

CHAPTER 3

NUTRITION

3.1 PURATCHI THALAIVAR MGR NUTRITIOUS MEAL PROGRAMME

The main objectives of the Nutritious Meal Programme are to provide adequate nutrition to the economically disadvantaged, to combat malnutrition among the children, increase their literacy rate and to act as a potent incentive for increasing the enrolment and reducing drop out from schools.

Introduced on 1st July, 1982, Puratchi Thalaivar MGR Nutritious Meal Programme was initially implemented in Child Welfare Centres for pre-school children in the age group of 2 to 5 years and to primary school children in the age group of 5 to 9 years. Subsequently the scheme was extended to Nutritious Meal Centres in urban areas from 15-9-1982 and further extended to school students in the age group of 10 to 15 from September 1984. The children in the age group of 2 to 5 years and the students in I to V Standard do receive nutritious meal throughout the year (365 days) and those in the VI to X Standard receive the meal in all the school working days (220 days).

ADMINISTRATIVE CONTROL

Pre-school Nutritious Meal centres in the age group of 2-5 years are functioning under the control of the Director of Integrated Child Development Services. Rural and urban school nutritious meal centres are now functioning under the administrative control of the Director of Social Welfare.

CHILD CENTRES AND BENEFICIARIES

SNo.	PTMGR NMP	No.of centres	No.of beneficiaries
1	2-5 years (25 to 60 months)	50,433	12,03,334
2	OAP		36,966
	Total	50,433	12,40,300

SCHOOL NUTRITIOUS MEAL CENTRES AND BENEFICIARIES

SNo.	Name of the scheme	No. of centres	No. of beneficiaries
1	Puratchi Thalaivar MGR Nutritious Meal Programme (Rural)	39,853	59,31,992
2	Puratchi Thalaivar MGR Nutritious		

	MGR Nutritious Meal Programme (Urban)	1,810	3,35,731
	Total	41,663	62,67,723

CLASS WISE BENEFICIARIES

Std	Urban	Rural	Total
I – V	1,92,426	33,39,465	35,31,891
VI – VIII	1,06,924	17,24,146	18,31,070
IX – X	36,381	8,68,381	9,04,762
Grand Total	3,35,731	59,31,992	62,67,723

TOTAL NUMBER OF BENEFICIARIES UNDER PURATCHI THALAIVAR MGR NUTRITIOUS MEAL PROGRAMME

1	Child Centres (2-5 years)	12,03,334
2	School Nutritious Meal Beneficiaries (Classes 1 -10 std)	62,67,723
3	Old Age Pension Beneficiaries	36,966
	Grand Total	75,08,023

FEEDING SCALE PER BENEFICIARY PER DAY

Sl. No.	Name of the Commodity	Age Groups (Years)				OAP
		2-5	5-9	10-15		
				VI - VIII Std	IX & X Std	
1.	Rice	80 g	100 g	100 g	120 g	200 g
2.	Dhall	10 g	15 g	15 g	15 g	15 g
3.	Oil	2 g	1 g	1 g	1 g	1 g
4.	Salt	1.9 g	1.9 g	1.9 g	1.9 g	1.9 g
5.	Vegetables, Condiments & Fuel*	44 paise*	44 Paise*	44 Paise*	44 paise*	44 paise*
6.	Egg – 3 eggs per week (Monday, Wednesday and Thursday)	46 g	46 g	46 g	46 g	--

		(minimum)	(minimum)	(minimum)	(minimum)	
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* vegetables (20 paise), condiments (9 paise) and fuel (15 paise).

PROTEIN RICH FOOD

In addition to the nutritious meal, one boiled egg was supplied to the children and students in the age group of 2-15 years from 3-6-1989. From the year 2006, 15th July, the birth day of the Great Leader Perunthalaivar Kamarajar, is being celebrated as 'Educational Development Day'. As announced by this Government, from that day onwards, two boiled eggs were provided every week to the children and students in the age group of 2 – 15 years. From 15-07-2007, weekly three eggs, on Monday, Wednesday and Thursday are provided to the beneficiaries. Apart from this, 20 grams of Black Bengal gram or Green gram on Tuesdays, 20 grams of potatoes on Fridays in cooked form are also supplied to school children. Through all these feeding, each student derives 475.81 Calories of energy and 15.62 grams of protein per day.

