored.

Monitoring is an integral part of implementation of the MDM scheme and utilisation of Management, Monitoring and Evaluation (MME) fund shows the performance of the States/UTs in monitoring of the MDMS. The year wise utilisation of MME fund has shown in the following graph.



The above data depicts the fact that as compared to previous financial year, the utilisation percentage has been improved significantly during 2012-13 and reached 91% as compared to 46% in the previous year.

The corresponding data on inspection of schools has been shown below.



The inspection of schools has also improved over the period of time. But still only 58% schools have inspected in the year 2012-13.

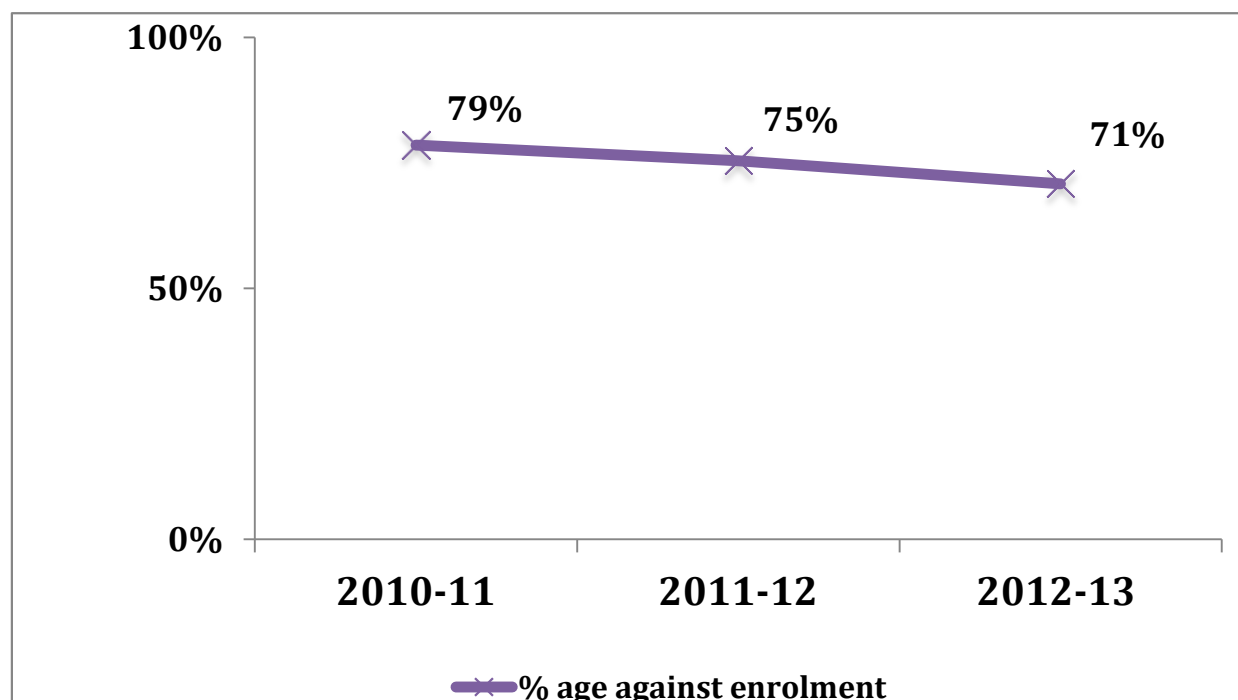
**Observation:**

There was a clear lack of monitoring in the Sheopur District. The record keeping was found to be very poor. The schools were able to provide the records for the current academic year i.e. for 2 months only. The inspection registers were maintained in the schools with well defined columns, some of the columns like availability of foodgrains and cooking cost were not filled in a large number of schools by the inspectors. The inspection reports should also include remedial action to be taken in case any shortcomings like delay in food grains and cooking costs, delay in payment of cook cum helpers and any other MDM related issues, operational drinking water facility and toilets etc. are observed. Had there been regular inspections by the State Officials or District Officials the records for the previous financial year would have been available and also records on stock of foodgrains and availability cooking cost would have been maintained. The situation was a shade better in the Sehore district where regular inspections were done by the officials.

**4. Implementation of the scheme with reference to coverage of children, availability of food grains, availability of cooking cost, regularity in serving MDM.**

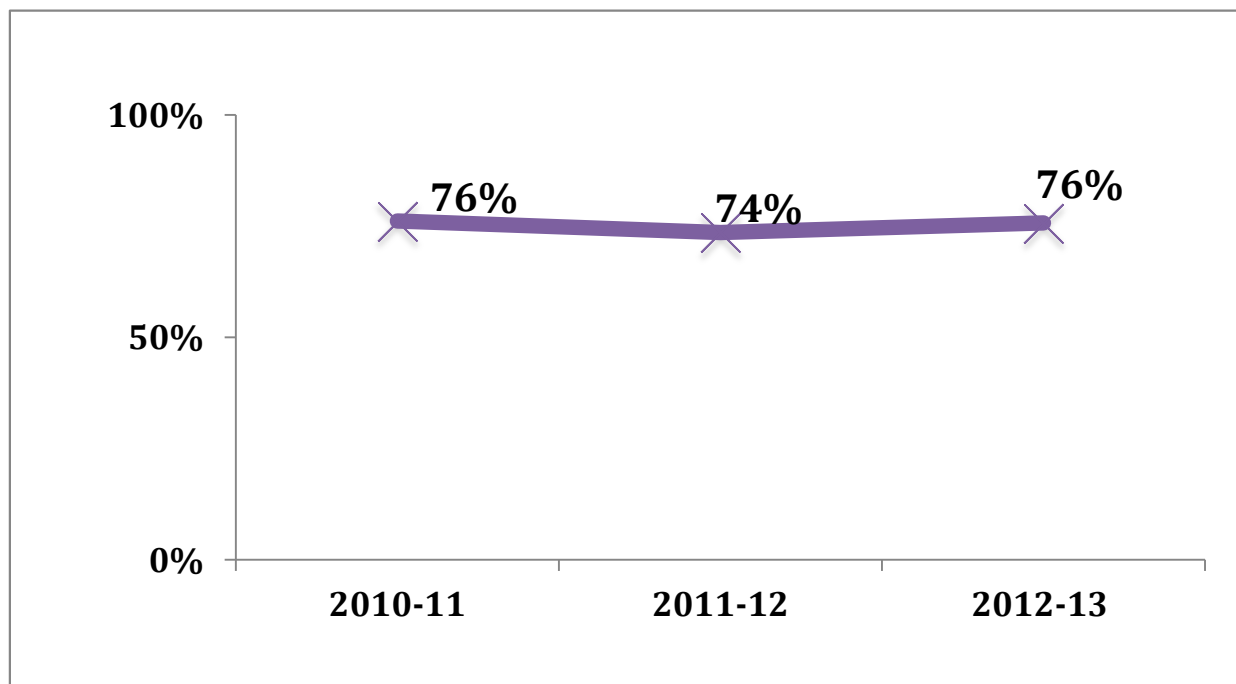
**4.1 Percentage Coverage of children against enrolment (Primary and Upper Primary) :**

The coverage of children against enrolment in Primary for the last three financial years has been shown in the following graph.



The above graph shows that the percentage coverage of children during the last three financial years is decreasing over the period of time. It has decreased from 79% in 2010-11 to 75% during 2011-12 and further decreased to 71% during 2012-13. Therefore an overall decrease of 8% has been observed from 2010-11 to 2012-13 which needs immediate attention by the State Government.

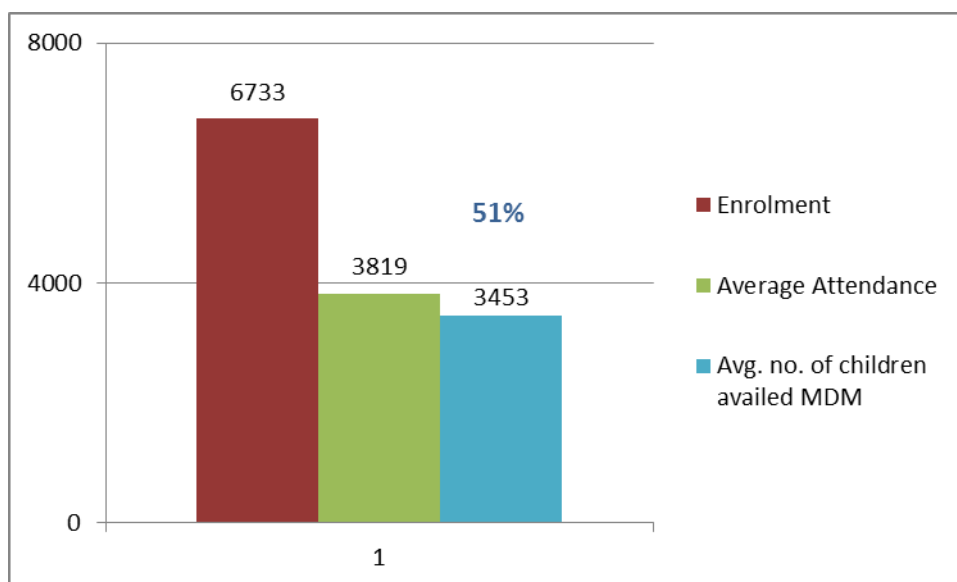
The percentage coverage of children depicts the same figure for upper primary stage also.



The above graph shows that the percentage coverage of children in upper primary category during the last three financial years is almost stagnant.

**Observation:**

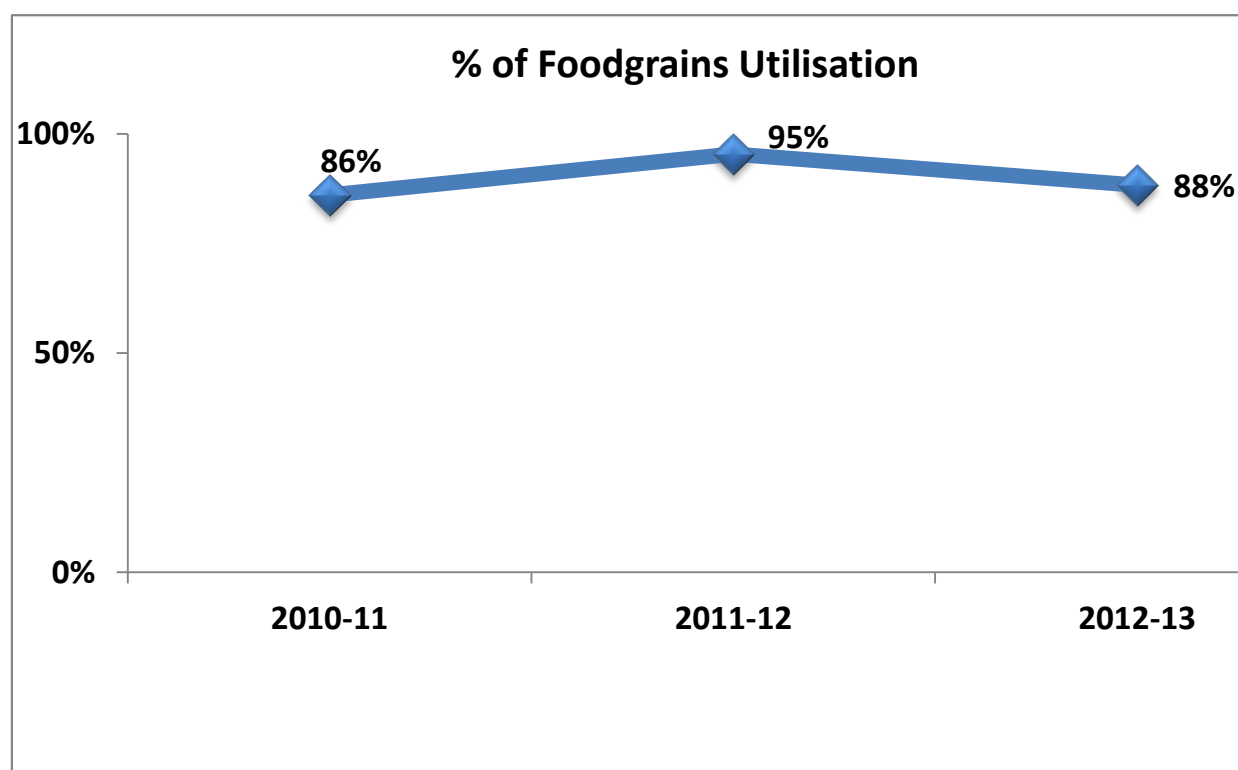
The team visited 48 schools in two districts namely Sheopur and Sehore and collected the data on enrolment, attendance and number of children availing MDM during the last 10 days.



It was observed that on an average 51% of the children were availing MDM against enrolment of 6733. However 90% of children who attended the schools were availing MDM. The team discussed the reasons for less coverage of children. It was informed by the school and district authorities that major reasons for poor attendance were heavy rains during the reference period, fasting by the girl students.

#### 4.2 Food grain utilization

Utilization of food grains is an important indicator to understand the performance of implementation of the MDMS in the State. As per the available data of last three financial years, it is found that the food grain utilization has decreased from 95% in 2011-12 to 88% during 2012-13. There has been an overall increase of 2% in the span of three years. The graphical representation is shown below.



District wise information provided by the State Govt. depicts the fact that Sheopur District has utilized 83% of allocated food grains at the end of the 2012-13 and 10% in the 1<sup>st</sup> quarter of 2013-14. On the other hand, as per the information Sehore district has utilized 93% allocated food grains till the end of 2012-13 and 8% during the first quarter of 2013-14.



Observation: It has been observed that in 25% of the visited schools no proper record of stock of foodgrains was maintained. Out of the remaining schools, in 18% of the schools the supply of foodgrains was found to be irregular. As per the MDM Guideline, one month buffer stock of food grains should be maintained at the school level for uninterrupted supply of MDM to the children.

The buffer stock of the food grain could not be ascertained in a large of schools as the stock was either kept either at the flour mill or the house of head of the SHG. It came to the notice of the team that the food grain was not stored in some of the schools for fear of theft.

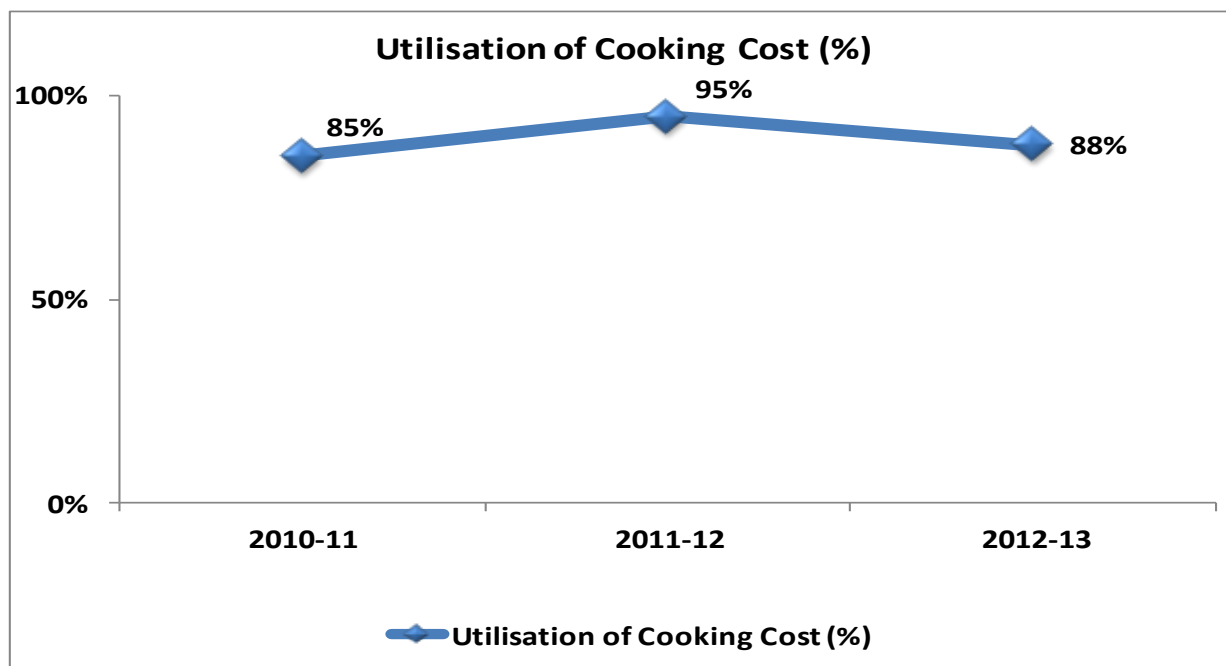
In majority of the schools where the records were found, the food grain was made available to the schools timely. However in some of the cases the SHG did not lift the food grain from the fair price shop. It was also informed by some schools that in case the food grain is not available, the same is lifted from the local shops and replaced when the stock is received/lifted from the FPS.

It is clearly mentioned in the MDM Guideline that *“FCI will issue food grains of best available quality, which will in any case be at least of Fair Average Quality (FAQ)”*. Therefore purchasing food grains by the schools from the local shops is a major area of concern as the food grains may not be of FAQ which is mandatory as per MDM Guideline.

Apart from that as per MDM Guideline, food grains should be supplied at the door steps of the schools. But during visit it has been found that the SHG had to lift the food grains from the FPS and as per the State norms, they should be paid Rs 5 per quintal for lifting. However they were not getting the said portion of transportation assistance due to the complex procedure of completing the formalities for payment of TA by NAN.

### 4.3 Utilization of cooking cost

The utilization of cooking cost against allocation for the last three financial years has been shown in the following graph.



It is evident from the above figure that the cooking cost utilization has increased from 85% in 2010-11 to 95% in 2011-12. However, it decreased to 88% in the year 2012-13. The overall increase in percentage utilization of cooking cost is 3% during 2010-11 to 2012-13 which is in synchronization with the utilization of food grain.

As per the information provided by the District authority Sehore District has utilized 96% of the allocated cooking cost in the year 2012-13 and 9% in 1<sup>st</sup> quarter of 2103-14 whereas Sheopur District has utilized 83% of the allocated fund in 2012-13 and 8% in 1<sup>st</sup> quarter of 2013-14.

Observation: It was observed that out of 48 schools visited, record was not maintained in 14 schools (29%). Out of the remaining schools, most of the schools were receiving cooking cost regularly except 15% of the schools where irregularity/negative balance was observed. Record keeping of the cooking cost utilization is also very poor in most of the visited schools especially in Sheopur district. It is relevant to mention that the members of SHGs are not literate enough to maintain the records. In Sehore district, most of the SHGs made an effort to maintain the records with the help of outsiders but still they were not able to maintain it properly. They were retaining

the vouchers for the purchase of ingredients from the local shops. The team feels that there is need of coordination between the SHGs and school authorities for a better record keeping which will help in meaningful inspection of records. The team interacted with the members of implementing agencies i.e. SHGs and SMCs. It was informed that there is no significant delay in receiving the cooking cost. It was also observed that in some of the cases the passbook was not updated. It was also informed that the school authorities were not able to debit the amount credited in the accounts after the re-constitution of the SMCs due to bank formalities.

#### **4.4 Regularity in serving MDM**

Clear disruption in serving of MDM was found in 13 (27%) out of 48 schools. A large number of the schools in Shepour District were not maintaining MDM attendance register for the academic 2012-13 due to which it was not clear whether the meals were served regularly or not. Since it was not clear on the basis of records that whether meals are served regularly or not the team interacted with the children. Some children reported openly that the MDM kitchen has been functional only since 5-6 days prior to the Visit. Contrary to reporting by the persons concerned, it was evident that the MDM was not served regularly in some of the schools of Sheopur District. This is a great cause for concern.

However, in case of Sehore District, the record was maintained properly and regularity in serving was also observed. It is praiseworthy to mention that in most of the schools in draught affected block of Sehore were serving MDM regularly during the draught period also except one Madarsa where disruption in serving was observed during the period of April-June, 2013.

#### **4.5 Utilisation of Transportation Assistance**

Government of India is providing 100% transport assistance for transportation of food grains from FCI godown to delivery up to school level.

As per the available information the TA utilisation has been 98% utilized by the State during 2012-13. However no fund has been utilized in the 1<sup>st</sup> quarter of the 2013-14.

Observation: During visit to the schools it has been found that the members of the SHG had to lift the food grains from Fair Price Shop. This might have created problem in timely lifting of food grains and thus lead to unavailability of buffer stock in some of the schools.

As per the norms of GOI, rate of Transportation assistance is fixed as Rs. 75 per quintal.

In the State of Madhya Pradesh, the break-up of the amount is as under:

Rs. 38 is paid by FCI to NAN after NAN lifts the foodgrains from FCI

The procedure for payment of balance Rs. 37-00 is as under

1. Rs. 23.00 directly paid to Lead societies on the basis of quantity lifted from MP State Civil Supplies Corporation Limited. Information on the same has to be submitted as per the prescribed format.
2. Rs. 09-00 paid to Zila Sahakari Kendriya Bank Marydit for payment to Link Societies on the basis of quantity delivered from Lead to Link society. Information on the same has to be submitted as per 3 prescribed formats,
3. Rs. 05-00 directly paid to Zila Panchyat by MP State Civil Supplies Corporation Limited (MP SCSC) on base of information given by lead to MP SCSC regarding quantity lift by implementing agency (SHG / SMCs) from Link Societies. Information on the same has to be submitted as per 2 prescribed formats.

It was observed that a large amount of payment (25.81 crores) of transportation assistance was pending with NAN. The lead societies are unable to collect the information in complex formats which need to be filled and submitted to NAN for the payment of TA. As a result of which TA is not paid by NAN to lead societies (Rs 23 per quintal), link societies (Rs 9 per quintal) and zila panchayat (Rs. 5 per quintal to be paid to implementing agency). Surprisingly, the members of implementing agency mostly SHGs were not aware of the fact that they are entitled for payment of Rs. 5 per quintal lifting of foodgrains which is never paid to them.

The team had a detailed discussion regarding the said issue with various stakeholders i.e. lead societies, link societies, fair price shops and finally the State Government. It was informed that transportation payment has been a constant issue raised in the State level Steering cum Monitoring Committee with all stake holders like Food Department, Cooperative Department and MP State Civil Supplies Corporation.

In the previous system, bills of the transportation cost of the food grain were not generated in time. Hence MPSCSC was facing problems with respect to timely payment of TA. Reason for not producing bill on time was due to complex process having complex format. Hence the process was amended and was simplified by designing simple formats *vide* order no 4249/22/V-9/MDM/2013 dated 30.03.2013 after approval from the all the Stake Holder Departments.

