

A Study of Best Practices in the Implementation of Mid-Day Meal Programme in Karnataka

Dr. K. Srinivas



**National University of Educational Planning and Administration
17-B Sri Aurobindo Marg
New Delhi – 110016**

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ACKNOWLEDGEMENTS

Mid Day Meals (MDM) scheme was implemented in educationally & economically seven backward North Eastern districts of the state of Karnataka during 2002-03. Later the scheme was extended to other districts of the state in a phased manner. As per the directions of the Hon'ble Supreme Court the scheme of providing hot cooked meal is implemented for all the children of classes I - V of both Government and Government aided primary schools. Government of Karnataka has extended the scheme of providing hot cooked meal to the children of VI & X standards of Government and Government aided school out of its own resources.

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K. Srinivas

Abbreviations

MDM	Mid Day Meals
MMS	Mid Day Meals Scheme
SDMC	School Development Monitoring Committees
CEO	Chief Executive Officer
AWP&B	Annual Work Plan & Budget
NPN	National Programme of Nutrition
FCI	Food Corporation of India
SSA	Sarva Sikha Abhiyan
NGO	Non Government Organisation
MIS	Management Information Systems
CAC	Civic Amenities Committees
KSQAO	Karnataka State Quality Assessment Organisation
EO	Education Officer
BEO	Block Education Officer
ADPI	Assistant Director Public Instruction
ZP	Zilla Panchayat
MMR	Maternal Mortality Ratio
DDPI	Deputy Director Public Instruction
APL	Above Poverty Rice
EBB	Educationally Backward Blocks

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SECTION- I INTRODUCTION

1:1 Need of the Study

With a view to enhancing enrolment, attendance and retention and also improving the child health by increasing nutrition levels among children, the National Programme of Nutritional Support to Primary Education known as Mid-Day Meal (MDM) Programme was launched in India as a Centrally Sponsored Scheme. The Karnataka government began its mid-day meals scheme in June 2002. Initially, the programme was limited to seven backward districts of the state - Raichur, Koppala, Gulbarga, Bidar, Bellary, Bagalakote and Bijapur. Later, in 2003 under the ambitious "Akshara Dasoha" programme, the remaining 20 districts were also included in the scheme. By the year 2005-06 the programme covered close to five lakh government schools and nearly seven lakh government-aided schools in the state. The government had budgeted Re.1 per child per meal initially; this was raised to Rs.1.31 per student per day subsequently. Each child gets 100 grams of rice per day from the FCI under this scheme.

The need of the present study arose as a result of the proposal made by NUEPA, New Delhi for documentation of best practices in the implementation of the Mid Day Meal Programme in the country.

As Mid day meals Programme is a nation-wide Programme , it is important not only to know how different states of the country implement the programme, but to identify good practices which can be documented and disseminated with a view to its replication by other states in the country. It is in this context the present study has been taken up.

1:2 Objectives of the Study

The Study was taken up with the following objectives:

1. To present brief history, objectives and rationale of the Midday Meals Programme in the state of Karnataka.
2. To document best practices in the implementation of Mid day Meals Programme in the State of Karnataka.
3. To give Profiles of some primary schools having good practices

1:3 Method of Data Collection

The data was collected from the Primary and Secondary sources. The Primary data was collected after visiting 6 districts and 24 schools with the State and District Education officials (MMS) Karnataka by using a format designed for the capturing the data and also interview schedules, observation schedules and open-ended questionnaire and Focus group discussions. The investigator observed and checked the physical structure and facilities available in the schools and also interacted with the School Development Management Committee (SDMC) members, members of the Mother committees, students, Mid day meals officials, children.

Relevant secondary data like, the school records, reports, Annual work plan and Budget (AWP&B) for last three years for Mid day meals, SSA activities in the state, Guidelines of NP-NSPE 2006, Review meetings of Mid Day meals External Evaluation Reports etc were collected from the, Akshara Dasoha Programme of the School Education Department from the State Head Quarters Bangalore, District Head quarters (EO Office), Block Education Office (BEO). These documents were collected from the Joint Director Mid Day Meals Scheme, Education Officers, Block Education Officers and also from NUEPA Library.

1:4 Sample Selection for Case Studies

The Sample selection for case studies was done in consultation with the Joint Director (MMS) and other senior staff associate with the Akshara Dasoha programme in Karnataka. The districts and schools were selected on the basis of the geographical nature and the population etc. A sample list of primary schools selected for case study is as follows:

Sl.No	Name of School and Address	Good Practices for which Identified
1	Govt. Lower Primary School, Nanjanayakana halli, Bovi Colony, H.D.Kote taluk, Mysore District	Vegetable garden and fruit garden grown in School compound to supplement MDM
2	Govt Lower Primary School, Elehundi, H.D. Kote taluk, Mysore District	SDMC and parents Participation and Contribution to MDM
3	Govt. Higher Primary School, Kalahalli, Hunsur Taluk, Mysore District	Civic Amenities Committee and Mother committee Participation and Contribution to MDM
4.	Govt. Lower Primary School, Gowda Halli, Sri rangapattana Taluk, Mandya District	Old Students Contribution to MDM
5	Govt Higher Primary School (Junior College), Sri Ranga Pattana, Mandya District	Teachers , SDMC Participation and Contribution in MDM
6	Government Higher Primary School, K. kodehalli, Maddur Taluk, Mandya District.	Record Keeping and Display of Information
7.	Govt Lower Primary School, Aynna Tota, Nela mangala taluk, Bangalore Rural	School with Kitchen garden and Fruit garden

1:5 Organization of the Report

The report of the present study has been divided into 5 sections to facilitate a systematic presentation as shown below:

- Section –I : Introduction to the Study, This introduction section includes need of the present study, objectives of the study, method of data collection and sample selection.
- Section –II : Implementation of Mid-Day Meal Akshara Dashoha Programme in the State of Karnataka.
- Section –III : Best Practices in the Implementation of the Akshara Dashoha Programme in Karnataka.
- Section –IV : Case Studies of Primary Schools having good Practices.
- Section –V : Conclusion

