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IMPACT ASSESSMENT REPORT- 2024

TAPF SCHOOL MEAL PROGRAMME

BHOPAL

Prepared By :
Global Synergizers

Prepared For :
The Akshaya Patra Foundation



Acknowledgements

We would like to extend our heartfelt gratitude to The Akshaya Patra Foundation (TAPF) for entrusting us with the critical task of conducting this impact assessment study. Your confidence in our capabilities has been a driving force behind this comprehensive analysis, and we are honoured to have been given the opportunity to contribute to such a meaningful programme

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1.EXECUTIVE SUMMARY

The PM POSHAN Scheme, also known as the Mid-Day Meal (MDM) Programme, aims to improve nutritional standards among school-going children nationwide. In Madhya Pradesh, The Akshaya Patra Foundation has been a key partner in implementing this initiative, providing nutritious meals to enhance the educational experience and wellbeing of students. This report assesses the efficacy of Akshaya Patra's MDM Programme in Bhopal.

About the Study

The impact assessment study, conducted in partnership with Global Synergizers, evaluates the effectiveness of The Akshaya Patra Foundation's MDM Programme in Bhopal. The study's objectives include assessing student satisfaction, nutritional impact and overall experience; evaluating the programme's contributions to attendance, concentration and academic performance; and understanding parent perceptions.

The study involved primary field research to evaluate the programme's effectiveness, gathering feedback from students, teachers, principals and parents. It also documented best practices, process comparisons, menu analyses and nutritional values. The study sampled 40 schools, including 600 students, 50 teachers and 50 parents, providing a comprehensive overview of the programme's impact. Key indicators included educational outcomes, nutritional value, overall health and the happiness quotient of students, best practices and nutritional value of meals.

TAPF Mid-Day Meal Menu Analysis

The TAPF Mid-Day Meal analysis led to the following key findings:

Variety of Dishes	:	TAPF offers a broader variety of dishes, including different breads, rice preparations, vegetables and <i>dal</i> .
Seasonal Foods	:	Emphasis on seasonal fruits and vegetables.
Nutrient-Dense Ingredients	:	Use of <i>kasuri methi</i> , diverse vegetables and <i>dal</i> .
Dessert Items	:	Inclusion of sweet items like dough cake and <i>meethi kheer</i> .
Flavors and Textures	:	Balanced flavours and textures contributing to meal enjoyment.

Key Audited Areas Analysis

The audit covered meal preparation, transportation, quality assurance, cleanliness, storage, safety, feedback mechanisms and adherence to SOPs. The study verified that TAPF follows SOPs meticulously, ensuring high standards for safety, hygiene and nutrition.

Impact Areas – Findings Analysis

EDUCATIONAL IMPACT

- **Student Enthusiasm and Attendance:** The programme significantly enhances student enthusiasm, focus and regular attendance, creating a conducive learning environment.
- **Academic Improvement:** 70% of students report significant academic improvement, with substantial gains noted in participation, concentration and physical health.
- **Teacher Observations:** Teachers unanimously observe significant learning growth, with 68% reporting high improvement and 32% noting partial improvement.
- **Enrolment and Retention:** Positive impacts are evident in enrolment, attendance and retention rates, with notable satisfaction among teachers and parents.

NUTRITIONAL & OVERALL WELLBEING IMPACT

- **Health Improvements:** 71% of students feel healthier and 98% find the menu choices healthy.
- **Nutritional Gaps:** Despite the programme's success, only 31% of students consume fruits and vegetables daily at home, highlighting the programme's role in providing essential nutrition.
- **Parental Satisfaction:** 100% of parents agree that the programme enhances their child's wellbeing, with significant satisfaction regarding the nutritional value provided.
- **Breakfast Addition:** Breakfast is frequently skipped by 82% of students, indicating a need to potentially expand the programme to include breakfast.

TEACHERS' PERCEPTION & IMPACT ON TEACHING

- **Food Distribution and Quantity:** 97% of teachers rate food distribution as excellent and 89% rate the quantity as sufficient.
- **Programme Efficiency:** 88% of teachers note improvements in the programme, with 62% rating its current efficiency as excellent.
- **Impact on Teaching:** While the programme management consumes some teaching time, 52% of teachers report that it does not significantly impact teaching activities.

PARENTS' UNDERSTANDING & PERCEPTION

- **Familiarity and Support:** 74% of parents are highly familiar with the programme and 100% want it to continue.
- **Nutritional Perception:** 84% of parents rate the meals as highly nutritious, with some room for improvement noted.

SATISFACTION & FEEDBACK

- **Student Satisfaction:** Over 70% of students express contentment with the taste and offerings and 96% find the food appealing.
- **Teacher Feedback:** Teachers overwhelmingly rate the programme positively, indicating its adherence to quality standards.
- **Parental Satisfaction:** 68% of parents are very satisfied with the food quality, reflecting broad support for the programme.

Impact Areas – Findings & Analysis

HAPPINESS QUOTIENT

- **Student Happiness:** 70% of students feel very happy after their Mid-Day Meal and 94% miss the meal during holidays.
- **Positive Outlook:** Adequate nutrition not only meets physical needs but also contributes to students' happiness and positive outlook, with 75% feeling energised and ready to learn post-meal.

Success Stories

The report features 12 success stories across stakeholders, showcasing the comprehensive impact of the Akshaya Patra Mid-Day Meal Programme on students, parents, teachers and healthcare providers. These testimonials highlight its pivotal role in improving student nutrition, academic performance and overall well being. They underscore collaborative efforts to combat nutritional deficiencies, promote educational success and cultivate a nurturing school environment. Ultimately, these narratives emphasise how the programme contributes to healthier and more promising futures for children in Bhopal.



Introduction to PM POSHAN Shakti Nirman



This section aims to provide an overview of PM POSHAN, PM POSHAN Madhya Pradesh and The Akshaya Patra Foundation's Mid-Day Meal Programme.

INTRODUCTION

PM POSHAN

The Mid-Day Meal Scheme is a pioneering school meal programme in India aimed at enhancing the nutritional status of schoolage children nationwide. Originally implemented in the Union Territory of Puducherry under French administration in 1930, the scheme was first launched in post-independent India in Tamil Nadu by Chief Minister K Kamaraj in the early 1960s.

*In 2002,
the Supreme Court of India
mandated the nationwide
implementation of the
Mid-Day Meal Scheme.*

The programme was renamed PM POSHAN (Pradhan Mantri POSHAN Shakti Nirman) Scheme in September 2021 by the Ministry of Education. In the fiscal year 2020-21, the Government of India invested over ₹24,400 crore in this crucial initiative, with around ₹11,500 crore allocated for food grains alone.

*Spanning from 2021-22 to
2025-26, this scheme targets
the nutritional needs of
approximately **11.80 crore**
children in Classes I-VIII across
11.20 lakh schools in India.*

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

1. Improving the nutritional status of children studying in Bal Vatika and classes I – VIII in

Government and Government-aided schools and Special Training Centres (STCs).

2. Encouraging poor children, belonging to disadvantaged sections, to attend school more regularly and help them concentrate on classroom activities.

3. Providing nutritional support to children of elementary stage in drought affected areas during summer vacation and during disaster times.

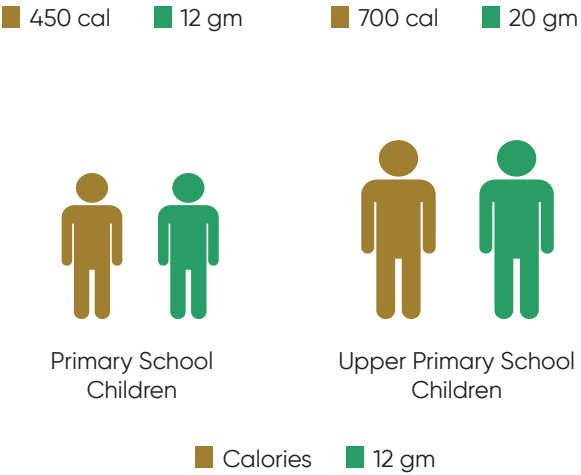
The Government of India has allocated a total budget of ₹130,794.90 crore for the scheme from 2021-22 to 2025-26. This budget includes ₹54,061.73 crore from the Central Government and ₹31,733.17 crore from State Governments and Union Territory administrations. Additionally, the Central Government will cover an extra ₹45,000 crore for food grains.



Image 1: Indian Mid-Day Meal Thali

*The scheme resonates with SDGs,
focusing on Zero Hunger (SDG 2)
and Quality Education (SDG 4)*

Please refer to Image 2 and Table 1 highlights that nutritional norms and food norms per child per day as prescribed by Mid-Day Meal Scheme.



Source: <https://pmposhan.education.gov.in/>

Image 2: Nutrition Norms Prescribed under MDM Scheme

The PM POSHAN Scheme, strengthened by the National Food Security Act of 2013, underscores India’s dedication to ensuring every child’s right to ‘adequate nutritious food’, as per the Convention on the Rights of the Child. This initiative stands as a linchpin in elevating the health and education of our nation’s youth.

Under the Pradhan Mantri POSHAN Shakti Nirman initiative, states and UTs employ cook-cum-helpers for meal preparation. Teachers should focus solely on teaching, ensuring nutritious meals, orderly serving and tasting food before serving for quality and safety.

Additionally, its alignment with the Sustainable Development Goals, notably Goal 2: Zero Hunger and Goal 4: Quality Education, amplifies its role in eradicating malnutrition and enhancing educational opportunities for all.

Food Norms Prescribed under MDM Scheme

Items	Primary School		Upper Primary School	
	Quantity in grams	Energy content (kcal)	Quantity in grams	Energy content (kcal)
Food Grains	100	340	15	510
Pulses	20	70	30	88
Vegetables	50	25	75	32
Oils/Fats	05	45	07	90
Salt & Condiments	as per need	0	as per need	0
Total	175	480	127	720

Table 1: Food norms per child per day



Image 3: Primary School Children

PM POSHAN MP

The Mid-Day Meal scheme was launched in Madhya Pradesh in 1995, initially distributing dry rations or Daliya (Porridge) based on available financial resources. By the academic year 2007–08, implementation expanded to middle schools in Educationally Backward Blocks. Subsequently, from 2008–09, the scheme was extended to cover all blocks in Madhya Pradesh, following directives from the Government of India.

PM POSHAN TAPF

The Akshaya Patra Foundation, an initiative of ISKCON Bangalore, endeavours to provide mid-day meals to underprivileged children in rural schools, thereby supporting their education. Akshaya Patra began its journey in June 2000 by feeding 1,500 children in Bangalore. With a reach of over 2.2 million children, the programme plays a significant role in addressing malnutrition and enhancing school attendance and performance, earning recognition as the world's largest NGO-run Mid-Day Meal Programme.

Vision:

"No child in India shall be deprived of education because of hunger"

In collaboration with the Central and various State Governments of India, Akshaya Patra operates through two kitchen models: centralised kitchens, equipped with innovative technology for mass production, and decentralised kitchens, employing local women for cooking in remote areas.

Serving as the implementing partner for the Government's flagship programme, PM POSHAN (formerly the Mid-Day Meal Scheme), Akshaya Patra provides hot, nutritious and delicious mid-day meals to over 2.2 million children in 16 states and 2 union territories.

TAPF'S CONTRIBUTION TO SDGS

By partnering with governments, Akshaya Patra contributes to achieving critical UN Sustainable Development Goals (SDGs) such as SDG 2: Zero Hunger and SDG 4: Quality Education. Additionally, it indirectly impacts SDGs like SDG 1: No Poverty, SDG 3: Good Health and Well being, and SDG 5: Gender Equality by promoting education, health and nutrition among children.



In Bhopal, Akshaya Patra's 66th kitchen, the largest in Madhya Pradesh, serves over 48,000 school children across 687 schools. This kitchen plays a vital role in combating malnutrition, improving school attendance, and enhancing academic performance in the region, reflecting the Foundation's commitment to its noble cause.

About Study – Impact Assessment of The Akshaya Patra Foundation MDM Programme, Bhopal



This section offers insight into the study's objectives, tools utilised, study coverage, methodology and indicators for assessing impact.

ABOUT STUDY

The impact study focuses on two major aspects of the Mid-Day Meal Programme. Firstly, it involves a primary field study conducted on the ground to evaluate the effectiveness of the programme executed by The Akshaya Patra Foundation in Bhopal. This evaluation gathers feedback from students, teachers, principals and parents from schools in the vicinity of Bhopal.

Secondly, the study aims to document the best practices followed in India for the Mid-Day Meal Programme by analysing process comparisons, menu analyses and the nutritional value offered to students. The Akshaya Patra Foundation has appointed Global Synergizers for an indepth analysis of these aspects.



Image 4: Primary School Children with Questionnaire

Image 5: Swati Ingale, 4th Grade



Image 6: Team of Surveyors with S. M. School Staff, Khajoori Khurd, Bhopal

Objectives

The impact study will assess various factors, including educational outcomes, teaching impacts, nutritional value, happiness quotient and overall satisfaction with the programme to evaluate the efficacy of the Mid-Day Meal Programme being executed in Bhopal. Additionally, the study will gain insight into the best practices by focusing on the processes followed and the menu offered to the students.

The specific objectives of the impact study are listed below:



Assess student satisfaction, nutritional impact and overall experience with the Akshaya Patra Mid-Day Meal Programme.



Evaluate the programme's contribution to student attendance, concentration and academic performance from the perspective of teachers and principals.



Understand parent perceptions, satisfaction levels and suggestions for improvement regarding the programme.



Document and compare the best practices outlined by PM POSHAN and followed by the TAPF.



Analyse the nutritional value of menu offered by PM POSHAN, MP POSHAN and TAPF.