In the amended process, State level had designed a ‘‘Distribution register of MDM food grain’’ at fair price shop, which was not existing earlier. To strengthen the monitoring process in the current system, bill is produced by the link society duly signed by SHGs to lead society. Bills collected from lead society are thereafter submitted to the branch of district cooperative bank for onwards submission to MPSCSC.

प्रपत्र क्रमांक - 6

वितरण रजिस्टर का प्रारूप  
उचित मूल्य दूकान का नाम ..... लिंक संस्था का नाम .....

क्र.	दिनांक	संबंधित शाला का नाम एवं पता	स्व-सहायता समूह/शाला प्रबंधन समिति के अध्यक्ष/अधिकृत व्यक्ति का नाम जिसके माध्यम से खाद्यान्न प्राप्त किया जा रहा है।	खाद्यान्न की मात्रा			स्वयं सहायता समूह/शाला प्रबंधन समिति के अध्यक्ष/अधिकृत व्यक्ति के हस्ताक्षर
				गेहूँ	चावल	योग	
1	2	3	4	5	6	7	8
1							
2							
3							
योग							

उपरोक्त वितरण रजिस्टर प्रारूप/परफॉरेटेड 02 प्रति में तैयार किया जावेगा। प्रत्येक त्रैमास पर उपरोक्त भुगतान प्रपत्र क्रमांक 02 के देयक के साथ वितरण रजिस्टर की 01 प्रति संलग्न कर लिंक समिति को प्रेषित की जावेगी।

The team carefully examined the format of ‘‘Distribution register of MDM food grain’’. The team appreciated the initiative taken by the State Government, however it was observed that though the format captures information on vital parameters (i.e. the date of lifting, name of school, name of SHG/SMC head lifting the food grain, quantity of food grain lifted and signature) the period for which the foodgrain is lifted is still not evident from the format. The team suggests that the format may be suitably modified by incorporating the column regarding the period for which lifting has been done. It is also recommended that the effect of the simplified procedure may be monitored over a period of time. In case the pendency of payment of bills by NAN is not reduced significantly, the State government may explore the possibility of further simplifying the procedure in consultation with various stakeholders.

## 5 Role of teachers

Panchayat & Rural Development Department, Bhopal vide circular dated 16/08/2011 has been given certain roles to teacher/HM to ensure the proper implementation of Mid Day Meal Scheme at the school level. An attempt is made to review certain important roles of the teachers during the field visits to the two selected districts – Sheopur and Sehore – of Madhya Pradesh. It has been observed that –

1. In all the schools visited in both the districts the teachers reported that they check the quality of food and taste the MDM before the distribution to the children. Mission members also observed it in the schools where MDM was being served to the children. They are doing it one by one/on rotation basis. However, it has been noticed that in most of the schools any documentary evidence for such tasting was not available as the registers are not being maintained in this regard in a large number of schools, especially in Sheopur district.
2. Teachers are also releasing the remuneration of Cooks in all the visited schools by cheques.
3. The teachers are required to provide the attendance of students on every working day to the implementing agency and also to keep the records with them regarding it. However, it has been observed that it is not being done in any of the schools visited by the Mission. The Cooks prepare MDM as per their assumption of the number of children usually attending the school and then manage the distribution of it to the children in the school. Such practice results in distribution of less quantity of MDM to the children as the cooked food is prepared keeping in view the minimum number of students expected to attending the school on a particular day.
4. Teachers are expected to prepare MDM mothers roster of inspection and ensure their participation to daily monitor the MDM. In majority of the schools visited, the rosters are available but are not being maintained in the manner it is desired. Mission members made attempts to verify the signatures of the mothers but there were the cases where the students denied that their mothers have ever visited the school to taste the MDM though names and signatures of their mothers were recorded in the mother's roster. In most of the schools the registers being maintained from July 2013 and there were no records available prior to the said month in the schools.
5. It was reported by the children that the female teachers (Govt. Girls PS Raipura, Govt. UP Soi Kalan) take more interest in MDM related issues and encourage them to take the meal in the school.
6. In majority of the schools the SMCs are not functioning and their meetings are also not taking place as envisaged. In some of the visited schools the meetings are taking place regularly (PS Soi Kalan) but still in a large number of schools the issue of MDM was not discussed in SMC meetings.

## 6 Convergence with School Health Programme (SHP) for supplementation of micronutrients and health check-ups and supply of spectacles to children suffering from refractive errors

The MDMS guidelines envisage that necessary interventions like regular health Check-ups, provision for de-worming tablets and supplementation of micronutrients like Vitamin 'A' dosage and IFA tablets are to be provided in convergence with the National Rural Health Mission (NRHM) of Ministry of Health & Family Welfare. As per the information given by the state the status of School Health Program as on 31<sup>st</sup> March, 2013 is as follows:

Health Check up carried out		Distribution of Iron Folic Acid Tablets		Distribution of De-worming Tablets		Visually Impaired		Weight Measurement		Measurement of Height	
No. of Schools/ Centres	No. of Children	No. of Schools /Centres	No. of Children	No. of Schools /Centres	No. of Children	No. of Children with refractive error	No. of Children received spectacles	No. of Schools	No. of Children	No. of Schools	No. of Children
115764	15918142	115764	15531739	202936	14153786	143390	675322	115764	15843517	115764	15035295

As per the information given by the state, for the year 2013-14, the implementation of School Health Program will start from September, 2013 onwards.

### OBSERVATION:

However, Mission Team has found that there is an urgent need to strengthen the convergence with NRHM for the effective implementation of School Health Program especially in Sheopur district. Essential micronutrients were not provided to most of the schools in Sheopur district. Health cards are not provided in any of the school in both the districts. It was also found that health checks up were done and IFA tablets are provided only in some of the schools in Sehore District.

## 7 Creation of capital assets through kitchen cum store/kitchen devices and infrastructure

As per the Central Govt. norms adequate infrastructural facilities like Kitchen-cum-Store, water supply for drinking, cooking and washing utensils; cooking devices/utensils; and containers for storage of food grains and other ingredients are to be provided to schools for serving cooked meal to the students. Central assistance has been released to the State for the construction of 98462 kitchen-cum-stores. The State has constructed kitchen-cum-stores in 85370 (86.7%) schools. The construction work is in progress in 7662 schools. However, the construction in 5430 schools is yet

to start. 1363 kitchen shed out of 5430 kitchen shed have been sanctioned in the last quarter of 2012-13 and the amount has been released in the first quarter of 2013-14.

Sehore district has been sanctioned 1545 **kitchen-cum-stores** out of which construction has been completed in 1462 (95%) schools. The construction in 24 schools is in progress. Similarly, Sheopur district was sanctioned 963 kitchen-cum-stores out of which construction has been completed in 825 (69%) schools. However, the construction work in 25 schools is in progress.

### Observation on kitchen-cum-stores

The JRM observed that in 17% of schools kitchen sheds were not available. Cooking is being done either in some temporary arrangements or schools running in the same campus are sharing the kitchen sheds. However the condition was poor in some schools where cooking is being done in kitchens with temporary roofs (tin sheds.) - Majority of schools visited, on an average, suffer from the poor functional condition of kitchen sheds in Sheopur district because of poor design and construction. Similarly, all the visited schools in both the districts suffer from the poor functional condition of store rooms. Moreover, there is inadequate or no provision for maintenance of kitchen sheds.



MS Ochhapura, Sheopur



PS Javedeshwar, Sheopur



MS Semri, Sehore



Central assistance has been released to the State for the procurement of **kitchen devices** for 107531 schools. Out of these, the State has procured kitchen devices for all the schools. Sehore district has procured the kitchen devices for all the 1200 schools.

## **Observations on kitchen devices**

It was observed that in only 6 schools out of 48, cooking kitchen devices were insufficient. Serving plates were insufficient in 15 % of visited schools. Normally adequate number of utensils was available with the Schools, although a few told that they had to get some cooking utensils from their home. Aluminum vessels were being used for cooking and stainless steel thalis for eating. Utensils were provided by the schools and children were not required to bring their thalis.

The construction quality of kitchen sheds in majority of schools visited by the Mission was far from satisfactory. The condition was very bad and unhygienic in Sheopur district. Kitchen shed was very small with no storage facilities in P.S. Kacharmuli (Sheopur). Similarly, the kitchen shed roof was found almost in 'U' shape in P.S. Javadeshwar (Sheopur). It was not safe to prepare food in such kitchen shed. This was immediately brought to the notice of CEO, Zilla Panchayat and other SSA officials who were present there with the mission members. As a matter of fact the children were studying in the two verandahs in this school as in the classrooms the Contractor has kept Kota Stones and locked the doors. The new building (additional room) was sanctioned for the school but the construction is incomplete for the last 3 years or so. Gross negligence in the construction of poor quality infrastructure/kitchen shed was noticed by the Mission. In Sheopur district firewood is being used to cook food in the schools of both rural and urban areas. Since the kitchen sheds do not have proper ventilation it becomes very difficult for the Cooks to prepare food particularly during rainy season as the wet wood pieces take too much of time to catch fire and in the process entire kitchen fills with the smoke. During discussions it was revealed by them that schools located in urban areas have to spend Rs. 650/- per quintal on transportation of firewood and they have to park Rs. 2.10 per child for this purpose only which is affecting the quality and quantity of MDM. They opined that if the arrangements of LPG is made then their task will become quite easy.

### Availability of other infrastructure facilities



Kitchen filled with smoke

- **Mode of cooking:** In Sheopur district, majority of the school were using firewood as fuel for cooking Mid day Meal. There was smoke due to these chullahs creating a hazard for not only the cooks but also leads to thick blackening of walls.

- However, team has found that LPG is used in 56 % of visited schools in Sehore district. It is worth appreciating that LPG is introduced in Sehore. However, it may be ensured that the stove provided with the LPG should be of the size suitable for accommodating larger vessels used in MDM cooking. Most school management reported difficulty in procuring double cylinder for their LPG connection. It was also observed that in 3 schools of Sehore district, Thermal Efficient Cook stove is provided for the demonstration under the pilot program of the National Biomass Cook stove. JRM has appreciated this initiative which may lead to savings of firewood with clean kitchen providing better environment for the Cooks. However, as per the feedback given by the Cooks, it was observed that this cook stove is beneficial for small scale cooking only i.e. less no. of students. Also, it needs further improvement, as cooks are not able to use it for cooking in large vessels.



MS Semri, Sehore

- **Drinking water facilities:** It was found that the source of drinking water in most of the visited schools is hand pump. However, it was observed that the surroundings and the approach of the water source were quite dirty and unhygienic which is cause of concern. Further, in most cases, the water was never tested for mineral content and contamination. This needs to be addressed. JRM Team suggests the testing of water quality of the water source (Hand pump).

- **Toilet facilities** are available in most of the schools; in only 10 % schools there are no separate toilets for boys and girls.
- In 35 % of schools, **Fire extinguishers** were available.

## 8 Appointment of cook cum helpers for preparation and serving of meals to the children

As per PAB Approval 2012-13, the no. of cook cum helpers approved for the state were 275131; and no. of engaged cook cum helper were 238146 i.e. 87%. As per the information given by the State, the no. of cook cum helper engaged as on 30<sup>th</sup> June, 13 are 246077.

### Status of cooks (State Level)

Total No of cooks engaged	Category of cooks			
	1	2	3	4
		SC	ST	Others
246077		50526	75420	120131



PS, Javedeshwar, Sheopur

It is revealed from the above table that nearly 51% of the engaged cook cum helpers are females belong to SC/ST category.

District wise details of engagement of cook cum helpers is shown in the following table

### Status of Cooks

Status of CooksDisttt.	Total No of cooks engaged	Category of cooks			
		SC	ST	OBC	Others
Sehore	4294	1009	626	2032	627
Sheopur	3133	783	1033	1179	138

As per GoI Guideline the norms for engagement of Cooks cum Helpers are as follows.

<b>Sl No</b>	<b>Enrolment</b>	<b>No. of Cooks eligible</b>
<b>1</b>	School having 1 - 25 Students	1
<b>2</b>	Above 26 – 100 Students	2
<b>3</b>	Every addition of 100 students	1 Additional beyond 100 and above

**Observation:**

- It was observed that in 14 out of 48 schools, i.e 29.16 % schools, less number of Cook-cum-helpers have been engaged than the required number as per norms related with enrolment of children.
- In 21 % schools i.e. 10 out of 48, it was observed that there was a delay in payment of honorarium to cook cum helper as they were paid up to March, 13 & April, 13 only.
- In some of the cases, it was also informed that payment of honorarium to cook-cum-helpers was pending since April, 2013 due to bank formalities as the SMC was reconstituted.
- In some of the visited schools no record of the payment to cook cum helpers was available which created problem in understanding the actual position of payment to cook cum helpers.

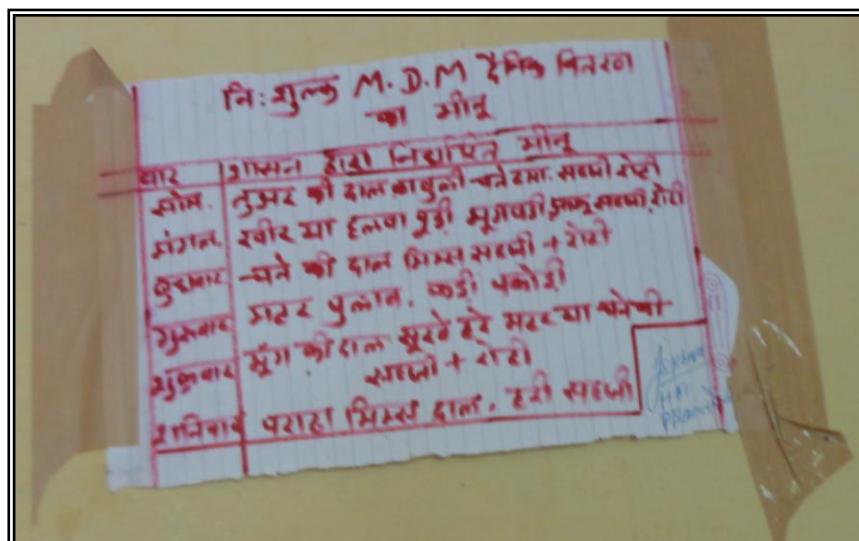
**Capacity building of cooks:**

As per the information given by the state government, Annual calendar for training of cook-cum-helper is proposed through IHM. On the pilot basis, Gwalior had initiated the process of capacity building of the cooks. 43 cooks were trained with an encouraging result. Training had increased the confidence of the cooks to prepare the meal as per menu under the cost prescribed by the GoI. Few other districts like Chhindwada, Sehore, Ujjain, Vidisha, Dewas, Guna, Barwani etc have conducted trainings on the basis of instructions from GoI and MPMDM cell. The annual calendar of training of MDM cell of the district is being prepared. In which training will be conducted by MGSIRD and ETCs being proposed.

## 9 Review of the status of Awareness about Mid- Day Meal Scheme.

### 1. Display of Weekly Menu, logo & Entitlements

Weekly menu of cooked food, logo was displayed in most of the visited schools. However, in some schools it was not painted on the walls and was displayed on flex and papers. Logo with specified design as per the guidelines was not found in most of the schools. Information regarding Entitlements was not displayed in any of the schools.



PS Kacharmuli, Sehore



Wrong design of MDM logo

It is recommended that Logo should be painted as per the guidelines. The detailed guideline regarding the design and other specifications is available on the website [www.mdm.nic.in](http://www.mdm.nic.in). It is also recommended that for creating awareness among stakeholders and ensuring transparency, information regarding entitlements must be displayed prominently. The correct design of logo is as follows:



MDM, Logo

2. Nagrik toll free No. 155343 has been established at state level. This number is widely advertised in news papers and painted on the walls of kitchen sheds and schools. Any citizen of the state can register his complaints and suggestions on toll free number.





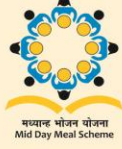
Display of Toll Free No.

3. State government publishes orders circulars and instructions on regular basis regarding MDMS in various news papers.



4. Propaganda of MDMS is done via electronic media also. Live phone in programme with Coordinator (MDM) and Deputy Commissioner (MDM) broadcast in Doordarshan.
5. "Vikas ki Chaon aapke gaon" the department of rural development programme is being broadcast by Prasar Bharti, in which detailed information regarding MDMS is provided by Assistant deputy commissioner and State project Manager (Nutrition).

6. Hon. Chief Minister has appealed the local community for active participation and responsibility for the sensitive MDM programme. The appeal was published in various newspapers.




**अपील**

मध्याह्न भोजन कार्यक्रम स्कूली बच्चों को शाला में जाने के लिए प्रोत्साहित करने के साथ ही उनके पोषण का महत्वपूर्ण कार्यक्रम है, इसमें प्राथमिक एवं माध्यमिक शालाओं में पढ़ने वाले विद्यार्थियों को दोपहर गर्म एवं रुचिकर भोजन प्रदाय किया जाता है। कार्यक्रम से वर्तमान में एक लाख 15 हजार प्राथमिक एवं माध्यमिक शालाओं के लगभग 80 लाख बच्चे लाभान्वित हो रहे हैं। मध्याह्न भोजन पकाने एवं वितरण का कार्य शाला शिक्षक की निगरानी में हो रहा है। यह कार्य 79 हजार स्थानीय स्व-सहायता समूह एवं दो लाख 40 हजार रसोईयों द्वारा व्यवस्थित रूप से रोजाना संपन्न किया जाता है। प्रदेश के 08 नगर निगम क्षेत्रों में केन्द्रीयकृत रसोईघर व्यवस्था के माध्यम से रुचिपूर्ण भोजन दिया जा रहा है तथा शेष नगर निगम क्षेत्रों में भी केन्द्रीयकृत रसोईघर व्यवस्था को लागू किये जाने का कार्य जारी है। भोजन की मात्रा एवं गुणवत्ता को विद्यार्थियों की माताओं द्वारा परखा जाता है। बच्चों को भोजन वितरण के पहले शाला के शिक्षक द्वारा भी चखा जाता है। अल्पव्यय परिवार के निराश्रित बुजुर्गों को भी भोजन की गुणवत्ता को परखने के काम में जोड़ा गया है तथा ग्राम सभा स्वस्थ ग्राम तदर्थ समिति द्वारा भी भोजन का निरीक्षण किया जाता है। वर्तमान में वर्षा ऋतु के समय इस कार्यक्रम में विशेष रूप से स्वच्छता एवं सजगता बरते जाने की आवश्यकता है।

दोपहर में भोजन मिलने से स्कूली बच्चों में शाला त्यागने की समस्या में कमी आई है तथा बच्चे दिनभर पढ़ने में अपना मन लगाते हैं। यह एक सामुदायिक भागीदारी से किया जाने वाले बेहद संवेदनशील कार्य है, जिसमें हमारे बच्चों को प्रति दिवस जांचा-परखा, गर्म, रुचिकर, पौष्टिक भोजन प्राप्त होता है।

मध्याह्न भोजन कार्यक्रम में शहरी तथा ग्रामीण क्षेत्रों के सभी जागरूक नागरिकों की भागीदारी अपेक्षित है। यह समुदाय का अपना कार्यक्रम है और इस कार्यक्रम को बेहतर रूप से संचालित करने में शहरी तथा ग्रामवासी माताओं, बहनों, स्व-सहायता समूह, अशासकीय संगठनों, स्थानीय निकायों, सरपंच एवं शिक्षक बंधुओं का गहन योगदान है। मेरा ऐसा मानना है कि आपके दायित्व एवं भागीदारी के अभाव में कार्यक्रम अपेक्षित सफलता नहीं प्राप्त कर सकेगा। अतः मेरी विनम्र अपील है कि इस महत्वपूर्ण कार्यक्रम के सुचारु रूप से संचालन में आप सक्रिय सहयोग प्रदान करें ताकि हम प्रदेश के नौनिहालों को गर्म, पौष्टिक एवं रुचिकर भोजन प्रदाय कर सकें, पुनः आपके सहयोग की अपेक्षा के साथ,

  
(शिवराज सिंह चौहान)  
मुख्यमंत्री



## 7. Calendar

Dissemination of messages regarding mid day Meal Scheme through Calendar distributed to all Gram Panchayat in 2012. The month of July was dedicated for Mid day meal, depicting information regarding Scheme & its entitlements.

**हार्थी में विद्या, पीठों में वाति, रोषानी की दुनिया अपनी**

**गांव के विकास में ग्राम सचिपंच से अपेक्षाएं**

- वर्षे पर निरन्तर देश के भागी कार्यात्मक करने और अपने गांव, प्रदेश, देश के विकास कार्यों में भागीदारी करने। गांव में स्कूलों का संभालन ठीक से हो, स्कूल में शिक्षक समय पर आये तथा पढ़ने वाले विद्यार्थियों को सरकार से मिलने वाली सुविधाओं का ठीक से लाभ मिले।
- भद्रानन्द भोजन कार्यक्रम के लिए मिलने वाली राशि
  - भद्रानन्द भोजन कार्यक्रम में भोजन रखने पर होने वाले खर्च के लिए इस प्रकार राशि वितरणी :
    - प्राथमिक शाळाओं के लिए रुपये 2.80 प्रति छात्र, प्रति शिक्षण दिवस
    - माध्यमिक शाळाओं के लिए रुपये 4.33 प्रति छात्र, प्रति शिक्षण दिवस
    - स्कूल में छात्र संख्या 1 से 25 तक होने पर 1 रसोईया, 20 से 100 तक छात्र संख्या पर 2 रसोईया तथा प्रत्येक 100 विद्यार्थियों पर 1 आतिथिक रसोईया की व्यवस्था की जाये। इन रसोईयों को वार्षिक/मासिक रुपये 1000/- प्रतिमाह नियमित रूप से मुआवजा किया जाना चाहिये।
  - स्कूलों में भोजन बनाने के लिए रसोई घर (किचन रोक सह स्टोर रूम) के निर्माण के लिए प्रति स्कूल रुपये 60,000/- की राशि मिलनी है।
  - किचन रोक बनाने कायदा सह काम रखा जाये कि पूर्ण निवारण की शीक से व्यवस्था हो।
  - शाळा स्तर पर कर्म व्यवस्था पूर्ण करने के लिए प्रति शाळा रुपये 5000/- प्रत्यय किया गया है।
  - प्रत्येक शाळा में कर्म व्यवस्था साप्ताहिक रूप से होना चाहिये।

नोट : भद्रानन्द भोजन कार्यक्रम में बनाने वाले गांव भोजन के प्रतिदिन का वस्तु कैलकुलर के तहत के रूप पर लाभा भव है।

**जुलाई 2012**

रवि	1	8	15	22	29
सोम	2	9	16	23	30
मंगल	3	10	17	24	31
बुध	4	11	18	25	
गुरु	5	12	19	26	
शुक्र	6	13	20	27	
शनि	7	14	21	28	

विशेष दिवस, अवकाश

पंचायत एवं ग्रामीण विकास विभाग,  
मध्याप्रदेश

सी.डी.एल.जी.  
परियोजना

महामा गांधी राज्य ग्रामीण विकास संस्थान,  
जबलपुर, म.प्र.