From 15.7.2007, one boiled egg is provided every week on Wednesday to the children in the age group of 1-2 years along with supplementary feeding to benefit 2,40,000 children.

A sum of Rs.177 crore has been provided in the Budget Estimate for the provision of 3 eggs per week to the children and student beneficiaries for the year 2008-2009.

DOUBLE FORTIFIED SALT

Iodised Salt was used in the preparation of Meals under Puratchi Thalaivar MGR Nutritious Meal Programme to control and prevent iron deficiency / Anemia which is the commonest nutritional disorder widely prevalent among children in the age group of 2-15 years. Later on Government introduced **Double Fortified Salt** to eradicate the disease of Goiter prevailing in 7 Districts viz., Trichy, Salem, Namakkal, Coimbatore, Karur, Perambalur and the Nilgiris. The Government have now extended the supply of Iron and Iodine enriched salt (Double Fortified Salt) to all the districts with effect from 20-06-2007.

FEEDING CHARGES

Considering the increase in the cost of vegetables, condiments and fuel, the Government have issued orders enhancing the feeding charges provided per student per day from 35 paise to 44 paise with effect from 18-07-2007 (Vegetables – 20 paise, condiments – 9 paise and fuel charges – 15 paise = 44 paise)

SUPPLY OF FOOD ARTICLES

Food articles (Rice, dhall and oil) intended for the nutritious meal centres are supplied by Tamil Nadu Civil Supplies Corporation from the Taluk godowns directly to the Nutritious Meal Centres based on the indents placed by the Block Development Officers. Every month the supplies are normally made between 10th & 25th. The District Collectors make payment for the supply of food articles to the concerned Senior Regional Managers of the Tamil Nadu Civil Supplies Corporation. Vegetables, condiments and firewood/ fuel are purchased locally by the Organizers.

Besides, a sum of Rs.20/- p.m. per centre (up to 500 beneficiaries) and Rs.30/- p.m. per centre (for above 500 beneficiaries) is also given to meet contingencies such as purchase of cleaning materials for the centre (soap, broomstick, phenyl, etc.).

FIXATION OF FEEDING STRENGTH

The feeding strength of the children is fixed by the District Collectors for every year for every centre through Block Development Officer based on the attendance in the Centres.

EMPLOYMENT OPPORTUNITY FOR WOMEN AND STAFFING PATTERN

This scheme provides greater employment opportunities for women, both in urban and rural areas. Preference being given to widows and destitutes. Each Nutritious Meal Centre is employed with one Noon Meal Organiser, a Cook and an Assistant. One additional Cook and one additional Assistant are provided where the feeding strength exceeds 500 beneficiaries.

STRENGTH OF NMP STAFF

The total number of post sanctioned in School Centres are as follows:

Number of Centres	Category	No. employed	Total No. of beneficiaries	
			In Working days	In Holidays
41,663	Noon Meal Organiser	41,178	62,67,723	5,48,966
	Cook	41,424		
	Noon Meal Assistant	41,127		
	Central Kitchen Cook	31		

PAY OF THE NUTRITIOUS MEAL PROGRAMME EMPLOYEES

The Noon Meal Organiser and Anganwadi Workers are paid on non-standard time scale of Rs.1300-20-1500-25-2000.

The Nutritious Meal Cook, Anganwadi Helper and Nutritious Meal Assistant are paid on consolidated pay.

The Nutritious Meal Employees are covered under Family Security Fund and Special Provident Fund Schemes. The Noon Meal Organisers, Anganwadi Workers are given Rs.50,000/- and Cook, Noon Meal Assistant and Anganwadi Helper are given Rs.20,000/- as a lump sum as terminal benefit at the time of retirement.

