

## **CHAPTER - 10**

### **NUTRITION**

Govt. of India adopted the National Policy for Children in 1974 taking into consideration that the country children are its supreme important assets and to nurture them for overall development of children as human resource. The responsibility has been cast on the state as its primary duty to ensure provision of adequate service and equal opportunities, for their full physical and mental development, by orienting its programme for their cause and welfare before and after their birth as per the Constitution of the India, Article 47 which includes raising the level of Nutrition, Health and raising the level of standard of living.

Department of Women & Child development, GOI formulated National Nutrition Policy, which has been adopted by the govt. in 1993. All State Governments have been advised to draw its Nutritional Policy, as there is still very high rate of malnutrition among children and women and programme have to be implemented to provide supplementary nutrition with object of removing deficiencies in the diet of children and women.

The National Policy for Children 2013 also reiterate “Every child has a right to adequate nutrition and to be safeguard against hunger, deprivation and malnutrition. The State commits to securing this right for all children through access, provision and promotion of required services and supports for holistic nurturing, well being with nutritive attainment of all children, keeping in view their individual needs at different stages of life in a life cycle approach”.

WCD Department is implementing the nutritional programme in the nutrition sector through ICDS projects. Integrated Child Development Scheme is a centrally sponsored scheme implemented through State Govt. since October, 1975, aims at holistic development of children (0-6 years) and pregnant and lactating mothers from disadvantaged sections. It provides integrated services comprising supplementary nutrition ,immunization, health checkup, referral services, pre-school non-formal education and health & nutrition education. Over 35 years of its operational, ICDS has been expanded.

2. Mid- day Meal programme run by Education Department also forms the part of the Nutrition Sector. Mid-day Meal in schools has had a long history in India. 1990 onwards a number of states had implemented the Mid- day Meal program in their states with the own resource and it was established that school Mid- day Meal assert a positive influence on enrollment and attendance in school.

The Government of India has notified Mid Day Meal Rules, 2015 under the National Food Security Act, 2013 and these rules are effective from September 30, 2015. To facilitate uninterrupted provision of Nutrition to school children with the age 6 to 14 years of age, the school shall be empowered to utilized any fund in the school temporarily for the purpose of continuation of the Mid Day Meal Scheme in the school (Rule 7). Further, Rule 8 emphasizes the quality of food to ensure that the meal meets the nutritional standards and quality prescribed by the MOM Rules. The Food and Drug Administration Department of the State may collect samples

from randomly selected schools to ensure adherence to quality. Rule 9 is about food security allowance to be paid by the State Government, if MOM is not provided in any school for three consecutive days or five days in a month. The State Government shall take action to fix responsibility on the person or agency in accordance with the procedure laid down.

3. Under this programme a nutritional support is provided to children of primary and upper primary section in govt. and govt. aided school with the objective to meet the nutritional deficiency, to prevent children from purchasing unhygienic food from the hawkers during recess time and to reduce the absentee in the classes.

#### **4. SUPPLEMENTARY NUTRITION [DEPARTMENT OF WOMEN & CHILD DEVELOPMENT]**

Plan Outlay 2016-17 : ₹ 20100 Lakh

The Department of Women & Child Development is implementing the supplementary Nutrition Programme in the Nutrition Sector through 95 ICDS blocks. In Delhi, out of 11150 sanctioned Anganwadi centers, 10897 Anganwadi centers are operational in the financial year 2015-16.

**The Cost sharing ratio of the supplementary nutrition between the centre and state was on 50:50 basis. Now the Govt. of India has changed the cost sharing pattern i.e. 100% central share from 2016-17. Therefore, budget allocated in 2016-17 under state share may be adjusted at the RE stage accordingly.**

##### **4.1 Supplementary Nutrition Programme:**

Plan Outlay 2016-17 : ₹ 17535 Lakh  
[₹ 8000 lakh (State Share) + ₹ 9535 lakh (Central Share)]

The aim of the scheme 'Integrated Child Development Services' is to look after the welfare of children, which includes supplementary feeding for children in the age group of 0-6 years and for expected women and nursing mothers. Since 01.07.2006, the State is providing cooked food and weaning food and morning snack through Self Help Groups (SHGs) by involvement of NPOs / NGOs as facilitators.

The nutritional and feeding norms for supplementary nutrition as prescribed by GOI are 500 calories and 12-15 grams of protein of children between the ages of 6 months to 6 years, 600 calories and 18-20 grams of protein to pregnant and nursing mothers and 800 calories and 20-25 gm. of protein to malnourished children. The supplementary nutrition is provided @ ₹ 6/- per child, ₹ 7 per pregnant & nursing mother & ₹ 9/- per mal-nourished child per day. In view of universalization of ICDS Scheme, there are no eligibility criteria for registration of beneficiaries for supplementary nutrition but presently, 8.40 lakh beneficiaries are covered under 95 ICDS projects- in Delhi.

During the financial year 2015-16, an amount of ₹ 13588.45 lakh has been utilized (State Share – ₹8309.57 lakh and ₹ 5278.88 lakh - Central Share).