JRM team has appreciated the state's efforts for creating awareness about the scheme. However, the team feels that these efforts will be strengthened by running an awareness drive at the level of grass root stakeholders i.e Parents, Children, Teachers, & SHG members regarding their role under the scheme and the entitlements of children. The entitlements of children and MDM logo as per the specifications given in the guidelines must be displayed at the prominent places in school.

During the field visit the Mission found that there is no space for the children to have their say or express their views in the scheme. There are no instructions regarding listening the views of children. The children are considered as mere silent beneficiaries. There is a need to make such arrangements where the voice of children is heard, their feedback is taken on a regular basis and remedial measures should be put in place accordingly. The scheme is meant exclusively for children hence their participation should be made an integral part of the scheme.

There is a need to create more awareness regarding the Contingency/Medical health plans for any occurrence of untoward incident at school level. The team recommends that the number of ambulance helpline may also be painted prominently in all the schools. Also in accordance with the instructions issued by the State Govt. mentioned above the contact numbers of PHC/ Community Health Centres should be made available to the school authorities.

It is also recommended that November may be observed as MDM month to see the preparedness and availability of food grains & funds at various levels. The State may use the two films on MDM prepared by Ministry of HRD as a part of the strategy for creating awareness.

## **10 Review of the maintenance of records at the level of schools /cooking agency**

The team during its visits to the schools located in two districts checked the MDM and school attendance register, stock register of food grains, bank pass book / cashbook, SMC formation/proceeding register, tasting registers etc. It was observed that record keeping was quite poor in most of the schools visited especially in Sheopur district.



No record for serving MDM in July, 2013,  
MS Ochhapura

Though most of the records were produced, they were of the recent period (current academic session) only. Maintenance of the records at School level is a cause of major concern in Madhya Pradesh. The maintenance of records in Sehore district was a shade better. Most of the records were maintained except the record for food grain and cooking cost. It was observed that the members of SHG were not literate enough to maintain the records. In Sehore district, most of the SHGs made an effort to maintain the records

with the help of outsiders but still they were not able to maintain it properly. It is praiseworthy that they were retaining the vouchers for the purchase of ingredients from the local shops. The team feels that there is

need for coordination between the SHGs and school authorities for a better record keeping which will help in meaningful inspection of records.

The team appreciated that the most of the schools had fixed responsibility of teachers on rotation basis for tasting of the meals before serving to the children. However the record for the same has not been maintained in a large number of schools especially in Sheopur district. The schools also maintained mothers rosters in which record for tasting food by the mothers of children was maintained. Mission members made attempts to verify the signatures of the mothers but there were the cases where the students denied that their mothers have ever visited the school to taste the MDM though names and signatures of their mothers were recorded in the mother's roster.

## 11 Payment of cost of food grain to FCI

As per guidelines issued by the MHRD, GOI, timely payment of cost of lifted foodgrains has to be made to FCI. The status of payment of food grains to FCI for the FY 2012-13 is shown below:

### The status of payment to FCI for the year 2012-13 (April 12 to March. 13):

Payment to FCI	Primary & Upper Primary (Rs. in crores)
Gross Allocation	104.34
Opening Balance as on 01-04-2012	8.20
Central Assistance Released by GOI	96.12
FCI Submitted Bills	100.71
Payment to FCI	100.82
Balance as on 31.03.13	3.51
% of payment against submitted bills	100

The above table depicts that the FCI raised the bills for Rs. 100.71 crores against which the State Government has paid an amount of Rs. 100.82 crores (11 lakhs pending amount of 2011-12 paid in 2012-13). It is evident that the State Government has paid 100% payment against the bills raised by FCI.

### The status of payment to FCI (April 13 to June. 13)

Payment to FCI	Primary & Upper Primary (Rs. in Crore)
Gross Allocation	107.44
Opening Balance as on 01-04-2013	3.51
Central Assistance Released by GOI	27.36
Submitted Bills	2.32
Payments	2.32
% of payment against submitted bills	100

The above table depicts that the FCI raised the bills for Rs. 2.32 crores. As per the information provided by the State Government, 100% of the bills have been paid during the financial year 2013-14.

### 12 Review the Involvement of NGOs/Trust/Centralized Kitchens/SHGs and Cook-cum Helpers by States/Uts Government in Implementation of the Scheme

The state government has conceptualized a scheme named Saanjha Chulha, where in rural areas, Self Help Groups of women belonging to Below Poverty Line categories are given opportunity to cook the mid day meal and supplementary nutrition in AWCs. As per the data provided by the Department of Rural Development, 79002 self help groups are now engaged in providing mid day meal in the state. This initiative is also benefiting more than 7.5 Lakh women in earning some regular money.

Government of Madhya Pradesh (D/oRD) vide its letter number 1427/22/vi-9/MDM/2007 dated 13.09.2007 released a detailed set of well thought-out instructions and guidelines regarding the selection of SHGs, transfer of job responsibilities, accounting systems, coordination principles, financial planning, Arrangements of kitchen devices, utensils, lifting of food grains, procurement and storage, Cleanliness and Hygiene, Food cooking systems, record keeping, guidance and supervision etc.

Most of these SHGs have also been engaged in cooking of supplementary nutrition under Integrated Child Development Services in their particular villages. The review mission was

informed by the State Government regarding the objectives and modalities of involvement of SHG's in the implementation of MDM which are as follows:

- a. To provide intensive support for ensuring proper implementation of MDM scheme;
- b. To ensure community involvement/participation in the implementation of MDM;
- c. A step towards the decentralized implementation of the scheme;
- d. Poverty eradication by creating a sustainable opportunity;
- e. To ensure that women from SC and ST communities get maximum opportunities;

Clear division was visible in the two districts selected for the field visits of Joint Review Mission depicting the very character of the district – overall implementation of the MDM scheme was poor in Sheopur district whereas in Sehore the implementation of the scheme was better insofar as the availability of infrastructure, record keeping, conditions of schools, role of teachers, children's health and hygiene related issues are concerned. Sheopur being the tribal dominated district needs more attention of the Government as the Saharia tribe living in this district is one of the most vulnerable sections of the society. The conditions in which the Saharias live make the proper implementation of schemes like MDM all the more important.

### **13 Key observations**

- In almost all the schools visited by the Mission the implementation of MDM scheme was being done by the Self Help Groups. There were a few schools where School Management Committees (SMCs) were looking after the implementation of the scheme.
- The Mission Members were informed in some of the schools by the children that they were involved in washing utensils though this function is required to be done by the Cook-cum-helpers.
- MDM being served through Centralised Kitchen in Bhopal was found to be of good quality. However, there were complaints about the quality of Chapatis which become hard after some time. The Mission observed operational problems relating to distribution of cooked food to the children and cleaning of plates at the school level. In the school visited by the Mission members in Bhopal (Primary and Middle sections of Govt. Maharani Laxmibai Higher Secondary School, BHEL) only one helper is provided for strength of around 800+ students. The Helper is being paid Rs. 1,000.00 p.m. to serve large number of students and by all means it is a very meagre amount paid for the services being rendered by her. HM also brought to the notice of the members that remuneration for the Helper is received after one year.
- Zila Panchayat, Sehore has made some intensive efforts for building the capacities of SHG President, Cooks-cum-Helpers, MDM in-charge in the School by conducting regular training programs. Zila Panchayat started series of training programs from April 2011. To start with 40 persons were trained as master trainers; thereafter district was divided into 75 clusters in the year

2011, 93 clusters in 2012 and 70 clusters in the 2013. Issues which were covered in the training programs were as follows – a. Menu planning, b. Hygiene, c. Maintenance of records, d. Keeping one meal in the tiffin for checking, e. Essential use of Agmark spices/packed edible oil etc. Every SHG keeps one meal in the tiffin for next 24 hours, so that in case of any accident that sample could be used for investigation. The mission members feel that this effort must be appreciated as a strategy for capacity building of key stakeholders in the implementation of MDM.

- School management and members of Self Help Groups were not clear about the availability of funds for repairs and maintenance of kitchen sheds in several schools.
- Transparency was not seen in the schools where scheme is being implemented by the School Management Committee. Teachers make all purchases and cooks have no role or say in that resulting which most of the time they are provided with less quantity of raw material compared to what is actually needed to them.

#### **14 Administrative and Financial Arrangements relating to SHGs:**

- In Sheopur and Sehore districts the MDM scheme is being implemented by SHGs/SMCs. The SHGs are selected by the Gram Panchayats. As per the State govt. guidelines these SHGs prepare food for MDM and Anganwadis (ICDS) in the name of ‘Sanjha Chulha’. Both these schemes are governed by two different department of the State Govt.
- Under MDM scheme the SHGs are being provided an amount of Rs. 3.34 and Rs. 5.00 per child for primary and upper primary schools respectively. The Deptt. Of Panchayat and Rural Development, Govt. of Madhya Pradesh has issued orders about usage of amount vide its letter no. 4688/22/V-9/MDM/2013 dated 1.4.2013. The food grain (wheat and rice) is made available by the Nagrik Apurti Nigam (NAN) under the scheme over and above the said amount.
- The children considered the MDM prepared by Arti Self Help Group as good. The MDM is being made available by this group was not only good on quality parameters but the SHG has also maintained and ensured regularity in it. The Mission members, along with the members of SHG, have made an attempt to calculate the actual cost of MDM in Govt. P.S. and M.S. Mogra Ram. This SHG prepares food, on an average, for 107 children (Primary-62, Upper Primary-45). According to members of SHG inadequate/less provision under the scheme has forced them to borrow money and as on the date of visit of the Mission they have a loan of Rs. 15,000.00 which they had to borrow for the proper implementation of the scheme.

The exercise of estimating the actual cost was carried out so as to understand the situation from the point of view of those who are responsible to implement the scheme at the grassroots level. In the following table we have mentioned the items, their quantity and cost in the local market that are required in preparation of MDM for one day.

Item	Quantity	Average prevailing cost in Rs.	Actual amount paid to prepare MDM (Rs.)
Pulses	2.70 kg.	70/- per kg.	189.00
Spices	300 gms.	225/- per kg.	67.50
Vegetables	6.5 kg. (incl. Tomato)	50/- per kg.	325.00
Edible oil	650 gms.	90/- per litre	58.50
Papad, chutney etc.	600 gms.	200/- per kg.	120.00
Salt	500 gms.	8/- per kg.	4.00
Washing powder	500 gms.	40/- per kg.	20.00
Grinding of wheat	13 kg.	1.50 per kg.	19.50
LPG – one cylinder for 8 days	1.75 kg.	95 per kg. (1200/- cost of cylinder + 130/- transportation)	166.25
Transportation of food grains	3 quintal	40/- per quintal	120.00
<b>Total expenditure</b>			<b>1089.75</b>

During interactions with implementers of MDM during the visit, many expressed difficulty in meeting expenditure on various heads of MDM such as fuel, transportation, raw ingredients, labour costs etc. This is on account of escalating costs during the recent past. Since costing is the major factor affecting the quality of output, it may be taken up by competent authorities at an appropriate level. Reasonable allocation towards various heads of expenditure in MDM would further enable the implementers delivering good quality meals and services.

### **15 Review of Remuneration to Cook-cum-helpers & its Payment:**

- Discussions with the Cooks revealed the fact that they are being paid Rs.1, 000/- p.m. towards the remuneration. However, they do not get the amount every month and usually it is paid to them lump sum after 2-3 months. It is being paid to them by the Schools (SMC) where they are working as Cooks.
- The timings of the schools in the two districts are from 10.30 to 4.00 p.m. Cooks/SHG members start the preparation for cooking the meals at 10.00 a.m. and finish it by 4.00 p.m. It is clear from the above timings that they work for seven hours for which they are paid only Rs. 33.00 for a skilled and responsible task. All the female Cooks with whom the mission members interacted were of the strong view that the provision of Rs.1, 000 as remuneration is very less, unjust and exploitative and it should be enhanced.
- In a few schools it was noticed that as per the provisions three Cooks can be engaged but four women were working and the remuneration of the additional woman is being adjusted with the three Cooks. They were of the view that they need assistance in washing utensils for which there is no provision in the existing guidelines.

### **16 MDM Vs. Anganwadi:**

- Under the name of 'Sanjha Chulha' the Supplementary Nutrition Programme (SNP) also being implemented, the nodal department for which is Women and Child Development. The mission observed institutional/managerial complexities in the implementation of MDM and the Supplementary Nutrition Programme for Anganwadi children by the same SHG. SHGs are entitled to receive 3 months food grains in advance under MDM. At the same time it has been decided to release the remuneration of Cooks in advance for two months under MDM. These arrangements have helped in smooth implementation of MDM scheme in the districts visited by the Mission. However, in the case of Anganwadis the SHGs have to serve the Supplementary Nutrition on their own for the period of one month and later on submit the vouchers/bills to WCD. Only after the approval of the bills the amount spent by them is released by the WCD. In such a situation the SHGs utilize the funds available in their bank account (which also include the MDM funds) for preparation of the Supplementary Nutrition for Anganwadis.
- Another discrepancy that has been observed by the Mission is that per child provision under both the schemes (MDM and SNP) also differs. For Anganwadis it is Rs. 4.00 per child which also includes provision for the payment of food grains. Funds kept in one bank account for two different schemes from two different departments - are adversely affecting the implementation of both the schemes. It is getting more complicated day by day.
- Mission observed that there is an immediate need to incorporate adequate provisions relating to release of two month's advance, provision of honorarium, maintenance of separate records, and preparation of food according to menu with quality under SNP of ICDS. It is adversely affecting the implementation of both the programmes.



- It has also been observed that the SHGs are not being paid any remuneration for the preparation of food and hence they are carrying out the food preparation work in the Supplementary Nutrition Programme unwillingly. The Mission is of the view that to ensure effective and proper implementation of both the schemes it is essential to ensure –
  - SHGs should be encouraged and facilitated to maintain their records properly;
  - A reasonable amount as remuneration under 'Ánganwadi Scheme' be made available to the Cooks; and,
  - An advance for 2 months be given under Anganwadi (ICDS) scheme so as to the approach of 'Sanjha Chulha' can become sustainable.
- The issues mentioned above relating to the SHGs need to be addressed on a priority basis as they are finding it difficult to implement the MDM scheme in the manner it is desired from them. They have very categorically stated that with the kind of amount being made available, the kind of infrastructure (poorly constructed kitchen sheds), non-availability of proper cooking medium (LPG) and using good quality (AGMARK) food items is very difficult to manage in the present situation. The Mission is of the view that their point of view with regard to the above issues should be considered favourably at the appropriate levels.

### **17 Involvement of the community in implementation of the MDMS program**

- Involvement of the community is very important and crucial to ensure the proper implementation of the schemes like MDM. However, the scenario in this regard is very disappointing as observed by the Mission during the visit of the schools in selected districts.
- The Mission has gone through the various efforts made at the State level to ensure the involvement of community at various stages of implementation of MDM. The State has also issued several circulars/ orders in this regard. However, the involvement of community is not seen as per the various instructions issued by the State. Mission members tried to find out the involvement of various stakeholders viz., SMC members, mothers of the children, Antyodaya card holders, neighbouring community, Gram Sabha Swasth Gram Tadarth Samiti etc.
- In majority of the schools visited by the Mission, the involvement of the above mentioned stakeholders was not visible. Mothers' rosters were available though in almost all the schools visited but only in the case of a few schools they were being maintained in the desired manner. In P.S. Javadeshwar (Sheopur) the names of 5 Antyodaya card holders were painted on the wall but the SHG/Head Master could not produce any documentary evidence of their visiting and tasting the MDM in the school. In Sehore district in U.P. Satarana one Antyodaya card holder lady Inderbai is coming daily and this was the only school which could produce the register containing her signature and comments about the meal.
- It is evident that serious efforts for the participation/involvement of community are not being made below the State level. The Mission is of the view that the reasons for such lackadaisical

approach be identified to ensure the involvement of the community at the grassroots level. The Mission is also of the considered view that without taking serious steps proper implementation of MDM scheme will be difficult to ensure.

- It is also essential to ensure accountability at each level starting from State to the School.
- Mission members discussed in details with the members of the community and found that they have no idea of how they can involve themselves in MDM activities. In the meetings of Gram Panchayat/Gram Sabha also no serious discussion takes place about MDM. To the query raised by the members of the Mission regarding the role of Gram Sabha in solving the problems of kitchen sheds etc., the response from the community was that they never paid any attention to such issues.

### **18 Involvement of Panchayati Raj Institutions:**

- According to guidelines of MDM the Panchayats have an important role to play in the proper implementation of the scheme. However, interaction with the members of the SHGs/teachers at the school level suggests that the Panchayat do not evince any interest in the activities of the schools as well as MDM. It has been observed by the Mission that lack of involvement of Gram Panchayats in the monitoring/ensuring proper implementation of MDM gives undue freedom to implementing agency (SHG) at the school level.

### **19 Social Issues and Discrimination:**

- Significant population of Sheopur belongs to Saharia tribe which has been notified as Primitive Tribal Group. The level of malnutrition in Saharia tribe children is quite below the average of the State and of the country as a whole. According to the Regional Medical Research Centre for Tribal's, Jabalpur which is an institute of Indian Council of Medical Research, the percentage of Saharia children below the age of six is 93.5. The mention of this fact becomes important as it reminds us that in what circumstances the children of this tribe live and come to the schools. In fact the schools have dual role to play in the case of such vulnerable children.
- Mission members also came across a few schools (Paronda, P.S. and M.S. Ochha, P.S. Ghamloki – Sheopur) where children belonging to Gurjar, Yadav, Rawat and Kushwah community) do not eat MDM as it is being cooked by the Cooks belonging to scheduled tribe. These children bring their tiffin and sit separately while eating the food. Similarly, in two schools of Ashta block of Sehore district the Mission members came to know that particular group of children belonging to OBC and General categories do not eat mid day meal in the schools as the food is being prepared by the women of scheduled caste category. It is also found that some children are not eating MDM because of their higher economic status and agriculturally advance status. Difficult to say whether such type of incidence can be dealt with by thrusting upon any law as these children have not been eating food voluntarily and have chosen the way of self exclusion by themselves. It needs to be dealt with by motivating them through regular interaction, education and behavioural changes tactics. Interaction with children makes it clear that they themselves are not happy with

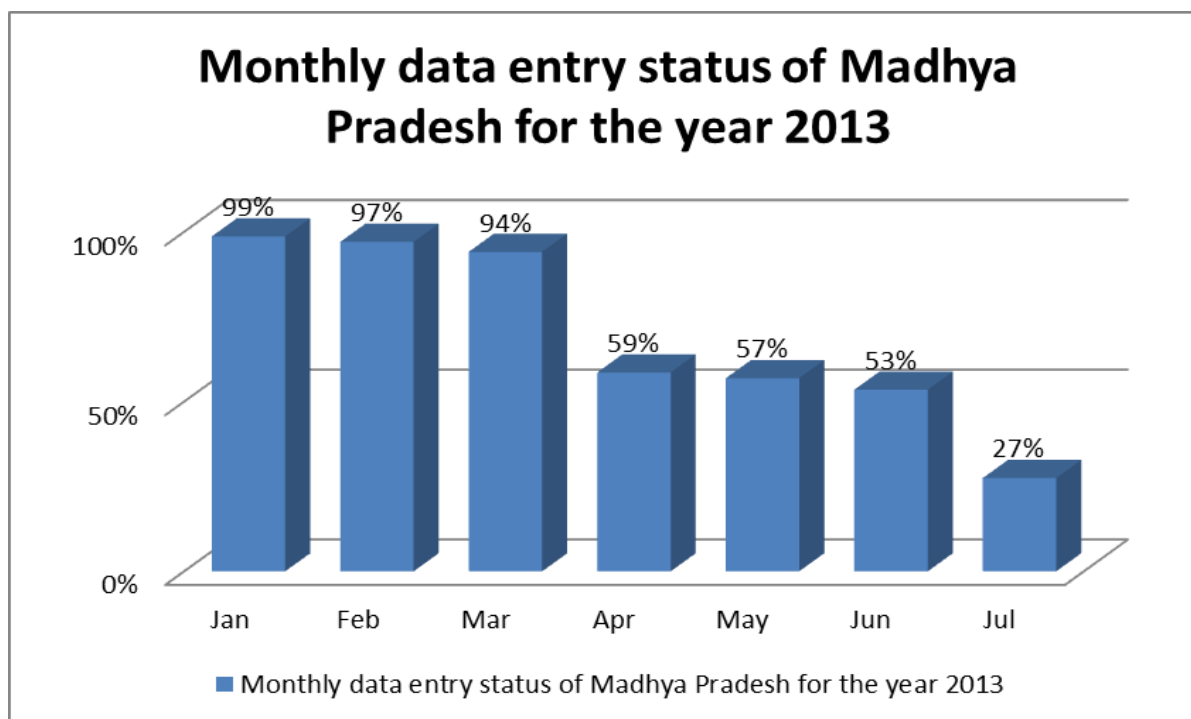
this practice of discrimination but at the same time they have pressures from the family and society which was seen on the faces of the children.

- The Mission has observed that there is no system exists at present to record the reasons of not taking MDM on a regular basis by some children.
- In some of the visited schools the children were not eating MDM as the plates were not being washed/ cleaned properly and even after cleaning leftover is seen on the plates. (Kotari village).