SECTION –II
IMPLEMENTATION OF MID-DAY MEAL (MDM) AKSHARA DASHOHA
PROGRAMME IN THE STATE OF KARNATAKA

2:1 Introduction

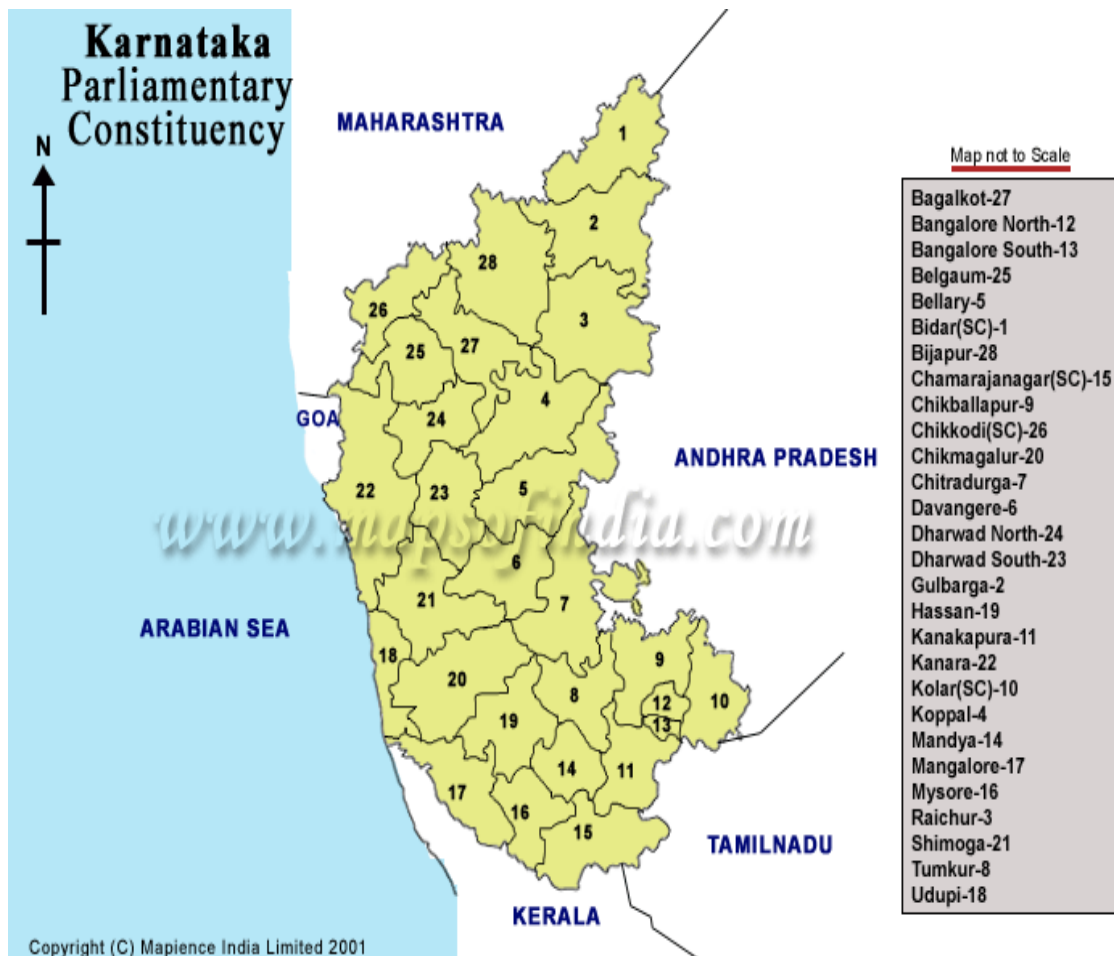
MDM Scheme was implemented in educationally and economically backward North Eastern districts of the state during 2002-03. Later on the scheme was extended to other 20 districts of the state under the title Akshara Dasoha during 2003-04 in a phased manner. As per the directions of the Hon'ble Supreme Court the scheme of providing hot cooked meal is implemented for all the children of classes 1 to 5 of both Government and Government aided primary schools. The scheme of providing free food grains @ 3 k.g / child / month to children of class 1 to 5 of Government aided schools on the basis of 80% of attendance in a month under NP-NSPE is continued during 2002-03 and 2003-04. The Programme was extended to VI and VII standards in Government/Government Aided Schools in the State w.e.f 01-10-2004 and the programme of providing hot cooked meal transferred to Zilla Panchayat w.e.f 01.04.2005. The programme is extended to students of 8th standard studying in upgraded primary schools and students of 8 to 10 standard of Govt and Aided High Schools w.e.f 01-06-2007.

2:1:1 Demographic Profile of the State

Karnataka is situated in the southern part of Indian peninsula having an area of 1,91,791 k.m. with an population of 5.285 crores with the male population 2.689 crore and female population 2.595 crore. The sex ratio according to 2001 census is 965/1000. Schedule Caste Population is 85.63 lakhs and Schedule Tribe Population is 34.63 lakhs and percentage of SC and St of total population is 16.2% and 6.6% respectively. The total literacy rate according to 2001 census is 67.04% out of which the males are 76.29% and females are 57.49%. The birth rate in karnataka is 20.6 and the death rate is 7.1. The natural growth rate is 13.5

and infant mortality rate is 50, urban being 39 and rural 54 MMR (Maternal Mortality Ratio) being 18.9/1000.

Karnataka State Graph



2:2 Provision of Akshara Dasoha in Karnataka in Terms of Coverage:

The Akshara Dasoha Programme is covering all the 29 districts and 177 revenue blocks of the state. Children studying in classes 1 to 10th standard in all government and government aided primary schools are covered under the scheme. The following table gives the details of the number of schools covered in this programme.

Table 2.1

The details of the enrolment, attendance and beneficiaries from 2002-03 to 2007-08 for 1 to 10 are given below:

Sl. No.	Year	ENROLMENT			ATTENDANCE			BENEFICIARIES			% Against Attendance
		1 to 5	6 to 7	8 to 10	1 to 5	6 to 7	8 to 10	1 to 5	6 to 7	8 to 10	
											94.68
1.	2002-03	1687000			1657000			1568910			97.80
2.	2003-04	4603200			4540375			4440375			96.38
3.	2004-05	4850053	1810880		4511554	1718128		4365045	1638935		92.96
4.	2005-06	4649605	1806014		4365782	1663023		4066789	1537722		93.3694.06
5.	2006-07	4413471	1726693		4117902	1621426		3852508	1505627		
6.	2007-08	4281741	1718370	1920966	4012131	1597951	1890550	3779066	1507076	1769319	

Table 2.2
MDM Coverage

	Primary	High Schools
Government	44631	3452
Aided	2801	2615
Total	47432	6067
Upgraded Primary Schools	5356	Existing in HPS
Kitchen Centres	37802	2200

Source: Mid Day Meal, Annual Work Plan & Budget (AWP&B) 2008-09, Karnataka

2:3 Aims & Objectives of the Akshara Dasoha Programme:

The aims of the Mid day meal programme in the state of Karnataka are the following:

1. Ensure Enrolment of all children of school going age
2. Improve the enrolment and attendance
3. Improve retention rate
4. Improve child health by increasing nutrition level
5. Improve learning levels of children
6. Ensure Social Equity.

The hot cooked meal provided under the akshara dasoha programme contains about 490 calories and 12 grams of protein for primary school children and 728 calories and 17.30 gms of protein for high school children. Apart from the cooked meal supplementary nutrition is provided in the form of tablets i.e . Vitamin 'A' 2 tablets per year (b) Iron/Folic acid tablets (20mg), 3 per week for 36 weeks and (c) Deworming tablets (400 mg) 2 per year.

