



IMPACT OF PM POSHAN PROGRAM ON MALE STUDENTS OF UPPER PRIMARY OF TEA GARDEN AREA OF ALIPURDUAR DISTRICT OF WEST BENGAL

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Abstract

In certain areas of India, the children of labor families are still involved in their daily family cooking, do chores and look after siblings in place of regular education, playing games, and sports, and enjoying the regular life of children. Many reasons behind it, but one thing we can say unanimously that, the economic crisis of their families. It is real fact that guardian of those family are tried to do daily basis income for their family surviation. Each and every day, parents go out from home in the morning for daily income, for this reason, the family's responsibility goes to the elder child consequently in daily basis; therefore, the child is stared suffering to take normal education from this stage. This Poshan Program at least ensures to take education with a solid meal and reduce the burden on boys, and stables the parents' economic condition in least way in tea garden area of of Alipurduar District.

Objective of this study was to find out the normal health status and any drop out cases in upper primary male students in tea garden area of Alipurduar District. In this study the selected schools were under the PM Poshan scheme and in the tea garden area of Alipurduar District of West Bengal, India. Total 151male students were the subjects for this study and they voluntarily participated in the giving their height and weight measurement. Data were collected accordingly on the bases of their gender, and recorded on the data sheets and calculated in the Statistical Package for the Social Science (SPSS) software. By using the software, first mean and standard Deviation of weight and height of male students were calculated. The mean and standard Deviation of weight were 34.89 ± 2.67 , and the mean and standard Deviation of height were 141.83 ± 5.41 . The mean of weight and height in centimeter were calculated for find out the Body Mass Index (BMI). The mean and SD values of BMI of the subjects were for boys: 17.34 ± 0.94 .

Keywords: *Poshan Program, tea garden area, health status, BMI, economic crisis, drop out*

Introduction

It was common fact that the pupil of the Alipurduar tea garden area particularly the labor class were suffering from malnutrition, many reasons behind it, main problems were poor economical condition, illiteracy, parents engaged in daily labor. Actually, the required child care was not possible for those families, for this; children were started suffering from their mother lap and got disturb in their daily normal life. The normal growth and development of the child was hampered. Decade by decade it was common fact, but time to time the ruling government took many initiatives to restore them from their

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poor lifestyle. One of the best initiatives was Midday Meal now known as PM Poshan Program. This Poshan Program at least ensures to take education with a solid meal and reduce the burden of appropriate lunch, and stabilizes the parents' economic condition in the least way in tea garden area of Alipurduar District. (Subrata K. Roy) This mid-day meal program started in 1925 (Venkatesh).

Time to time this program was experimented and established with reformation because the government tries to implement in the best possible manner, now the program is known as the Pradhan Mantri Poshan Shakti Mission, earlier known as Mid Day Meal (Mansukhlal).

Pupil and Education: "Education for all" if we start from this line we are afraid to say this word publicly, because the scenario of the remote village area particularly hills and tea garden area are not getting the equal opportunity like as urban or semi-urban area, if we want to develop our country equally then government should take some steps to uplift the poor area, no doubt that Mid Day Meal is playing a very vital role to uplift the poor students and give them opportunity to take education without empty stomach.

Mid-Day-Meal/Poshan Program

An overview of Pradhan Mantri Poshan Shakti Nirman (PM POSHAN) (Ministry of Education (India)): The midday meal scheme was launched in 1995 with an aim to provide at least one nutritional meal to elementary school students. Earlier known as the National Programme of Mid-Day Meal in Schools is one of the foremost rights based Centrally Sponsored Schemes under the National Food Security Act, 2013 (NFSA). The primary objective of the scheme is to improve the nutritional status of children studying in classes I-VIII in eligible schools. Nutrition and food norms under the scheme are as under:

Nutrition norm per child per day		
Level	Calorie	Protein
Primary	450	20 gms
Upper Primary	700	40 gms

Food norms per child per day					
Level	Food grains	Pulses	Vegetables	Oil & Fats	Salts & condiments
Primary	100 gms	20 gms	50 gms	5 gms	As per need
Upper Primary	150 gms	30 gms	75 gms	7.5 gms	As per need

The main aspects of the PM POSHAN Scheme:

- **Food Grains:** Supply of food grains @ 100 grams per child per school day for primary and 150 grams for upper primary at NFSA rate i.e. ₹ 1 per kg for coarse grains, ₹ 2 per kg for wheat and ₹ 3 per kg for rice.
- **Cooking Cost:** It includes cost of ingredients, e.g. pulses, vegetables, cooking oil, other condiments and fuel. The per child day cooking cost is ₹ 4.97 for primary and ₹ 7.45 for upper primary w.e.f. 1st April, 2020.
- **Honorarium to Cook-cum-Helpers:** @ ₹ 1000 per month for 10 months in a year.