## 20 Management Information system

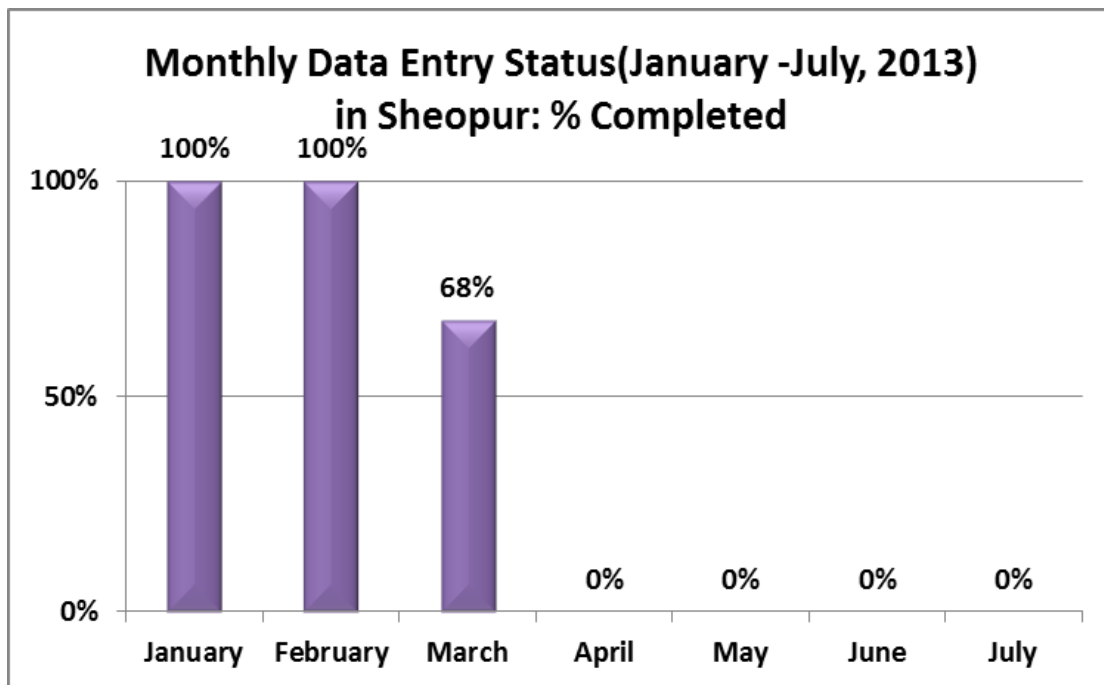
MIS is an important management tool for monitoring the implementation of the scheme. It is relevant to mention the Govt. of India had launched MDM-MIS portal in collaboration with NIC. In this connection various orientations as well as hands-on training sessions have been conducted at regular intervals. The State has completed Annual Data Entry for 99.9% of the schools in the financial year 2012-13. As far as Annual Data Entry for the financial year 2013-14 is concerned, the State has completed the same for 75% of the schools.

As far as monthly data entry in concerned, the State has completed the same for 94% of the schools in the month of March, 2013 though the same has reduced to 27% in the month of July, 2013.

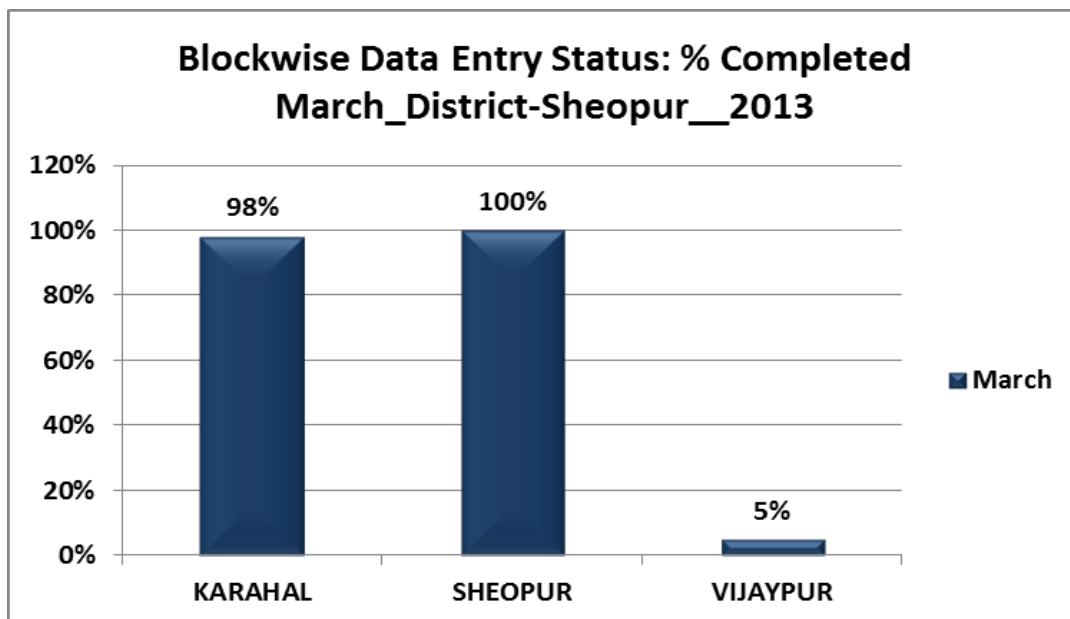


Further, in Sheopur district, the data entry has been completed for only 68% schools in month of March which further reduces to 0% in the subsequent months i.e. April, May, June, 2013. It is relevant to mention that dedicated data entry operator has been sanctioned and filled at the

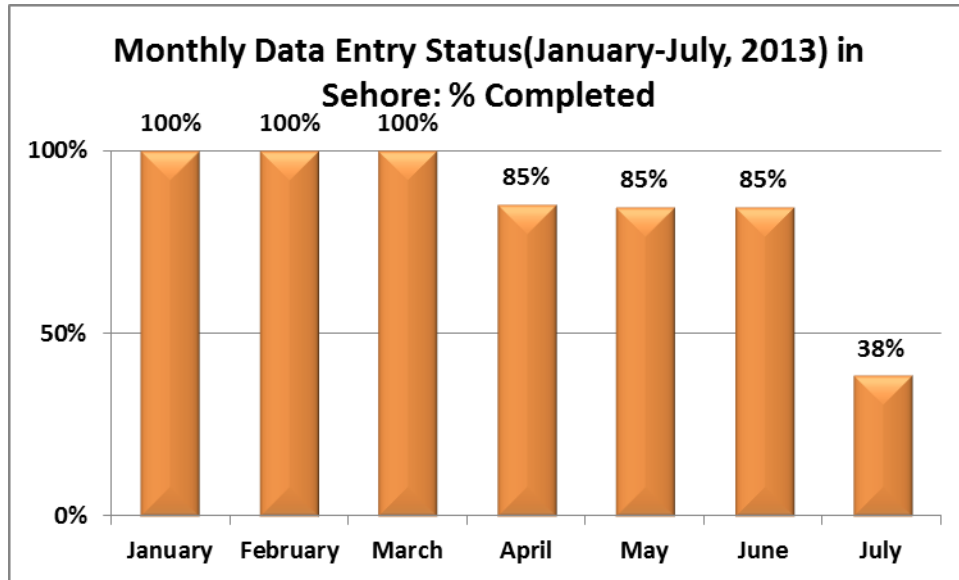
district level. The district officials are requested to complete the monthly data entry into the portal.



The block-wise data entry status for the month of March, 2013 was also analyzed. The data for 98% and 100% of the schools have entered in Karahal and Sheopur blocks whereas the same has been completed for only 5% of the schools in Vijaypur block.



The monthly data entry position is a lot better in Sehore district, where the data entry has been completed for 100% schools in the month of March, 2013 though the same has reduced to 85% in subsequent months till June and further to 38% in July, 2013.



State should take appropriate action for completing the monthly data entry on priority basis especially in Sheopur District.

Format for feeding of data into MIS portal in the schools

The team appreciated that the State has printed the formats for filling up the school annual and monthly data and the same were available in most of the schools.

## 21 Review of status of Safe storage/hygiene and proper supply of ingredients to schools.

The team checked the storage facility for food grains and other ingredients in the kitchen-cum-stores. It was observed that in a large number of schools the food grain was either stored at the house of head of SHG or at the flour mill. The buffer stock of the food grain could not be ascertained in a large no. of schools as the stock was either kept either at the flour mill or the house of head of the SHG. The major reasons of non-storage of foodgrains in the schools were either fear of theft or seepage in the kitchens during the rainy season. In some of the schools, storage bins were found which could contain small quantities of food grains.



As per the recent guidelines issued in respect of quality, safety and hygiene by the Government of India vide its letter 1-4/2013-Desk (MDM) dated 22nd July, 2013 to all States/UTs all the major ingredients i.e. pulses, cooking oil, spices other condiments should be of Agmark certified.

It was observed that in most of the schools the spices were Agmark certified except a few schools in Sheopur district where the

spices were locally ground. It was also observed that the pulses and cooking oil were not Agmark



Agmark certified spices

certified. In some of the cases, loose oil was purchased from the local shopkeepers/oil mill. It is felt that this is the major area of concern as the use of such type of cooking oil and other ingredients may increase the chances of adulteration. This may further lead to major threat to the life of the children who are served Mid Day



Use of loose cooking oil

Meal daily. Due to lack of proper storage facilities the purchase of spices, oil, salt etc. is done by SHGs/SMC (U.P. Chambal Colony) almost on daily basis. In a large number of the schools visited by the Mission, enough quantity of such items was available in the kitchen sheds and only small packets of

spices etc. were found in the kitchens. Purchase in small quantity increases the cost of the food as well. However, storage of Food Items in MDM kitchens was a cause of concern.

It is recommended that the State Government should ensure strict compliance of the guidelines issued in this regard. The sufficient storage facilities/bins should be made available to the schools and also all the major ingredients including cooking oil should be Agmark certified.

## **22 Review of status of convening of Monitoring Committee under the Chairmanship of Member of Parliament.**

The instructions were issued to the States/UTs vide letter referred to above to convene the meetings of the District level Vigilance and Monitoring Committee at least at the quarterly intervals under the chairmanship of the Member of Parliament of the district for review of Mid Day Meal Scheme. The minutes of meeting along with the Action taken Note should be circulated to all the members.

The State Government issued necessary instructions in this regard to all the District collectors and Chief executive officers of all the Zila Panchayats vide its letter number 9095/22/v-9/MDM/2013 dated 5<sup>th</sup> August 2013.

## **23 Review of the convening of regular review meetings at District level.**

372 meetings of district level steering cum monitoring committee were held during the year 2012-13 in all the districts. The team also reviewed the status of the meetings in the two visited districts. In Sheopur district, 8 meeting of district level steering cum monitoring committee were held under the chairmanship of District Collector. Similarly, in Sihore district, 7 meetings were held in the FY 2012-13.

The team also reviewed agenda and minutes of one of the meetings of District Level Steering-cum-monitoring committee which was held under the chairmanship of District Collector Sehore held on 7<sup>th</sup> August, 2013. The meeting was attended by representatives of Departments of Health, Education, Women & Child Department, Panchayat and Rural Development, Nagariya Prashasan, NAN, etc. There were seven agenda items related to MDM which include review of smooth implementation of MDM scheme, lifting and distribution of food grain and payment of transport assistance at various levels under the MDM scheme, availability of cooking cost, food

grains, honorarium to cook-cum-helpers, school health programme, distribution of vitamin A and deworming tablets.

The team appreciated that MDM was a major agenda item in the said meeting. Further, as per the guidelines issued on 22 July, 2013 such meetings should be held on a fixed date of each month. The State Government should ensure that the meetings should be held regularly as per the prescribed schedule.

#### **24 Review of the status of tasting of the meal by at least one teacher.**

In pursuance to the guidelines dated 22nd July, 2013 issued by Govt. of India, the State Govt. has issued necessary instructions to the school authorities for tasting of the meals before serving to the children and prescribed maintenance of register for recording this fact. State Govt. has taken the initiative and given the instruction to the school authorities to invite mothers for inspection quality/quantity and hygiene of the MDM. The State Government has prescribed mothers inspection roster for this purpose and for maintenance of mothers' rosters in the schools.

#### **Observation:**

The team observed that the mothers' roster is being maintained in almost all the schools. Mission members made attempts to verify the signatures of the mothers but there were the cases where the students denied that their mothers have ever visited the school to taste the MDM though names and signatures of their mothers were recorded in the mother's roster. It was observed that responsibility of tasting the food on rotational basis has been assigned to teachers. However, in a large number of the schools, the prescribed register was not maintained though it was informed by the school authorities that the food was in fact tasted by the teachers before being served to the children.

#### **25 Review of the status of testing of food samples by reputed institute**

As per the guidelines issued on 22 July, 2013 by Govt. of India, the State Government may consider engaging CSIR institutes/National Accreditation board of laboratories recognized labs for carrying out sample checking of MDM, to ensure quality meal to the children. The Govt. of Madhya Pradesh has not engaged any institution for the said purpose.

It is recommended that the State may engage the services of any reputed institute on lines of testing done by Sriram Institute for Industrial Research in Govt. of NCT of Delhi to collect the samples from fields on random basis and test the samples on the parameters such as



microbiological presence or absence of e-coli, chemical parameters such as moisture content, fats, proteins and calorific value of the meal.

## **26 Review of the status of Emergency Medical Plan**

In accordance with the guidelines issued on 22nd July, 2013 by Govt. of India, the State Government has issued necessary instruction to DMs and CEOs to take steps to avoid any untoward incident in the school. As per the instructions issued, If any such incident occurs, the same should be reported to Head Teacher/District Education Officer/District Health Officer/District Collector. Necessary instructions should also be issued at district level to ensure immediate treatment of students at Primary Health Centre/Community Health Centre. District officer should ensure the facility of immediate treatment to the students in the nearby or the task of treatment in the school should be entrusted to a doctor.

Observation: Team inquired during the visit to the schools about the action required to be taken by the school authorities in case of occurrence of any untoward incident. A large number of schools in Sheopur district were not aware of the ambulance helpline no. (108). However in Sehore, almost all the school authorities were aware of ambulance helpline No.(108) and toll free number (155343) provided by the State Govt. The toll free number was painted in all the schools. The team recommends that the number of ambulance helpline may also be painted prominently in all the schools. Also in accordance with the instructions issued by the State Govt. mentioned above the contact numbers of PHC/ Community Health Centres should be made available to the school authorities.

## **27 Grievance Redresal Mechanism:**

The Information and Technology Department has a mandate to provide system where citizen can get a centralized system to consult and get benefited at various stages,thus empowered and enlightened. IT Department promotes Citizen Facilitation Centre as the medium of grievance registration and an aisle for performance assessment of government officials. Through ICT, various Govt. programs and schemes can be publicized and their benefit status can be assessed and grievances can be looped in appropriate redressal forums. As a precursor to its leadership efforts in e-Governance implementation, the Govt. of Madhya Pradesh had commissioned the

Integrated, Bilingual Automated and web-based Grievance Redressal System to enable seamless registration complaints of the citizen, on various Govt. programs and schemes if they are not getting the due benefits by the govt.

## **Process**

The Department of Information and Technology has commissioned M.P. State Development Corporation to develop a value based grievance Redressal interface called Tele samadhan Helpline. The broad objective of the project was to enhance the process of grievance registration and Redressal by providing a single platform to keep track of each grievance coming from the citizens. The overall objective was to provide an interface to the citizens through which they can get information and can register their grievances and at a later stage can track and acknowledge its status through phone. On the other hand, the system takes care of notifying the concerned Action Taking Authority about the grievance registered for the particular scheme and location and keeps on following up according to the time frame allotted at different levels until and unless a resolution is obtained. Citizens can take information and can register grievances through toll free number 155343, from any of the 50 district of Madhya Pradesh. Telesamadhan Helpline ensures that the grievance of complainant is sent to the right level office in real time. It is developed on a web enabled Bilingual platform which will receive complaints through its 7AM to 11PM Call Centre. This call centre is responsible for entering the details of the complainant and the grievance in the web portal of Telesamadhan helpline at [www.telesamadhan.mp.gov.in](http://www.telesamadhan.mp.gov.in). This is the first foray into the online portal. Once a grievance is registered, the outbound calling department ensures that it is forwarded to the appropriate action taking authority (LEVEL OFFICER) of 1<sup>st</sup> level for its Redressal. The grievance registered at Telesamadhan Helpline, gets forwarded to the concerned 1st LEVEL OFFICER. If the 1st LEVEL OFFICER is not able to resolve the complaint, within a stipulated time period of 15 days, the complaint along with its details is forwarded to the higher officer of the scheme hierarchy. This mechanism of tracking the LEVEL OFFICER by the system ensures faster intimation and disposal of the problem. The check-balance system of escalation ensures that the LEVEL OFFICER is keen in resolving the issue within the specified time period. Therefore, the citizen can rest assured of his/her complaint getting resolved by the right person at the right time. The system automatically tracks and escalates the complaint to the seniors in the hierarchy, if it is unresolved within the turn around time of 15 days at particular level. This is made possible through a unique configuration module where the department's and the scheme's hierarchy of officers is recorded into the system. In this process, it is ensured that every escalation that occurs is intimated over phone and through e-mail. This process, not only ensures the authenticity of the job at hand, but also the implied seriousness of resolving the problem. The complainant through a ticket number can find out the status of his grievance through the portal anytime thus the web portal contains and maintains a

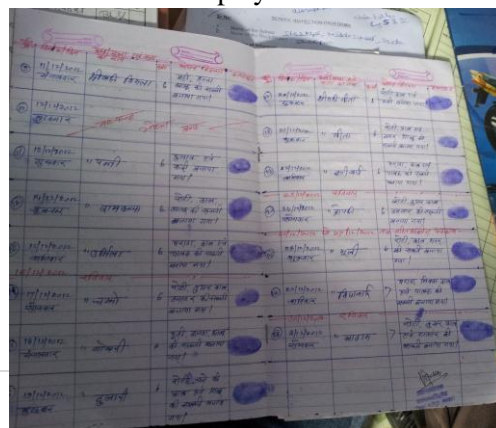
level officer base of all grievances registered, specific to district, block and Department. Once a grievance is closed or sorted, the right to update or edit are enable on the web portal.

### **The Citizen Facilitation Centre is a unique service, which provides-**

1. Time and Place Utility to the caller – The caller can now get his/her grievance registered and redressed by just calling up the Toll Free telephone number 155343. It is no more a requirement to visit the department in case of any grievance. This facility helps the caller save his time and money. Distant/remote location is no more a hindrance in redressal of one's grievance.
2. Toll Free – As the telephone number of the Citizen Facilitation Center is Toll Free, it saves money. The caller does not pay a single rupee to get his grievance lodged.
3. Paperless and Instant forwarding – The grievance, lodged with the Citizen Facilitation Center are forwarded to the relevant departments ONLINE, within no time. This not only saves time but also helps the government achieve the PAPERLESS Environment of working.
4. Citizen Satisfaction Monitoring – It is also monitored if the grieved party is satisfied with the resolution. The complainant, under this process, is called back to ensure the same. The CM himself, on a weekly basis, also follows the same up.
5. **Empowering the Illiterates** – The Citizen Facilitation Centre empowers illiterates to get their appeals heard, as illiteracy is no more a baring factor for them. They can call up the Toll free number and get their grievances registered. 11247 complaints have been registered at State level so far, out of which 10542 have been redressed. The details of the Mid Day Meal Scheme and status of the complaints registered by the Citizens can be seen on the website <http://www.telesamadhan.mp.gov.in>.

### **Best Practices:**

- Cooking cost and Cook cum Helper Honorarium is directly released in the account of SHGs and SMCs respectively. Cash book and purchase register are to be maintained by the implementation agency at school level, though refresher training from time to time of implementing agency is needed.
- Weekly menu, MDM logo, MDM Thali & toll free number have been displayed on school walls. This help in creating awareness among the local community.
- Mid Day meal is prepared under the able guidance of Antyodaya Card holders (ACH) Citizens with an objective of providing one time meal and monitoring of quality of meal served to the children.



- Mother roster has been prepared at school level for monitoring the quality of the meal provided to the school children.
- One of the practices followed in Sehore district was well appreciated by the team. No one can enter the Kitchen except the SHG members/Cooks/Concern teacher without the prior permission of Headmaster.
- State has issued action protocol for addressing certain type of complaints. For addressing grievances/ complaints, Nagrik Toll free number 155343 was established by State level for districts duly displayed on the school wall. Any citizen of the state can register complaint or suggestions on the above number. The status of the complaints can be checked at the url <http://www.telesamadhan.mp.gov.in>.
- The State of Madhya Pradesh has issued action protocol to address certain kind of complaints. Three member committee at sub division level chaired by SDM (Revenue) will inspect the place within three hours of reporting and submit the report to Districts collector within 24 hours. The district collector will send the report to State level within next 24 hours.
- As per MDM Guideline 50% of MME fund should be released to the schools. It is praiseworthy to note that MME was released to almost all the visited schools as reflected in the passbooks also.
- Special Treat is provided to the school children on 15th August and 26th January.
- A sample of cooked meal is kept in the three containers tiffin for 24 Hrs with a purpose of compliance to the prescribed menu and the availability of the sample of cooked food for the testing in case any untoward incident happens.



- In order to monitor the quality of Mid day meal, all town inspectors in the Sheopur district have been instructed to visit the nearest school and taste the meal. The respective feedback is being discussed in weekly Time limit meetings conducted at the district level under the chairmanship of collector.

- Demonstration of Thermal Efficient Cook stove under the pilot program of the National Biomass Cook stove which will lead to savings on fuel with clean kitchen providing better environment for the Cooks. Also it will reduce the cooking time.
- State has given instruction to the district for providing 3 chapatis/4 puris with the prescribed 100 g. food grains at primary level and 4-5 chapatis/ six puris with prescribed 150 g. food grains at upper primary level. However continuous school monitoring is required to check whether the instruction has been followed at ground level.
- The team appreciated that the State has printed the formats for filling up the school annual and monthly data and the same were available in most of the schools.

**Areas of concern:**

1. Low coverage of children against enrolment: On the basis of data collected for the last 10 days it was observed that out of 48 schools visited, on an average 51% of children availed MDM against enrolment.
2. Poor record keeping at the school as well at SHG level
3. Huge amount of pending payment of transportation assistance by NAN to Lead, Link and SHGs (through Zila Panchayat).
4. Non-appointment of cook-cum-helpers as per the enrolment in 29% of schools. The fund was transferred for more cook-cum-helpers whereas the actual cook-cum-helpers engaged was less in some of the schools of Sheopur district.
5. Lack of awareness of medical emergency plan in Sheopur district.
6. Usage of non agmark certified ingredients especially cooking oil.
7. Poor convergence with School Health Programme.
8. Greater use of firewood as a fuel for cooking may hazardous for cook-cum-helpers.
9. Large number of vacant positions of dedicated staff at State and district level.
10. Non display of entitlements of children under MDM at prominent place in schools.
11. Poor functional condition of kitchen sheds in Sheopur district and faulty design and construction quality of kitchen-cum-stores
12. Lack of comprehensive policy and plan for the capacity building of self help groups
13. Non-availability of forum/space for the children to express their views/ experiences relating to proper implementation of MDM scheme
14. Lack of detailed comprehensive plan for tribal/dalit dominated districts
15. Lack of community participation and adequate and effective monitoring system at district and below levels

## B. Nutritional Assessment

### A. Health and Nutritional Status

#### Height for Age:

The height of children was measured using standard method, upto the nearest mm. It was then converted into meters for calculation purpose. As is seen from Table 3.1, the Height for age was very near the reference standards, being above 90% in all cases. Boys as well as Girls of both the districts fared equally well on the parameter of Height (Fig. 3.1 - 3.4).