Table 2.3
Quantity of the Food Grains

	Quantity in gms.		
	Primary 1 – 5	Upper Primary 6 – 7	High Schools 8-10
Rice	100	150	150
Pulses	20	20	25
Vegetables	50	50	70
Salt	02	02	04
Oil	03	03	06

In case of Primary School Every Meal Contains 490 Calories and 12 gms of Protein

Source: AWP& B 2008-09

2:4 Agencies Responsible for Implementation of MDM

The organization chart of the Management structure for implementation of Akshara dasoha programme in the state of Karnataka is as follows:

State Level

Secretary

Commissioner of Public Instruction

Joint Director of Public Instruction (MMS)

District Level

Chief Executive Officer, Zilla Panchayath

Deputy Director of Public Instruction

Education Officer (Akshara Dasoha)

Taluk Level

Executive Officer Taluk Panchayath

Block Education Officer

Assistant Director of Public Instruction (Akshara Dasoha)

School Level

School Development and Monitoring Committee

Head Master of the School

Directorate of school Education, Government of Karnataka acts as Nodal Department of implementation of MDM scheme in the state. A separate MDM cell was created for the effective implementation of the MDM programme in the state. The cell consists of the following officers and staff: Joint Director of Public Instruction, Senior Assistant Director for Public Instruction, Assistant Director of Public Instruction, Office Manager, Office Superintendent and clerical staff.

The Convergence of Departments responsible for the implementation of MDM are :

1. Govt. of India and Govt. of Karnataka
2. Food Corporation of India
3. Rural Development and Panchayath Raj
4. Food & Civil Supplies & Consumer Affairs

5. Revenue Department
6. Health & Family Welfare
7. Karnataka State Food & Civil Supplies Corporation

At the district level, Chief Executive Officer Zilla Panchayath and Education Officer are assigned the overall responsibility of effective implementation of the programme. At the taluk level Executive Officer Taluk Panchayat and Block Education Officer and Assistant Director of Public Instruction are assigned the overall responsibility of the programme.

At the school level the School Development and Monitoring Committees and Head Master of the School are assigned the responsibility of the programme.

2:5 Management of Food Grains

Food grains allocation is made on the basis of enrolment, district wise and hence there will not be any shortage of allocation of food grains. Chief Executive Officers of Zilla Panchayat appoint contractors for the lifting of food grains from the Food Corporation of India godowns to school level. Karnataka Food and Civil Supplies Corporation procures Toor dhal, Palm Oil and Iodized salt and supply them to taluk level officers for further supply to schools. Food grains are lifted every month well in advance and supplied to schools as per the indent given by the school authorities. The food grains are usually stored in the store room. The president of SDMC and cooks are made the custodians of the food grains. A separate bank account is opened in the name of president of SDMC and head cook. They draw the amount to purchase vegetables etc and the also pay the honorarium of the cooks.

The Supervision and Joint Inspection of Quality of Food grains were entrusted to Regional Manager FCI and a nominee of CEO of the Districts. The Chief Executive Officers of Zilla Panchayath will ensure that food grains of at least fair average quality are issued by FCI and CEO's nominee and confirmation by them that the food grain supplied is at least fair average quality. The quantity of the food grains is also ensured by the Joint Inspection Committee.

Food Grains Flow Chart

FCI



Karnataka Food and Civil Supplies Corporation



Schools

Table 2.5

Lifting of Food Grains (In Quintals)

As on September 2008

Class	Allocation	Lifted	%
1 to 5	454595.80	248154.06	54.58
6 to 8	272235.40	156499.23	57.25
Total	727931.20	404653.29	55.58

Under Mid day meal programme Government of Karnataka is encouraging the community to participate and to contribute voluntarily in the interest of the school children as well as the scheme in the form of Plates, tumblers, cookers, utensils and vegetables to the kitchen centers.

2:6 System for cooking, Serving and Supervising mid day meals in the Schools

In Karnataka there are 47432 schools, 107 NGOs participate in the programme , supplying food to 4955 schools covering 10.96 lakh children. Rest of the schools have separate kitchen centers where cooks are appointed at the school level.

Kitchen centres are divided in to four categories based on the number of children in the schools and cooks are appointed for these centers to prepare food and to serve it to the children. Instructions have been issued to Head Masters to taste the food before serving it to the children.

Kitchen centres have been categorized on the basis of no. of children covered by the Centre.

Table 2.6.1

Category	No. of Children	No. of Cooks
A1	0-25	1
A	26-70	2
B	71-300	3
C	301 & above	4

Role of Non Government Organizations

Non –Government Organizations are also given opportunity to participate in this programme by opening their own kitchen centers for a single / cluster of schools prepare food in the common kitchen and distribute the same to the schools.

Appointment of Cooks

The cooks are to be appointed as per the guidelines issued by the government of Karnataka. A committee consisting of the President of Gram Panchayath, the President of the School development and monitoring committee and Head master of the school will select the cooks and the honorarium is given to them through bank account. The honorarium is released in advance of three months to joint account of both SDMC / Head Cook so that the honorarium can be drawn well on time. As per the programme guidelines all the cooks are to be women and reservations are also given for SC/ST/OBC and other categories. Priority is also given to widows, destitute and economically weaker sections. Stree Shakti and Self-women groups are also entrusted with the responsibility of cooking. To maintain social equality at the grass root level one cook appointed in every center necessarily belongs to SC/ST communities.

Table 2.6.2
Honorarium to cooks
Primary Schools

(Amount in Rs.)

A1	Head Cook	800.00
A	Head Cook	800.00
	Cook	550.00
B	Head Cook	800.00
	Cook	550.00
	Helper	400.00
C	Head Cook	550.00
	Cook	550.00
	Helper	400.00

2:7 Norms of Nutrition

The hot cooked meal contains about 490 calories for primary school children and 12 gms of protein. For the high school children it is 726 calories and 17.30 gms of protein. The calorific values is ensured on the basis of using good quality of Rice and other good quality food ingredients as per the norms of National Institute of Nutrition. Nutritional experts are also involved in planning and evaluation of menus and quality of food served under the programme. Department of Education has issued the guidelines , pertaining to the weekly menu and according to the traditional taste of the various districts menu have been suggested is as follows:

Table 2.7.1

Monday	Rice Sambar
Tuesday	Rice Sambar
Wednesday	Rice Sambar
Thursday	Rice Sambar
Friday	Bise Bele bath
Saturday	Upma

At present the following calorific/Protein value food is being provided to children.

Table 2.7.2
Norms of Nutrition

Rice 100 grams	345 calories
Pulses 20 grams	65 calories
Oil 03 grams	27 calories
Vegetables 50 grams	5
	490 calories and 12 grams of protein

Table 2.7.3
Additional Nutrition

Vitamin A	2 Lakh IU	2 Tablets /Year
Iron & Folic Acid tablets	20 mg	108 tables/Year (alternative days for 36 weeks)
Albendazole Tablets (Deworming Tablets)	400 mg	2 Tablets/Year

2:8 Cooking Cost Norm

The Expenditure per child per school day incurred by the State Government on Pulses (Dhal, Oil and Salt) Vegetable Condiments, Fuel etc with the Administrative Expenditure are given below:

1. Salary, honorarium, transportation of rice, printing of forms, Nutrition etc Rs. 0.60 per child per day for primary schools. The total cost is Rs.2.18.
2. The Honorarium, transportation of rice, printing of forms etc Rs. 0.15 per child per day for high schools. The total cost is Rs. 3.64.
3. Government of India provided Rs. 1.58 per child / day as conversion charges for classes 1 to 5

4. Government of India also provides Rs. 2.10 per child / day as conversion charges and 150 gms free Rice for classes 6 to 8 of Govt & aided schools.
5. Government of Karnataka also provides 150 gms Rice for 9 10 10 standard students.