Tools

To achieve the study objectives outlined above, Global Synergizers conducted secondary research and a comprehensive investigation employing both quantitative and qualitative methodologies. This included gathering data from school records, conducting in-depth interviews with school teachers, parents and students, and observing the meal distribution process in the study schools. Furthermore, interviews were conducted in vernacular languages to ensure more accurate and insightful responses.



Image 7: In discussion with Ms. Neelima Das (Head Mistress)
GHSS Bagsewania



Image 8: In discussion with Parent

Study Coverage

This study encompassed 40 schools from both rural and urban areas of Bhopal, engaging 600 students, 50 teachers and 50 parents. The sample is meticulously representative of Bhopal's diverse school population, mirroring the city's demographics in terms of race, ethnicity, region and gender.

40 Schools in & around Bhopal

The brief overview of school strength depicted below

Classroom Strength	80 to 500
Teaching Strength	7 to 50
Non Teaching Staff	3 to 8
Cook-Cum Helper	2 to 4

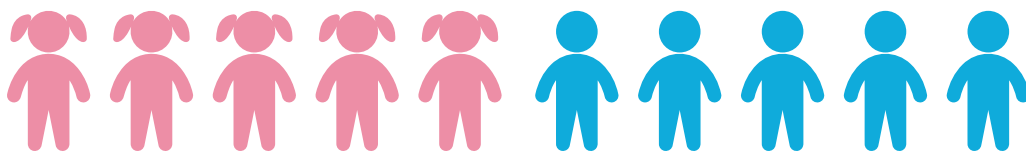


Image 9: Govt. Primary School, Govindpura

Out of 40 schools, the majority displayed classroom, teacher, non-teaching staff and cook-cum-helper strengths as depicted above. Only two to three schools had a classroom strength close to 1,000 students, with 70 teaching staff, 16 non-teaching staff and eight cook-cum helpers.

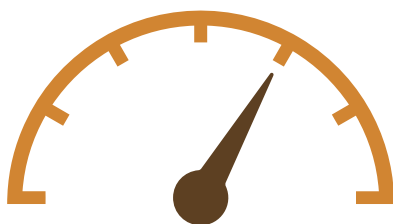
600 Students

GENDER



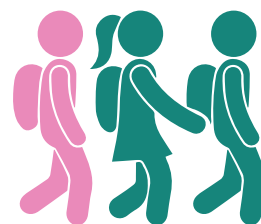
53% GIRLS | 47% BOYS

Image 10: Gender Distribution of Surveyed Students



70% students within the age group of 10 to 14 & grade 5 to 8 were interviewed

Image 11: Student Age Groups



2 out of 3 age appropriate siblings attend the same school

Image 12: Siblings Attending the Same School (Observation)

50 Parents

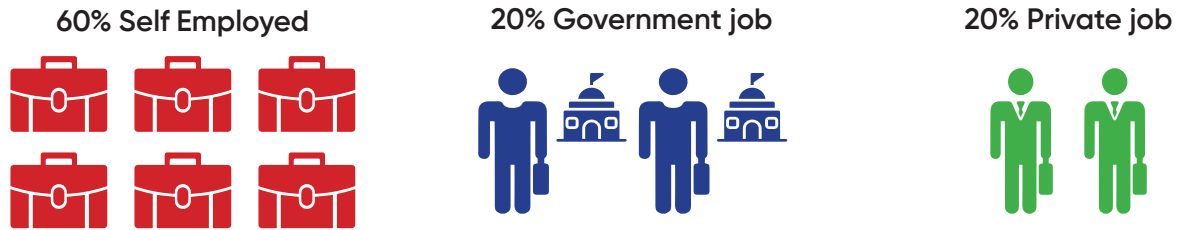


Image 13: Parents' Occupations

"80% i.e. majority of the parents in self employed category work as labour."

50 Teachers

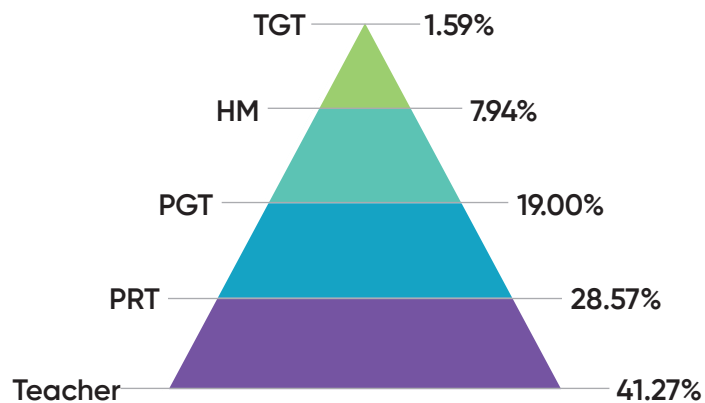


Image 14: Teacher Positions

The teachers interviewed have an average teaching experience of 16 years

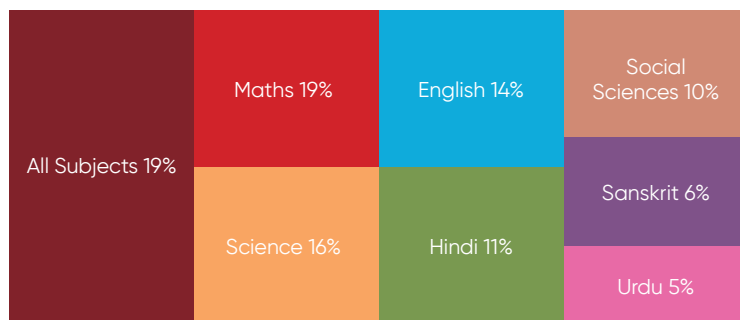


Image 15: Teachers' Subject Specialisations

Methodology

The methodology for the collection of the primary data for the impact study was designed to ensure a comprehensive evaluation of the Akshaya Patra Foundation's Mid-Day Meal Programme in and around Bhopal. It encompassed the following steps:



SITE SELECTION

The initial phase involved identifying and selecting 58% i.e. 40 schools actively participating in the Akshaya Patra Mid-Day Meal Programme. The selection criteria prioritised diverse geographical representation and varying school sizes to ensure a representative sample.



RESEARCH TOOLS DEVELOPMENT

Questionnaires were drafted in coordination with the project implementation team for students, teachers and parents respectively. The survey instruments were designed to elicit specific feedback regarding satisfaction, nutritional impact, attendance, concentration, academic performance and overall perceptions of the Mid-Day Meal Programme. Also, an observation sheet for analysing the structural components of the programme was drafted. The questionnaire was then tested and oriented to the survey team.



DATA COLLECTION

Feedback was collected from various stakeholder groups including 663 students, 63 teachers/principals, 50 parents, and key individuals like PHC MRO. Methods included surveys, interviews and observation sheets to assess satisfaction, perceived impact and suggestions for improvement of the Mid-Day Meal Programme. In-depth interviews provided an opportunity for stakeholders to express nuanced opinions and provide detailed insights.



DATA ANALYSIS & REPORT PREPARATION

Collected data underwent rigorous analysis to derive meaningful insights, identify trends and highlight key findings regarding the impact of the Mid-Day Meal Programme. Quantitative data was analysed using statistical techniques, while qualitative data from interviews was subjected to thematic analysis to uncover underlying patterns and themes.

Image 16: Impact Study Methodology

Impact Assessment Indicators

The study focused on several key indicators to evaluate the impact of the Mid-Day Meal Programme. These included the programme's effect on education, nutritional value and overall health of the students. Additionally, it assessed satisfaction with the food's taste, smell and overall appeal. Finally, the study aimed to understand the correlation between the programme and the happiness quotient of the students.



Image 17: Impact Assessment Indicators

Mid-Day Meal Menu Analysis



This section collates and analyses the menu of The Akshaya Patra Foundation Mid-Day Meal Programme.

The section also analyses nutritional standards and status of India Vs State Vs Bhopal.

Mid-Day MEAL MENU

PM POSHAN Menu

The PM POSHAN menu adheres to the guidelines of food and nutrition norms. The menu is presented in the table below:

Monday	Chapati/thepla/puri, mix dal with kasuri methi, dal, cumin rice, masala rice, dough cake, seasonal food
Tuesday	Puri, matar paneer, Aalu-chhole tamatar ki sabji, meethi, kheer
Wednesday	Bread/thepla/puri, mix veg, mix dal with kasuri methi, seasonal fruit, dough cake
Thursday	Bread/thepla/puri, mix dal with kasuri methi, dal, cumin rice, masala rice, seasonal veggies
Friday	Bread/thepla/puri, matar paneer, mix heeng dal, khichdi, meetha daliya, seasonal veggies
Saturday	Bread/thepla/puri, seasonal veggies, toor dal, pulao, plain rice

Table 2: PM POSHAN Weekly Menu

Madhya Pradesh PM POSHAN Menu

The Weekly Menu Of Rural And Urban Areas for Rice/Wheat Dominated Area of the Madhya Pradesh PM POSHAN Shakti Nirman adheres to the guidelines of food and nutrition norms. The menu is presented in the table below:

Monday	Chapati rice with dal (toor) and vegetables of kabuli chana and tomato
Tuesday	Puri, pulao with kheer/halwa and vegetable of moong badi with potato and tomato
Wednesday	Chapati rice with chana dal and mix vegetables
Thursday	Vegetable pulao with pakoda kadi
Friday	Chapati, rice with mung daal, vegetable of green matar/ sukhachana
Saturday	Paratha/spicy rice with mix dal and green vegetable

Table 3: Madhya Pradesh PM POSHAN Weekly Menu

SUMMARY

- Carbohydrates** : Both menus provide ample carbohydrates through chapati, thepla, puri and various rice dishes.
- Proteins** : They include diverse protein sources like different dals, paneer and legumes.
- Vegetables** : Emphasis on mixed and seasonal vegetables ensures vitamin and mineral intake.
- Sweet Dishes** : Incorporation of sweet items like Meethi Kheer and Halwa adds variety and extra calories.
- Variety & Balance** : Both menus offer a wide range of dishes, maintaining nutritional balance and keeping meals appealing.
- Regional Focus** : The MP PM POSHAN menu features regional dishes and seasonal produce for freshness and local preference.

TAPF Bhopal Meal Programme MENU

The Akshaya Patra Foundation (TAPF) Bhopal's menu follows the guidelines of the PM Poshan Programme, with an additional focus on quality and taste. The meals are designed to be nutritious, appealing to children, and culturally appropriate. Below is a detailed breakdown of the fixed menu for each day of the week:

Monday	Chapati/thepla/puri, mix dal with kasuri methi, dal, cumin rice, masala rice, dough cake, seasonal food
Tuesday	Puri, matar paneer, aalu-chhole tamatar ki sabji, meethi, kheer
Wednesday	Bread/thepla/puri, mix veg, mix dal with kasuri methi, seasonal fruit, dough cake
Thursday	Bread/thepla/puri, mix dal with kasuri methi, dal, cumin rice, masala rice, seasonal vegetables
Friday	Bread/thepla/puri, matar paneer, mix heeng dal, khichdi, meetha daliya, seasonal vegetables
Saturday	Bread/thepla/puri, seasonal vegetables, toor dal, pulao, plain rice

Table 4: The Akshaya Patra Foundation, Bhopal weekly Menu

SUMMARY

- Carbohydrates** : Consistently provided through various forms of bread (Chapati/Thepla/Puri), rice (Cumin Rice, Masala Rice, Plain Rice, Pulao), and additional dishes like Dough Cake, Khichdi and Daliya.
- Proteins** : Sourced from a variety of dals (Mix Dal, Tuar Dal, Mix Heeng Dal), paneer (Matar Paneer), and chickpeas (Aalu-Chhole).
- Vitamins & Minerals** : Seasonal vegetables and fruits, Kasuri Methi, and mixed vegetables ensure a wide range of vitamins and minerals are included in the diet.
- Variety** : The menu includes a variety of dishes and flavors, ensuring meals are appealing and providing different nutrients from different sources.
- Balance** : The combination of carbohydrates, proteins, and essential vitamins and minerals is well-balanced across the week. The inclusion of dairy, legumes, and a variety of vegetables helps cover the nutritional spectrum needed for growing children.

Analysis of TAPF School Meal Menu

Variety of Dishes:

TAPF offers a broader variety of dishes throughout the week, incorporating different types of breads (chapati, thepla, puri), multiple rice preparations (including special items like wheat cake), and a diverse range of vegetable and dal combinations.

Incorporation of Seasonal Foods:

TAPF emphasises seasonal fruits and vegetables more consistently, ensuring that meals are not only nutritious but also based on fresh, local produce.

Consistency in Nutrient-Dense Ingredients:

The use of ingredients like kasuri methi, a variety of vegetables, and different types of dals in TAPF menu enhances the nutrient profile, providing a broader spectrum of vitamins and minerals.

Attention to Sweet and Dessert Items:

TAPF includes sweet items like dough cake and meethi kheer regularly, adding variety and potentially enhancing satisfaction among children.

Balance of Flavors and Textures:

TAPF menu ensures a balance of flavors and textures, which can contribute to meal enjoyment and better compliance among school children.

Overall, the TAPF menu not only maintains nutritional balance but also offers a wider variety of dishes, incorporates more seasonal and nutrient-dense ingredients, and pays attention to providing enjoyable meal experiences for children, which may contribute positively to their overall health and well being.



Image 18: The TAPF Last Mile Delivery Vehicle

Nutritional Status

FOOD & NUTRITION NORMS

For children of Primary classes, a hot cooked meal per child consists of 100 grams of food grain (rice/ wheat/ nutri-rich cereals), 20 grams of pulses, 50 grams of vegetables and 5 grams of oil/fat to provide 450 calories of energy and 12 grams of protein.