**Table 3.1 : Average Height of Girls and Boys from two Districts of Madhya Pradesh**

Age (yrs)	SHEOPUR			SEHORE			Ref. Stds. WHO (2006) (M)
	N	Height (Mean $\pm$ SD)	% Ref. Standards	N	Height (Mean $\pm$ SD)	% Ref. Standards	
<b>Boys</b>							
6	18	1.09 $\pm$ 0.08	94.2	16	1.16 $\pm$ 0.15	100.25	1.15
7	25	1.18 $\pm$ 0.08	96.72	25	1.17 $\pm$ 0.055	95.90	1.22
8	24	1.24 $\pm$ 0.06	96.79	28	1.26 $\pm$ 0.055	98.36	1.28
9	17	1.29 $\pm$ 0.106	96.48	21	1.28 $\pm$ 0.08	95.73	1.33
10	21	1.28 $\pm$ 0.07	92.21	20	1.302 $\pm$ 0.080	93.65	1.38
11	20	1.35 $\pm$ 0.095	93.94	51	1.39 $\pm$ 0.067	96.72	1.43
12	20	1.42 $\pm$ 0.096	95.11	35	1.40 $\pm$ 0.064	93.77	1.49
13	29	1.42 $\pm$ 0.11	90.79	34	1.47 $\pm$ 0.092	93.98	1.56
14	12	1.49 $\pm$ 0.08	90.57	14	1.50 $\pm$ 0.051	91.18	1.64
15	3	1.48 $\pm$ 0.011	NA*	3	1.5 $\pm$ 0.011	NA	
<b>Girls</b>							
6	19	1.08 $\pm$ 0.06	93.91	11	1.104 $\pm$ 0.05	96	1.15
7	18	1.14 $\pm$ 0.07	94.21	27	1.17 $\pm$ 0.067	96.05	1.21
8	18	1.24 $\pm$ 0.10	97.02	31	1.21 $\pm$ 0.064	94.67	1.27

9	16	1.34±0.18	100.67	20	1.25±0.055	93.91	1.33
10	19	1.32±0.09	95.5	25	1.29±0.072	93.34	1.38
11	24	1.34±0.11	92.86	50	1.36±0.079	94.24	1.44
12	19	1.39±0.10	91.74	39	1.41±0.080	93.06	1.51
13	19	1.42±0.08	90.27	39	1.45±0.18	92.180	1.57
14	14	1.47±0.09	91.64	7	1.48±0.050	92.26	1.60
15	5	1.49±0.08	NA*				

\* NA - Not available

**Sheopur**

Boys	-	189
Girls	-	171
<b>Grand Total</b>	-	<b>360</b>

**Sehore**

Boys	-	247
Girls	-	249
<b>Grand Total</b>	-	<b>496</b>

**Fig 3.1 : Average Height of Girls and Boys from two Districts of Madhya Pradesh**

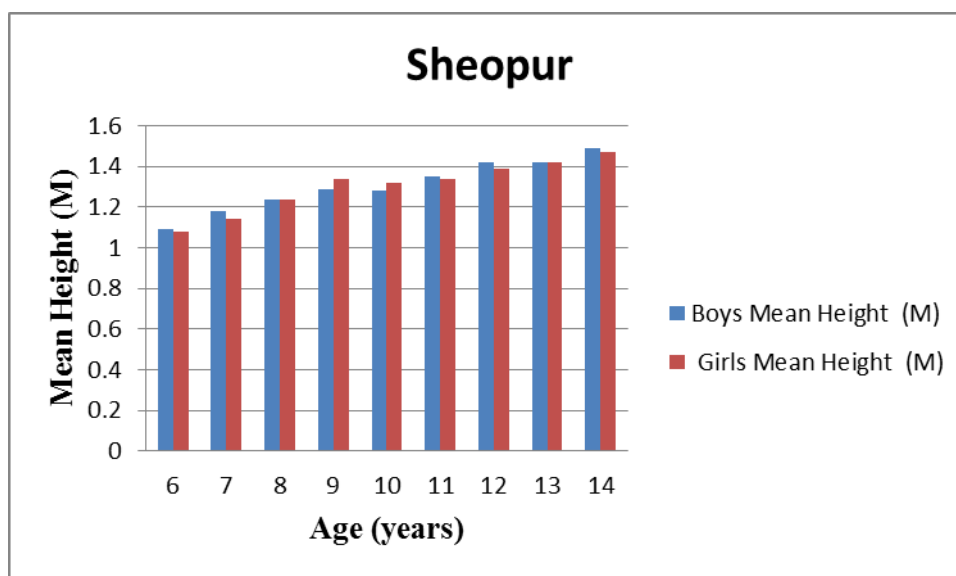


Fig 3.2: Average Height of Girls and Boys from two Districts of Madhya Pradesh

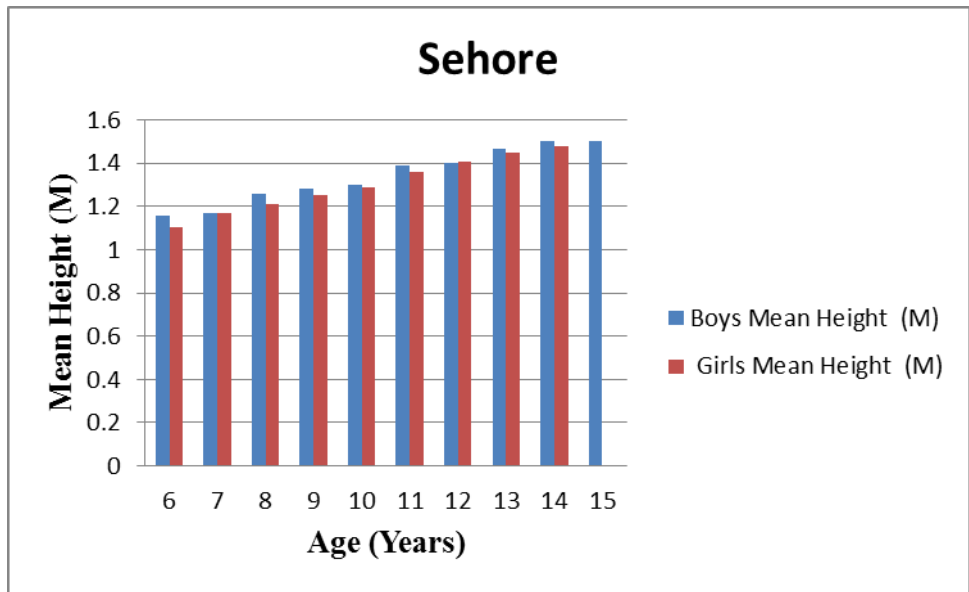
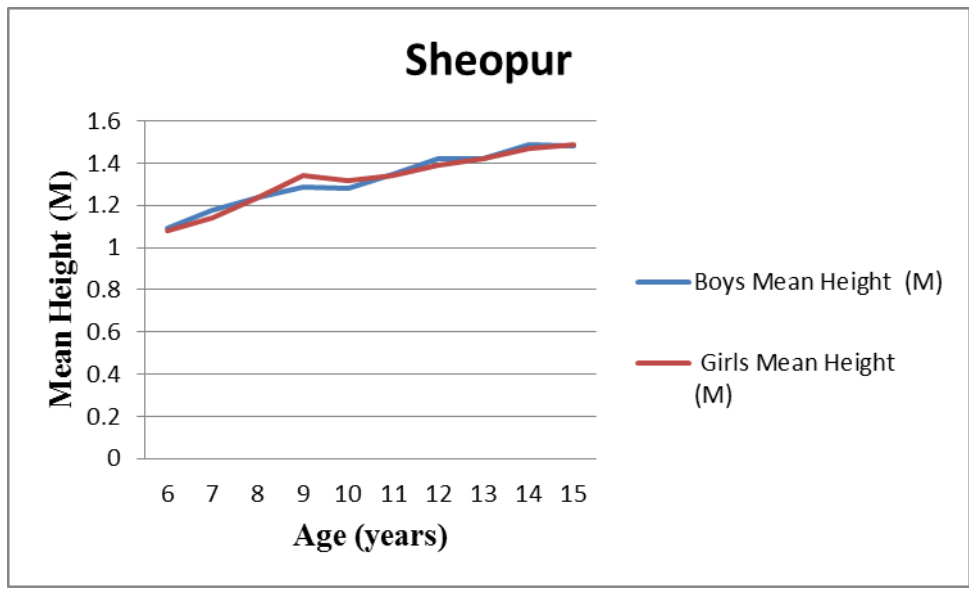
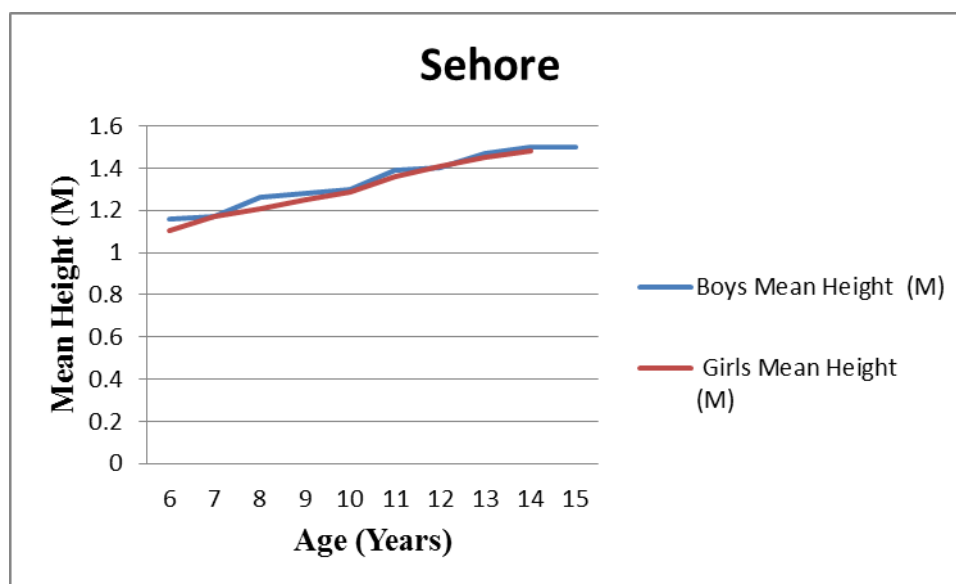


Fig 3.3 : Average Height of Girls and Boys from two Districts of Madhya Pradesh





**Fig 3.4: Average Height of Girls and Boys from two Districts of Madhya Pradesh**



### Weight for Age

The Weight of children was measured using standard method, upto the nearest Kg. As is seen from Table 3.2, the Weight for age was between 70 - 90 % of the reference standards. Boys as well as Girls of both the districts fared equally on the parameter of Weight (Fig. 3.5-3.8).

**Table 3.2 : Average Weight of Girls and Boys from two Districts of Madhya Pradesh**

Age (yrs)	SHEOPUR			SEHORE			Ref. Stds. WHO (2006)
	N	Weight (Mean ±SD)	% Ref. Standards	N	Weight (Mean ±SD)	% Ref. Standards	
<b>Boys</b>							
<b>6</b>	18	17.72±3.56	83.17	16	21.98±6.5	105.67	20.8
<b>7</b>	25	20.52±3.57	88.36	25	20.4±1.8	87.93	23.2
<b>8</b>	24	22.43±3.73	86.82	28	24.6±4.1	95.34	25.8
<b>9</b>	17	25.32±6.0	88.15	21	24.73±4.6	86.41	28.7
<b>10</b>	21	24.47±3.97	76.23	20	25.3±3.8	78.81	32.1

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<b>11</b>	20	27.8±5.11	77.00	51	31.8±7.9	88.08	36.1
<b>12</b>	20	33.5±8.6	82.30	35	30.6±6.9	75.18	40.7
<b>13</b>	29	34.20±7.05	72.42	34	36±7	78.60	45.8
<b>14</b>	12	37.41±3.72	73.04	14	38.5±7.8	75.19	51.2
<b>15</b>	3	41±5.56		3	41.3±0.57		
<b>Girls</b>							
<b>6</b>	19	18.21±2.34	82.26	11	17.18±1.66	84.63	20.3
<b>7</b>	18	19.5±2.57	84.27	27	19.7±3.5	86.02	22.9
<b>8</b>	18	22.63±2.92	83.33	31	21.6±3.3	83.72	25.8
<b>9</b>	16	23.56±3.24	79.72	20	24.15±3.2	82.98	29.1
<b>10</b>	19	25.78±3.7	75.83	25	27±4.8	81.57	33.1
<b>11</b>	24	29.12±5.589	73.79	50	29.2±5.6	78.07	37.4
<b>12</b>	19	31.44±5.17	74.64	39	33±5.8	78.94	41.8
<b>13</b>	19	35.68±4.84	72.06	39	37.7±6.5	81.95	46.0
<b>14</b>	14	39.8±5.06	75.55	7	40.57±3.99	81.95	49.5
<b>15</b>	5	42.8±2.5					

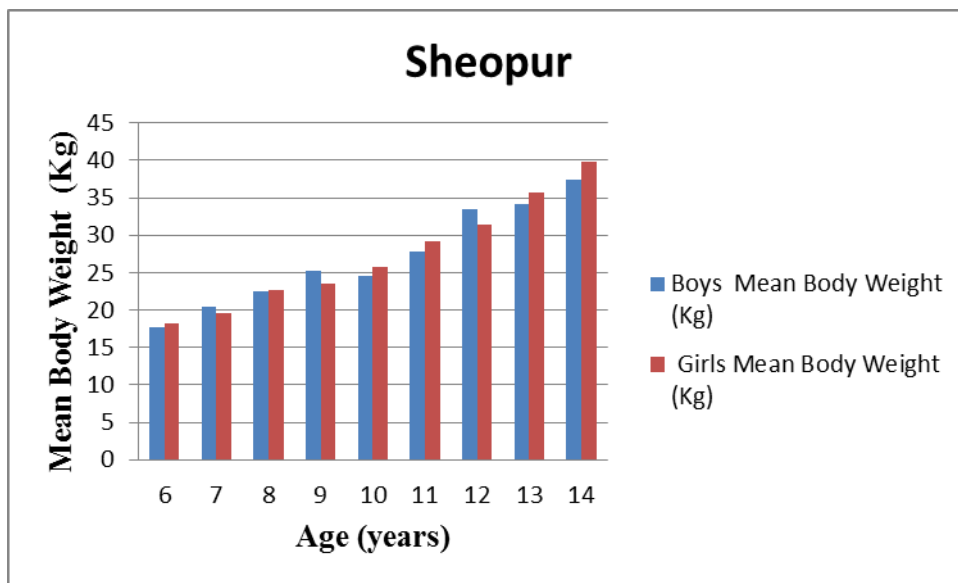
**Sheopur**

Boys	-	189
Girls	-	171
<b>Grand Total</b>	-	<b>360</b>

**Shore**

Boys	-	247
Girls	-	249
<b>Grand Total</b>	-	<b>496</b>

**Fig. 3.5 : Average Weight of Girls and Boys from two Districts of Madhya Pradesh**



**Fig. 3.6 : Average Weight of Girls and Boys from two Districts of Madhya Pradesh**

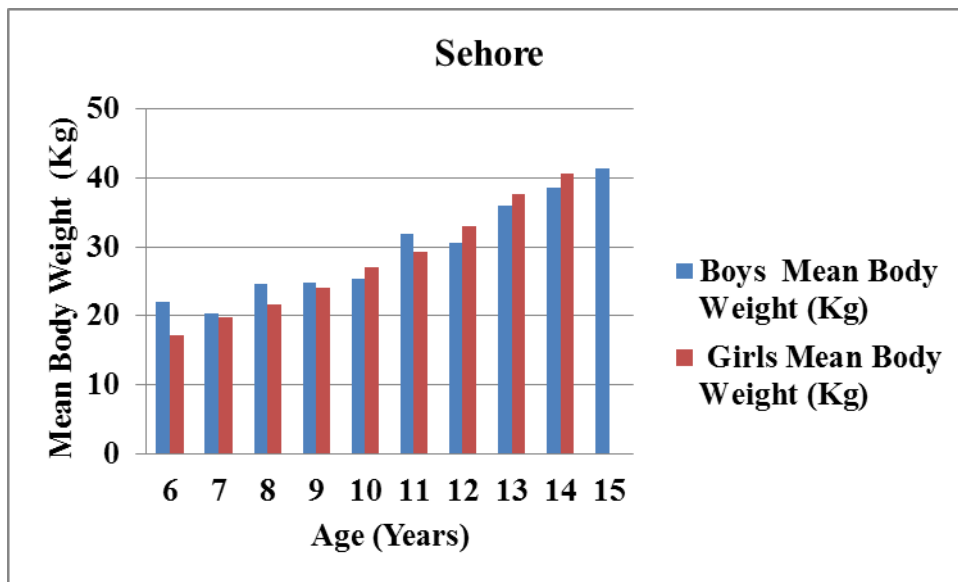


Fig. 3.7 : Average Weight of Girls and Boys from two Districts of Madhya Pradesh

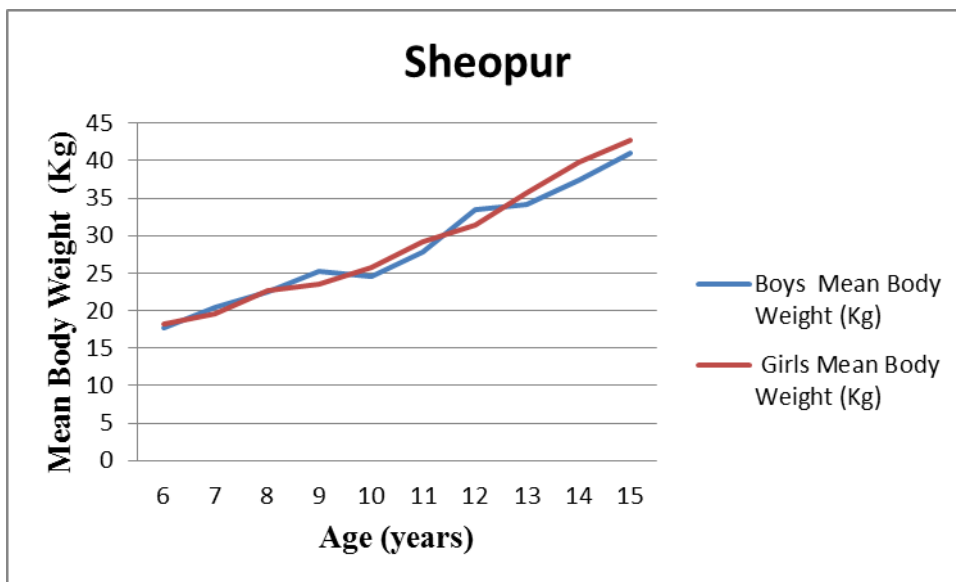
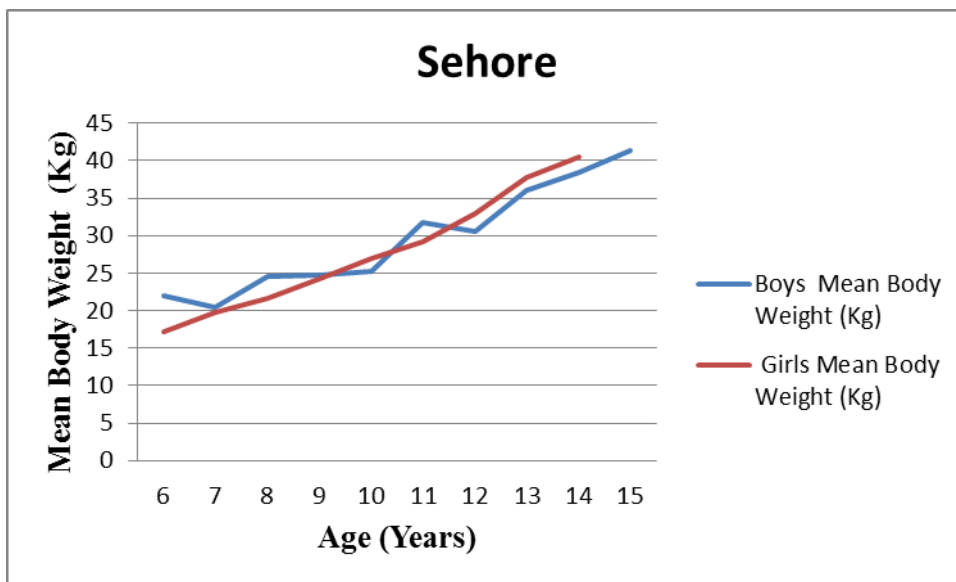


Fig. 3.8 : Average Weight of Girls and Boys from two Districts of Madhya Pradesh



## Mid Arm Circumference (MUAC)

The Mid Arm measurement of each child was measured using standard technique. Table 3.3 reveals that the MUAC of boys and girls ranged between 14 - 20 cm (Fig. 9-12). Boys fared marginally better than girls. No marked difference was seen between the two districts.