SUPPLY OF STAINLESS STEEL PLATES AND TUMBLERS

New stainless steel plates and tumblers are provided every year to the beneficiaries. During the year 2007-2008, stainless steel plates and tumblers are supplied to 2,57,575 students at a cost of Rs.85.00 lakh.

SUPPLY OF NEW ALUMINIUM COOKING VESSELS

During the year 2007-2008, a sum of Rs.50.00 lakh was released for purchase of new Aluminium Cooking Vessels at the rate of Rs.3,000/- per centre to 1667 Nutritious Meal Centres.

a sum of Rs.60.00 lakhs has been provided in the Budget Estimate 2008-2009 for supply of cooking vessels for another 2000 Nutritious Meal Centres.

MODERNISATION OF KITCHEN

Country woods are now used as fuel in most of the Kitchens of Nutritious Meal Centres for cooking the food. Use of country woods pose health problems to the cooks who are mostly women. Environment is also affected. There are some practical problems in using country woods during the rainy season. With a view to alleviate the sufferings of the women and to protect the environment, the Government of Tamil Nadu decided to provide LPG gas connection with stoves to 750 selected Nutritious Meal Centres during 2006-07 as a pilot scheme. A sum of Rs.1.50 crore was allotted and 750 centres were taken up for modernization each at the rate of Rs.20,000/-. During the year 2007-08 also, Rs. 1.50 crore has been allocated for providing the LPG Gas Connection with Gas Stoves to 750 kitchens in the School Nutritious Meal Centres.

A sum of Rs.70.00 lakhs has been provided to modernize kitchens in 350 Nutritious Meal Centres in the Budget Estimate 2008-2009.

3.2 National Programme of Nutritional Support to Primary Education (NP-NSPE) renamed as "National Programme of Mid-Day Meals in Schools" (NP-MDMS)

National Programme of Nutritional Support to Primary Education was launched in Tamil Nadu on 15.08.1995. Under this scheme, rice is supplied free of cost by the Ministry of Human Resources Development, Government of India, to provide nutritional support to primary school children studying in I to V Std at the rate of 100 grams per child per day for 10 months (220 School days) in a academic year. With the infrastructure available under PTMGR Nutritious Meal Programme, the rice allotted under this scheme is converted into cooked food and supplied to the children.

Cooking cost is reimbursed by the Government of India at Rs.1.50 per child per day. The Government of India have fixed the calorific value for the students studying in 1 – 5 Std at 450 calories and 12 grams of protein.

The Government of India have extended the Mid-Day-Meal Scheme to the upper primary stage of education (Classes VI – VIII) in Government (including local body), Government aided schools and EGS / AIE centres covering 1,26,728 children in 44 Educationally Backward Blocks (EBBs) in 11 Districts during 2007-08 with effect from 01-10-2007. At present, the scheme has been extended to all districts with effect from 1-4-2008.

The Government of India is supplying 150 gms. of food grain per child / school day for upper primary children and fixed the cooking cost at Rs.2.00 per day / per child for the upper primary children. The Government of India have also fixed the calorific value of the Mid-Day-Meal for upper primary students at 700 calories and 20 grams of protein.

During the year 2007-2008, the Government of India have provided funds under National Programme of Nutritional Support to Primary Education renamed as National Programme of Mid-Day-Meal Scheme is as follows:-

(Rs. in lakhs)

S.No	Components of MDM	I – V std	VI – VIII Std
1	Allocation of food grains	80,235.89 MTs	2,318.76 MTs
2	Cooking cost	Rs. 12,035.38	Rs.309.17
3	Cooking devices for 14,373 School Centres at Rs.5,000/- per centre (Rs.459.45 lakhs + 259.20 lakhs)	Rs. 718.65	---

	647 Educationally Backward Blocks	---	Rs. 32.35
4	Construction of Kitchen -cum- store in 844 centres at Rs.60,000/- per centre (129 + 715 = 844)	Rs. 506.40	---
	190 centres at Rs.60,000/- per centre (for Educationally Backward Blocks)	----	Rs.114.00
5	Management, Monitoring and Evaluation	Rs. 298.24	Rs.7.00

3.3 SUPERVISION

A State Level Steering- Cum- Monitoring Committee has been constituted to ensure that adequate quantity of quality food is served with reference to the enrolment of beneficiaries. District / Block / Corporation / Municipality and Panchayat level Committees have also been formed to monitor the functioning of school Nutritious Meal Programme Centres. Elected representatives of people have been nominated to the above Committees along with Officials.