- **Transportation Assistance:** As per PDS rate for transportation of food grains from FCI go down to school door steps. Maximum ₹ 1500 per MT for transportation of food grains from FCI go down to school door steps for States other than NER and 2 Himalayan States and 2 UTs.
- **Management, Monitoring and Evaluation (MME):** @ 3% of aggregate of cost of food grains, cooking cost, Honorarium to Cook-cum-Helpers and Transportation Assistance.
- Provision of Meals during summer vacations in drought/ disaster affected areas.
- **Kitchen-cum-store:** As per plinth area norm and State Schedule of Rates. 20 sq meters for schools having enrolment of 100 students. Additional 4 sq meter for every addition of up to 100 students.
- **Kitchen devices:** Linked with enrolment.
- **Repair of kitchen-cum-stores:** ₹ 10,000/- per unit, for the kitchen-cum-stores, which were constructed 10 years ago.
- **Fortification of food items:** Fortification of food items in a systematic manner through Food Corporation of India (FCI).
- Innovation / Flexibility component with no separate budgetary support: Five percent of the aggregate of the cost of food grains, cooking cost, transport assistance, honorarium to cook-cum-helpers, and MME with no separate additional budgetary support for this component. The requirement of funds under this component will be met from available funds and implemented as per Department of Expenditure's OM No. 55(5)/PF-II/2011 dated 06.09.2016.
- Provision of meal to preparatory classes or Balvatika (that is before class I) in primary schools as covered in SamagraShiksha as envisaged under National Education Policy.

The objectives of the Scheme are to address two of the pressing problems for majority of children in India, viz. hunger and education by:

- Improving the nutritional status of eligible children in Government and Government aided schools.
- Encouraging poor children, belonging to disadvantaged sections, to attend school more regularly and help them concentrate on classroom activities.
- Providing nutritional support to children of elementary stage in drought-affected and disaster affected areas during summer vacation.

Midday meal expands to PM-Poshan scheme reported by Fareeha Iftikhar(Iftikhar), her report was highlighted the following points:

1. September 29, 2021 Government of India was reestablished the Midday meal program to PM-Poshan scheme.
2. About 118 million students enrolled in class 1-8 across 1.1 million schools will benefit under this scheme.
3. Under the leadership of Prime minister Mr. Narendra Modi, Cabinet Committee on Economic Affairs was approved Rs. 1.31 Lakh Crores for provide one cooked nutritional meal to students.
4. Prime Minister quoted this word on 29/9/2021 "we are committed to doing everything possible to fight the menace of malnutrition" courtesy to Tweeter.
5. 2.4 million Students of pre-primary sections also have to be included in this scheme.
6. According to many experts, this scheme becomes instrumental in improving enrolment school too.
7. Both the governments state and central will be the responsible to spend the scheme cost in 40:60 ratios.
8. Government is going to take some measures on transparency of this scheme in monetary transactions.
9. Government keeps a new space for aspirational states or districts to provide supplementary items to students.
10. Under the previous scheme, the focus was on providing a meal to students but now, under PM POSHAN, the focus is to ensure the nutritional aspects as well.
11. Government also keeps a provision of concept of tithibhojan once in a month for private school.

12. Breakfast also recommended in New National Education Policy, 2020.

This program is successfully conducting throughout country in primary and upper primary level. This study tried to find out the benefit of intake of midday meal and any improvement in school attendance, especially on children's health and students' school dropout (Karunakaran).

Objectives of the study:

1. Find out the health status of Upper Primary male students of tea Garden area of Alipurduar District by measuring body weight according to height.
2. Important and requirement of Mid Day Meal to male students in these regions.
3. Any drop out cases in upper primary male students in tea garden area of Alipurduar District.