**Table 3.3 : Average Mid Arm Circumference (MUAC) of Girls and Boys from two Districts of Madhya Pradesh**

Age (yrs)	SHEOPUR		SEHORE	
	N	MUAC (cm) (Mean $\pm$ SD)	N	MUAC (cm) (Mean $\pm$ SD)
<b>Boys</b>				
<b>6</b>	18	14.23 $\pm$ 1.13	16	15.70 $\pm$ 1.8
<b>7</b>	25	14.68 $\pm$ 0.88	25	14.78 $\pm$ 0.92
<b>8</b>	24	15.08 $\pm$ 1.05	28	15.66 $\pm$ 1.5
<b>9</b>	17	15.75 $\pm$ 1.94	21	16.1 $\pm$ 1.6
<b>10</b>	21	15.48 $\pm$ 1.21	20	15.85 $\pm$ 1.13
<b>11</b>	20	16.23 $\pm$ 1.56	51	17.46 $\pm$ 2.14
<b>12</b>	20	18.11 $\pm$ 2.90	35	16.88 $\pm$ 1.22
<b>13</b>	29	17.5 $\pm$ 2.3	34	18.18 $\pm$ 1.73
<b>14</b>	12	17.8 $\pm$ 1.38	14	19.07 $\pm$ 3.03
<b>15</b>	3	18.53 $\pm$ 2.3	3	20.4 $\pm$ 1.41
<b>Girls</b>				
<b>6</b>	19	14.38 $\pm$ 1.26	11	14.20 $\pm$ 0.566
<b>7</b>	18	14.8 $\pm$ 1.18	27	14.74 $\pm$ 1.43
<b>8</b>	18	15.50 $\pm$ 1.55	31	15.4 $\pm$ 1.274
<b>9</b>	16	15.9 $\pm$ 1.6	20	16.07 $\pm$ 1.5

10	19	16.5±1.65	25	17.21±1.64
11	24	17.11±2.3	50	16.80±1.93
12	19	18.4±3.44	39	18.184±1.66
13	19	18.0±2.55	39	19.01±1.98
14	14	20.07±2.6	7	20.25±1.4
15	5	21.14±3.7	Nil	---

**Average of Mid Arm Circumferance (MUAC) District wise**

	SHEOPUR	SEHORE
Girls	16.8	16.93
Boys	16.1	16.78

**Fig. 3.9 : Average MUAC of Girls and Boys from two Districts of Madhya Pradesh**

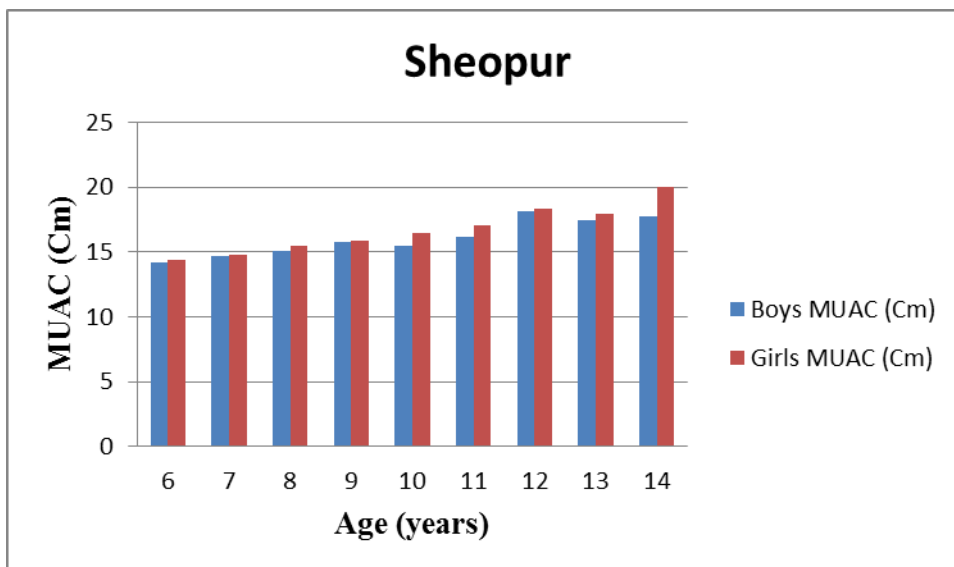


Fig. 3.10 : Average MUAC of Girls and Boys from two Districts of Madhya Pradesh

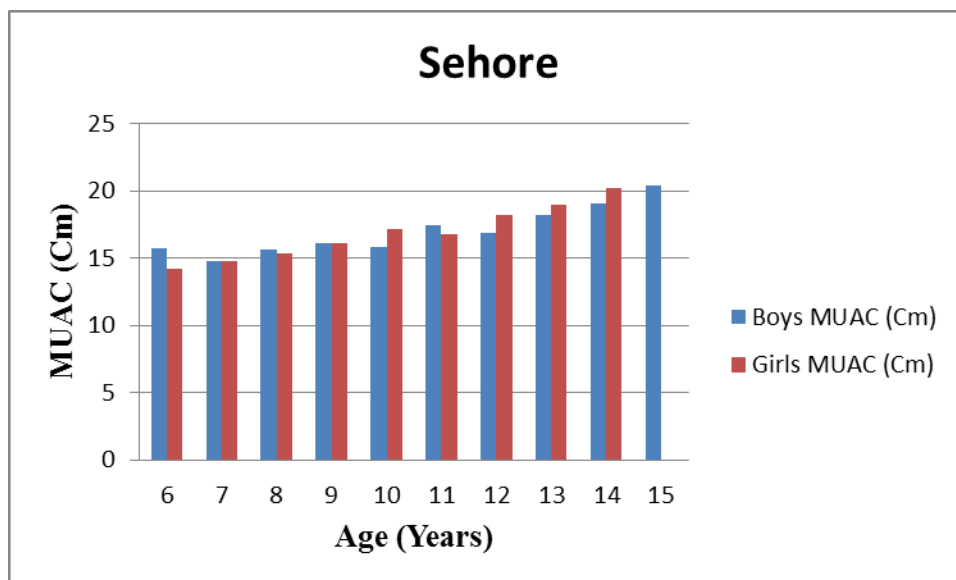
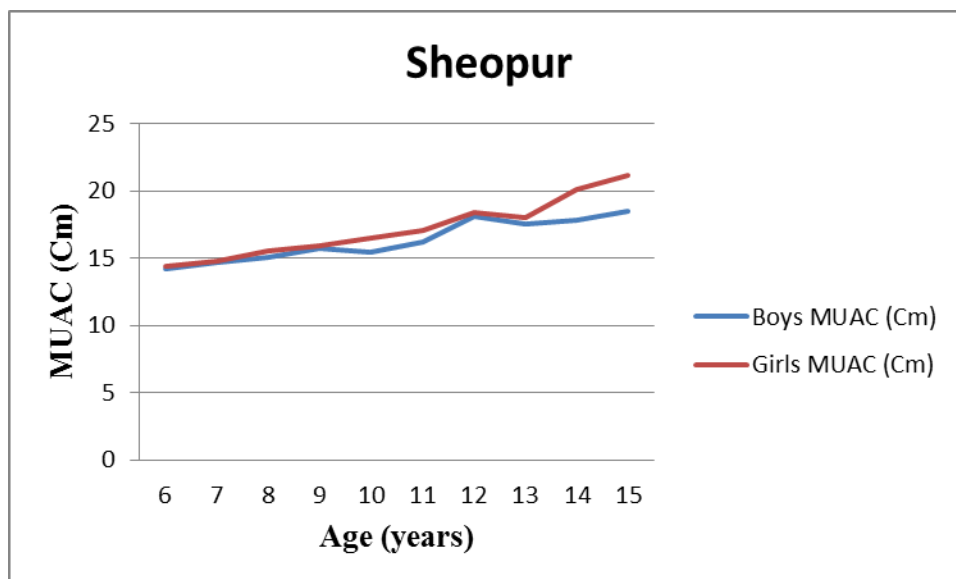
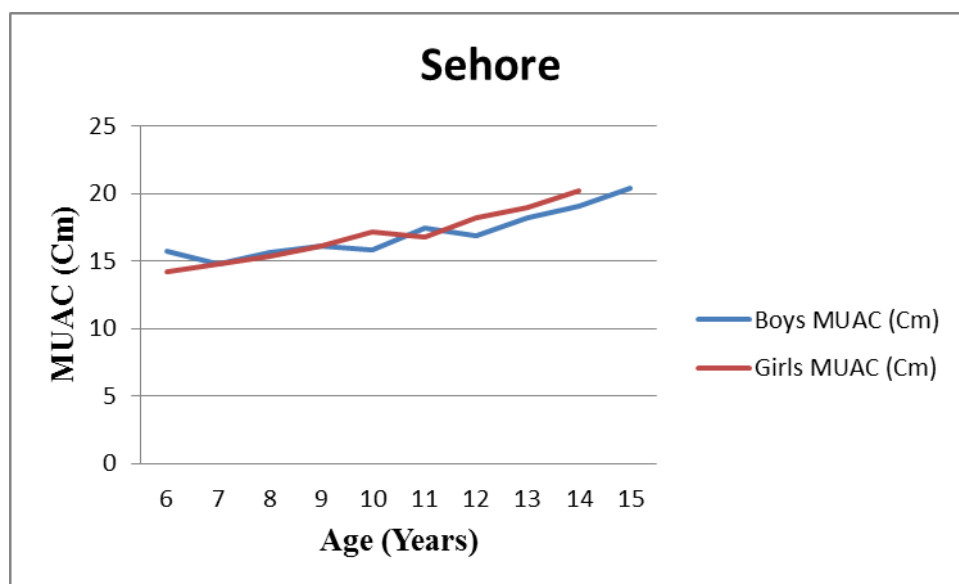


Fig. 3.11 : Average MUAC of Girls and Boys from two Districts of Madhya Pradesh



**Fig. 3.12 : Average MUAC of Girls and Boys from two Districts of Madhya Pradesh**



### Body Mass Index (BMI)

Using the Weight and Height data, the BMI of children was calculated to assess the status of nourishment in children. Comparing individual BMI values with reference standards revealed that the girls and boys of Sehore fared a bit better than those of Sheopur. Girls of Sheopur fared lowest on this parameter (Table 3.4, Fig 3.13 - 3.16).

**Table 3.4 : Average BMI of Girls and Boys from two Districts of Madhya Pradesh**

Age (yrs)	SHEOPUR			SEHORE			Ref. Stds. WHO (2006)
	N	BMI (Mean ±SD)	% Ref. Standards	N	BMI (Mean ±SD)	% Ref. Standards	
<b>Boys</b>							
6	18	14.70±1.96	93.5	16	15.9±1.68	103.24	15.4
7	25	14.52±1.61	92.94	25	14.79±0.88	94.8	15.6
8	24	14.60±1.77	91.82	28	15.23±1.67	95.78	15.9
9	17	14.87±1.60	91.3	21	14.96±1.41	92.34	16.2



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<b>10</b>	21	14.67±1.28	87.95	20	14.92±1.8	89.87	16.6
<b>11</b>	20	15.22±3.05	88.37	51	16.15±3.1	93.89	17.2
<b>12</b>	20	16.33±2.41	91.74	35	15.39±3.02	86.4	17.8
<b>13</b>	29	16.68±2.3	86.18	34	16.41±2.08	88.22	18.6
<b>14</b>	12	16.86±1.46	87.04	14	16.97±2.86	87.56	19.3
<b>15</b>	3	----	NA*	3	17.8±0.25	----	NA*
<b>Girls</b>							
<b>6</b>	19	15.38±2.34	92.15	11	14.10±1.31	92.15	15.3
<b>7</b>	18	14.79±1.36	94.19	27	14.29±1.53	92.19	15.5
<b>8</b>	18	14.29±1.55	87.79	31	14.62±1.66	92.53	15.8
<b>9</b>	16	13.39±1.96	83.22	20	15.31±2.01	95.09	16.1
<b>10</b>	19	14.77±1.62	84.6	25	15.90±1.71	94.08	16.9
<b>11</b>	24	15.93±1.80	85.14	50	15.6±1.79	89.14	17.5
<b>12</b>	19	16.3±1.85	85.24	39	16.33±2.1	89.23	18.3
<b>13</b>	19	17.57±2.01	83.52	39	18.00±3.3	93.26	19.3
<b>14</b>	14	18.28±1.23	84.42	7	19.4±1.81	97.48	19.9
<b>15</b>	5	----	NA*				

NA\* - Not available

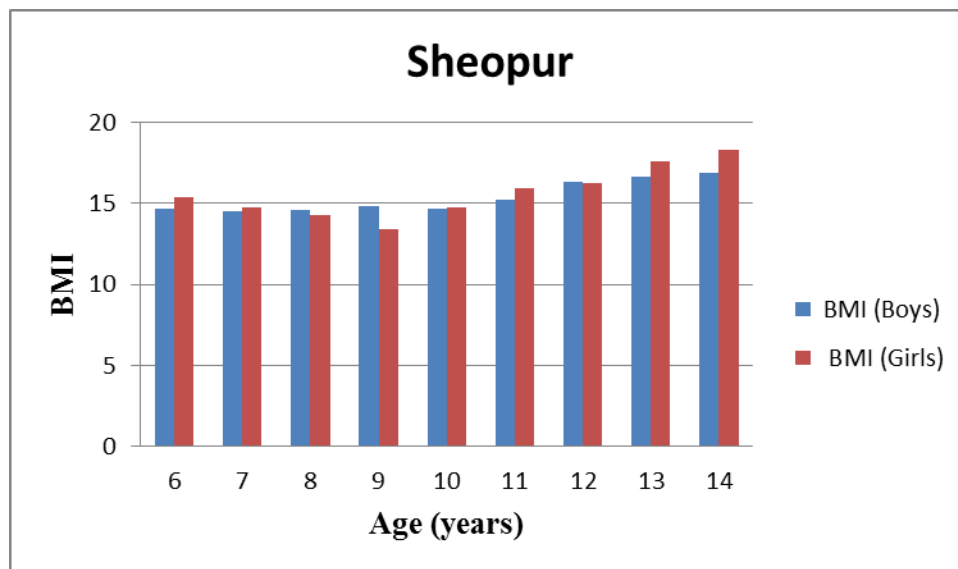
**Sheopur**

Boys	-	189
Girls	-	171
<b>Grand Total</b>	-	<b>360</b>

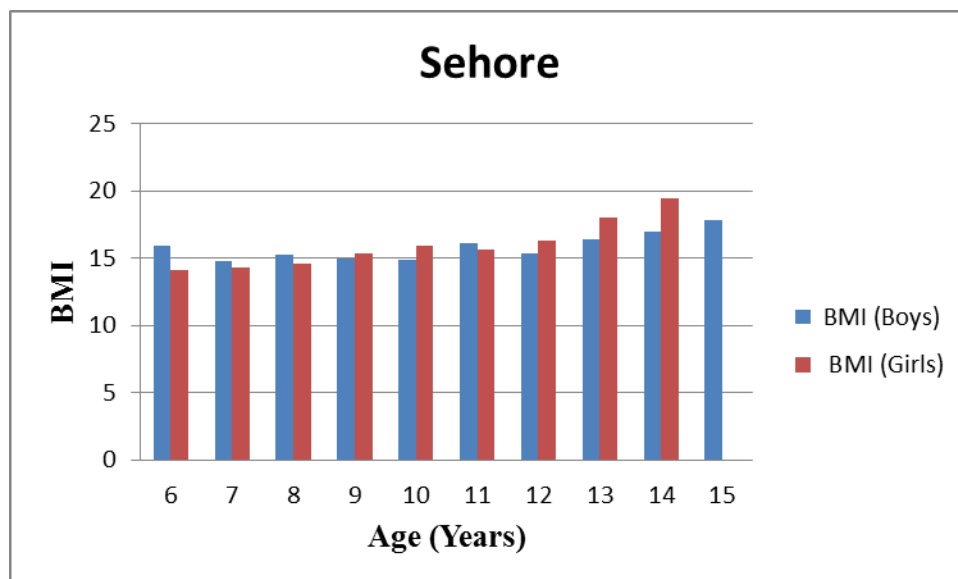
**Sehore**

Boys	-	247
Girls	-	249
<b>Grand Total</b>	-	<b>496</b>

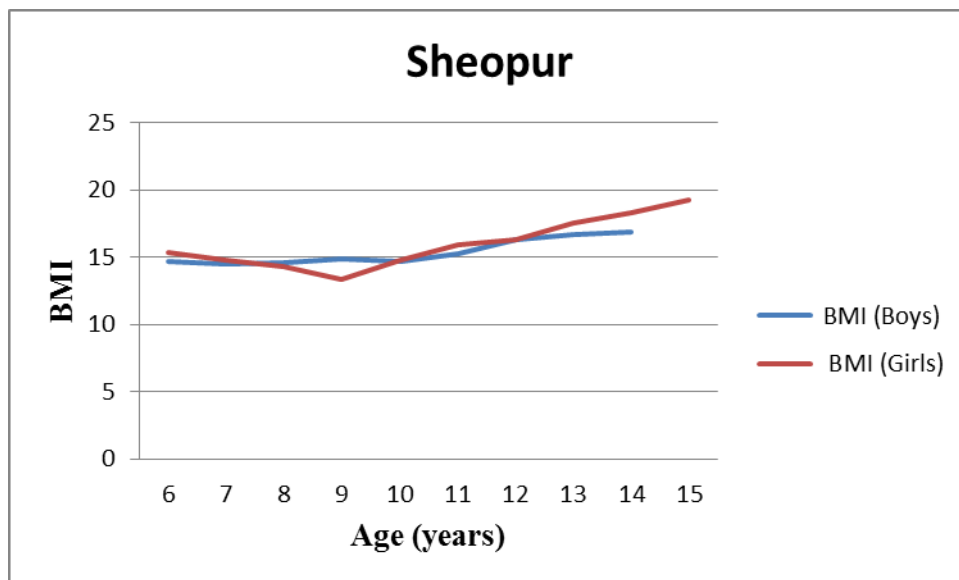
**Fig. 3.13 : Average BMI of Girls and Boys from two Districts of Madhya Pradesh**



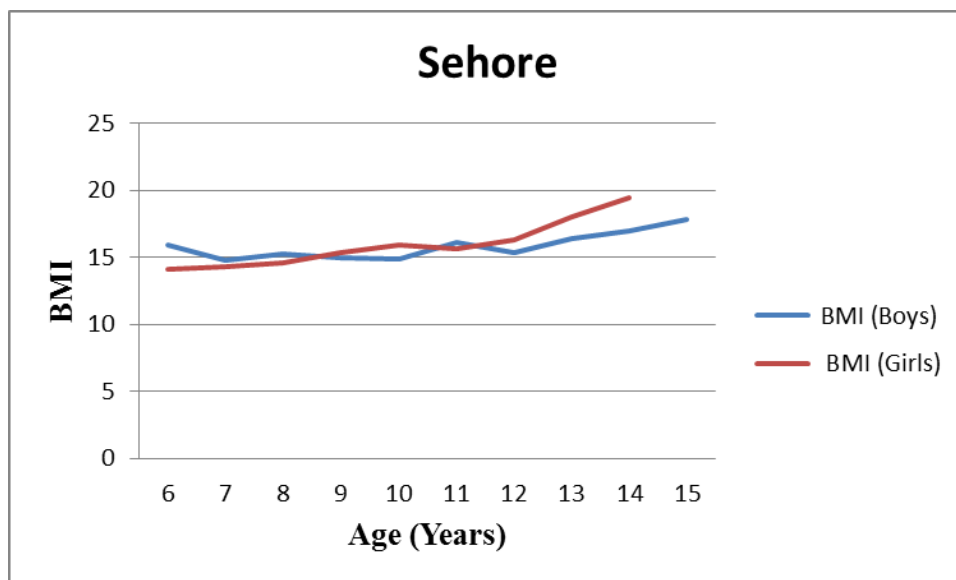
**Fig. 3.14 : Average BMI of Girls and Boys from two Districts of Madhya Pradesh**



**Fig. 3.15 : Average BMI of Girls and Boys from two Districts of Madhya Pradesh**



**Fig. 3.16 : Average BMI of Girls and Boys from two Districts of Madhya Pradesh**

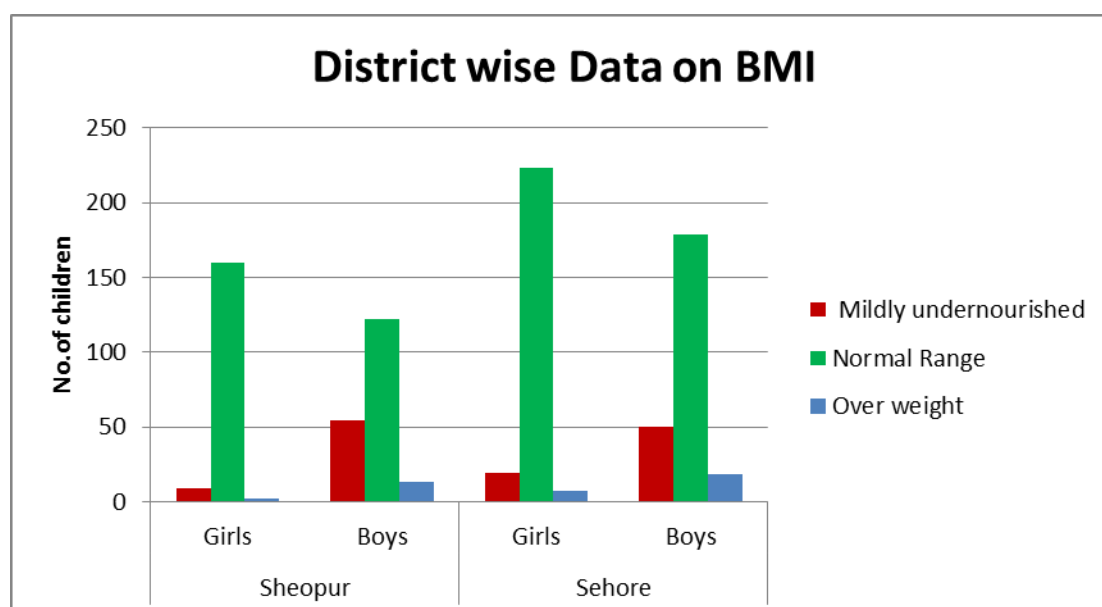


Compilation of the individual BMI values for classification in various categories of status of nourishment indicates that about 80% of the children studied, nearly 80% were in normal range, 15% in "Mildly Undernourished Category" and about 5% in Overweight range (Table 3.5, Fig 3.16-3.17)).