For children of Upper Primary classes, it consists of 150 grams of food grain (wheat/rice/ nutri-rich cereals), 30 grams of pulses, 75 grams of vegetables and 7.5 grams of oil/fat per child to provide 700 calories of energy and 20 grams of proteins.

This table given below summarizes the Nutritional and food Norms as per National Food Security Act (NFSA), 2013 for cooked meals provided to primary and upper primary class children.

PRIMARY				UPPER PRIMARY		
PROTEIN (GMS)	ENERGY (CAL)	REQ (GMS)		REQ (GMS)	ENERGY (CAL)	PROTEIN (GMS)
8	340	100	FOOD GRAINS	150	510	14
5	70	20	PULSES	30	105	6.6
-	25	50	VEGETABLES	75	37	-
-	45	5	OIL & FATS	7.5	68	100

Image 19: Food & Nutrition Norms

Nutritional Status

NUTRITIONAL STANDARDS PRESCRIBED BY GOVERNMENT:

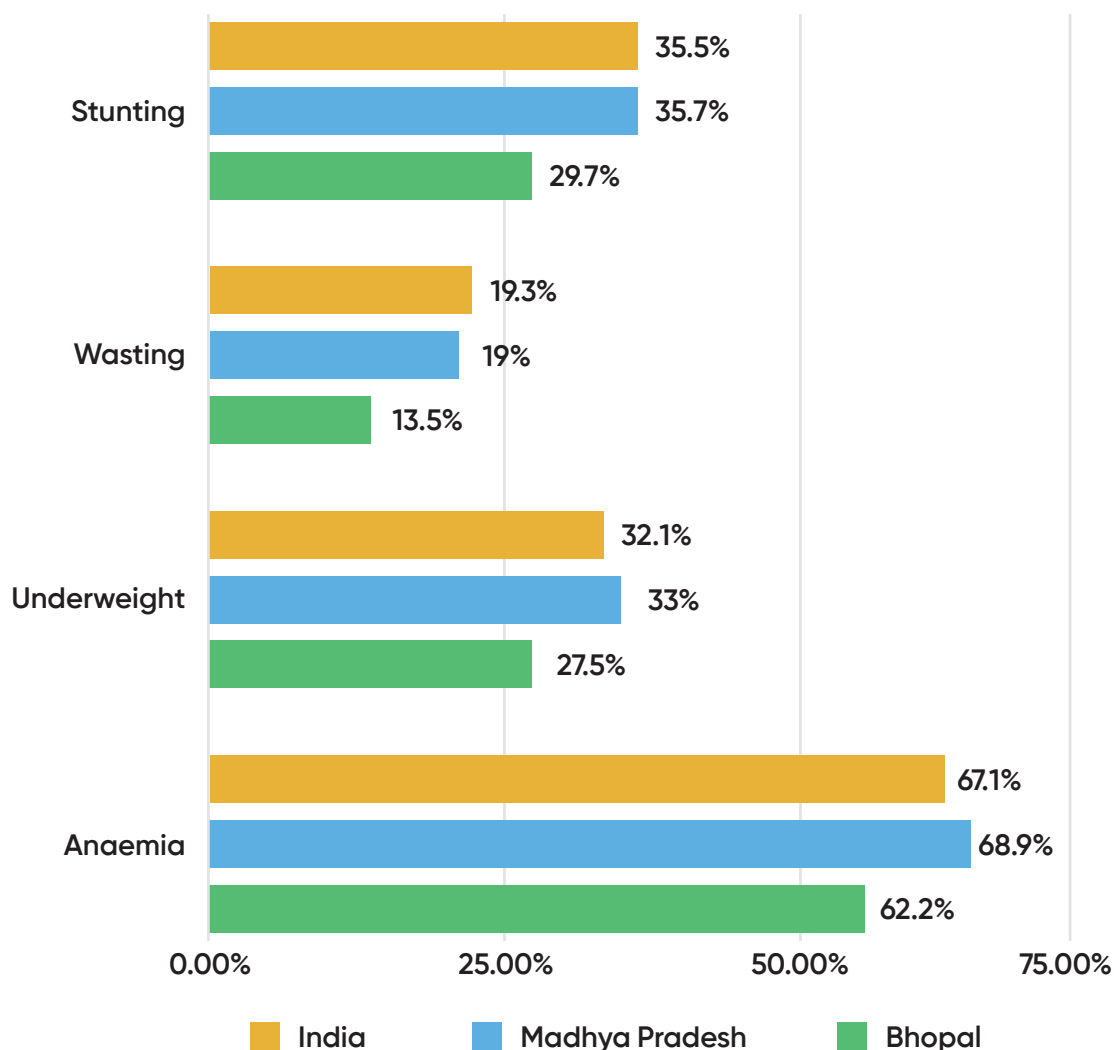
Balanced Diet: The meals are planned to provide a balanced diet, containing appropriate amounts of carbohydrates, proteins, fats, vitamins, and minerals. Menus are designed to meet the recommended dietary allowances for children.

Dietary Guidelines: The Programme follows guidelines set by the Ministry of Human Resource Development and the Department of School Education and Literacy to ensure meals are nutritionally adequate.

COMPARISON OF THE NUTRITIONAL STATUS OF CHILDREN: BHOPAL VS STATE VS INDIA (NFHS DATA)

The state of Madhya Pradesh, and India as a whole based on the National Family Health Survey (NFHS) data, I'll refer to the most recent NFHS-5 data available (2019-21). The NFHS provides comprehensive details on various health and nutritional indicators.

Key Nutritional Indicators



Graph 1: Nutritional status of children: Bhopal Vs State Vs India (NFHS Data)

Nutritional Status

The graph has been analysed for better understanding.

Stunting (Low Height for Age):

Bhopal: 29.7% of children are stunted, indicating that nearly 3 out of every 10 children have chronic malnutrition affecting their growth.

Madhya Pradesh: 35.7% of children are stunted, which is higher than Bhopal and the national average, showing a significant prevalence of long-term growth issues.

India: 35.5% of children are stunted, reflecting a widespread issue of chronic malnutrition across the country.

Underweight (Low Weight for Age):

Bhopal: 27.5% of children are underweight, showing that more than a quarter of children suffer from a combination of acute and chronic malnutrition.

Madhya Pradesh: 33% of children are underweight, indicating a higher prevalence of malnutrition compared to Bhopal and the national average.

India: 32.1% of children are underweight, reflecting a major issue of malnutrition affecting both short-term and long-term health in children across the country.

Wasting (Low Weight for Height):

Bhopal: 13.5% of children are wasted, indicating that more than 1 in 10 children suffer from acute malnutrition and recent weight loss.

Madhya Pradesh: 19% of children are wasted, a higher percentage than Bhopal and close to the national average, highlighting a serious concern for acute malnutrition.

India: 19.3% of children are wasted, showing a significant level of acute malnutrition nationwide.

Anaemia in Children:

Bhopal: 62.2% of children suffer from anaemia, indicating that nearly two-thirds of children have a deficiency in healthy red blood cells or haemoglobin.

Madhya Pradesh: 68.9% of children suffer from anaemia, a higher rate than Bhopal and the national average, highlighting a severe public health issue.

India: 67.1% of children suffer from anaemia, showing a widespread problem of anaemia among children nationally.

SUMMARY

Bhopal shows better outcomes in all key nutritional indicators compared to the state average of Madhya Pradesh, and slightly better or on par with the national average (India).

Madhya Pradesh has higher percentages of stunted, wasted, underweight children, and those suffering from anaemia compared to both Bhopal and India, indicating more severe malnutrition and health challenges within the state.

India's national averages for these indicators reflect significant malnutrition and health issues among children, with high rates of stunting, wasting, underweight children and anaemia.

Key Audited Areas Analysis



This section conducts a comprehensive audit covering key areas from meal preparation to last mile delivery and execution. The parameters evaluated include cooking processes, transportation logistics, quality assurance measures, cleanliness standards, storage practices, employee personal safety and hygiene, feedback and grievance mechanisms, impact assessment, and adherence to Standard Operating Procedures (SOPs). Each of these aspects is meticulously examined to ensure that all operations meet the highest standards of efficiency, safety, and quality, ultimately ensuring the consistent delivery of nutritious and hygienic meals to children.

KEY AUDITED AREAS

Key Audited Areas Specific to TAPF

A. FOOD SAFETY & HYGIENIC

Cooking Process: The Akshaya Patra Foundation takes great care to ensure that the meals they provide are both nutritious and safe to eat, maintaining high standards of food safety and hygiene. All the raw materials are washed according to the requirement. The cooking process is closely monitored with stringent

hygienic practices in place. All the personnels are provided with PPE kit. The kitchens follow strict protocols, including using hot water for sanitization. They ensure cauldrons are cleaned at temperatures above 80°C for at least 3 minutes. Vegetables undergo a 3-tank washing system to remove dirt and biological

hazards, with the second wash using a chlorine solution to eliminate potential pathogens. Cooking and frying processes are meticulously controlled to ensure food is heated to safe temperatures, effectively killing any harmful bacteria. Cooking temperatures reach at least 90°C while frying temperatures range between 120–160°C. Production supervisors monitor these critical control points, and quality officers verify compliance to maintain safety standards.

During Transportation: During transportation, the Foundation takes extensive measures to prevent pilferage and contamination. The distribution team ensures that food vessels are clean, tightly closed with lids, and loaded into vehicles that have been inspected for cleanliness. The vehicles are designed to prevent soil or food contaminants from accumulating, and they are regularly checked for pests to ensure they remain free from infestation. In the event of a vehicle breakdown or accident, there is a clear protocol in place to inform the Distribution-in-Charge and follow their guidance, minimising the risk of food safety issues.



Image 20: Aloo Chole Cooking in the TAPF Kitchen

Quality Assurance & Operations Role in food safety and hygienic: Quality assurance and operations play a pivotal role in maintaining food safety and hygiene. The Foundation conducts regular customer satisfaction surveys to gather feedback from children, teachers, and parents. Any complaints are recorded in detail, with a target to resolve them within 24 hours. The quality team also assesses the food quality index daily, with a target of achieving a score of 9

out of 10. Additionally, the production process is evaluated against a checklist of 15 points, with a target compliance rate of 90%.



Image 21: Jeera Rice Cooking in the TAPF Kitchen

SPECIAL KITCHEN OBSERVATIONS BY THE STUDY TEAM

Cleanliness: The study found that food was being cooked in a neat, clean and hygienic environment at the Akshaya Patra centralized kitchen kitchen with all the staff using aprons, gloves and caps. The kitchen has allocated separate spaces for preparing roti's – through rotimaking machines (40,000 roti's/hr), poorimaking machines (10,000 poori's / hr), separate space and individual cauldrons for cooking rice, daal, sabaji and designated washing area for the vegetable washing, cleaning cutting and also utensils cleaned and sanitized with steam at 80 degree Celsius for 10 minutes contact time.

Storage Facilities: The Akshaya Patra centralized the kitchen had a separate storage facility for keeping food-grains and other ingredients used for cooking of school meal. The storage facilities are managed with pest control and rodent management once every 6 months. The women/ staff engaged in cleaning of rice/dal were found to be sitting in a separate place, which was properly cleaned and managed professionally. Air-tight containers/bins for storing the food grains and other ingredients were being used in the kitchens, if not, they were found to be stored in original packing by the companies/FCI supplying the material.

B. EMPLOYEE: PERSONAL HYGIENIC & SAFETY:

Employee personal hygiene is a top priority, with the availability of potable water, toilets, and soaps for handwashing being essential components of the kitchen environment. This promotes good personal hygiene practices among staff, which is critical for the safe handling of food.

C. FEEDBACK & GRIEVANCES:

Feedback and grievances are recorded and addressed promptly. The Foundation maintains records of complaints and has a structured method for their resolution, ensuring that any issues are dealt with effectively and transparently. This commitment to quality and safety is further reinforced through regular training sessions for employees, which include topics such as Good Manufacturing Practices (GMP), FSSAI compliance, and ISO standards, with fixed monthly training hours to ensure all staff are well-informed and equipped to maintain high standards of food safety and hygiene.



Image 22: Roti Machine in the TAPF Kitchen

D. IMPACT ASSESSMENT:

Studies and surveys are conducted to assess the impact of the meal Programmes on children's health, attendance, and academic performance.

E. SOP FOR OPERATIONS:

The detailed SOPs are in place for different function in operations such as: Production, Distribution, Distribution, Storage, and Quality. The implementation of the SOPs are handled by dedicated staff of each department.

Observation & Analysis

During the study, we observed that the Standard Operating Procedures (SOPs) of The Akshaya Patra Foundation (TAPF) were being followed meticulously. This was verified through thorough documentation and corroborated by in-depth conversations with teachers, cook-cum-helpers, and other staff involved in the process.

Their feedback consistently highlighted the strict adherence to established guidelines, ensuring that every aspect of meal preparation and distribution was conducted in line with TAPF's high standards for safety, hygiene, and nutrition. This diligent compliance underscores the organisation's commitment to maintaining excellence in their operations and delivering high quality meals to children.





Image 23: TAPF Kitchen to Last mile – Machinery Pictures, Staff working with gloves, Pooris in the vessel and Clean delivery vehicle

Impact Areas Finding and Menu Analysis



This section emphasises key impact areas, including educational outcomes, nutritional and overall wellbeing, teachers' perceptions and teaching impact, parents' understanding and perception, satisfaction and feedback, and happiness quotient.

IMPACT AREAS

Educational Impact

The study is focused on analyzing the Akshaya Patra Meal Programme's impact on various aspects of education by conducting interviews with students, teachers, principals and parents. This section presents the analysis derived from these interviews on various parameters.