Table 2.7.4

Particulars	Primary (1 to 5)	Unit Cost (Rs.)	Upper Primary (6 to 7)	Unit Cost (Rs.)	High School (8 to 10)	Unit Cost (Rs.)
Rice	100 gms	Free	150 gms	Free	150 gms	1.36
Pulses	20 gms	0.59	25 gms	0.75	25 gms	0.75
Oil	03 gms	0.09	06 gms	0.24	06 gms	0.24
DF Salt	02 gms	0.02	04 gms	0.03	04 gms	0.03
Vegetables	50 gms	0.50	70 gms	0.70	70 gms	0.70
Transportation Charges		0.01		0.01		0.01
Fuel		0.40		0.40		0.40
Sub total		1.61		2.13		3.49
Administrative Cost						
Cooks Honorarium		0.40		0.00		0.09
Additional Nutrition		0.05		0.05		0
Sub Total		0.45		0.05		0.09
Staff Salary		0.05		0		0
Arogya Chaitanya		0.01		0		0
Sathyapane		0.05		0.05		0.05
Printing of Registers		0.01		0.01		0.01
Sub Total		0.12		0.06		0.06
Grand Total		2.18		2.24		3.64

Table 2.7.5
Central – State Share

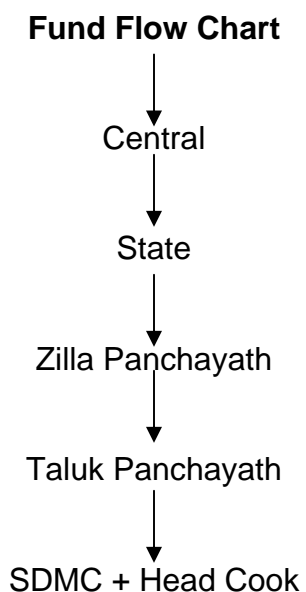
CLASS	RICE (gms)		UNIT COST (Amt in Rs)			TRNS (Amt in Rs)	
	Central	State	Central	State	Total	Central	State
1 – 5	100	-	1.58	0.79	2.37	75	-
6 – 7	150	-	2.10	0.33	2.43	75	-
8	150	-	2.10	0.25	2.35	75	-
9 – 10	-	150	-	3.71	3.71	-	75

Central Share

1. Rice @ 100 gms/child/day for classes 1 to 5 of both Govt and aided Schools. The Cooking Cost @ Rs. 1.50 /Child/day
2. Rice @ 150gms/child/day for classes 6 to 8 and the Cooking Cost @ Rs.2.10/child/day.
3. The Transportation Cost @ Rs. 75/Quintal

2:9 Fund Flow

The funds for the Akshara Dasoha are released by the Government to the CEO, Zilla Panchayat through link document in turn they release it to EO's of Taluk Panchyath and then conversion cost is released to joint account of president of SDMC and Head cook.



Funds allocated by the State government to provide cooked meal programme.

Table 2.9.1

Year	Funds Rs in lakhs
2007-08	37460.40
2008-09	36600.00

Central Assistance received during 2007-08 is given below: (Rs. in lakhs)

Table 2.9.2

Particulars	Amount Released	Utilization	%	Remarks
Cooking Cost	13637.87	12811.03	93.93	
Cooking Cost for EBBs	2699.59	2601.787	96.38	
Transportation Cost (Food Grains)	161.98	161.98	100	
MME	337.95	0	0	Released on 8-9.2008
MME (EBB)	69.00	0	0	
Replacement of Cooking Vessels	45.00	0	0	
Construction of Kitchen Sheds (17761)	10656.60	0	0	Yet to the released by GOK
Construction of Kitchen Sheds for EBB 480	288.00	0	0	

Source: AWP&W 2007-08

2:10 Monitoring and Supervision of Cooked Meal Programme

Government of Karnataka has formed district level implementing committees for the supervision and effective implementation of the Cooked Meal Programme under the chairmanship of the district in-charge Minister, elected representatives and concerned officials of the various departments. Government of Karnataka has also given directions to Chief Executive Officers of the Zilla Panchayath, Education Officers, of MDM , Deputy Directors of Public Instruction and Block Education Officers to mobilize mothers towards supervision of preparation and distribution of MDM. Directions have been given to form the

mother's supervising committees and directed them to conduct mother" conference.

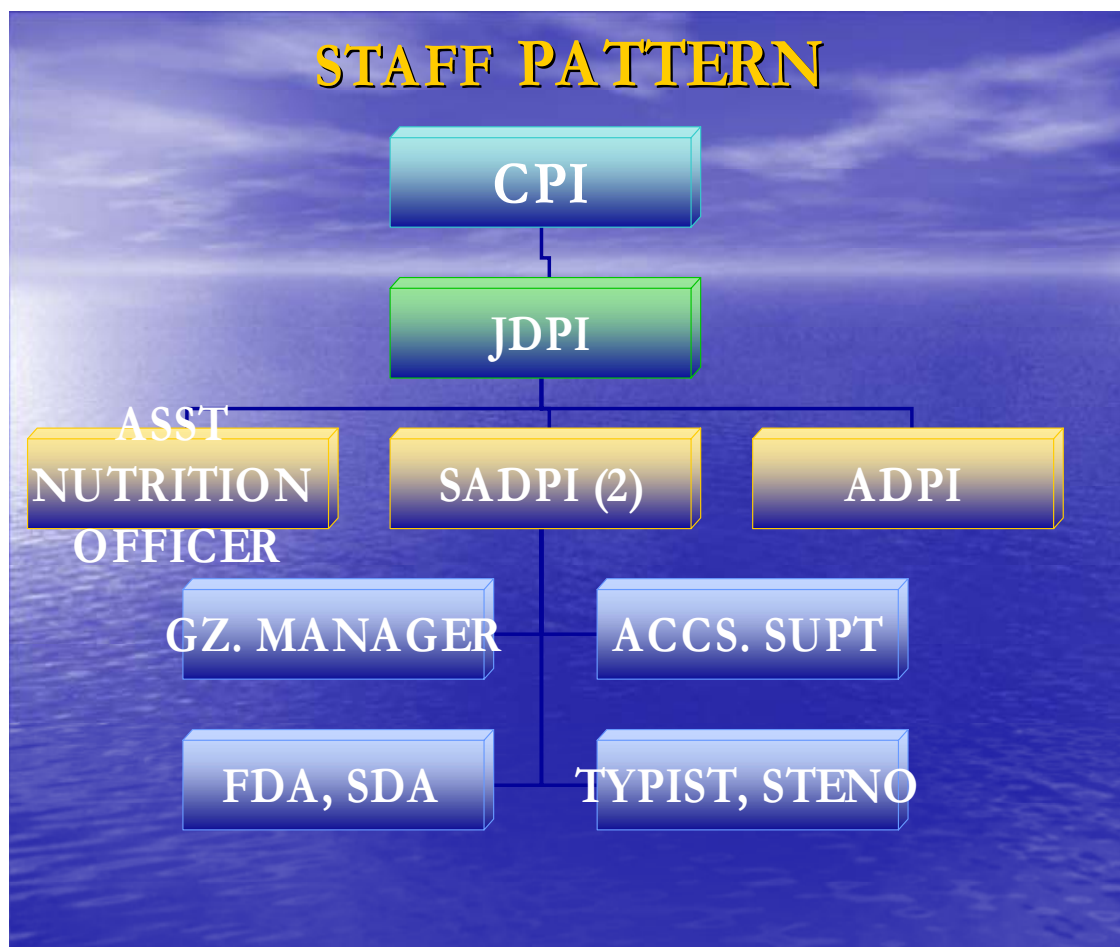
Steering cum Monitoring Committees

State Level Steering cum monitoring committee have been formed under the Chairmanship of Additional Chief Secretary.

