



Impact of Mid- Day Meal Programme on the Physical Health of School Going Children (6-12 Year) in Patna Town

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Abstract : *India is a country where most people are affected by malnutrition. Food insecurity and poor nutrition remain, a problem in many developing countries and have profound effect on children's health and their development. The midday meal scheme in India is a programme covering primary school children to improve nutrition and also increase educational enrollment, retention and attendance. Mid day meal scheme is a free school meal programme in India, started in the year in the primary schools in Tamil Nadu in 1962-63. In 1997-98 it was introduced in 2,408 Blocks throughout India. The central government. It involves provision of free lunch on working days in state owned schools to all students.*

For the purpose of survey an interview schedule was prepared and questions were asked by the parents. After the analysis of data, it was found that mid-day programme has remarkably improved the school attendance, eating habit of children and their academic performance. Parents felt that there is improvement in children's health and nutritional status.

Keywords: *MDM Scheme, Malnutrition, Enrollment, BRMBYS.*

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Introduction :

India is a country where people are mostly affected by malnutrition. Food insecurity and poor nutrition remain a problem in many developing countries and can have profound effects on children's health and their development. The midday meal scheme in India is a programme covering primary school children to improve nutrition as well as increase educational enrollment, retention and attendance in schools. Mid day meal is a free school meal programme in India, started in the year in the primary schools in Tamil Nadu in 1962-63. In 1997-98 it was introduced in 2,408 Blocks throughout India. The central government.