It is now 100% sponsored scheme by GOI from 2016-17, the budget allocated under state share to be adjusted at the RE stage, accordingly.

#### **4.2 Kishori Shakti Yojna (Scheme of Adolescent girls)**

Plan Outlay 2016-17 : ₹ 122 Lakh  
[₹ 100 lakh (State Share) + ₹ 22 lakh (Central Share)]

The scheme for adolescent girls was put into operation w.e.f. 1<sup>st</sup> November, 1991. Further, the scheme renamed as Kishori Shakti Yojna(KSY). The KSY is a CCS implemented through states. The scheme was implemented in 34 ICDS projects with the administrative approval of Govt. of India. The scheme has been merged in Rajiv Gandhi Scheme for Empowerment of Adolescent Girls (RGSEAG) SABLA in North West, North East and East District of Delhi. Now, the KSY scheme is continued in 19 ICDS projects and 5078 beneficiaries to be covered under the Scheme. The girls will be equipped with information on Health & Family Welfare hygiene and guidance on existing public services. The expenditure on *non-nutrition components* is borne by Govt. of India. From 01.07.2013, the supplementary nutrition is provided by the state @ of ₹ 7 per adolescent girl per day.

During the financial year 2015-16, under State Share an expenditure of ₹ 94.45 lakh has been incurred as against RE of ₹ 100 lakh(State Plan) and 5078 beneficiaries were covered .

#### **4.3 GIA to Delhi Social Welfare Board for SNP**

Plan Outlay 2016-17 : ₹ 125 Lakh

The WCD Department handed over one ICDS project, with 60 Anganwari Centers under the ICDS scheme, to Delhi Social Welfare Board(DSWB) for providing Supplementary Nutrition to the malnourished children, lactating and nursing mothers, health check-up, referral services and pre-school education for which GIA is released to DSWB.

During the financial year 2015-16, a grant of ₹115 lakh has been released as against RE of ₹ 130 lakh.

#### **4.4 Rajiv Gandhi Scheme for Empowerment of Adolescent Girls (RGSEAG) - 'SABLA'**

Plan Outlay 2016-17 : ₹ 2218 Lakh  
[₹ 1270 lakh-State + ₹ 948 lakh-Central ]

Rajiv Gandhi Scheme for Empowerment of Adolescent Girls – ‘SABLA’ is a *Centrally Sponsored Scheme*. Under this scheme the GOI is providing fund separately for two components i.e. i. for SABLA-Nutrition Component and ii. SABLA - Other than Nutrition Component. This has been approved by the Ministry of Women Child Development for Adolescent Girls (11-18Years). This Scheme has replaced the existing Kishori Shakti Yojana(KSY) and National Programme for Adolescent Girls (NPAG) and implementing using the platform of Anganwadi Centres (AWCs) of

ICDS. The Scheme is being implemented in 47 ICDS Projects of North West, North East and East District of Delhi on pilot basis.

In this Scheme, the provision has been made for providing supplementary food @ ₹ 5.50 per Adolescent Girl/day containing 600 K Cal. and 20-25 gms. of Protein to the out of school Adolescent Girls in 11-14yrs. of age and both out of school and in school girls in 15-18 yrs.

The scheme SABLA aims at empowering Adolescent Girls of 11-18 years by improving their nutritional and health status by health check-up and nutrition & health education, up gradation of home skills, life skills and vocational skills by training/counselling. The girls will be equipped with information on Health & Family Welfare, hygiene and guidance on existing public services.

Till 2015-16 expenditure was incurred on sharing basis by State Govt. and Central Govt. on 50:50 and **from 2016-17, it is 100% centrally sponsored scheme by GOI.** However, in this Scheme, supplementary food @ ₹ 5.50 per Adolescent Girl/day is provided and GOI's norm is ₹5 per Adolescent Girl/day. Accordingly, @ ₹ 0.50 per Adolescent Girl/day will be provided by Delhi Government. **The budget allocated under state share to be adjusted at the RE stage.**

#### **4.5 Rajiv Gandhi Scheme For Empowerment of Adolescent Girls (RGSEAG)- SABLA Other than Nutrition Component- CSS**

Plan Outlay 2016-17 : ₹ 100 Lakh

The GOI also provides under scheme 'Rajiv Gandhi Scheme for Empowerment of Adolescent Girls (RGSEAG) - SABLA - Other than Nutrition Component'. The entire expenditure on non-nutrition component is borne by GOI.

### **5. MID DAY MEAL PROGRAMME**

Plan Outlay 2016-17 : ₹ 17600 Lakh  
[₹ 5100 lakh (State Share) + ₹ 12500 lakh (Central Share)]

Mid Day Meal in schools has had a long history in India. In 1925, a Mid Day Meal Programme was introduced for disadvantaged children in Madras Municipal Corporation. By the mid 1980s three States viz. Gujarat, Kerala and Tamil Nadu and the UT of Pondicherry had started a cooked Mid day Meal Programme with their own resources for children studying at the primary stage. By 1990-91 the number of states implementing the mid day meal Programme with their own resources on a universal or a large scale had increased to twelve states. After that 1990 a number of states had implemented the Mid Day Meal Programme in their states.