Students



99%

Students feel excited to come to school

88%

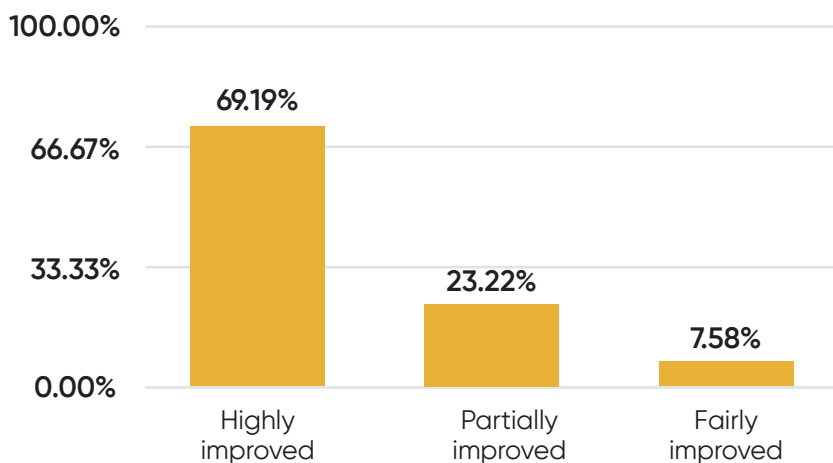
students are More focused and attentive in class post their Mid-Day Meal

98%

Parents feel that their children attend the school regularly

The Mid-Day Meal Programme significantly boosts student enthusiasm, focus and regular attendance, fostering a conducive learning environment.

CHANGE IN ACADEMIC PERFORMANCE DUE TO MDM PROGRAMME

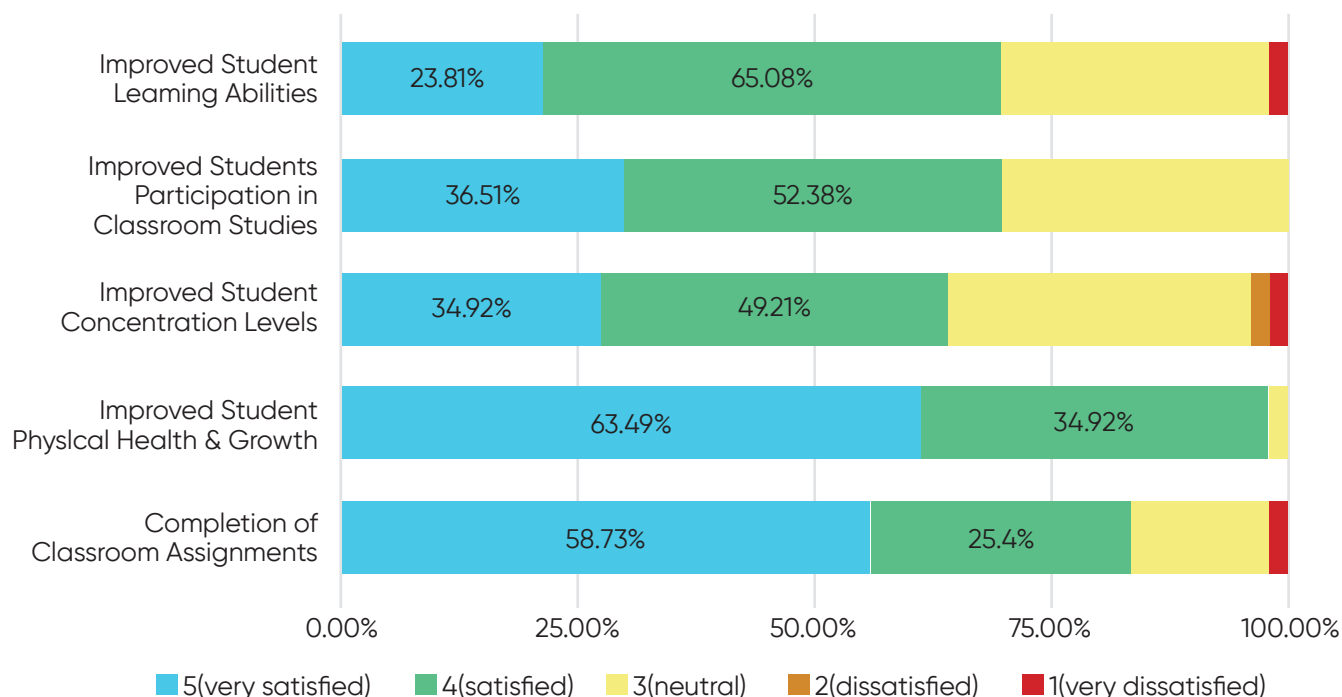


Graph 2: Change in Academic Performance

The TAPF Mid-Day Meal Programme has shown a tangible impact on academic performance (Refer Graph 1), with the majority of students (70%) reporting significant improvement, followed by 23% noting partial improvement, and 8% experiencing fair improvement. This underscores the Programme's effectiveness in enhancing educational outcomes and its importance in fostering student success.

Teachers

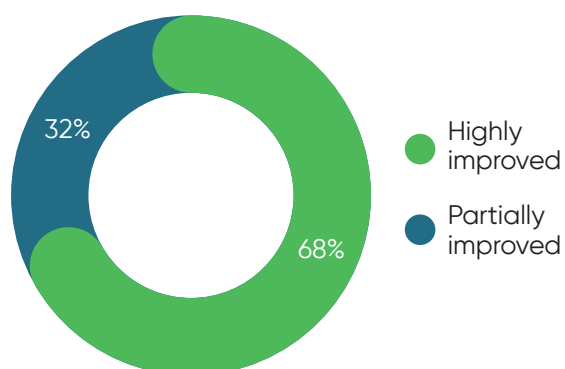
TEACHERS RATINGS ON IMPACT OF MIDDAY TEACHERS MEAL ON STUDENTS



Graph 3: Teachers Rating on Impact of MDM Programme on Students

Overall improvements have been observed in students' learning abilities, participation in classroom activities, concentration levels, physical health and growth, & completion of assignments. Between 70% to 90% of teachers rated these parameters as either '4' or '5' on a scale of 1 to 5 where 5 is excellent and 1 is poor.

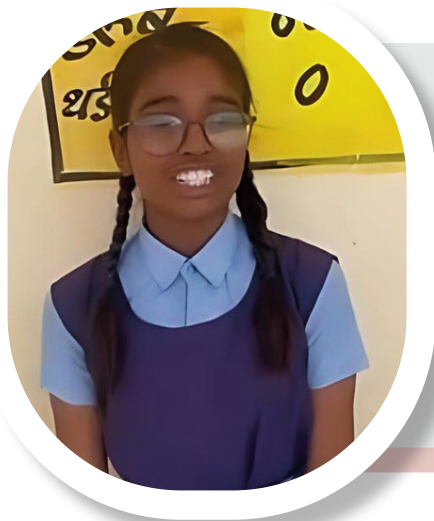
TEACHERS MARK STUDENTS LEARNING GROWTH



68%
*teachers feel that students
 learning growth is highly
 improved due to the
 Akshaya Patra Mid-Day
 Meal Programme*

Graph 4: Students Learning Growth

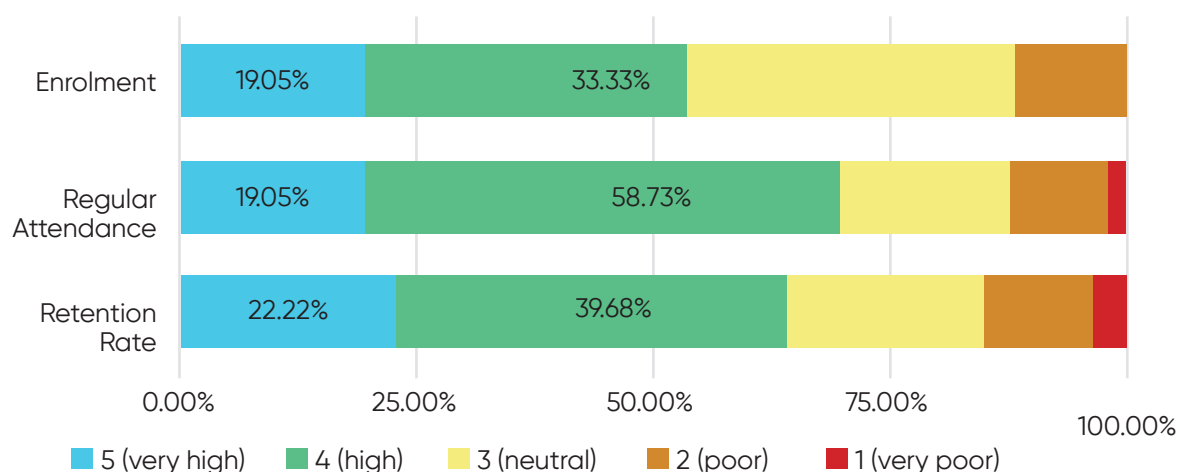
All 50 teachers unanimously observed significant learning growth among students since the implementation of the Mid-Day Meal Programme. Of these, 68% reported a high level of improvement, while the remaining 32% noted partial improvement. This underscores the Programme's positive impact on students' educational development.



"I am very happy eating the mid-day meal here and I really enjoy eating the sweet dish here. We eat it with great pleasure."

Vaishnavi Sharma, GHSS, Tulsi Nagar

TEACHERS RATE THE POSITIVE IMPACT OF MDM PROGRAMME



Graph 5: Positive Impact on Enrolment, Attendance, Retention Rate

The study evaluated the MDM Programme's impact on enrolment, attendance, and retention rates using a 1 to 5 scale, where 5 signifies a very high impact and 1 signifies a very low impact. Results showed:

- 52% of teachers rated the enrolment impact as '5' or '4'. This indicates that the MDM Programme has a strong influence on increasing student enrolment, as more than half of the teachers observed a high to very high impact.
- 78% rated the attendance impact as '5' or '4'. The high percentage suggests that the MDM Programme is highly effective in improving student attendance, with a significant majority of teachers reporting a substantial positive impact.
- 70% rated the retention rate impact as '5' or '4'. This reflects the Programme's success in keeping students in school, as a substantial majority of teachers noted a high to very high impact on retention rates.

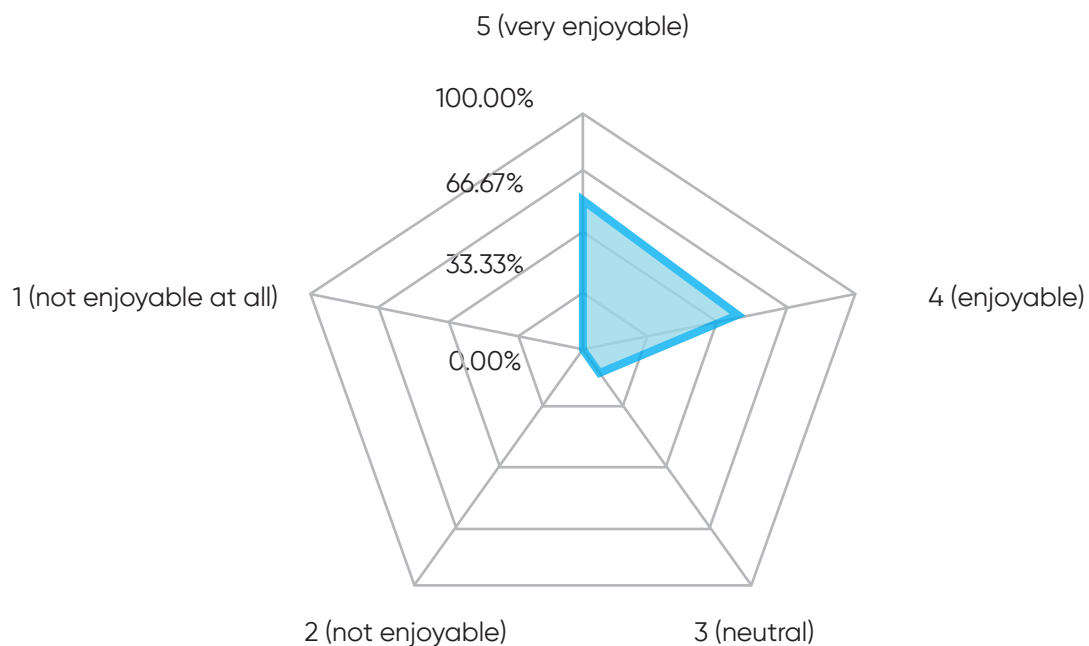
Overall, the MDM Programme significantly boosts student enrolment, attendance, and retention, indicating its vital role in enhancing school engagement and continuity of learning.



Image 24: Teachers with Surveyors in a classroom

Parents

CHILD'S PARENTS PERFORMANCE IN DAILY ACADEMICS



■ Performance well in daily academics

Graph 6: Child's Performance in Daily Academics

94% of parents believe that their child enjoys attending school, shows improvement and performs well in daily academics.

When parents were asked if they see any impact on their child's performance in daily academics, on a scale of 1 to 5 where '5' is very enjoyable and '1' is not enjoyable at all, the results showed:

- 50% of parents rated it as '5'. This indicates that half of the parents perceive a very high positive impact on their child's academic performance, suggesting that the Programme or intervention is highly effective and enjoyable for their children.
- 44% of parents rated it as '4'. This shows that an additional substantial portion of parents also sees a significant positive impact, though slightly less than the highest rating, further reinforcing the overall effectiveness and benefit of the Programme on children's academic performance.

Overall, these results highlight that the majority of parents (94%) observe a positive and enjoyable impact on their child's academic performance, demonstrating the Programme's substantial role in enhancing students' daily academic experiences.



"My children feel good after eating the Mid-Day Meal at school. They stay happy. They play and focus on their studies.."