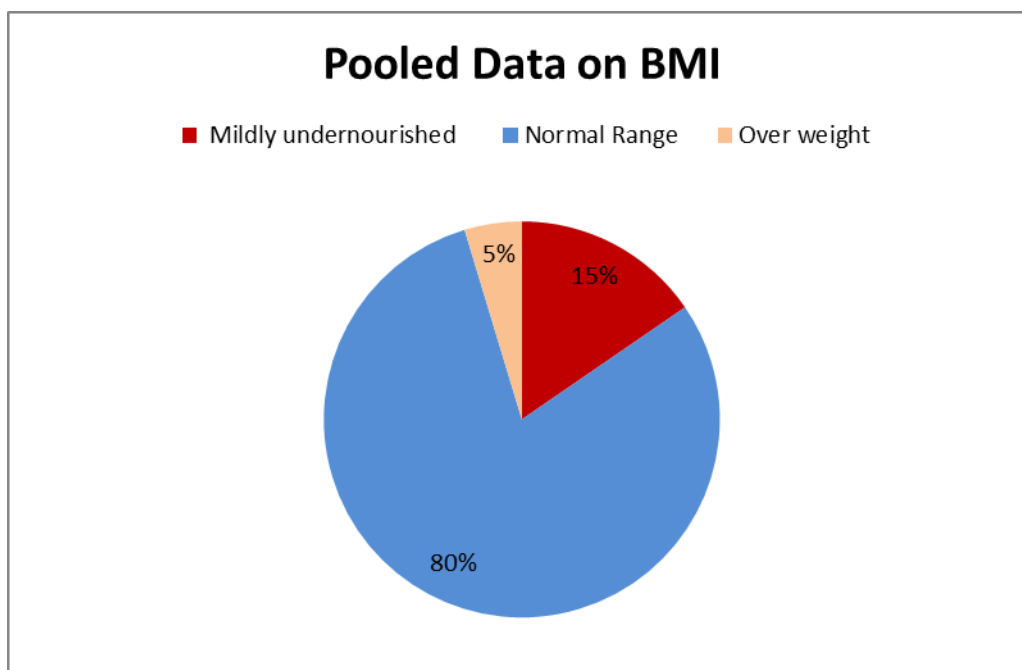
**Table 3.5 : District Wise Data on BMI**

Classification	Category	Sheopur n (%)		Sehore n (%)		Pooled Data
		Girls	Boys	Girls	Boys	
Severely undernourished	< minus 3SD	Nil	Nil	Nil	Nil	
Mildly undernourished	- 2SD to - 3 SD	09(5.2%)	54(28.7%)	19(7.6%)	50(20.2%)	<b>132(15.4%)</b>
Normal Range	+1 SD to -2 SD	160(93.5%)	122(64.3%)	223(89.5%)	179(72.4%)	<b>684 (79.9%)</b>
Overweight	+1SD to + 3 SD	02(1.16%)	13(6.91%)	7(2.8%)	18(7.2%)	<b>40 (4.6%)</b>
Obesity	>+ 3SD	Nil	Nil	Nil	Nil	
Severely undernourished	< minus 3SD	Nil	Nil	Nil	Nil	
<b>n Value</b>		171	189	249	247	<b>856</b>

**Fig 3.16 : District Wise Data on BMI**



**Fig 3.17 : District Wise Data on BMI**



## **B. Food Intake and its Quality**

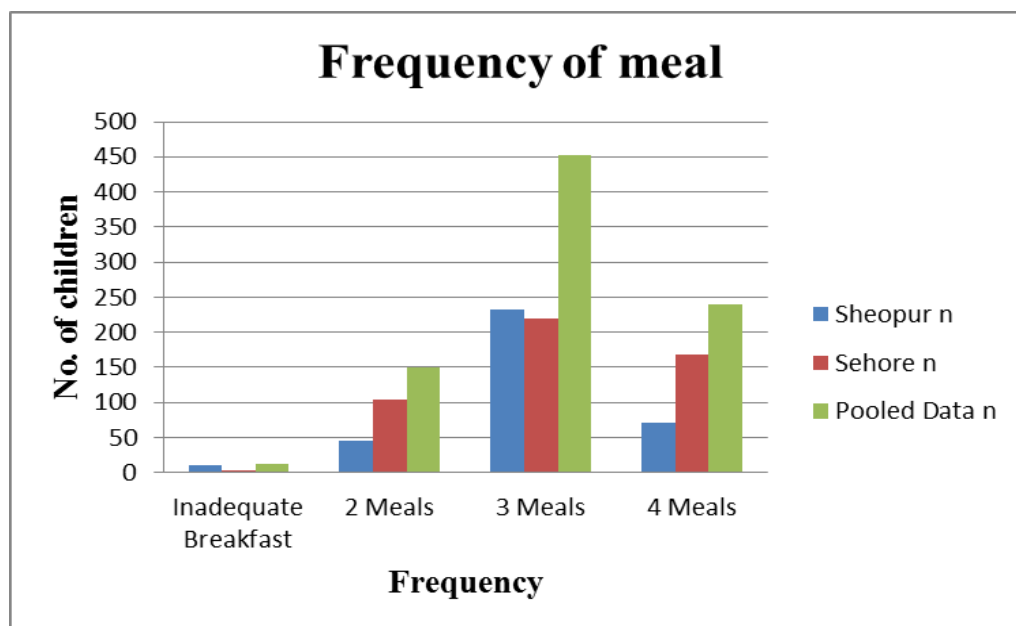
### **Food Consumption Pattern**

On the days of the visit, data on breakfast and other Meals consumption of previous day were gathered from **856** students. 2, 3 and 4 Meals included the MDM. Consumption of some cereal and/or Milk was considered as "Adequate Breakfast". Consumption of tea only or tea with toast was not considered as an adequate breakfast. As is seen from Table No 3.6, almost 93% children were consuming adequate breakfast. Only about 20% of the sample children from Sheopur were consuming 4 meals a day as against 34% from Sehore. 3 Meals pattern was more prevalent in Sheopur. Sheopur being an area rich in Cow owners, consumption of Milk by some children reflects in the comparatively higher percentage of children consuming a "Proper breakfast".

Table 3.6 : District Wise Data on Meal Consumption Practices

Category	Sheopur n (%)	Sehore n (%)	Pooled Data n (%)
<b>Inadequate Breakfast</b>	10 (2.77%)	03 (0.6%)	13 (1.51%)
<b>2 Meals</b>	46 (12.77%)	104(20.96%)	150 (5.49%)
<b>3 Meals</b>	233 (64.72%)	220 (44.35%)	453 (52.92%)
<b>4 Meals</b>	71 (19.72%)	169 (34.07%)	240 (28.03%)

Fig 3.18 : District Wise Data on Meal Consumption Practices



## Mid Day Meals

### (a) Mid Day Meal Consumption Pattern

Since the Review team could not be present in all schools at the time MDM was served, information on consumption of MDM includes actual observation and report by children and/or teachers. It was noted that majority of students were consuming their entire mid day meal. The trend for consumption of complete meals was found to be almost same for girls and boys across all schools. Generally, leftovers were not found in the plates of children. This could be because in majority of schools the serving size varied upon the request of child.

Even girls were seen as well as reported to finish their MDM and ask for extra portion quite often. Gender bias in families and the resultant poor accessibility of food to girl child

could be one of the reasons for increased demand of mid day meal by the girl children. Thus, the mid day meal is perhaps making significant positive contribution to the daily diets of children, particularly girls.

**However, it was reported by significant number of children and Community persons in Sheopur that the MDM Kitchens were functioning very irregularly.**

Also, a glaring case of huge amounts of leftovers has been observed and reported elsewhere in this report.

**(b) Temperature of Food:**

The temperature of the cooked food was not a major issue since in all cases the cooking was being done in the school premises itself. As such, freshly cooked food was being served. Average temperature at which food reached the students was 40 - 65<sup>0</sup>C. This loss of temperature was in later lots being served, which was because of the fact that cooked food was not kept continuously heating. The temperature of food at serving time may be an issue of management in case of centralised kitchens. Since hot cooked foods are served, the temperature at the time of receiving/distribution should be above 65<sup>0</sup>C.

**(c) Sensory Evaluation of MDM**

The colour, texture, taste, flavor and mouth feel determine the acceptability of a meal. Salient observations indicated that the consistency of dal was very thin in most samples. The sensory characteristics of vegetables in terms of colour, texture and consistency was satisfactory in most schools although the amount of oil was too much. Roti and Paranthas were found to be of not good sensory quality in some cases. The worst sensory quality was that of Kheer in all cases, which was too dilute and improperly cooked. Chana dal and whole chana were also under cooked in all cases. In several schools of Sheopur district the children complained about the poor quality and less quantity of food being served to them. They also informed the mission members that they brought this issue to the notice of members of Self Help Group, cooks, teachers and parents but no efforts have been made to improve the quality of food. The students also stated that mostly the MDM served to them contains half baked chapattis, watery kheer and dal. In the event if they ask something (chapatti/vegetable/kheer) to be served to them extra/additional, then the same is not served to them.

**(d) Serving Size of Mid Day Meals**

The serving size of mid day meals served did not vary much for children studying in primary and upper primary classes in majority of schools. The average cooked weight being served was:

Puri - 131.31g	Kheer - 134.28g	Aloo Badi - 126.8g	Roti - 167.9g
Moong Dal - 90.5g	Chana Dal - 100.1g	Mixed Veg - 96.8g	Parantha - 203g
Mixed Dal - 118.3g	Green Veg - 33.0g	Veg Chana - 100.0g	

The quantity served was grossly inadequate in most cases. Its reflection on the nutrient content is evident from tables in the following text.

**(e) Nutrient intake through MDM**

Table 3.7 and 3.8 indicate the nutrient content of meals served to Primary and Upper Primary on the 4 days of visit. It is seen that the quantities served/consumed by Upper Primary children are higher than primary children for most of the dishes. This also corroborates the fact placed by cooks and teachers that the children are served as per demand and quantity is not limited/restricted. When the cooked portions consumed by the children are converted into raw amounts, the nutrient intake as depicted in Table 3.9 is less than the MDM requirement. The Calorie and Protein content is a bit better on Saturdays, which is because of Parathas, a favorite dish of children. It is also seen that the content of the other nutrients like Vit C, Iron, Calcium etc are deficit.

Large amount of water content in Kheer, Dal and vegetables is one reason for the net nutrient intake being less.

**Table 3.7 : Nutritive value of cooked food per serving - MDM Primary**

Name of the dish	Average cooked weight/serving (g)	Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)
Kheer	128.57	96.86	1.40	2.77	0.82
Aloo Badi	118.57	97.93	<b>2.82</b>	58.07	2.2
Puri	124.29	244	6.77	38.8	6.9
Roti	147.2	287	6.62	0.95	36.8
Chana dal	77.67	42.7	1.38	1.92	4.93
Mixed Veg	83.33	56.6	1.53	2.29	8.11
Moong Dal	72.38	63.11	3.7	1.18	9.3
Veg Chana	100.0	62.04	0.96	1.44	10.89
Parantha	174.0	391.0	10	13.41	57.6
Mixed Dal	86.6	87.06	4.82	1.0	10.80
Green Veg	124.0	40.22	0.15	3.2	2.19

During the MDM visit cooked dishes were weighed to assess the accurate weight of the dish given per day per menu. A great variation was found in cooked weight of Puri, Roti and Paratha. Dal, Kheer and vegetables serving were too much diluted, so consistency is the matter of concern.



**Table 3.8 : Nutritive value of cooked food per serving - MDM Upper Primary**

<b>Name of the dish</b>	<b>Average cooked weight/serving (g)</b>	<b>Energy (kcal)</b>	<b>Protein (g)</b>	<b>Fat (g)</b>	<b>Carbohydrate (g)</b>
Kheer	140.0	93.66	1.42	0.82	9.67
Aloo Badi	135.0	95.41	2.48	1.18	15.86
Puri	138.33	218.8	5.80	7.0	33.3
Roti	188.5	197.5	6.9	0.6	39.5
Chana dal	122.5	62.44	3.53	2.05	10.16
Mixed Veg	110.3	83.0	2.35	1.18	14.65
Moong Dal	108.57	63.9	3.40	1.90	41.2
Veg Chana	100.0	48.77	1.30	2.21	5.58
Parantha	232.0	323.1	6.67	15.93	38.28
Mixed Dal	150.0	99.73	5.45	2.72	15.03
Green Veg	142.0	52.05	-	4.64	1.38

It is also expected that 1/3rd of daily requirement of Calories and Protein should come from MDM. This also is not being fulfilled as is clear from the Table 3.9 and 3.10

The average cooked weight of the serving of Paratha in most schools was found to be high, which also led to the Paratha being undercooked.

**Table 3.9 : Nutrient Content of MDM on days of visit**

Menu Day	Raw Amt. (g)	Calories	Pr (g)	Fat (g)	Carbohydrate (g)	Vit C (mg)	Iron (mg)	Calcium (mg)
<b>Primary</b>								
Tuesday	176.89	420.09	9.37	9.97	58.27	12.06	3.19	64.22
Wed	109.38	374.8	11.11	5.41	60.14	3.66	3.90	57.27
Fri	125.12	285.15	9.26	3.32	52.99	8.76	3.1	42.25
Sat	181.7	441.23	12.45	14.27	62.64	5.94	4.63	56.23
MDM Reqt.		<b>480</b>	<b>13</b>					
<b>Upper Primary</b>								
Tues	161.77	407.87	9.70	9.00	59.03	10.56	2.89	37.35
Wed	164.58	382.24	13.79	5.86	70.20	9.76	8.33	13.46
Fri	113.05	355.67	13.00	6.18	94.58	2.95	4.10	21.06
Sat	145.47	474.88	12.12	23.29	54.69	4.57	4.84	31.78
MDM Reqt.		<b>720</b>	<b>20.6</b>					

**Table 3.10 : Recommended Dietary Allowances for children (ICMR 2010)**

	Age	Energy (Kcal)	Protein (gm)
<b>Children</b>	4-6	1690	30
	7-9	1950	41
<b>Boys</b>	10-12	2190	54
<b>Girls</b>	10-12	1970	57
<b>Boys</b>	13-15	2450	70
<b>Girls</b>	13-15	2060	65

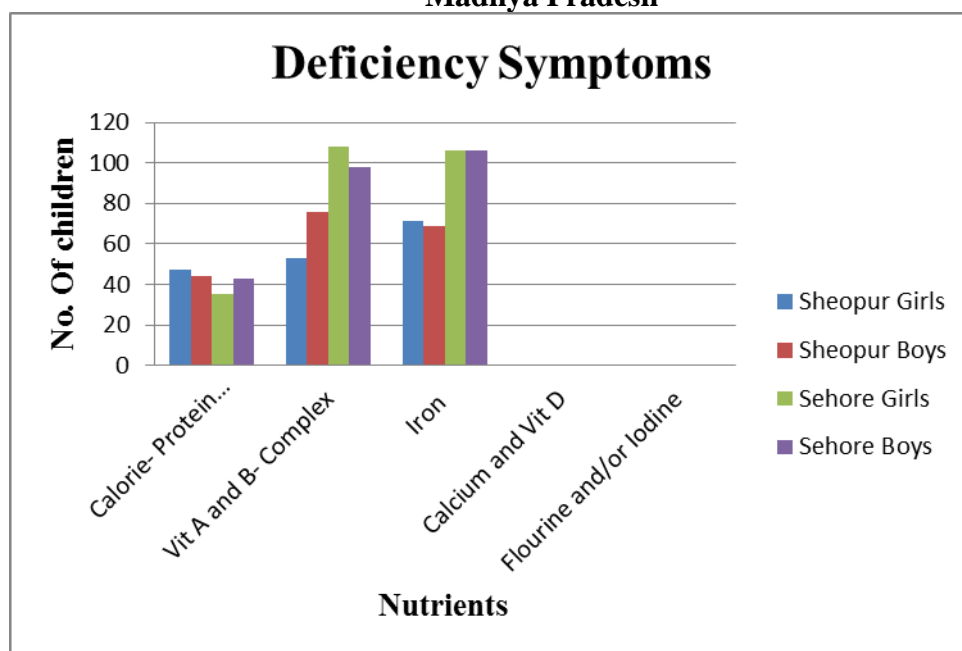
### Clinical Signs of Nut deficiencies

The children were examined for symptoms of nutrient deficiencies. It was seen that almost 50% of the children showed some or the other deficiency. However, signs of Calcium, Vit D, Flourine and Iodine deficiencies were not seen. Of the total children, about 20% seemed to suffer from Calorie- Protein Malnutrition, 39% from Vit A and B Complex deficiency and 41 % from Iron deficiency (Table 3.11, Fig 3.19, 3.20).

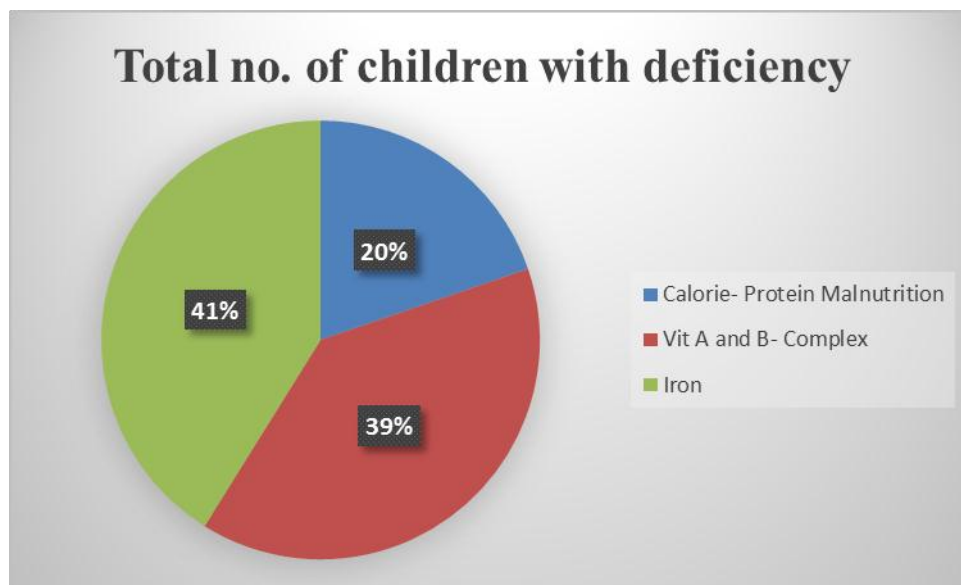
**Table 3.11 : Symptoms of Nutrient Deficiencies in Girls and Boys from two Districts of Madhya Pradesh**

Deficiency Symptoms	Sheopur		Sehore		Total
	G	B	G	B	
Calorie- Protein Malnutrition	47(27%)	44(23.2%)	35(17%)	43(17.4%)	169(19.6%)
Vit A and B- Complex	53(30.9%)	76 (40.2%)	108(43.3%)	98(39.6%)	335(39.1%)
Iron	71(41.5%)	69 (36.5%)	106(42.5%)	106(42.9%)	352(41.1%)
Calcium and Vit D	Nil	Nil	Nil	Nil	Nil
Flourine and/or Iodine	Nil	Nil	Nil	Nil	Nil
Total Number of Deficiency Cases	171(47%)	189(52.5%)	249(50.2%)	247(49.7%)	<b>856</b> (Total Sample)

**Fig 3.19 : Symptoms of Nutrient Deficiencies in Girls and Boys from two Districts of Madhya Pradesh**



**Fig 3.20 : Symptoms of Nutrient Deficiencies in Girls and Boys from two Districts of Madhya Pradesh**



Protein energy malnutrition



Skin Pigmentation



Decayed and mottled teeth



Protein energy malnutrition

## General Aspects

### Quality of Food grain used

It was observed that the quality of Rice and Wheat being used in MDM kitchens was of inferior quality, more so in Sheopur. The cereals were also infested in many cases. However, during the team's visit to NAN Godowns on 17.8.13, it was seen that grain quality was of much higher grade. It, therefore is apparent that the grain quality gets inferior on way to the MDM kitchens.

### Is food kept covered or not

During the visit, it was seen that the food was kept covered as a practice. In some schools, big covering thalis were not available so they had to use thalis used for eating.

### Cleanliness of utensils used for cooking, storage and eating

Sehore fared better in this parameter of hygiene. It was reported that the utensils were being washed by kitchen staff using cake or powder soap.

### Waste Disposal

The leftover food in thalis was thrown away in the school backyard for animals. The rest of leftover food, if any, was consumed or taken home by the kitchen staff.

### Cleanliness of surroundings/kitchen

This was an issue of great concern in Sheopur. In almost all cases, the kitchen was in great proximity to swamp/pond of stagnant water and marshy area. Although the ongoing season of heavy rains was responsible for making the situation was all the more grave, yet the situation of school kitchens was not desirable in Sheopur. There is ample scope for improvement of kitchen surroundings in Sehore also.

### Recommended Nutritious Recipes for MDM

S. No	Name of Recipes	Required ingredients	Raw Amount (gms)	Calorie	Protien	Serving Size/ Child
1.	Veg Upma	Rawa,Carrot,Groundnut Onion,Potato,Peas,oil	90	279.9	6.74	1Plate/bowl
2.	Poushtik Ladoo	Atta ,Besan,Ground nut Jaggery,Oil	100	387.7	8.44	2 No
3.	Namkin Veg Dalia	Dalia ,Carrot ,Moong Potato,Onion,Matar ,Oil	90	254.0	7.08	1Plate/Bowl

<b>S. No</b>	<b>Name of Recipes</b>	<b>Required ingredients</b>	<b>Raw Amount (gms)</b>	<b>Calorie</b>	<b>Protien</b>	<b>Serving Size/ Child</b>
4.	Poshtik Khichari	Potato,Rice,Dalia Chilka Moong ,Soya BadiGajar ,Onion ,Oil	90	325.1	9.91	1Bowl
5.	Mettha Dalia	Daliya ,Ground Nut Jaggery/Sugar,oil	100	453.7	8.74	1Plate/bowl
6.	Poshtik Roti	Atta ,Besan,Boiled Potato Soya flour ,oil	100	383.5	14.54	4 No
7.	Poshtik Dhal	Soya vadi,whole Moong Rajmah,Kaddu,Loki Tomato ,Onion ,Oil	90	313.1	16.23	1bowl
8.	kala chana chat	kala chana ,Boiled Potato Gajar,Tomato ,Cucumber Onion ,oil	90	324.8	12.59	1Plate/bowl
9.	Vegetable Poha	Poha,,wholemoong/Moth,Mata r, Gajar, Gobhi,Onion Oil	90	318.5	4.65	1Plate/bowl
10.	Chikky	Ground nut ,Jaggery,oil	100	425.30	12.85	4 No
11.	Milk	200 ml		134	6.4	1Glass/Bottle
12.	Banana Guava	(Any one Seasonal Fruits)	70 70	116 51	1.2 0.9	one/child

All the above given recipes can be used in following combinations to fulfill the Recommended MDM Values given for Primary and Middle school children. However, the recipies would need to be standardised for bulk preparation.

1. Vegetable Upma, Milk and Fruit - 468 Calories, 14.34 g Protein.
2. Paushtik Roti, Mixed Veg and Fruit - 459 Calories, 20.45 g Protein
3. Namkeen Veg dalia and chikki - 679 calories, 20.94 g Protein
4. Kala Chana Chaat and Milk - 478 Calories, 18.99 g Protein
5. Kala Chana Chaat and Chikki - 740 Calories, 25.44 g Protein
6. Nutritious Laddoo and Milk - 521 Calories,12.84 g Protein

## **Recommendations:**

### **1. Record keeping:**

The team recommends better coordination between the SHGs and school authorities for effective record keeping which will help in meaningful inspection of records. It is also recommended that the members of SHGs and the school authorities must be oriented/trained on record keeping.

### **2. Tasting food by teachers**

It is recommended that the MDMS guidelines with respect to tasting of the meal by the teachers should be strictly followed. The teacher should keep a record of having tasted food in a register to be maintained for the purpose. It could be further strengthened by ensuring that one of the SMC members should also taste the food on a rotation basis along with the teachers before it is distributed to the children.