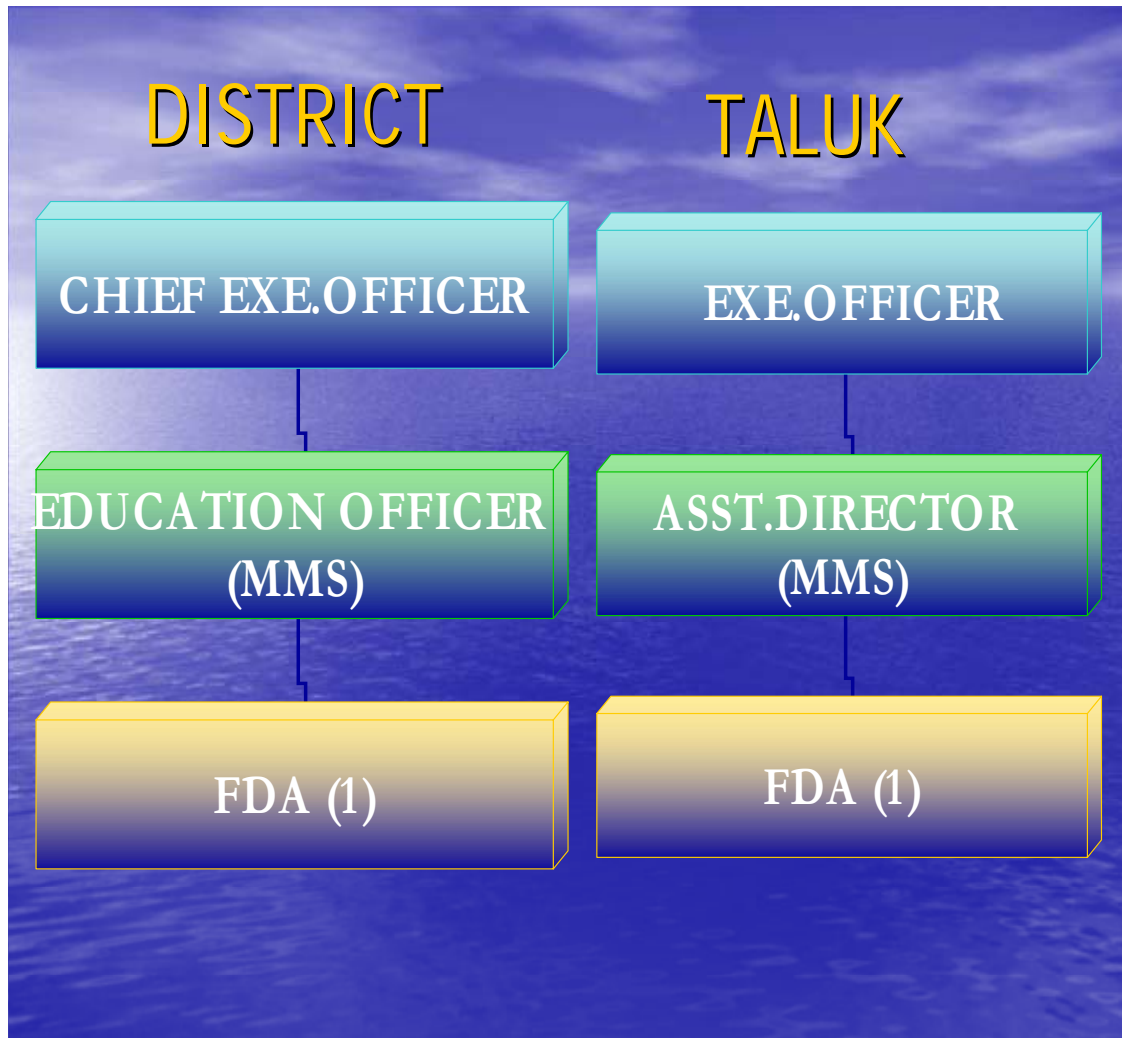
District level Steering cum monitoring committees have been formed under the Chairmanship of Chief Executive Officers of the Zilla panchayath of the respective districts.

Block level steering cum monitoring committee have been formed under the Chairmanship of Asst. Commissioner.

The Organogram of the MDM Staff Pattern State level



The Staff Pattern in District & Taluk Level



SECTION –III

BEST PRACTICES IN THE IMPLEMENTATION OF MDM PROGRAMME IN KARNATAKA

A brief discussion on best practices in the implementation of MDM programme in the State is presented below:

3:1 SDMC & Mother Committees Participation and Contribution

School Development Monitoring Committees are playing a major role in successful implementation of MDM scheme in karnataka. In Karnataka, every school has a mandatory school development and monitoring committee (SDMC). The SDMC members include the head teacher of the primary school, elected members of the village government and parents of children. One of the parents is the chairman of SDMC. SDMC chair and the head teacher jointly operate the school account. SDMC is supposed to call a meeting of all parents every three months to discuss trimester exam results. The SDMC can inspect the schools and complain to the district or block education office. SDMCs are actively participating in the development of the school infrastructure, donating land, additional items like cooker, mixie wash basin, grinder etc for the Mid day meals programme. Under Mid day meals scheme government of Karnataka is encouraging the community to participate and to contribute voluntarily in the interest of the school children as well as the scheme in the form donating plates, tumblers, cookers, utensils and vegetables to the kitchen centers. To increase the transparency in food grain management for MDM regular discussions are being held with parents at SDMC level

Government of Karnataka has given directions to Chief Executive Officers of the Zilla Panchayath, Education Officers of MDM, Deputy Directors of Public Instruction and Block Education Officers to mobilize mothers towards supervision, preparation and distribution of good quality MDM. Directions have also been given to form the mother's supervising committee and to conduct

mother's conference. After the mobilization of mother's to watch and supervise the mid day meal it has resulted in enhancement of community involvement, maintaining the regularity and quality of the meals and the nutrition standard of the meal. The mechanism and the norms adopted in the mobilization of mothers' are :

1. List of mothers are prepared on the basis of enrolment of the children
2. Regular meetings with mothers to bring awareness
3. Identifying the mother's and allot them days on which they have to supervise
4. Maintaining the attendance register of mothers.