Mamta Rekhwai, Parent

Snapshot

- The Mid-Day Meal Programme enhances student enthusiasm, focus, and regular attendance, fostering a conducive learning environment.
- Tangible academic improvement is observed, with 70% of students reporting significant enhancement, 23% noting partial improvement, and 8% experiencing fair progress.
- Overall improvements in learning abilities, participation, concentration levels, physical health, and completion of assignments are noted by 70% to 90% of teachers.
- Teachers unanimously observe significant learning growth among students since the Programme's implementation, with 68% reporting high improvement and 32% noting partial improvement.
- Evaluation on enrolment, attendance, and retention rates indicates significant positive impacts, with 52% of teachers rating enrolment, 78% rating attendance, and 70% rating retention as '5' or '4'.
- Parents largely perceive the Programme positively, with 94% believing their children enjoy school, display improvement, and excel in daily academics.

Nutritional & Overall Wellbeing Impact

The study delved into the impact of the Akshaya Patra Mid-Day Meal Programme on nutritional and overall well being by conducting in-depth interviews with students, teachers, principals, and parents, alongside observations. This section encapsulates the analysis derived from the insights garnered through these interactions.

Students

Since the implementation of the Mid-Day Meal Programme, 71% of students report feeling very healthy, and an additional 26% feel healthier than before the Programme started.

The data collected from student responses indicates a positive perception regarding the Mid-Day Meal Programme's menu choices, with over 98% of students considering them healthy and expressing satisfaction with the variety offered. However, concerning is the finding that only 31% of students have fruits and vegetables daily at home, while 55% consume them a few times a week. This suggests the Programme plays a crucial role in providing regular access to nutritious options for many students, highlighting the need for continued efforts to promote healthy eating habits beyond school hours.



99% students agree that the Akshaya Patra MDM menu offers healthy choices



98% students like the variety of food choices offered in the Akshaya Patra MDM menu along with regular fruits



Only 31% students get fruits and vegetables back home somewhat regularly



"I will rate the food a full mark in terms of taste. If provided with breakfast we would definitely eat that."

Rishika, Habibganj, Student

Parents

100% Parents agree that the Akshaya Patra Mid-Day Meal, has improved their child's overall well being and the Programme helps in fulfilling their child's nutritional requirements during school hour

STUDENTS – SKIPPING MEALS



82% children skip their breakfast 1 to 4 times in a week



only 18% children skip their lunch once or twice a week



only 14% children skip their dinner once or twice a week



Image 25: Chart depicting students skipping meals & students having Mid-Day Meal in school

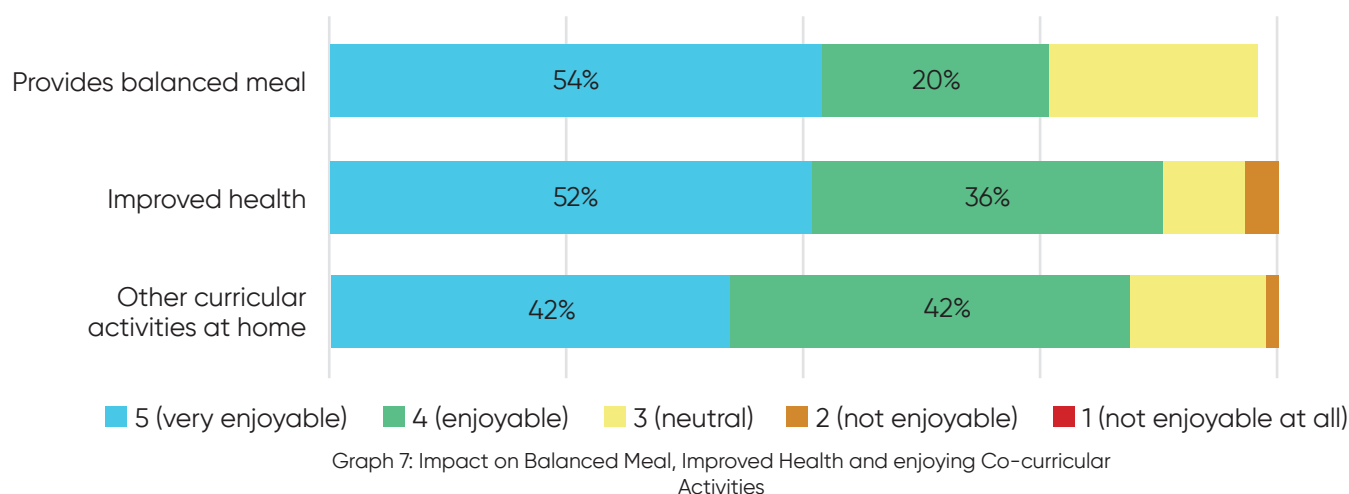
Parental feedback reveals that breakfast is the most frequently skipped meal among children, with:

- 82% skipping it 1 to 4 times a week. This highlights a significant gap in morning nutrition, emphasizing the need for interventions to ensure children start their day with a nutritious meal.
- Only 18% skip lunch once or twice a week. This suggests that lunch is a more consistently consumed meal, likely due to the existing Mid-Day School Meal Programme, which effectively addresses midday nutritional needs.
- 14% skip dinner once or twice a week. This indicates that dinner is the least frequently skipped meal, suggesting that most children receive adequate nutrition in the evening.

Overall, these findings underscore the Mid-Day School Meal Programme's critical role in providing essential nutrition.

The high rate of breakfast skipping suggests a potential benefit in expanding the Programme to include breakfast, ensuring children receive comprehensive nutritional support to enhance their health and academic performance

PARENTS RATINGS ON IMPACT OF MID-DAY MEAL ON STUDENTS



Parental feedback on the impact of the Mid-Day Meal Programme reveals:

- Approximately 70% of parents rated the Programme as '4' or '5' on a scale of 1 to 5 for providing a balanced meal and improving their child's health. This indicates that a significant majority of parents perceive the Programme as highly effective in enhancing their child's nutrition and overall health, with a notable portion finding it very enjoyable and beneficial.
- Around 80% of parents gave similar high ratings for their child's enjoyment and participation in extracurricular activities at home. This suggests that the Programme not only supports nutritional needs but also positively influences children's energy levels and enthusiasm for engaging in activities outside of school.

Overall, these ratings indicate that the Mid-Day Meal Programme is significantly contributing to better nutrition, health, and overall engagement in activities beyond school. This underscores its positive impact on children's well being and development, highlighting the Programme's comprehensive benefits.

80% of parents make efforts to include vegetables and fruits in their children's diet and strive to ensure they maintain a healthy diet.

Despite these efforts, managing children's food behavior and meal skipping, as highlighted earlier, remains a significant challenge for many families. However, the provision of healthy school meals, where students eat alongside their peers, plays a crucial role in promoting social equality. Moreover, the inclusive nature of school meals contributes to enhancing gender equity by providing equal access to nutritious food for both boys and girls, helping to eliminate disparities and support the overall well being and development of all students.

Snapshot

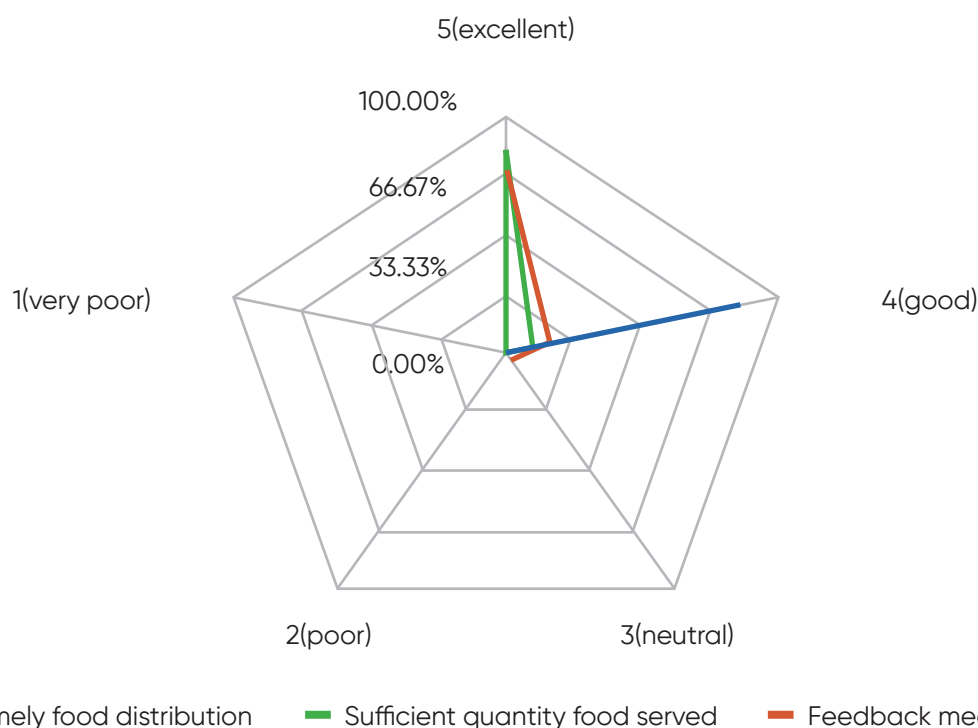
- 71% of students report feeling very healthy since the implementation of the Mid-Day Meal Programme, indicating a tangible improvement in their well being.
- Over 98% of students find the menu choices healthy, reflecting positively on the Programme's nutritional offerings and variety. Concerningly, only 31% of students consume fruits and vegetables

- Concerningly, only 31% of students consume fruits and vegetables daily at home, underscoring the Programme's role in providing consistent access to nutritious options.
- Parents unanimously agree (100%) that the Mid-Day Meal Programme has enhanced their child's overall well being and meets their nutritional needs during school hours.
- Breakfast is the most frequently skipped meal among children, with 82% missing it 1 to 4 times a week, emphasizing the Programme's importance in providing essential nutrition.
- Findings suggest the potential benefit of expanding the Programme to include breakfast to ensure comprehensive nutritional support.
- Around 70% of parents rate the Programme highly for providing balanced meals and improving their child's health.
- Additionally, approximately 80% of parents express satisfaction with the Programme's impact on their child's enjoyment and participation in extracurricular activities at home.

Teacher's Perception & Impact on Teaching

The study explored the Akshaya Patra Mid-Day Meal Programme's influence on Teachers' Perceptions and its Impact on Teaching through extensive interviews with teachers and principals. This section presents the analysis derived from these interactions.

TEACHERS PERCEPTION ABOUT MID-DAY MEAL PROGRAMME ON DIFFERENT PARAMETERS



Graph 8: Teacher's Perception on different parameters

The radar chart illustrates that 80 to 90% of teachers rated all parameters as excellent or good. Teachers' perceptions of the Mid-Day Meal Programme were evaluated based on the following criteria:

- **Timely Food Distribution:** A significant majority of teachers rated this parameter as excellent or good, highlighting the Programme's effectiveness in ensuring meals are consistently delivered on time. This timely distribution is crucial for maintaining students' daily nutritional intake and supporting

their learning capabilities throughout the school day.

- Adequate Food Quantity: 89% of teachers rated the quantity of food provided under the Programme as excellently sufficient, giving it a rating of 5. Only 11% of teachers rated it as a 4. This indicates that the Programme is highly successful in providing an adequate amount of food to meet students' nutritional needs, which is essential for their physical growth and academic performance.
- Effectiveness of the Feedback Mechanism: 73% of teachers rated the feedback mechanism as excellent, giving it a rating of 5, while 19% rated it as good, with a score of 4. However, 8% of teachers believe there is room for improvement, giving it a rating of 3. This suggests that while the feedback mechanism is generally effective in addressing concerns and improving the Programme, there is still a need to refine this process to ensure it fully meets teachers' expectations.

Overall, the high ratings across all parameters underscore the Mid-Day Meal Programme's success in providing timely, adequate, and responsive nutritional support to students, thereby enhancing their well being and educational experience.

IMPROVEMENT IN THE MDM PROGRAMME OVER THE YEARS

When asked about the improvement in the Mid-Day Meal Programme over the years, 88% of teachers acknowledged witnessing enhancements. This high percentage indicates widespread recognition among teachers of positive developments and improvements made to the Programme over time, reflecting efforts to enhance its effectiveness and impact.

Regarding the current efficiency of the Programme compared to earlier versions, teachers provided the following ratings:

- 62% rated The Akshaya Patra Foundation's current implementation as excellent (5), indicating a strong endorsement of its current operational efficiency.
- 35% rated it as good (4), further affirming a majority view that the Programme is performing well and meeting its objectives effectively.

These ratings highlight a consensus among teachers regarding the significant improvements and high efficiency of The Akshaya Patra Foundation's current implementation of the Mid-Day Meal Programme. Such positive feedback underscores the Programme's success in providing essential nutritional support to students, fostering better educational outcomes, and demonstrating ongoing commitment to continuous improvement.



"The Mid-Day meal food from the foundation comes on time warmer and according to the requirements and tastier and kids eat with interest and they think about the next week if this particular meal comes so they eat properly"

Jyoti Dixit, GHSS, New Jail

IMPACT OF THE MID-DAY MEAL PROGRAMME ON TEACHING ACTIVITIES IN SCHOOLS

52% of teachers reported that the Mid-Day Meal Programme does not significantly affect teaching hours, as their role primarily involves monitoring the Programme's execution. Additionally, they do not have to worry about safety and hygiene aspects, as the food is prepared at the TAPF centre.