Willing mothers of children / student beneficiaries, one or two mothers on turn basis, also monitor and ensure that hygienically prepared good quality food is supplied to the children in the School Nutritious Meal Centres.

3.4 Evaluation

The Puratchi Thalaivar MGR Nutritious Meal Programme is a great venture. Proper evaluation is crucial for effecting timely corrections of the lacunae, if any in its efficient implementation. Sri Avinasingam University for Women, Coimbatore, Madras Institute of Development studies and Indian Institute of Management, Bangalore have already evaluated the scheme. At present, Avinasingam University for Women, Coimbatore is evaluating the programme.

3.5 INTEGRATED CHILD DEVELOPMENT SERVICES SCHEME (ICDS)

Nutritional status is an indicator for the overall well being of the population. Nutritional status of the children during pre-school age reflects not only the nutritional status of the population as a whole, but also indicates the overall living conditions of the society. The nutritional status of

children in Tamil Nadu has improved considerably over the years and the percentage of normal children has improved from 51.08% in 1998 to 61.49% in October, 2007. Severe malnutrition has been reduced from 0.54% in 1998 to 0.05% in October, 2007. The IMR has come down from 53 (1998) to 37 (2005) per 1,000 live births. By the end of the Eleventh five year plan, the IMR will be reduced to 20 per 1,000 live births.

In Tamil Nadu, ICDS Scheme has 434 Projects with 47,265 Child Centres and 3168 Mini Centres totalling 50,433 Centres. Out of 434 projects, 47 are in urban areas, 2 in Tribal areas and 385 in rural areas. As per the revised norms there must be one Child Centre for 400-800 population in urban and rural areas and one centre for every 300 - 800 population in Tribal areas and there must be one Mini Centre in uncovered area having population of 150-300.

3.5.1 MAIN FEATURES OF ICDS

The objectives of the ICDS Scheme are,

- a. Universalisation of Child Development Services;
- b. To improve Nutritional, Health and Psycho-social status of children in the age group of 0-5 years with special emphasis on preventing malnutrition in children under 3 years besides improving child care practices at the household level;
- c. To improve Nutritional & Health status of women, particularly pregnant women and nursing mothers and adolescent girls;
- d. To empower women and adolescent girls through increased awareness to take better care of their personal and household health and nutrition issues;
- e. To make Tamil Nadu a “ Malnutrition Free State “ and to provide a whole life cycle, nutrition security programme for those below poverty line with special focus on nutrition for pregnant and lactating mothers, infants, children, adolescent and the aged.

3.5.2 BENEFICIARIES OF THE PROJECT

Children in the age group of 6-24 months and 25-60 months.

- Pregnant women and Lactating mothers.
- Adolescent girls.
- Old Age Pensioners.
- Community Groups \ Community leaders.

3.6 KISHORI SHAKTHI YOJANA (KSY)

Kishori Shakthi Yojana is exclusively for the benefit of adolescent girls to improve their literacy level and occupational skills and shape them into better citizens.

This scheme was implemented in 37 ICDS projects of Pudukottai, Dharmapuri, Nagapattinam, The Nilgiris, Salem, Kancheepuram, Thiruvallur, Villupuram, Cuddalore, Dindigul and Thiruvallur Districts from 2001-2002. The Government of India have now accorded sanction to extend the scheme to all the 434 ICDS projects in the State at the cost of Rs.1.10 lakhs per project. The total amount is Rs.477.40 lakhs.