3:2 Record Keeping and Display of Information on School wall

Maintenance of Proper records is a must for the success of the programme like Mid Day Meals. All the schools are properly maintaining records and registers for daily attendance of children, food grains, funds received for MDM, conversion cost and cooking cost, items of food brought and served etc. Registers are also maintaining for the details of daily attendance of children, enrolment, and beneficiaries for the classes I -V, VI-VIII. The notable feature is that in some districts details for ten years are available in one register.

Primary schools in the state are displaying the following information on the school walls (Gode Baraha):

1. Details of food grains to be served to each student (primary)
2. Details of food grains to be served to each student (high school)
3. Steps to be followed during the preparation of mid day meals
4. Details of the Protein tablets provided to the students
5. Details of safety measures
6. Daily Details of the Beneficiaries with Admission and attendance

3:3 Teachers' Participation

The success of the Mid Day meals programme in the state is to a very great extent, due to the active participation of teachers. Teachers taste the meal before serving it to the children. They are ensuring that the children wash their plates and keep it clean and also educating the children about the cleanliness and hygiene. They are also collecting the necessary details from the head cook and giving food indent and utility certificate to Block Education Officer in time. There are occasions when gaps in the supply of food-grains, vegetables, LPG etc occur. It is at these times that teacher's participation and contribution make it possible to serve MDM to children without interruption.

3:4 Plantation of Fruit Garden & Kitchen Garden in School Compound

A number of schools have planted and grown fruit and kitchen gardens in their school compound. The fruits grown are mainly banana, mango, coconut, papaya, jackfruit, guave, lime. Schools in Mysore District have a wonderful fruit garden. All the seasonal fruits are given to the students as a supplement to the mid day meals. It is commendable that most of the schools are having larger compounds and self sufficient in fruit supply.

It is commendable to note that majority of the schools are having the kitchen garden. These schools serve fresh vegetables grown in the garden in their MDM. Various types of seasonal vegetables are grown in the garden. Teachers and students are playing equal role for the growing of the kitchen gardens. Having a kitchen garden and fruit garden in the school compound saves the fund for MDM.

3:5 Some Specific Best Practices followed in the State are :

1. To maintain social equality at the grass root level one cook appointed in every center necessarily belongs to SC/ST communities

2. Only women are appointed as cooks with preference given to widows, single mothers and destitute women.
3. LPG is used in the preparation of food in the interest of protecting greenery, reducing air pollution and also protecting the women's health and cleanliness.
4. SDMC and other civil amenities committees are giving good quality vegetables/fruits/sweets to children on National festival and other special occasions.
5. Rain water harvesting for improving the ground water management
6. Availability of Structured training modules for cooks. Cooks have been trained in the preparation of hygienic and healthy food and in maintaining cleanliness.
7. Good convergence with other government departments
8. All Children are served food by making them sit in rows irrespective of caste and creed. This helps in co-ordination, co-operation, equality and moving towards casteless society.
9. Pucca kitchen sheds are provided to the schools out of various schemes of Zilla Panchayath and State Funds.

SECTION –IV

CASE STUDIES OF PRIMARY SCHOOLS HAVING GOOD PRACTICES

4:1 Vegetable garden and Fruit Garden Grown in School Compound to Supplement MDM

Introduction

Government Lower Primary School, Nanjanayakana Halli, Bovi Colony, run by the Department of School Education located in H.D. Kote Taluk of the Mysore District. The school was opened in 1986 and the children are belonging to Bovi Community (Stone Cutters). The school has 1 to V sections with the total enrolment of 43 (Boys 19, Girls 24). The staff of this school comprises of a headmaster and one assistant teacher. The Other Physical Infrastructure and other facilities are as follows:

Type of Building	Pucca Building
Availability of Kitchen Shed	Yes (one)
Provision for Drinking Water	Yes Rain water Harvesting Sprinkler installed for water conservation
Staff for MDM	2 (Two)
Eating Area	Open Air Dining Hall
Toilets	Two Separate toilets for boys and girls
Other Best Practice	Bio waste Management
Karnataka State Quality Assessment Organisation Result (2007-08)	73%

FRUIT GARDEN



VEGITABLE GARDEN



OPEN AIR DINING HALL



STUDENTS ARE TAKING LUNCH IN OPEN AIR DINING HALL



Cooks with Aprons



The fruits grown in the fruit garden are mainly banana, mango, coconut, papaya, jackfruit, guave, lime. All the seasonal fruits are given to the students as a supplement to the mid day meals. It is commendable that the schools have large compound and are self sufficient in fruit supply.

It is commendable to note that the school has a good kitchen garden. The school serves fresh vegetables grown in the garden in their Mid Day Meals. Various types of seasonal vegetables are grown in the garden. Teachers and students are playing equal role for the growing of the kitchen gardens Having a kitchen garden and fruit garden in the school compound saves the fund for MDM.

Another notable feature is the rain water harvesting facility and the Water Sprinkler facility for the conservation of ground water.

4:2 SDMC and Parents Participation and Contribution to MDM

Introduction

Government Lower Primary School, Elehundi, H.D. Kote Taluk, Mysore District was opened in 1962. The school has 4 teachers and the total strength of 55 students (Boys 28, Girls 27). The gowda community is the majority. The Other Physical Infrastructure and other facilities are as follows:

Type of Building	Pucca Building
Availability of Kitchen Shed	Yes (one)
Provision for Drinking Water	Yes
Staff for MDM	2 (Two)
Eating Area	School Varanda
Toilets	Two Separate toilets for boys and girls
Karnataka State Quality Assessment Organisation Result (2007-08)	63.5%

Kitchen Store



Meeting SDMC members



Meeting Mother Committees



The SDMC committees' involvement is very good in the school. They are supplying curd in once is three days. Children are given the responsibility of vegetable garden and fruit garden. Another innovative concept in this school is maintaining a children bank account with the excess pocket money. The SDMC have donated cooker, masala mixer, wash basin, grinding stone etc to the school. The SDMC also providing sweets to the students to supplement the meal during the national festivals. LPG is used in the preparation of food.

4:3 Civil Amenities Committees and Mother Committees Participation and Contribution to MDM

Government Higher Primary School, Kalahalli, Hunsur Taluk, Mysore District.
The school has classes from I to VIII. The other facilities are as follows:

No of teachers	Seven
Enrolment	169 Boys – 78 Girls – 91
Attendance	159
Beneficiaries	159
Kitchen Shed	Yes
Provision of Drinking Water	Yes
MDM Staff Cooks	Three
KSQAO Result ((2007-08))	70%

Meeting CAC Members



Meeting Mother Committee members



Important Best Practices

1. SDMC and Civil amenities committees are contributing for the development of the school.
2. SDMC donated Rs.60,000/- for the construction of dining rooms
3. Mother committees are very active. Ensuring the Quality and Quantity of the food supplied for MDM
4. SDMC provided the drinking water facility to the school.
5. CAC provided school dress , books tie, belt for the students
6. LPG is used in the preparation of food
7. Kitchen garden and Vegetable garden grown in the school compound

4:4 Old Students Contribution to MDM

Govt Lower Primary School, Gowda Halli, Sri Ranga pattana taluk, Mandya District



No of teachers	Three
Enrolment	71
Attendance	62
Beneficiaries	62
Kitchen Shed	Yes
Drinking water facility	Yes
Staff for MDM	3
KSQAO Result (2007-08)	75.2%

Important Best Practices

1. School is providing hot water to the children
2. Water filter with Aqua guard facility also available
3. OLD students are very active and contributing to MDM
4. Plus Programme implemented in S.P. Taluk and old students are contributed immensely to the programme
5. SDMC is very active and cooperative
6. Mother committees are active.
7. LPG is used in the preparation of food
8. Sweets and special dishes on National Festivals for children
9. Donors donated a lot for the development of the school.