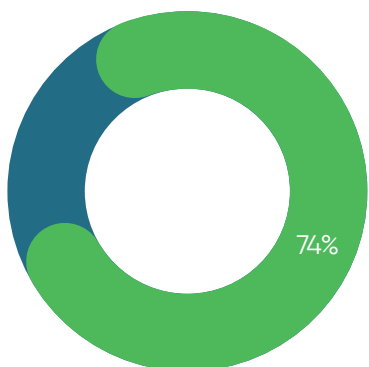
The primary role of teachers involves monitoring the programme's execution rather than direct involvement in meal preparation. This division of responsibilities allows them to maintain a balance between teaching and programme management duties efficiently. Since the food is prepared at the TAPF center, all food safety parameters are adhered to according to guidelines, relieving teachers of those concerns.

This approach ensures that teachers can fulfil their educational roles effectively while also contributing to the successful implementation of the meal programme. It underscores the importance of efficient coordination and monitoring in ensuring the programme's smooth operation and its positive impact on students' nutrition and overall well being.



Parent's Understanding & Perception

The study explored the Mid-Day Meal Programme's influence on Parents understanding and perception through extensive interviews with teachers and principals. This section presents the analysis derived from these interactions.



Graph 9: Familiarity of Programme

74% of parents are highly familiar with the programme, indicating a robust awareness within the community, while 26% have some level of familiarity. Remarkably, none of the parents reported being unaware of the programme, highlighting its widespread recognition and impact.

Additionally, all 100% of parents expressed a desire for the programme to continue, underscoring its importance and value to the community.



Graph 10: Confidence in Nutrition Quality

84% of parents have expressed a strong conviction that the meals offered through this programme are highly nutritious, indicating a widespread confidence in the nutritional quality of the provided food.

On the other hand, 12% of parents hold a view that while the meals are nutritious to some extent, there may be areas for improvement. Additionally, 4% of parents perceive the meals to be fairly nutritious, suggesting a moderate level of satisfaction with the nutritional value provided.



"I have two kids. Both my kids study here. My kids tell me at home that the food is good and has a good variety of all kinds."

***Ms. Jamuna Ahirwar, GHSS,
Anandnagar (Parent)***

Snapshot

- Teachers' Perception and Impact on Teaching:
 - 97% of teachers perceive timely food distribution as excellent.
 - 89% rate the quantity of food provided as excellently sufficient.
 - 73% rate the feedback mechanism as excellent, with 19% rating it as good.
 - 88% of teachers acknowledge witnessing enhancements in the Mid-Day Meal Programme over the years.
 - 62% of teachers rate the current efficiency of the programme as excellent, with 35% rating it as good.
- Impact of the Mid-Day Meal Programme on Teaching Activities:
 - 44% of teachers feel teaching activities are impacted by programme preparation.
 - On average, the management of the programme consumes 30 to 90 minutes of school teaching time.
 - 52% of teachers reported that programme preparation within the school does not significantly affect teaching activities.
- Parents Understanding and Perception:
 - 74% of parents are highly familiar with the programme, while 26% have some level of familiarity.
 - All 100% of parents express a desire for the programme to continue.
 - 84% of parents believe the meals offered are highly nutritious, while 12% perceive room for improvement and 4% find the meals fairly nutritious.

Satisfaction & Feedback

Through extensive interviews with students, teachers, principals, and parents, the study delved into the Mid-Day Meal Programme's impact on Satisfaction & Feedback. This section provides an in-depth analysis of the insights gleaned from these interactions.

SATISFACTION & OVERALL EXPERIENCE OF STUDENTS ON LISTED FACTORS

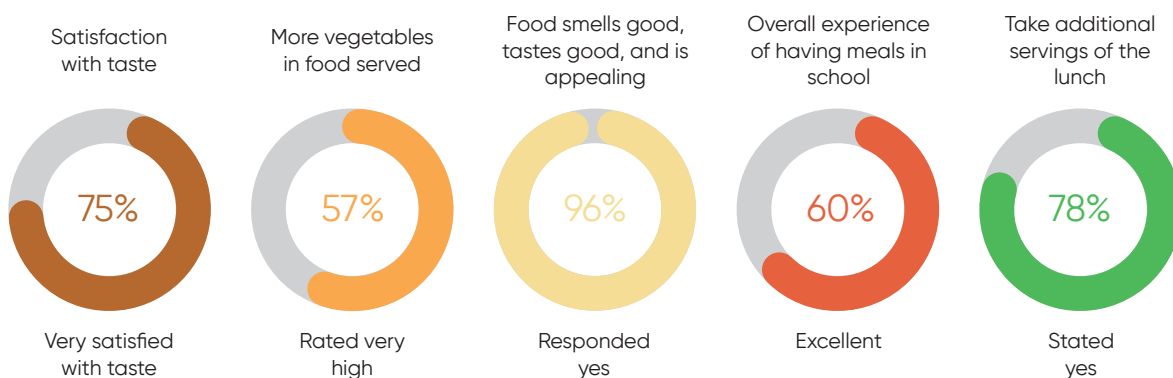


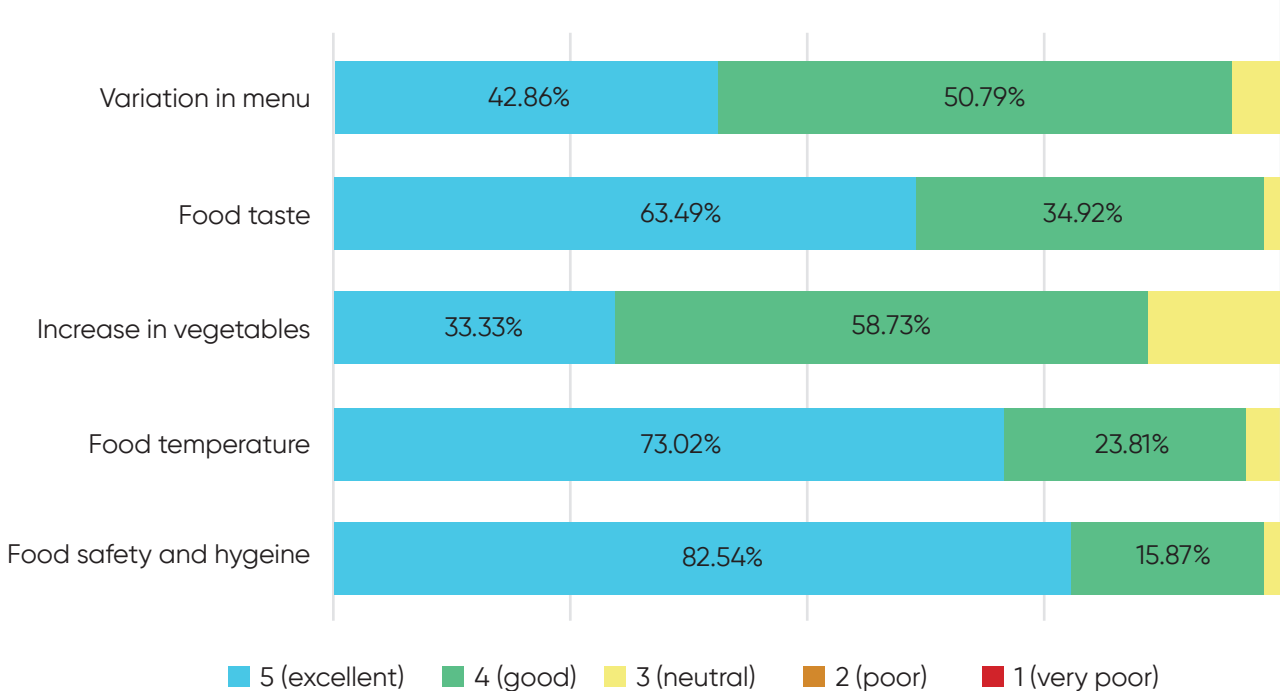
Image 26: Satisfaction & Overall experience of Students

Students' responses were gathered on various parameters, including their satisfaction with taste, the presence of vegetables in the food, the appealing smell and taste, their overall experience with school meals, and whether they opt for additional servings. Overall, the response has been overwhelmingly positive, with more than 70% of students expressing satisfaction with the taste and opting for additional servings of lunch. Impressively, 96% of respondents found the food to smell good, taste good and be appealing to the palate.

However, there are areas identified for improvement. While more than 50% of students noted the presence of more vegetables in the food, indicating a positive trend, there is still room for enhancement in this aspect. Additionally, while the overall experience of having meals in school was rated as good, there are opportunities to further enhance students' dining experiences to ensure maximum satisfaction and nutritional benefit.



SATISFACTION & OVERALL EXPERIENCE OF TEACHERS ON LISTED FACTORS



Graph 11: Satisfaction & Overall experience of Teachers on Variation in Menu, Food Taste, Vegetables, Food Temp, Safety & Hygiene

A staggering 90% or more of teachers have provided exceptionally high ratings, ranging from '4' to '5' on a scale of 1 to 5, across all parameters evaluated. These parameters encompass critical aspects such as menu variation, taste, temperature, safety, hygiene, and the incorporation of vegetables. Such resoundingly positive feedback underscores the programme's excellence and effectiveness in meeting stringent quality standards set by educators.



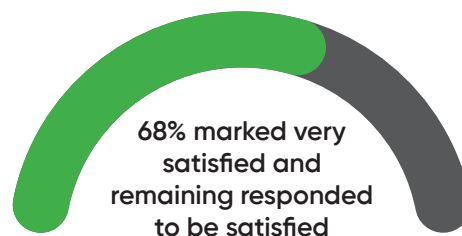
Image 27: Surveyor interviewing Smt. Indira Chaudhary, Habibganj Govt School

Furthermore, when asked about encountering challenges or safety issues related to the Mid-Day Meal Programme, an astounding 100% of teachers unanimously agreed that no such issues arose. Additionally, they commended The Akshaya Patra Foundation team for their exceptional cooperation and accessibility in addressing any concerns they may have. This collaborative approach further reinforces the programme's success in ensuring the safety and satisfaction of all stakeholders involved.



None of the teachers recorded any challenges in the implementation of the programme. 51% teachers rated an excellent 5 stars and remaining rated a 4 star for being a good programme.

Overall, how satisfied are the parents with the quality of food served in Mid-Day Meal Programme



THE AKSHAYA PATRA FOUNDATION BHOPAL MID-DAY MEAL MENU

TAPF Bhopal menu adheres to the PM POSHAN Programme guidelines, emphasizing both quality and taste. Each meal is carefully crafted to be nutritious, culturally suitable, and appealing to children. Here's a comprehensive overview of the Akshaya Patra Fixed weekly menu:

Monday	<i>Chapati/thepla/puri, mix dal with kasuri methi, dal, cumin rice, masala rice, dough cake, seasonal food</i>
Tuesday	<i>Puri, matar paneer, Aalu-chhole tamatar ki sabji, meethi kheer</i>
Wednesday	<i>Bread/thepla/puri, mix veg, mix dal with kasuri methi, seasonal fruit, dough cake</i>
Thursday	<i>Bread/thepla/puri, mix dal with kasuri methi, dal, cumin rice, masala rice, seasonal veggies</i>
Friday	<i>Bread/thepla/puri, matar paneer, mix heeng dal, khichdi, meetha daliya, seasonal veggies</i>
Saturday	<i>Bread/thepla/puri, seasonal veggies, toor dal, pulao, plain rice</i>

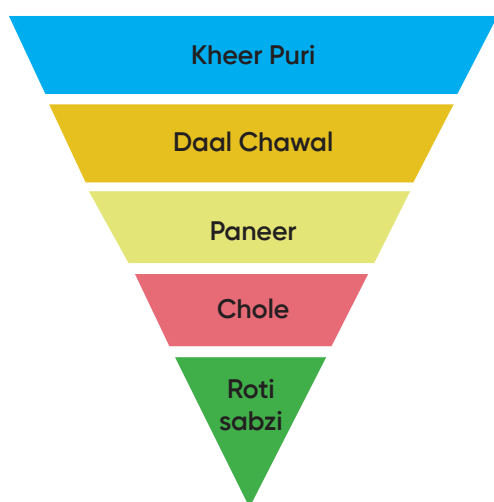
Table 5 : The Akshaya Patra Foundation Mid-Day Meal Menu

The TAPF menu is meticulously crafted in strict adherence to the PM POSHAN guidelines, guaranteeing that each meal provides optimal nutrition essential for children's health. These menus are thoughtfully designed to meet all prescribed nutritional norms, ensuring that children receive balanced meals rich in the necessary nutrients to support their growth and development.

In addition to nutritional compliance, TAPF kitchens follow stringent food safety protocols, maintaining the highest standards of hygiene throughout the entire process of meal preparation and distribution. This rigorous attention to food safety ensures that every meal served is not only nutritious but also safe for consumption.

Beyond mere adherence to guidelines, TAPF places a strong emphasis on using top quality ingredients. This commitment to quality ensures that the meals are not only healthy but also delicious, catering to the taste preferences of growing children. By combining nutritional science with culinary expertise, TAPF ensures that children enjoy their meals while reaping the full benefits of a balanced diet.

TOP 5 FAVORITE ITEMS OF TAPF MENU



68% of students hailed the menu in image (...) as their favourite, according to a majority. Both teachers and helpers echoed this sentiment, highlighting the eagerly anticipated Kheer Puri every Tuesday. Additionally, cake receives special acclaim among the students.

Image 28: Top 5 Favourite Items of TAPF Menu

ITEMS SUGGESTED BY STUDENTS

While suggesting a menu majority of the students emphasised on Kadi Chawal. They also look forward to getting sweets and more variety of seasonal fruits.