With a view to enhancing enrollment, retention and attendance and also improving nutritional levels among children, the National Programme of Nutritional Support to Primary Education (NP-NSPE) was launched as a centrally sponsored scheme on 15<sup>th</sup> August 1995, initially in 2408 blocks in the country. By the year 2002 this programme was extended of all blocks of the country and covered not only all

the children of primary classes of Govt., Govt. Aided & local body schools but also children studying in non formal education centre. In October 2007, the scheme has been further extended to cover children in upper primary (classes VI to VIII). From 2008-09 i.e. from 01.04.2008, the programme covers all children studying in Government, Local Body and Govt. aided primary and upper primary schools and non formal education centre across the country.

National programme Mid-day Meal consists of the following general components: -

- a. Cooking Cost,
- b. Cost of Food Grains,
- c. Cost of Transportation of Food Grains,
- d. Management, Monitoring & Evaluation (MME) and
- e. Honorarium to Cook-Cum Helpers.

Till 2015-16, there was cost sharing ratio between center & state. ***From 2016-17 as per revised norm of GOI, MDM is become 100% centrally sponsored. The budget allocated in 2016-17 under state share to be adjusted at the RE stage.*** The budget allocation of ₹12500 lakh under CSS head in 2016-17 is made for all the MDM implementing agencies like DOE, NDMC, DCB, South DMC, East DMC and North DMC.

### **5.1 Directorate of Education:**

Plan Outlay 2016-17 : ₹ 2907 Lakh (State Share)

The scheme was implemented in Delhi in the year 2003 in 410 schools run / aided by MCD. Further the scheme was implemented in primary classes of Sarvodaya schools under Directorate of Education in April, 2004.

The cooked meal is served in all schools of Govt. of Delhi including Aided Schools. The scheme is also implemented for primary schools run by Delhi Municipal Corporations, NDMC and Delhi Cantonment Board. All implementing agencies in Delhi i.e. DOE, Delhi Municipal Corporations, NDMC & DCB are also providing cooked Mid Day Meal in their upper primary classes. Delhi govt. had introduced Mid-day-meal in upper classes from July 2008 onwards in all Govt. schools and school aided by Directorate of Education along with NDMC.

Instead of the practice of centralized implementation (Procurement & Distribution) of the scheme has been decentralized. Now, the preparation and distribution cooked mid day meal is implemented through NGOs who have their own set up of preparation of MDM and its distribution of network.

Up to the year 2009-10 the cost of food grains was paid by MHRD to FCI directly. But, w.e.f. 2010-11 the required funds in this regard has been provided to the State Government to be reimbursed to the FCI according to the lifted quantity of the food grains. There is no share of the State Government in this component (food grains) of the mid day meal.

The rates of Cooking Cost of Mid Day Meal for primary & upper primary classes are as under:-

Year	Primary [Amount in ₹]			Upper Primary [Amount in ₹]		
	Centre Share	State Share	Total	Centre Share	State Share	Total
2010-11	2.02	0.67	2.69	3.02	1.01	4.03
2011-12	2.17	0.72	2.89	3.25	1.08	4.33
2012-13	2.33	0.78	3.11	3.49	1.16	4.65
2013-14	2.51	0.83	3.34	3.75	1.25	5.00
2014-15	2.70	0.90	3.60	4.03	1.35	5.38
2015-16	2.90	0.96	3.86	4.34	1.44	5.78

During the financial year 2015-16 an expenditure of ₹2089.76 lakh was incurred against RE of ₹ 2781.32 lakh.

## **5.2 Delhi Cantonment Board (State Share)**

Plan Outlay 2016-17 : ₹ 3 Lakh (State Share)

Through this scheme GIA is provided to Delhi Cantonment Board for Mid Day Meal Programme in their primary and upper primary schools.

## **5.3 North Delhi Municipal Corporation(State Share)**

Plan Outlay 2016-17 : ₹ 860 Lakh (State Share)

Under this scheme GIA is provided to North Delhi Municipal Corporation for Mid Day Meal Programme in their primary and upper primary schools.

## **5.3 South Delhi Municipal Corporation(State Share)**

Plan Outlay 2016-17 : ₹ 760 Lakh (State Share)

Under this scheme GIA is provided to South Delhi Municipal Corporation for Mid Day Meal Programme in their primary and upper primary schools.

## **5.3 East Delhi Municipal Corporation(State Share)**

Plan Outlay 2016-17 : ₹ 480 Lakh (State Share)

Under this scheme GIA is provided to East Municipal Corporation for Mid Day Meal Programme in their primary and upper primary schools

## **5.4 New Delhi Municipal Council (NDMC)**

Plan Outlay 2016-17 : ₹ 85 Lakh (State Share)

The NDMC is providing cooked meals to its students having requisite 300 calories and 8-12 gms. of protein through NGO's/caterers from Nursery, primary and upper primary.

### **5.5 Social Welfare Department**

Plan Outlay 2016-17 : ₹ 5 Lakh (State Share)

Mid Day Meal is to provide the deaf and dumb students in the schools run by Social Welfare Department Govt. of Delhi.