Under this scheme,

- awareness campaigns on Nutrition and Health, legal rights, home management and child care are conducted through two days camps for adolescent girls aged 11 to 15 years, school going girls and school dropouts.
- 60 days Vocational training like computer education, Catering, Cell phone repair etc., are being imparted through NGO/ reputed institutions to adolescent girls in the age group of 16 to 18 years. Every year about 4,03,620 adolescent girls are benefitted under this scheme.

3.7 SUPPLY OF PRE-SCHOOL KIT MATERIALS

Pre-school education is provided at the Child Centres through Non-formal and play-way methods. The Government of India provide pre-school kit materials to each Child centre at a cost of Rs.500/- per year. Apart from this, one-time grant of Rs.1000/- is sanctioned to the new Child Centres to procure play materials.

3.8 SUPPLY OF STAINLESS STEEL PLATES AND TUMBLERS

Stainless Steel Plates and Tumblers have been provided to 2,20,425 SC/ST beneficiaries in Child centres during 2007-08 at a total cost of Rs. 66.12 lakhs.

For taking the Noon meal the children are provided a set of one Plate and one Tumbler at the cost of Rs.30/- per set.

3.9 MODERNISATION OF CHILD CENTRES PROVISION OF GAS CONNECTION, GAS STOVE AND COOKER

In view of maintaining “**SMOKE FREE KITCHEN**” and also to save cooking time, to provide healthy food without nutrients loss and in smokeless atmosphere for the children in the Child Centres, initially, in three districts 1,000 Child Centres have been modernised and provided with Gas connection, Gas stove, pressure cooker and electrification during the year 2006-07 at a total cost of Rs.81,65,000/- on pilot basis.

			6-24 & 25-36 Months children	25-60 months children	Antenatal /Post-natal mothers	Old Age Pensioners	
1.	ICDS	47265 +3168 Mini- Child Centres	611112 369165	1203334	532714	36966	2753291

3.12 GRADING OF CHILD CENTERS

For rating the Child Centres, indicators are selected under 10 different categories and marks are assigned to the indicators which are detailed below:-

Sl. No	Category	No. of Indicators	Marks Assigned
1	Malnutrition Free	7	20
2	Health	10	17
3	Growth Monitoring	5	10
4	Supplementary feeding & NMP	5	10
5	Cleanliness & Maintenance	6	10
6	Adolescent Girls	6	10
7	Maintenance of Registers	3	7
8	Quality of service	4	7
9	Community participation	3	4
10	Convergence	3	5
Total		52	100

Based on the marks obtained, the Child Centres will be classified as

“A”- Grade Child Centres : 80-100 Marks

“B”- Grade Child Centres : 60-80 Marks

“C”- Grade Child Centres : below 60 Marks

If the Child Centre is “Malnutrition Free”, straightaway “A”-Grade is given.

The District Programme Officers with the assistance of District Communication Officer, Statistical Inspector and CDPOs are to decide the grading of all Child Centres in the district every year and get the approval of the Directorate of ICDS. The evaluation team from the Directorate of ICDS, Chennai visits the Child Centres in the districts and cross checks the indicators adopted for Grading. After getting the approval of Director of ICDS, Chennai, the District Project Officer recommends the best three Child Centres among "A"-Grade for National and State Awards.

3.13 SUPPLEMENTARY NUTRITION PROGRAMME

In the year 2007-2008, Rs.142 Crores have been provided for supplementary feeding to the various beneficiaries under ICDS scheme. Out of the total expenditure, 50% of the expenditure will be shared by the Government of India.

3.14 NUTRITION PROGRAMME FOR ADOLESCENT GIRLS (NPAG)

Under Nutrition Programme for Adolescent Girls (NPAG), under weighed adolescent girls are given 6 Kgs. of rice at free of cost every month. At present this Programme is being implemented in Thiruvannamalai and Ramanathapuram Districts.

A sum of Rs.250 Lakhs has been provided in the Budget Estimate for the year 2008-2009.