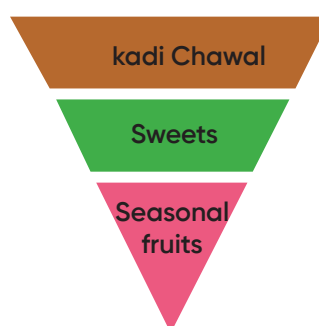
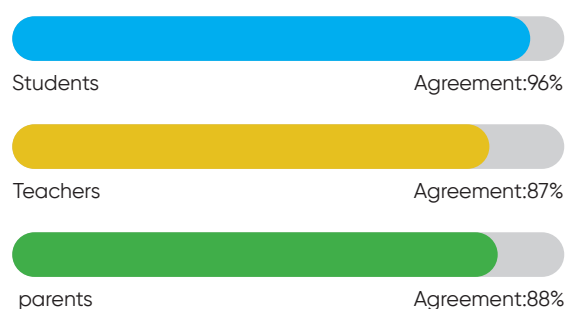


Image 29: Items Suggested by Students

ADDITION OF BREAKFAST

The unanimous agreement among teachers and parents on witnessing programme enhancements underscores the Mid-Day Meal Programme's significance in school communities. However, a glaring concern arises from the revelation that breakfast is the most skipped meal among children, with 82% skipping it multiple times a week. This data points to a crucial opportunity to enhance the programme's impact by incorporating breakfast offerings.



Graph 12: Addition of Breakfast

By addressing this gap, the programme can provide vital nutritional support, potentially improving children's health and academic performance. Thus, there is a collective call from students, teachers, and parents alike to expand the programme to include breakfast, ensuring holistic support for children's well being and educational success.

SUPPORTING RESEARCH

Recent studies underscore the critical importance of breakfast for children, emphasising its role in academic performance, nutritional status, and overall well being.

A 2020 study published in the journal *Frontiers in Nutrition* found that children who regularly consume breakfast have better cognitive performance and memory compared to those who skip it. The research highlights that breakfast improves attention and problem-solving skills, which are crucial for learning in a school environment .

Furthermore, a comprehensive review in the journal *Nutrients* (2022) examined school nutrition interventions across Asia. It found that programmes including breakfast significantly improved children's nutritional status, reducing malnutrition and obesity. The review suggested that multi-component nutrition programmes, including breakfast, are more effective in enhancing children's health and academic performance than programmes that do not include breakfast.

Evidence from the *International Journal of Environmental Research and Public Health* (2021) suggests that providing breakfast at school helps ensure children start their day with adequate nutrition, which is vital for sustained energy levels and cognitive function throughout the school day. Implementing breakfast as part of the PM POSHAN Programme could enhance its impact on child health and education outcomes.

Snapshot

- Student satisfaction with the Mid-Day Meal Programme's taste and offerings is high, with over 70% expressing contentment and opting for additional servings, while 96% found the food appealing.
- While more than 50% of students noted the presence of more vegetables in the food, there is still room for improvement in this aspect to enhance nutritional value.

- Teachers overwhelmingly rate the programme positively, with 90% or more giving ratings of '4' to '5' across various parameters, indicating its effectiveness and adherence to quality standards.
- No challenges or safety issues were reported by teachers, who commend The Akshaya Patra Foundation for their cooperation and accessibility in addressing concerns.
- 68% of parents are very satisfied, and the remaining are satisfied with the quality of food served in the Mid-Day Meal Programme, reflecting broad parental support.
- TAPF Bhopal's menu follows PM POSHAN guidelines ensuring optimal nutrition for children, with 68% of students preferring popular menu items such as *Kheer*, *dal chawal*, *paneer*, and *chole*.
- Breakfast emerges as the most skipped meal among children, with 82% skipping it multiple times a week, highlighting the need for its inclusion in the programme to enhance nutritional support and academic performance.

Happiness Quotient

The study extensively examined the Mid-Day Meal Programme's influence on the Happiness Quotient through interviews with students, teachers, principals, and parents. Additionally, secondary research was conducted to comprehend global indicators. This section offers a detailed analysis of the findings derived from these engagements.

A happiness index related to the Mid-Day Meal Programme is a quantitative measure aimed at assessing the subjective well being and contentment of students who participate in the programme.

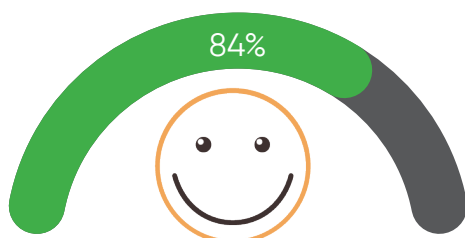


Image 30: Happiness with Mid-Day Meal

During school hours, 70% of students reported feeling very happy after having their Mid-Day Meal. Additionally, 94% of students stated that they miss having the Mid-Day meal while on holidays.

Research consistently demonstrates that adequate nutrition plays a crucial role in overall well being, including mental and emotional health. By providing nutritious meals to students, the programme not only addresses their physical needs but also contributes to their happiness and positive outlook.

Studies have shown that access to regular, nutritious meals positively impacts mood, cognitive function, and emotional resilience among students.

75% of students feel energised and ready to learn after their Mid-Day Meal, and they expressed high ambitions for their future education. Some of their dream vocations are listed below.

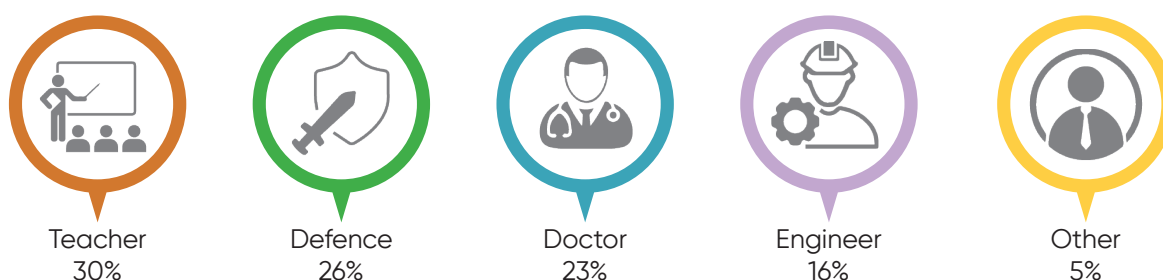


Image 31: Students Aspirations

Furthermore, the Mid-Day Meal Programme can also alleviate stress and anxiety related to food insecurity among students and their families. Knowing that their nutritional needs are being met at school can reduce worries about hunger and help students focus on their studies and social interactions.

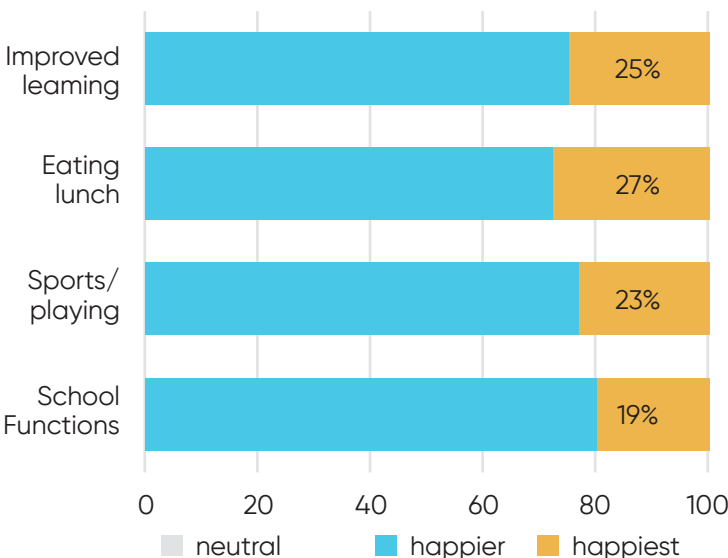
STUDENT'S RATINGS ON IMPACT OF MID-DAY MEAL



Graph 13: Students' Rating on Improved Learning, Playing, Participation in Classroom Studies, Concentration Levels and Appetite

Significant improvements have been observed in students' learning abilities, classroom participation, concentration levels, appetite, and playfulness. Impressively, 80% to 90% of students rated these areas as either '4' or '5' on a scale of 1 to 5, highlighting the substantial positive impact of the programme.

STUDENTS' RATINGS ON THE SCHOOL ACTIVITIES THAT MAKE THEM HAPPIEST



In the realm of school activities, an overwhelming 27% of student respondents found their greatest happiness during lunchtime, surpassing the joys of studying, playing, and participating in school functions.

Graph 14: Students Rating on School Activities that make them Happiest

A striking 73% expressed their peak happiness during this Mid-Day Meal ritual. Notably, every single student responded that the Mid-Day Meal consistently brings them joy. Furthermore, students voiced a poignant sentiment: they often feel a sense of sadness or longing during holidays or vacations, yearning for the comforting routine and nourishment provided by the Mid-Day Meal. This underscores the profound impact of the programme on their overall happiness and well being, demonstrating its significance beyond the classroom walls.

COMPARATIVE ANALYSIS OF GLOBAL SCHOOL MEAL PROGRAMME AND THEIR IMPACT ON HAPPINESS

The Global Survey of School Meal programmes conducted by the Global Child Nutrition Foundation (GCNF) provides extensive data on various large-scale school meal programmes worldwide. This survey highlights the diversity and scope of these programmes, as well as their potential impact on student well being and happiness.

Key Factors from Global School Meal programmes

- 1. **Meal Quality:** Including diversity, appearance, nutritional balance, temperature, taste, ingredient quality, and portion sizes.
- 2. **Environment:**Covering the dining area’s design, comfort, and
- 3. **climate control.**
- 4. **Operation:** Encompassing communication, feedback acceptance, staff kindness, and service quality.
- 5. **Hygiene:** Including cleanliness of staff uniforms, utensils, dining areas, and food service practices.

These factors can significantly influence the overall satisfaction and happiness of students participating in school meal programmes. Here is a comparative look at some countries with robust school meal programmes and their corresponding happiness indices.

COUNTRY	PROGRAMME CHARACTERISTICS	HAPPINESS INDEX FACTORS
Finland	Free and nutritionally balanced meals for all students; emphasis on local and seasonal produce	High quality meal quality, excellent hygiene and strong operational efficiency.
Japan	Nutritionally balanced meals with strong emphasis on food, education and local ingredients	High meal quality, strong hygiene practices and good operational efficiency.
Brazil	School meals provided to all students, with a focus on local agriculture (Home-Grown School Feeding)	Good meal quality and environment; emphasis on community involvement.
United States	Varied programmes, free or reduced price meals for low-income families, focus on nutritional standards	Mixed quality meal and environment, varying operational efficiency.
India	Mid-Day Meal Scheme providing free lunches to primary and upper primary school children	Focus on nutritional balance, improving operational and hygiene standards.

Table 6: Comparative Table of School Meal Programmes and Happiness Indices

Snapshot

- A happiness index related to the Mid-Day Meal Programme gauges the subjective well being and contentment of participating students, revealing that 70% of students feel very happy after consuming their Mid-Day Meal during school hours.
- Remarkably, 94% of students express missing the Mid-Day Meal during holidays, underlining its significance beyond mere sustenance.
- Adequate nutrition provided by the programme not only addresses physical needs but also contributes to students' happiness and positive outlook, as evidenced by studies linking nutrition to mood, cognitive function, and emotional resilience.
- 75% of students feel energised and ready to learn after the Mid-Day Meal, with 80% to 90% experiencing significant improvements in various areas like learning abilities, concentration, appetite, and playfulness.
- Lunchtime emerges as a significant source of happiness for students, with 73% expressing peak happiness during the Mid-Day Meal ritual.
- Comparative analysis of global school meal programmes highlights key factors influencing student's happiness, including meal quality, environment, operation and hygiene, with examples from countries like Finland, Japan, Brazil, the United States and India showcasing varying programme characteristics and their impact on happiness indices.

The Akshaya Patra Foundation Bhopal Success Stories



This section presents 12 success stories highlighting individuals from various roles, including doctors from Primary Health Care Centres, cook-cum-helpers, parents, teachers and students.

SUCCESS STORIES

Nourishing Dreams



Sanjivni Kushwaha, a seventh-grade student at Government Navin Kanya Higher Secondary School, Tulsi Nagar, Bhopal, represents the transformative impact of the Mid-Day Meal Programme on students' lives. Every school day, during the crucial lunch break, Sanjivni joins her friends to enjoy a nutritious meal provided through the Mid-Day Meal Programme. Among her favourites are the wholesome chickpeas served, which not only satisfy her hunger but also contribute to her overall well being and concentration in class.

Sanjivni's father, Rajendra Kushwaha, a singer and her mother, Sanju Kushwaha, understand the importance of nutrition in their daughter's education. With the support of this programme, Sanjivni is able to focus on her studies and participate actively in school activities.

Despite coming from a modest background, Sanjivni dreams big: she aspires to become an IAS officer. This ambition is nurtured by the nourishing meals provided through the Mid-Day Meal Programme, which ensures that she receives adequate nutrition crucial for her growth and development.

Sanjivni's story underscores the profound impact of the Mid-Day Meal Programme beyond mere sustenance. It is a catalyst for her educational journey, empowering her to aim high and pursue her dreams with confidence.

Her journey exemplifies how essential nutrition, facilitated by initiatives like the Mid-Day Meal Programme, can empower students from diverse backgrounds to thrive academically and aspire to brighter futures.

“

"I enjoy the chickpeas we have for lunch.

They keep me energetic for my studies"

Sanjivani Kushwaha

”

Nourishing Young Minds



Namaskar, I am Dr. Husha Khare, Principal of Sashkiya Kanya Uchchitar Madhya Vidyalaya in Jahangirabad, Bhopal. In my school, 1,400 girls from class 1 to 12 receive education, with about 500 to 600 girls in classes 1 to 8. Our school serves a low-income community where daily sustenance is often a struggle. The Mid-Day Meal Programme by Akshaya Patra, introduced a year ago, has been a transformative blessing.