4:5 Teachers & SDMC Participation and Contribution to MDM

Govt. Higher Primary School (Junior College) Sri Ranga Pattana, Mandya District



The details of the Physical Infrastructure and other facilities are as follows:

No of teachers	27
Enrolment	736
Attendance	684
Beneficiaries	684
Kitchen Shed	NO
Drinking water facility	Yes
KSQAO result (2007-08)	78%
Kitchen Devices	YES
MDM Staff	5

Important Best Practices

1. Teachers were assigned the quantity and quality of the food prepared for MDM
2. All the utensils are made to order specially for the school
3. Teachers taste the meal before serving it to the children. They are ensuring that the children wash their plates and keep it clean and also educating the children about the cleanliness and hygiene. They are also collecting the necessary details from the head cook and giving food indent and utility certificate to Block Education Officer in time.
4. Mother committees are active and cooperative. Ensuring the quality and quantity of the food served for Meals.
5. Professionals are active members of the SDMC
6. Using LPG in the preparation of food
7. SDMC contributed for the construction of – Dining hall, Store room, water sump, over head taps

4:6 Record Keeping and Display of Information


Government Higher Primary School, K.kodehalli, Maddur Taluk, Mandya District.
Established in 1948-49. The details of the Physical Infrastructure and other facilities are as follows:

No of Teachers	5
Enrolment	123
Attendance	123
Beneficiaries	123
Availability of Kitchen Shed	Yes
Provision of Drinking Water	Yes
Kitchen Devices	Yes
Staff for MDM	3
KSQAO Result (2007-08)	71.91%

Display of information (Gode Baraha)



Display of information



ಅಡುಗೆಯವರಿಗೆ ಸೂಚನೆ

ಅಹಾರ ಪದಾರ್ಥಗಳನ್ನು ಸಿದ್ಧಪಡಿಸಿ ಸುರಕ್ಷಿತ ಸ್ಥಳವು ಹಬ್ಬುವುದು.

- ಬೇಳೆಯನ್ನು ಅರ್ಧಗಂಟೆ ನೀರಿನಲ್ಲಿ ನೆನೆಸುವುದು.
- ತರಕಾರಿಗಳನ್ನು ಸಣ್ಣದಾಗಿ ಹಚ್ಚುವುದು.
- ಅಹಾರ ಪದಾರ್ಥ ಬೇಯುವ ವೇಳೆಯಲ್ಲಿ ಗ್ಯಾಸ್ ಜ್ವಾಲೆ ಕಡಿಮೆ ಮಾಡುವುದು.
- ಕೊನೆಯಲ್ಲಿ ಇಂಗುರಿನ ಸಮಯವನ್ನು ಗ್ಯಾಸ್ ಸಿಲ್ಲಿಸುವುದು.
- ಅನ್ನದ ಮುದ್ದೆಯಿಂದ ಕುರಿಯುವ ನೀರಿಗೆ 2 ಅಭಾವಾತ್ ಡ್ರಿ ಎಕ್ಸ್ ಹಾಕುವುದು.
- ಗ್ಯಾಸ್‌ನ್ನು ಸುರಕ್ಷಿತವಾಗಿ ಬಳಸುವುದು.
- ಅಡುಗೆಮಾಡುವ ಮುನ್ನ ಉಸುರುಗಳನ್ನು ಕತ್ತರಿಸಿರಬೇಕು.
- ಅಡುಗೆ ಮಾಡುವ ಮುನ್ನ ಕೈಗಳನ್ನು ಒಣಗಿಸುವುದು.
- ಅಡುಗೆ ಮಾಡುವ ಮೇಲೆ ಮುಚ್ಚುವುದು.
- ಅಡುಗೆ ಮಾಡುವವರು ಕೈಗಳನ್ನು ಒಣಗಿಸುವುದು.
- ಕುಡಿಯುವ ನೀರಿನಲ್ಲಿ ಕ್ಲೋರಿನ್ ಹಾಕುವುದು.
- ಪಾತ್ರೆಗಳನ್ನು ಸ್ವಚ್ಛವಾಗಿ ತೊಳೆದು ಉಪಯೋಗಿಸುವುದು.
- ಅಡುಗೆಗೆ ಬುದ್ದಿವಂತಿಕೆಯಿಂದ ನೋಡುವುದು.
- ಮಕ್ಕಳಿಗೆ ನೀಡುವ ಊಟವು ಉತ್ತಮವಾಗಿರಬೇಕು.
- ಕುಡಿಯುವ ನೀರಿನಲ್ಲಿ ಒಣಗಿಸುವುದು.

ಅಹಾರ

- ಸಾಫ್ತಿಯನ್ನು ಅಹಾರದಲ್ಲಿ ಎಲ್ಲಾ ಘಟಕಗಳಲ್ಲಿರಬೇಕು.
- ತರಕಾರಿಗಳನ್ನು ಸಿದ್ಧಪಡಿಸುವ ಮೊದಲು ಒಣಗಿಸುವುದು.
- ಅಹಾರವನ್ನು ಸಿದ್ಧಪಡಿಸುವ ಮೊದಲು ಕೈಗಳನ್ನು ಒಣಗಿಸುವುದು.
- ಅಹಾರವನ್ನು ಸಿದ್ಧಪಡಿಸುವ ಮೊದಲು ಕೈಗಳನ್ನು ಒಣಗಿಸುವುದು.
- ಸಾಫ್ತಿಯನ್ನು ಅಹಾರದಲ್ಲಿರಬೇಕು.
- ಸಾಫ್ತಿಯನ್ನು ಅಹಾರದಲ್ಲಿರಬೇಕು.
- ಅಹಾರವನ್ನು ಸಿದ್ಧಪಡಿಸುವ ಮೊದಲು ಕೈಗಳನ್ನು ಒಣಗಿಸುವುದು.
- ಅಹಾರವನ್ನು ಸಿದ್ಧಪಡಿಸುವ ಮೊದಲು ಕೈಗಳನ್ನು ಒಣಗಿಸುವುದು.
- ಅಹಾರವನ್ನು ಸಿದ್ಧಪಡಿಸುವ ಮೊದಲು ಕೈಗಳನ್ನು ಒಣಗಿಸುವುದು.
- ಅಹಾರವನ್ನು ಸಿದ್ಧಪಡಿಸುವ ಮೊದಲು ಕೈಗಳನ್ನು ಒಣಗಿಸುವುದು.
- ಅಹಾರವನ್ನು ಸಿದ್ಧಪಡಿಸುವ ಮೊದಲು ಕೈಗಳನ್ನು ಒಣಗಿಸುವುದು.
- ಅಹಾರವನ್ನು ಸಿದ್ಧಪಡಿಸುವ ಮೊದಲು ಕೈಗಳನ್ನು ಒಣಗಿಸುವುದು.