Rationality of the study: Many Indian working-class families depended on their children for housework and cooking, as both parents went to work early in the morning.(P. Dutta)(Roy)Just as meals during the day are not well organized, there is no one to take care of students' learning.(Uday Das)Such incidents occurred regularly in the tea garden region of West Bengal. Especially the villagers living in the tea garden areas were completely dependent on their daily work and worked in the tea garden area. Both governments have adopted many approaches for the overall development of these working poor, and one of the best approaches has been the Prime Minister's Mid-Day Meal or Poshan Scheme. In this study, the researcher tried to find out the general health status of male students as well as the regularity and interest in lunch among male students in this region.



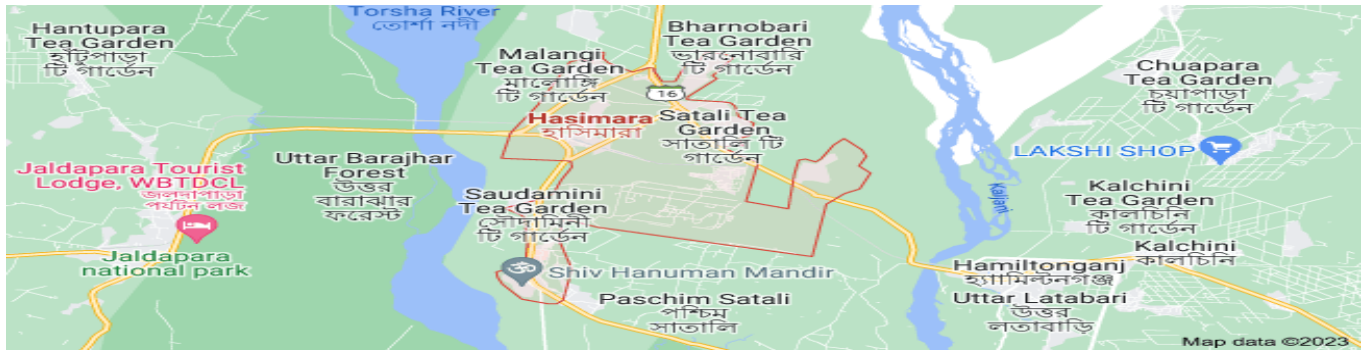
Delimitation: Only class six male students whose ages were between 12(on an average) years were considered in this study. All the data collection was done from the tea garden area of Hasimara, Kalchini block of Alipurduar district of West Bengal. Only the height and weight of the students were taken. The time of taking the weight was from 12:00 PM to 1:30 PM i.e. before the midday meal. And the time of the collection of data from students' homes was from 7:00 AM to 8:30AM in the morning.

Limitation: Maximum data were collected from school depended on the school opening time. Wearing dress of all students was school uniform in homes and in schools (for this reason we deducted 350 gm each from their body weight). If they were taken any food secretly before measuring weight were uncontrolled. Record of dropout cases depend upon the statement of the Head Masters of the institutions and the parents of school students. Dropout cases in the secondary and higher secondary level was not considered in this study.

Area Selection: Based on various research results geographical location, socio-economic infrastructure, location of tribal etc., the area associated with tea cultivation in Alipurduar district of West Bengal were identified. Children of the residents of these regions study in government and government-aided schools and take midday meals in those institutions. Various studies have shown that adults and children in all these regions were lagging behind in terms of health and education (1 Stuti Chakraborti)(Rajak* and Bose**). Hence this region seemed appropriate for our study (Sohrab Ansari).

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Methodology

Tools and Technique: Only Weighing machine and Stadiometer were used to measure the height and weight of the male students of tea garden area of Hasimara, Kalchini block of Alipurduar district of West Bengal.

Sampling: Area was identified by cluster sampling. In that tea garden area of Hasimara, Kalchini block of Alipurduar district of West Bengal, total 12 schools were selected for collecting data. And the data were collected from each school randomly. Total 151 male students were the subjects for this study and they voluntarily participated in the giving their height and weight measurement.

Collecting Data: Data were collected and calculated in the Statistical Package for the Social Science (SPSS) software. By using the software, first mean and standard Deviation of weight and height of were calculated. For this purpose, the height of the subjects was measured by using height measuring scale (Stadiometer). And then, the weight of the individual was measured by using weighing machine. The mean of weight and height in centimeter were calculated for find out the Body Mass Index (BMI), the result shown in the below tables.