Many of our students come from homes where nutritious food is scarce. The mid-day meal provided at our school is eagerly anticipated by the children, serving as their first substantial meal of the day. This significantly boosts their academic performance and energy levels. The children now exhibit improved concentration in class and a newfound enthusiasm for learning and playing.

Our school's two-shift system often leaves older students hungry. We ensure that any leftover food is not wasted but provided to these students. For many, this meal is crucial, especially for those whose parents are away working.

The positive effects of this programme extend beyond nutrition, fostering a sense of community and shared responsibility among the students. This initiative has significantly improved the wellbeing of our students, ensuring they have the energy and focus needed for their education and overall growth.

“

“The mid-day meal provided by Akshaya Patra is not only delicious and nutritious but has transformed our students' lives. It serves as their first substantial meal of the day, boosting their energy and focus in class. The sense of community it fosters is invaluable, and the impact on their well being is profound. We are deeply grateful for this support.”

*Dr Husha Khare, Principal,
Sashkiya Kanya Uchchitar Madhya Vidyalaya, Jahangirabad, Bhopal*

”

Setting the Standard: Akshaya Patra's Excellence in Food Safety and Hygiene



During a recent visit to Akshaya Patra's kitchen in Bhopal, I, as a public health expert, was thoroughly impressed by their unwavering commitment to food safety and hygiene. Their meticulous attention to cleanliness and strict adherence to sanitation protocols were evident throughout the facility.

From comprehensive quality checks and advanced equipment to segregated preparation areas and efficient processes, every aspect of their operation demonstrated a remarkable dedication to maintaining high standards. Regular staff training sessions further reinforced their commitment to ensuring that the meals provided are safe, hygienic, and nutritious.

Akshaya Patra's efforts in this regard are not just commendable but also serve as a model for others to emulate. Their ability to maintain such stringent standards while providing meals to thousands of children daily is truly impressive and highlights the importance of quality in largescale meal programmes.

“

“During my visit to Akshaya Patra's Bhopal kitchen, I was astounded by their exceptional commitment to food safety and hygiene. The meticulous cleanliness, rigorous sanitation protocols, and comprehensive quality checks truly set them apart. Their advanced equipment, segregated preparation areas and efficient processes ensure that every meal is safe and nutritious. This unwavering dedication serves as an exemplary model for others to follow.”

**Dr Nikitashri Jaiswal,
Public Health Expert**

”

Nourishing Minds & Boosting Attendance



Mohan Krishna Sawale, the headmaster of Khajuri Khurd Government High School in Bhopal, shares a compelling story of how the introduction of meals from The Akshay Patra Foundation has transformed the school environment and improved student well being.

The meals provided by Akshay Patra are tailored to the required number of students, ensuring that each child receives a warm and delicious meal daily.

"The quality is better than the previous programme," Mohan notes, highlighting the improvement in food standards. He adds, "Students have never complained about the food," emphasising the satisfaction among the children.

The school adheres to strict quality checks in line with CO and district panchayat norms to prevent any cases of food poisoning. "The food which remains, we serve it in the neighbourhood and their houses to ensure it won't get wasted," Mohan explains, showcasing the programme's commitment to minimising waste and supporting the wider community.

This initiative has had a profound impact on student's attendance and participation. "The attendance of kids in school has increased and those who did not use to eat food now have it 100%," Mohan proudly shares. The change is evident as now every student eagerly consumes their meal, a stark contrast to the past when many would leave their food uneaten.

Mohan extends his heartfelt gratitude to The Akshay Patra Foundation for their role in this transformation. "Thank you from the bottom of my heart," he says, acknowledging the foundation's contribution to improving the lives of these children.

“

"The attendance of kids in school has increased, and those who did not use to eat food now have it 100%. I thank The Akshaya Patra Foundation for starting this initiative for these poor kids and increasing their attendance."

**Mohan Krishnan,
Head Master**

”

Nurturing Growth



Chhaya Mehra, a dedicated sixth-grade student at Shaskiya Madhyamik Shala Naamkheda, exemplifies enthusiasm for learning and a deep appreciation for her school environment. At the age of 11, Chhaya thrives under the guidance of dedicated teachers who employ effective teaching methods, ensuring she grasps her lessons with clarity and interest. Her school, known for its holistic approach to education, also prioritises the well being of its students through the provision of nutritious mid-day meals.

Chhaya eagerly anticipates lunchtime, where she indulges in her favourite dishes: *kheer* and bananas. This nutritious meal not only satisfies her taste buds but also fuels her energy for academic and extracurricular activities. In addition to her studies, Chhaya actively participates in sports like cricket and badminton, fostering her physical fitness and teamwork skills on the school's well-maintained grounds.

Her love for cricket and games like hide and seek reflects the comprehensive education she receives, which balances academics with physical activity and personal development. Chhaya's journey at Shaskiya Madhyamik Shala Naamkheda underscores the positive impact of quality education and nutritious meals on student engagement and achievement.

“

"I really enjoy studying at Shaskiya Madhyamik Shala Naamkheda. The teachers are very good and teach us well. The mid-day meal with kheer and bananas is my favorite. I also love playing cricket and other games in our school ground. It's all very nice here!"

Chaya Mehra

”

Nourishing Minds & Boosting Attendance



Sanjay Gupta, an assistant teacher at GHS New Jail, reflects on the significant positive impact the Mid-Day Meal Programme has had on the students over his 15-year tenure at the school. "The food and facility are good," Sanjay begins, acknowledging the consistent quality and timely service of meals. The programme successfully meets the demands of the school's large student body, ensuring that every child receives a nutritious meal.

He appreciates the current state of the meal programme and suggests further enhancements, such as introducing *poha jalebi* and *suji* for breakfast. These additions, he believes, would provide a balanced and enjoyable start to the students' day.

Considering the local climate, Sanjay also recommends incorporating buttermilk and curd into the menu to help students stay cool and hydrated during the hotter months. These additions would not only enhance the meal programme but also address the specific needs of the students.

Sanjay's commitment to his students' well being is evident in his thoughtful suggestions and appreciation for the current meal programme. His insights highlight the importance of continually adapting and improving school meal programmes to better serve the students.

“

"The Mid-Day Meal Programme has significantly improved the well being of our students. The food quality is excellent, and it is always served on time. This programme ensures that all children receive nutritious meals, which has greatly enhanced their focus and energy levels throughout the day. Introducing breakfast items like poha, jalebi, and suji would further benefit the students, providing them with a strong start to their day."

**Sanjay Gupta,
Assistant Teacher**

”

Nourished with Education & Care



Jamuna Ahirwar, a caring parent whose two children attend GHSS Anandnagar, shares the positive impact of the school's meal programme on her family's daily life.

Her younger son, who attends the primary section and arrives early at 7:30 am, often comes to school on an empty stomach or with just tea and biscuits for breakfast. He eagerly waits for the nutritious meal served at 10 am, considering it his first proper meal of the day. Both of Jamuna's children enjoy the meals provided at school, which not only satisfy their hunger but also support their concentration and well being throughout the day.

This meal programme plays a crucial role in ensuring that all students, regardless of their background, receive nourishing food that fuels their learning and growth. Jamuna's experience highlights the importance of such programmes in supporting children's education and overall development.

“

"My children enjoy the meals at GHSS Anandnagar. They tell me the food is good and they eat it properly. It's their first meal of the day and keeps them energised for school."

***Jamuna Ahirwar,
Parent***

”

Fostering Health



Suman Ahirwar, a dedicated helper at Lambakhada GHSS for the past two years, plays a crucial role in ensuring that students receive nutritious meals that they enjoy.

She emphasises the quality and variety of the food provided, noting, "The food is good, and the kids are loving the food quality and variety." Suman finds immense satisfaction in her work, evident in her statement, "I am very happy that's why I am working here." Her dedication is fuelled by the positive response from the children, who eagerly eat the meals provided, appreciating both the taste and nutritional value.

Suman's role goes beyond serving meals; she contributes to creating a nurturing environment where students look forward to their meals and thrive academically and physically.

“

"All the kids respond to the good food and love to eat it regularly. I am happy to see them enjoying their meals at Lambakhada GHSS."

**Suman Ahirwar,
Parent & Helper**

”

Path to Excellence



Vipin Meena, a determined seventh-grade student at Navin Chhatik Madhyamik Shala Misrod, illustrates the profound impact of education and nutritious meals on his journey towards academic success.

Vipin's father, Rakesh Meena, works tirelessly as a driver to support their family, while his mother, Rekha Meena, ensures that both Vipin and his sibling receive a quality education at the same school. For the past five years, Navin Chhatik Madhyamik Shala Misrod has been Vipin's second home, providing him with a supportive environment conducive to learning and growth.

One of the highlights of Vipin's school day is the nutritious mid-day meal, which includes his favorite dish, *dal* and rice. This meal not only satisfies his hunger but also fuels his energy for academic pursuits and extracurricular activities.

Vipin's dedication to his studies is evident as he embraces all aspects of school life with enthusiasm. His journey exemplifies how access to education and nutritious meals can empower students to excel academically and envision brighter futures.

“

"I like studying at Navin Chhatik Madhyamik Shala Misrod. The dal and rice in our mid-day meal are my favourite. They keep me full of energy.

Thank you for everything!"

Vipin Meena

”

Nurturing Health & Happiness



Sufalaja Jha, a dedicated parent whose children attend Ravinushkar Vidyalaya in the seventh grade, shares her positive experience with the school's meal programme and its impact on her children's well being and education.

She emphasises the quality and freshness of the food provided at the school, stating, "The food and everything else is very fresh and good and the children also eat it. There is no wastage."

Sufalaja appreciates the school's policy of ensuring that any leftover food is distributed to children who may need it at home, further minimising waste and ensuring all students are well-fed.

Sufalaja's involvement extends beyond just appreciation; she occasionally visits the school and has personally tasted the food. Her experience confirms that the meals are not only nutritious but also enjoyable, as evidenced by her children's good health and sustained interest in attending school.

This positive environment created by the school's meal programme underscores its role in promoting health, nutrition and academic engagement among students like Sufalaja's daughter, Vinita Jha.

“

"All the food tastes good at Ravinushkar Vidyalaya. My children eat it without any complaints and they remain healthy and interested in coming to school. I have also tasted the food myself, and it's fresh and good."

**Sufalaja Jha,
Parent**

”

Nourished with Education & Care



Rishika, a cheerful student at Habibganj Government School in BHEL quarters, shares a heartwarming story of how the school's meal programme has enhanced her educational experience.

Every day at 1 pm, Rishika eagerly joins her classmates to enjoy a nutritious lunch provided by the school. She appreciates the convenience of not having to bring utensils, as everything is readily available. Sitting together on mats designated for meals creates a sense of community and belonging among the students.

Rishika rates the food with full marks for taste and expresses her wish for breakfast to be provided as well, showing her appreciation for the meals served. She highlights the generosity of the school in serving food again when requested, without any hesitation from the teachers.

This nurturing environment not only ensures that Rishika and her peers are well-fed but also supports their concentration and enthusiasm for learning. The caring approach of the teachers and the school's commitment to providing nutritious meals contribute significantly to Rishika's positive school experience.

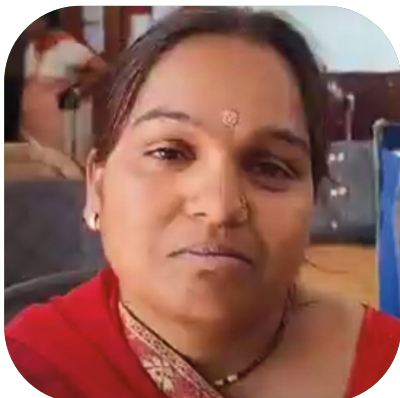
“

“I love eating lunch at Habibganj Government School. The food, especially kheer puri, is the best! We get served again if we ask, and the teachers are always kind about it. If there was breakfast too, I would definitely eat it!”

*Rishika, Student
Habibganj Government School in BHEL quarters*

”

Nurturing Bright Futures



Mamta Rekhwal, a dedicated parent whose three children attend a government school, shares the remarkable impact of the school's Mid-Day Meal Programme on her family's well being and their academic journey.

She recounts a positive change in her children's behaviour since they started receiving nutritious meals at school.

Mamta recalls how her children were lazy and irritated. However, since participating in the Mid-Day Meal Programme, her children have shown a noticeable improvement in their mood and behaviour. Now they feel good after eating the mid-day meal at school and seem happy. Also, her children play and focus on their studies.

Mamta appreciates the variety and quality of the meals provided, especially highlighting the inclusion of fruits like oranges and bananas that her children enjoy. Her kids also love to eat the dessert in their lunch. Mamta and her family occasionally taste the food themselves and takesome home, which further reinforces their gratitude for the programme.

The nutritious meals not only satisfy her children's hunger but also contribute to their overall well being, enabling them to thrive academically and enjoy their school experience fully.

“

“We are thankful to the programme for providing us with such a good meal every day. My children feel happy and energetic after eating at school, and it shows in their behaviour and studies.”

**Mamta Rekhwal,
Parent**

”

ABOUT GLOBAL SYNERGIZERS

Global Synergizers is a social impact advisory firm that collaborates with various stakeholders across the ecosystem, specialising in social programme management, CSR, impact assessment, monitoring and evaluation, and cause marketing programmes. We believe in a collaborative model and partner with sectoral experts and agencies to drive meaningful change.

We have a presence in five states and a well-developed network of social organisations and consultants on the ground. Since our inception in January 2018, we have worked on diverse projects with a wide range of clients, including UNDP, Trigyn Technologies, United Telecom Limited, SELCO Foundation, Ambuja Cement Foundation, MSRLM, Abbott, Jindal Drugs, RBL Bank, Essel Propack, and MMRDA.