3.15 HEALTH

Through convergence with the Department of Public Health, Health and Medical services such as Immunisation, Health Awareness Programmes and referral services are being provided to the pregnant women and lactating mothers and children in the age group of 0 - 5 years. The following activities are proposed for the year 2008-09:

- Medicine Kit @ Rs.600/- per kit will be provided at a total cost of Rs.230.30 lakhs for 38,383 Child Centres.
- Replenishment of medicines will be sanctioned at a cost of Rs.5,000/- for urban projects, and Rs.3,000/- for rural projects. The total expenditure involved is Rs.5.00 lakhs.

3.16 ADMINISTRATION

The Government have issued orders for recruitment of 4,283 Anganwadi Workers and 11,400 Anganwadi Helpers to fill up vacancies under the Department of ICDS by following the existing rules in force. All the 15,683 vacancies have been filled up. Further, Government have issued orders for the recruitment of Anganwadi Workers and Anganwadi Helpers for the 1,539 Additional Child Centres and 3,168 Mini Centres after redeploying the surplus Anganwadi Workers and Anganwadi Helpers.

3.17 AWARDS

State Level Cash Award of Rs.5,000/- is given every year to 98 Anganwadi Workers for exemplary service and outstanding performance in order to encourage Anganwadi Workers in delivering quality service. The total cost of expenditure per year is Rs.4.90 lakhs.

3.18 TRAINING

Training contributes for capacity building of field functionaries and ensures quality in service delivery. A number of Job Trainings, Refresher Trainings and Orientation Trainings are imparted to all staff members working in the Project from District to Village level.

Government of India had approved the State Training Action Plan (STRAP) for the year 2007-08 for a sum of Rs.290.39 lakhs.

Job Training to Anganwadi Workers and Refresher Training to Anganwadi Helpers are being organized in the respective projects.

Job Training and Refresher Training to Supervisors are being conducted at Middle Level Training Centre, Chennai.

Refresher Training to Child Development Project Officers and Orientation Training to Trainers are being organised at Communication and Training Centre, Taramani.

Training on Infant and Young Child Feeding to all project functionaries in the districts is conducted in the respective project / district.

The backlog of Job and Refresher Training of all the field functionaries and need based innovative training will be organized during 2008-09.

3.19 INFORMATION, EDUCATION AND COMMUNICATION (IEC)

IEC is an important inbuilt component in ICDS. Nutrition Education and Nutrition services are delivered concurrently. IEC activities promote Health and Nutrition Services and enhance the credibility and image of Child Centres. IEC aims at improving maternal and child care practices, encouraging community participation and motivating community to support ICDS services.

The ultimate objective of IEC is to bring about positive behavioural change in Health and Nutritional practices among individuals, family and community and thereby facilitate reduction of malnutrition in the community. IEC, being an integral part of the programme, is implemented in close coordination with the activities of other components of ICDS. It precedes interlink and succeeds every activity of the scheme.

The following activity is proposed in the current financial year:-

- Registers will be provided to 10,000 Child Centres at a total cost of Rs.20 lakhs.

The IEC activities have significantly contributed to the improvement in several Health and Nutritional indicators. To sustain the improvement already achieved, need based, area specific and target oriented IEC activities have been proposed to be carried out in 434 projects for the year 2008-2009 at an estimated total cost of Rs.74.86 Lakhs based on the Central Sector ICDS financial norms.

DETAILED LIST OF NEW SCHEMES FOR THE YEAR 2008-2009

NUTRITION

(Rupees in lakhs)

Sl. No.	Scheme	Amount
1.	Modernisation of kitchen in Noon Meal Centres located in schools	70.00
2.	Purchase of cooking vessels to Puratchi Thalaivar MGR Nutritious Meal Programme Centres	60.00
3.	Provision of weighing scale to NMP Centres	50.00
	Total	180.00

INTEGRATED CHILD DEVELOPMENT SERVICES SCHEME

(Rupees in lakhs)

Sl. No.	Scheme	Amount
1.	Modernisation of kitchens in 2000 Children Centres	154.00
	Total	154.00