Result and Discussion:

Table-1: Descriptive statistics of personal data of the subjects

Variables	Group	N	Mean (\pm) SD
Height (in cm)		151	141.83 \pm 5.41
Weight (in kg)		151	34.89 \pm 2.67
BMI (kg/m^2)		151	17.34 \pm 0.94

Table-1 represents the mean and SD (mean \pm SD) values of personal data of the subjects of the study. The mean and SD values of height were 141.83 \pm 5.41cm. The mean and SD values of body weight of the subjects were 34.89 \pm 2.67kg. The mean and SD values of BMI of the subjects were 17.34 \pm 0.94 kg/m^2 .

Body Mass Index (BMI): Body Mass Index (BMI) is a person's weight in kilograms (or pounds) divided by the square of height in meters (or feet). A high BMI can indicate high body fatness. BMI screens for weight categories that may lead to health problems, but it does not diagnose the body fatness or health of an individual. (Source: Division of Nutrition, Physical Activity, and Obesity, National Center for Chronic Disease Prevention and Health Promotion)

On the basis of this calculation, we can easily say that the students of Tea Garden area those were dependent on the Mid Day Meal might be maintained their required % of fats, and the chances of sickness due to many health hazard were less. Overall growth of students were nearly standard, that mean the midday meal program/PM Poshan Scheme was affected in their life positively.

Table: 2 - indicated standard table of height and weight of and boys (ICMR):

Age (years)	Boys		Girls	
	Weight (kg)	Height (cm)	Weight (kg)	Height (cm)
6	20	116	19	114
7	23	121	21	120
8	25	127	24	126
9	28	132	28	132
10	31	137	32	138
11	32	140	33	142
12	37	147	38	148

Table: 03 indicating the *t* value of height and weight of students compare to ICMR standard.

Variables	Group	N	Calculated Mean Value	ICMR Value	Norm	t-ratio	P-value
Height (in cm)		151	141.83 ± 5.41	147		11.72	0.00**
Weight (in kg)		151	34.89 ± 2.67	37		9.69	0.00**

$$t_{0.05}(150) = 1.976, t_{0.01}(150) = 2.609; t_{0.05}(139) = 1.97, t_{0.05}(139) = 2.60;$$

The calculation shows the height of the students compare to ICMR norms was significantly differ at 0.05 level, and the result indicating the students of this region was not reached the standard Indian height. In another equation mean weight of the students were compared with ICMR standard mean weight and t test was made. Result indicating the weight of the again significantly differs at 0.01level that means the weight of the students of this region was not gained the standard Indian weight. It can be noted that the study area was tribal belt and near to hill, actually the average height of adult of this region also below the Indian standard height, may be for this reason, height of the male students were maintaining just close to the Indian standard.

Conclusion

Economically backward areas have greatly benefited from the PM-Poshan Scheme, as shown by the positive feedback received from local officials and guardians. It is clear that providing mid-day meals has been crucial for those who are economically poor, it has been noted by the Head of Institutions that male student attendance has increased and dropout rates have decreased. The decrease in dropout cases has been especially noticeable in upper primary levels. The PM-Poshan Scheme has been widely accepted and has had a positive influence on education in these regions.

The goal of this initiative is not only to promote good health and nutrition but also to foster a community and togetherness among students. It's encouraging to see the government take steps to ensure that all students, regardless of their economic background, have access to a nutritious meal. It not only enhances their physical development, but also their overall well-being and academic performance. It's crucial to keep up the support for these initiatives and ensure that every child has access to nutritious and hygienic meals.

The study data showed that the average weight per height was just below the normal range, which indicates good health. By calculating BMI, it is possible to demonstrate that the students were maintaining good health. The Midday Meal program had an impact on the students' lives that was evident in their positive growth and absence of school dropout rates. The program assisted in ensuring that students were dependent on lunch at school. The Mid Day Meal program is playing a crucial role in the education sector and is assisting in achieving the aim of education for all. It is beneficial for students, as it

can aid in their self-dependency and reduce the challenges they face in becoming self-sufficient in society. The program has the potential to greatly benefit students overall.

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