### **3. Simplification of procedure for payment of transportation assistance by NAN to Lead, Link and SHGs**

Huge amount of TA is pending with NAN for payment to Lead, Link and SHGs. The team appreciated the initiative taken by the State Government for simplification of the process by an order of dated 30.03.2013. However it was observed that though the format captures information on vital parameters (i.e. the date of lifting, name of school, name of SHG/SMC head lifting the food grain, quantity of food grain lifted and signature) the period for which the food grain is lifted is still not evident from the format. The team suggests that the format may be suitably modified by incorporating the column regarding the period for which lifting has been done. It is also recommended that the effect of the simplified procedure may be monitored over a period of time. In case the pendency of payment of bills by NAN is not reduced significantly, the State government may explore the possibility of further simplifying the procedure in consultation with various stakeholders.

### **4. Appointment of cook-cum-helpers as per the norms:**

The team recommends that the cook-cum-helpers must be engaged as per the norms. The fund should be released as per the actual number of cook-cum-helpers engaged in the school.

## **5. Creation of awareness about mid-day meal scheme:**

JRM team has appreciated the state's efforts for creating awareness about the scheme. However, the team feels that these efforts will be strengthened by running an awareness drive at the level of grass root stakeholders i.e Parents, Children, Teachers, & SHG members regarding their role under the scheme and the entitlements of children. The entitlements of children and MDM logo as per the specifications given in the guidelines must be displayed at the prominent places in school.

There is a need to create more awareness regarding the Contingency/Medical health plans for any occurrence of untoward incident at school level. The team recommends that the number of ambulance helpline may also be painted prominently in all the schools. Also in accordance with the instructions issued by the State Govt. mentioned above the contact numbers of PHC/ Community Health Centres should be made available to the school authorities.

It is also recommended that month of November may be celebrated as MDM month to see the preparedness and availability of food grains & funds at various level. The State may use the two films on MDM prepared by Ministry of HRD as a part of the strategy for creating awareness.

## **6. Usage of Agmark certified ingredients especially cooking oil:**

It was observed that the pulses and cooking oil were not Agmark certified. In some of the cases, loose oil was purchased from the local shopkeepers/oil mill. It is felt that this is the major area of concern as the use of such type of cooking oil and other ingredients may increase the chances of adulteration. This may further lead to major threat to the life of the children who are served Mid Day Meal daily. It is recommended that the State Government should ensure strict compliance of the guidelines issued in this regard. All the major ingredients including cooking oil should be Agmark certified.

## **7. Convergence with School Health Programme:**

School Health Programme was not operational in most of the visited schools in both the Districts. No established linkage was observed with the Health Department – ANM only in few schools distributed the tablets once in a year. Convergence of the School Health Programme with MDMS is essential for monitoring the physical growth and the health



status of children and to provide supplements to overcome micronutrient deficiency. It is recommended that the Health Cards should be maintained in schools for future reference and regular supervision of the needy students. Further, health officials need to give clear instructions regarding the dosage of deworming/supplementation tablets to avoid complications arising out of wrong dosage. Report cards and feedback must be shared with the parents. Regular health check-up should take place and IFA tablets, Vitamin A, De-worming tablets & spectacles (for the children suffering from refractive errors) should be provided in convergence with School Health Programme of NRHM. The possibility of health check-up of Cooks-cum-Helpers on a regular basis may also be explored.

#### **8. Use of alternative sources as cooking fuel:**

Cooking is done mainly by firewood which not only denudes the forests but also produces a lot of smoke which is hazardous for health of cook-cum-helpers. The State Government may now install/convert chulhas into smokeless chulhas to combat the above problem. The team has appreciated the initiative of use of thermal efficient cook stove under the pilot programme of national biomass cook stove which may lead to saving of firewood with clean kitchen providing better environment. It is recommended that the structure of stove may be further customized for cooking in large vessels. Alternate method of fuel like solar cooker may also be initiated. The state is also requested to send the proposal for additional burden (differential amount) due to withdrawal of subsidy on LPG for the financial year 2012-13.

#### **9. Filling up of vacant positions of dedicated staff at State and district level:**

A large number of posts are vacant as far as dedicated staff for MDM is concerned. At district level posts for 20 task managers and 49 quality monitors are vacant. It is recommended that the vacant posts may be filled up as soon as possible as the same would ensure the regular monitoring as well as better management of the scheme at all levels. The option of following the similar structure at the block level may also be explored.

#### **10.State Review Mission**

The State Govt. should also constitute Review Mission at the State level and send them to various districts of the State every six months to review the implementation of the

programme. The State Govt. officials looking after MDMS may join the Review Mission in other states under exchange scheme. Orientation visits to other states to see the implementation of the scheme will also widen the horizon of the officials.

### **11. Testing of food samples by reputed institute**

It is recommended that the State may engage the services of any reputed institute on lines of testing done by Sriram Institute for Industrial Research in Govt. of NCT of Delhi to collect the samples from fields on random basis and test the samples on the parameters such as microbiological presence or absence of e-coli, chemical parameters such as moisture content, fats, proteins and calorific value of the meal.

- 12.** There is a need to prepare a comprehensive policy and plan for the capacity building of self help groups to ensure proper implementation of MDM at the grassroots level.
- 13.** Field visits are suggestive of the fact that there is a strong need to increase in per child mid day meal allocations substantially. As per the MDM guidelines, the per unit cooking cost is increased by 7.5% each year. Therefore, the State may explore the possibility of increasing the State share of per unit cooking cost.
- 14.** Considering the work load and time spent in the preparation of MDM, it is recommended the State may explore the possibility of enhancing the honorarium to cook-cum-helpers over and above the minimum mandatory State share of 25%.
- 15.** The design and construction quality of most of the existing kitchen sheds was found to be below standard. There is a need to provide adequate funds for repair and maintenance of kitchen sheds on a regular basis by the department concerned of the State Govt.
- 16.** There is a need to create a forum/space for the children where they can express their views/ experiences relating to proper implementation of MDM scheme.
- 17.** The Mission is of the view that there is a strong need to prepare a detailed comprehensive plan addressing all vital issues in tribal/dalit dominated districts. Such districts should be identified and all the required facilities be made available to ensure the proper implementation of MDM.
- 18.** The Mission has, during the field visits, observed that the role of community is negligible in the overall implementation of MDM with a perspective. In such a situation there is a need to popularize and make the community aware of the various dimensions, norms and

standards, guidelines and government orders. It is suggested that a primer in a simple language and user friendly format should be published covering all the relevant aspects. It should be made available to SMCs, Swasth Gram Tadarth Samiti, SHGs and other important stakeholders.

19. The Mission observed that monitoring mechanism at all the levels, especially at the district and below, needs to be strengthened. There is a strong need to create an accountable monitoring mechanism to look into the implementational aspects of the scheme.
20. The institutions meant for monitoring the quality and regularity of MDM at school level are not functioning the way they are expected. The Mission recommends that there is a need to re-look and systematize the monitoring by mothers, SMC members, Antyodaya card holder citizen, Swasth Gram Tadarth Samiti etc.
21. The Mission observed that some of the children in the schools are not taking MDM. The Mission is of the view that there is a strong need to keep track of such children who are not taking MDM regularly and serious efforts should be made to know the reasons for such practices so as to ensure participation of all children in MDM Scheme.
22. Mission recommends that in the tribal district like Sheopur the State should consider the distribution of culturally accepted food/items (such as Eggs among Saharias).
23. The exorbitant prices of vegetables during the day of visit could be one reason of inclusion of potato as a major component of all vegetable dishes. However, in order to improve the nutrient content of Dishes, some high calorie food items which can be easily included in MDM Menu may be considered. These could be:
  - Curry Leaves -108cal/100g
  - Sweet Potato - 120cal/100g
  - Karonda Dry - 364cal/100g
24. A 50 g piece of Groundnut or Til Chikki could be an easy source of increasing calories as well as protein content of the existing MDM menu.
25. Providing Sambhar in place of plain dal on any one day could be one way of increasing vegetable content in MDM meals.

26. The authorities may work out feasibility of supplying grains in MDM-Stamped gunny/Poly bags to avoid pilferage during transportation.
27. The design of Kitchens needs improvement. They need to be more airy and well lit in all cases, with a vent for smoke in places where firewood is used as a fuel. The Kitchen should be surrounded by a boundary with a gate which can be closed to avoid entry of animals. The Kitchens must be provided with Shelves for keeping containers and utensils.
28. The practice of taking weighed amounts of Raw ingredients should be followed, feasibility and arrangement for which needs to be worked out. This would reduce the approximations of quantities.
29. The issues raised under MDM VS Anganwadi section on page no. 72 are to be addressed for effectiveness of MDM program at the earliest.

**(The above recommendations may be implemented within a period of three months with a compliance report.)**

Dr.(Mrs) Mridula Saxena

Arun Kumar

V.K Nayyar

Prof. Sandeep Joshi

Sachin Jain

Dr. Nilima Varma

**Observations of the 5th Joint Review Mission to Madhya Pradesh from 11<sup>th</sup> August-21<sup>st</sup> August, 2013 under the leadership of Dr.(Mrs) Mridula Saxena, Professor & Head Dept. of Home Science & Hospitality Management, PSS Central Institute of Vocational Education, NCERT, Shyamla Hills, Bhopal**

**1. The JRM has appreciated the following best practices observed by the State in the implementation of Nutritious Meal Programme :**

- i) Mid Day meal is prepared under the able guidance of Antyodaya Card holders (ACH) Citizens with an objective of providing one time meal and monitoring of quality of meal served to the children.
- ii) Mother's roster has been prepared at school level for monitoring the quality of the meal provided to the school children.
- iii) One of the practices followed in Sehore district was well appreciated by the team. No one can enter the Kitchen except the SHG members/Cooks/Concern teacher without the prior permission of Headmaster.
- iv) State has issued action protocol for addressing certain type of complaints. For addressing grievances/ complaints, Nagrik Toll free number 155343 was established by State level for districts and duly displayed on the school wall. Any citizen of the state can register complaint or suggestions on the above number. The status of the complaints can be checked at the url <http://www.telesamadhan.mp.gov.in>.
- v) The State of Madhya Pradesh has issued action protocol to address certain kind of complaints. Three member committee at sub division level chaired by SDM (Revenue) will inspect the place within three hours of reporting and submit the report to the District collector within 24 hours. The district collector will send the report to State level within next 24 hours.
- vi) As per MDM Guideline 50% of MME fund should be released to the schools. It is praiseworthy to note that MME was released to almost all the visited schools as reflected in the passbooks also.
- vii) Special Treat is provided to the school children on 15th August and 26th January.
- viii) A sample of cooked meal is kept in the three containers tiffin for 24 Hrs with a purpose of compliance to the prescribed menu and the availability of the sample of cooked food for the testing in case any untoward incident happens.
- ix) In order to monitor the quality of Mid day meal, all town inspectors in the Sheopur districts have been instructed to visit the nearest school and taste the meal. The feedback is discussed in the weekly meetings conducted at the district level under the chairmanship of collector.
- x) Demonstration of Thermal Efficient Cooking stove under the pilot program of the National Biomass Cook stove which will lead to savings on fuel with clean kitchen providing better environment for the Cooks. This will also reduce the cooking time.
- xi) State has given instruction to the district for providing 3 chapatis/4 puris with the prescribed 100 g. food grains at primary level and 4-5 chapatis/ six puris with prescribed 150 g. food grains at upper primary level. However continuous school monitoring is required to check whether the instruction has been followed at ground level.

xii) The team appreciated that the State has printed the formats for filling up the school annual and monthly data and the same were available in most of the schools.

**2. The JRM appreciated the above initiatives of the State Government. But there is a scope for further improvement in the implementation of the scheme through following interventions:--**

**i. Record keeping:**

The team recommends better coordination between the SHGs and school authorities for effective record keeping which will help in meaningful inspection of records. It is also recommended that the members of SHGs and the school authorities must be oriented/trained on record keeping.

**ii. Tasting food by teachers**

It is recommended that the MDMS guidelines with respect to tasting of the meal by the teachers should be strictly followed. The teacher should keep a record of having tasted food in a register to be maintained for the purpose. It could be further strengthened by ensuring that one of the SMC members should also taste the food on a rotation basis along with the teachers before it is distributed to the children.

**iii. Simplification of procedure for payment of transportation assistance by NAN to Lead, Link and SHGs**

Huge amount of TA is pending with NAN for payment to Lead, Link and SHGs. The team appreciated the initiative taken by the State Government for simplification of the process by an order of dated 30.03.2013. However it was observed that though the format captures information on vital parameters (i.e. the date of lifting, name of school, name of SHG/SMC head lifting the food grain, quantity of food grain lifted and signature) the period for which the food grain is lifted is still not evident from the format. The team suggests that the format may be suitably modified by incorporating the column regarding the period for which lifting has been done. It is also recommended that the effect of the simplified procedure may be monitored over a period of time. In case the pendency of payment of bills by NAN is not reduced significantly, the State government may explore the possibility of further simplifying the procedure in consultation with various stakeholders.

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ANM only in few schools distributed the tablets once in a year. Convergence of the School Health Programme with MDMS is essential for monitoring the physical growth and the health status of children and to provide supplements to overcome micronutrient deficiency. It is recommended that the Health Cards should be maintained in schools for future reference and regular supervision of the needy students. Further, health officials need to give clear instructions regarding the dosage of deworming/supplementation tablets to avoid complications arising out of wrong dosage. Report cards and feedback must be shared with the parents. Regular health check-up should take place and IFA tablets, Vitamin A, De-worming tablets & spectacles (for the children suffering from refractive errors) should be provided in convergence with School Health Programme of NRHM. The possibility of health check-up of Cooks-cum-Helpers on a regular basis may also be explored.

**viii. Use of alternative sources as cooking fuel:**

Cooking is done mainly by firewood, which not only denudes the forests but also produces a lot of smoke which is hazardous for health of cook-cum-helpers. The State Government may now install/convert chulhas into smokeless chulhas to combat the above problem. The team has appreciated the initiative of use of thermal efficient cooking stove under the pilot programme of national biomass cooking stove which may lead to saving of firewood with clean kitchen providing better environment. It is recommended that the structure of stove may be further customized for cooking in large vessels. Alternate method of fuel like solar cooker may also be initiated. The state is also requested to send the proposal for additional burden (differential amount) due to withdrawal of subsidy on LPG for the financial year 2012-13.

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**x. State Review Mission**

The State Govt. should also constitute Review Mission at the State level and send them to various districts of the State every six months to review the implementation of the programme. The State Govt. officials looking after MDMS may join the Review Mission in other states under exchange scheme. Orientation visits to other states to see the implementation of the scheme will also widen the horizon of the officials.

**xi. Testing of food samples by reputed institute**

It is recommended that the State may engage the services of any reputed institute on the lines of testing done by Sriram Institute for Industrial Research in Govt. of NCT of Delhi to collect the samples from the field on a random basis and test the samples on the parameters such as microbiological presence or absence of e-coli, chemical parameters such as moisture content, fats, proteins and calorific value of the meal.

**xii.** There is a need to prepare a comprehensive policy and plan for the capacity building of self help groups to ensure proper implementation of MDM at the grassroots level.

**xiii.** The design and construction quality of most of the existing kitchen sheds was found to be below standard. There is a need to provide adequate funds for repair and maintenance of kitchen sheds on a regular basis by the department concerned of the State Govt.

**xiv.** There is a need to create a forum/space for the children where they can express their views/ experiences relating to proper implementation of MDM scheme.

**xv.** The Mission is of the view that there is a strong need to prepare a detailed comprehensive plan addressing all vital issues in tribal/dalit dominated districts. Such districts should be identified and all the required facilities be made available to ensure the proper implementation of MDM.

**xvi.** The Mission has, during the field visits, observed that the role of community is negligible in the overall implementation of MDM with a perspective. In such a situation there is a need to popularize and make the community aware of the various dimensions, norms and standards, guidelines and government orders. It is

suggested that a primer in a simple language and user friendly format should be published covering all the relevant aspects. It should be made available to SMCs, Swasth Gram Tadarth Samiti, SHGs and other important stakeholders.

**xvii.** The Mission observed that monitoring mechanism at all the levels, especially at the district and below, needs to be strengthened. There is a strong need to create an accountable monitoring mechanism to look into the implementational aspects of the scheme.

**xviii.** The institutions meant for monitoring the quality and regularity of MDM at school level are not functioning the way they are expected. The Mission recommends that there is a need to re-look and systematize the monitoring by mothers, SMC members, Antyodaya card holder citizen, Swasth Gram Tadarth Samiti etc.

**xix.** The Mission observed that some of the children in the schools are not taking MDM. The Mission is of the view that there is a strong need to keep track of such children who are not taking MDM regularly and serious efforts should be made to know the reasons for such practices so as to ensure participation of all children in MDM Scheme.

**xx.** Mission recommends that in the tribal district like Sheopur the State should consider the distribution of culturally accepted food/items (such as Eggs among Saharias).

**xxi.** The issues raised under MDM VS Anganwadi section on page no. 72 of report are to be addressed for effectiveness of MDM program at the earliest

**xxii.** The exorbitant prices of vegetables during the day of visit could be one reason of inclusion of potato as a major component of all vegetable dishes. However, in order to improve the nutrient content of Dishes, some high calorie food items which can be easily included in MDM Menu may be considered. These could be:

Curry Leaves -108cal/100g

Sweet Potato - 120cal/100g

Karonda Dry - 364cal/100g

**xxiii.**A 50 g piece of Groundnut or Til Chikki could be an easy source of increasing calories as well as protein content of the existing MDM menu.

**xxiv.**Providing Sambhar in place of plain dal on any one day could be one way of increasing vegetable content in MDM meals.

**xxv.**The authorities may work out feasibility of supplying grains in MDM-Stamped gunny/Poly bags to avoid pilferage during transportation.

**xxvi.**The design of Kitchens needs improvement. They need to be more airy and well lit in all cases, with a vent for smoke in places where firewood is used as a fuel. The Kitchen should be surrounded by a boundary with a gate which can be closed to avoid entry of animals. The Kitchens must be provided with Shelves for keeping containers and utensils.

**xxvii.** The practice of taking weighed amounts of Raw ingredients should be followed, feasibility and arrangement for which needs to be worked out. This would reduce the approximations of quantities.

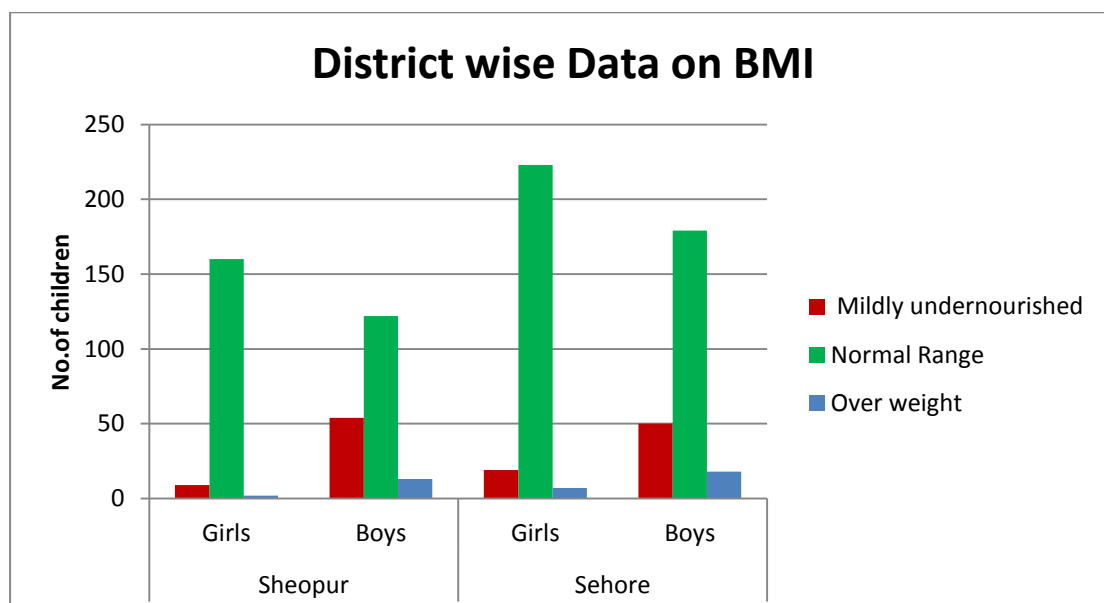
### **Nutritional Profile**

Using Body Mass Index Z score (WHO 2007) as recommended by WHO, on a sample of 856(420 girls and 436 boys) school children availing mid-day meal; 79.9% children were in normal range whereas 15.4% children were mildly undernourished. District wise data reveals that 28.7% boys and 5.2% girls were moderately under nourished in Sheopur District. Whereas in case of Sehore district, 20.2% boys and 7.6% girls were moderately under nourished. As far as nutrient deficiencies are concerned, it was seen that in all, almost 50% of the children showed one or the other kind of deficiency (Calorie- Protein, Vitamin A and B-Complex, Iron).

**Table 3.5 : District Wise Data on BMI**

Classification	Category	Sheopur n (%)		Sehore n (%)		Pooled Data
		Girls	Boys	Girls	Boys	
Severely undernourished	< minus 3SD	Nil	Nil	Nil	Nil	
Mildly undernourished	- 2SD to - 3 SD	09(5.2%)	54(28.7%)	19(7.6%)	50(20.2%)	<b>132(15.4%)</b>
Normal Range	+1 SD to -2 SD	160(93.5%)	122(64.3%)	223(89.5%)	179(72.4%)	<b>684 (79.9%)</b>
Overweight	+1SD to + 3 SD	02(1.16%)	13(6.91%)	7(2.8%)	18(7.2%)	<b>40 (4.6%)</b>
Obesity	>+ 3SD	Nil	Nil	Nil	Nil	
Severely undernourished	< minus 3SD	Nil	Nil	Nil	Nil	
<b>n Value</b>		171	189	249	247	<b>856</b>

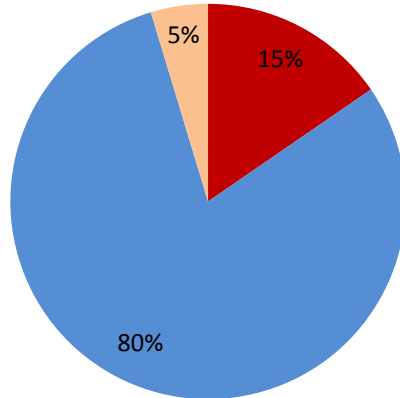
**Fig 3.16 : District Wise Data on BMI**



**Fig 3.17 : District Wise Data on BMI**

## Pooled Data on BMI

■ Mildly undernourished ■ Normal Range ■ Over weight



Action taken on the above, attached JRM report may be submitted to the MHRD within a period of three months from the date of submission of JRM report.