- ಅಹಾರವನ್ನು ಸಿದ್ಧಪಡಿಸುವ ಮೊದಲು ಕೈಗಳನ್ನು ಒಣಗಿಸುವುದು.
- ಅಹಾರವನ್ನು ಸಿದ್ಧಪಡಿಸುವ ಮೊದಲು ಕೈಗಳನ್ನು ಒಣಗಿಸುವುದು.
- ಅಹಾರವನ್ನು ಸಿದ್ಧಪಡಿಸುವ ಮೊದಲು ಕೈಗಳನ್ನು ಒಣಗಿಸುವುದು.
- ಅಹಾರವನ್ನು ಸಿದ್ಧಪಡಿಸುವ ಮೊದಲು ಕೈಗಳನ್ನು ಒಣಗಿಸುವುದು.
- ಅಹಾರವನ್ನು ಸಿದ್ಧಪಡಿಸುವ ಮೊದಲು ಕೈಗಳನ್ನು ಒಣಗಿಸುವುದು.
- ಅಹಾರವನ್ನು ಸಿದ್ಧಪಡಿಸುವ ಮೊದಲು ಕೈಗಳನ್ನು ಒಣಗಿಸುವುದು.
- ಅಹಾರವನ್ನು ಸಿದ್ಧಪಡಿಸುವ ಮೊದಲು ಕೈಗಳನ್ನು ಒಣಗಿಸುವುದು.
- ಅಹಾರವನ್ನು ಸಿದ್ಧಪಡಿಸುವ ಮೊದಲು ಕೈಗಳನ್ನು ಒಣಗಿಸುವುದು.
- ಅಹಾರವನ್ನು ಸಿದ್ಧಪಡಿಸುವ ಮೊದಲು ಕೈಗಳನ್ನು ಒಣಗಿಸುವುದು.
- ಅಹಾರವನ್ನು ಸಿದ್ಧಪಡಿಸುವ ಮೊದಲು ಕೈಗಳನ್ನು ಒಣಗಿಸುವುದು.
- ಅಹಾರವನ್ನು ಸಿದ್ಧಪಡಿಸುವ ಮೊದಲು ಕೈಗಳನ್ನು ಒಣಗಿಸುವುದು.
- ಅಹಾರವನ್ನು ಸಿದ್ಧಪಡಿಸುವ ಮೊದಲು ಕೈಗಳನ್ನು ಒಣಗಿಸುವುದು.

Nutrition Details

ಅಡುಗೆಯವರಿಗೆ ಸೂಚನೆ										
ಮಕ್ಕಳ ಸಂಖ್ಯೆ	ಜಕ್ಕ		ಬೇಳೆ		ಎಣ್ಣೆ		ಉಪ್ಪು		ತರಕಾರಿ	
	100 ಗ್ರಾಂ	150 ಗ್ರಾಂ	200 ಗ್ರಾಂ	250 ಗ್ರಾಂ	300 ಗ್ರಾಂ	350 ಗ್ರಾಂ	400 ಗ್ರಾಂ	450 ಗ್ರಾಂ	500 ಗ್ರಾಂ	550 ಗ್ರಾಂ
1	100 ಗ್ರಾಂ	150 ಗ್ರಾಂ	200 ಗ್ರಾಂ	250 ಗ್ರಾಂ	300 ಗ್ರಾಂ	350 ಗ್ರಾಂ	400 ಗ್ರಾಂ	450 ಗ್ರಾಂ	500 ಗ್ರಾಂ	550 ಗ್ರಾಂ
2	200 ಗ್ರಾಂ	300 ಗ್ರಾಂ	400 ಗ್ರಾಂ	500 ಗ್ರಾಂ	600 ಗ್ರಾಂ	700 ಗ್ರಾಂ	800 ಗ್ರಾಂ	900 ಗ್ರಾಂ	1000 ಗ್ರಾಂ	1100 ಗ್ರಾಂ
3	300 ಗ್ರಾಂ	450 ಗ್ರಾಂ	600 ಗ್ರಾಂ	750 ಗ್ರಾಂ	900 ಗ್ರಾಂ	1050 ಗ್ರಾಂ	1200 ಗ್ರಾಂ	1350 ಗ್ರಾಂ	1500 ಗ್ರಾಂ	1650 ಗ್ರಾಂ
4	400 ಗ್ರಾಂ	600 ಗ್ರಾಂ	800 ಗ್ರಾಂ	1000 ಗ್ರಾಂ	1200 ಗ್ರಾಂ	1400 ಗ್ರಾಂ	1600 ಗ್ರಾಂ	1800 ಗ್ರಾಂ	2000 ಗ್ರಾಂ	2200 ಗ್ರಾಂ
5	500 ಗ್ರಾಂ	750 ಗ್ರಾಂ	1000 ಗ್ರಾಂ	1250 ಗ್ರಾಂ	1500 ಗ್ರಾಂ	1750 ಗ್ರಾಂ	2000 ಗ್ರಾಂ	2250 ಗ್ರಾಂ	2500 ಗ್ರಾಂ	2750 ಗ್ರಾಂ
6	600 ಗ್ರಾಂ	900 ಗ್ರಾಂ	1200 ಗ್ರಾಂ	1500 ಗ್ರಾಂ	1800 ಗ್ರಾಂ	2100 ಗ್ರಾಂ	2400 ಗ್ರಾಂ	2700 ಗ್ರಾಂ	3000 ಗ್ರಾಂ	3300 ಗ್ರಾಂ
7	700 ಗ್ರಾಂ	1050 ಗ್ರಾಂ	1400 ಗ್ರಾಂ	1750 ಗ್ರಾಂ	2100 ಗ್ರಾಂ	2450 ಗ್ರಾಂ	2800 ಗ್ರಾಂ	3150 ಗ್ರಾಂ	3500 ಗ್ರಾಂ	3850 ಗ್ರಾಂ
8	800 ಗ್ರಾಂ	1200 ಗ್ರಾಂ	1600 ಗ್ರಾಂ	2000 ಗ್ರಾಂ	2400 ಗ್ರಾಂ	2800 ಗ್ರಾಂ	3200 ಗ್ರಾಂ	3600 ಗ್ರಾಂ	4000 ಗ್ರಾಂ	4400 ಗ್ರಾಂ
9	900 ಗ್ರಾಂ	1350 ಗ್ರಾಂ	1800 ಗ್ರಾಂ	2250 ಗ್ರಾಂ	2700 ಗ್ರಾಂ	3150 ಗ್ರಾಂ	3600 ಗ್ರಾಂ	4050 ಗ್ರಾಂ	4500 ಗ್ರಾಂ	4950 ಗ್ರಾಂ
10	1000 ಗ್ರಾಂ	1500 ಗ್ರಾಂ	2000 ಗ್ರಾಂ	2500 ಗ್ರಾಂ	3000 ಗ್ರಾಂ	3500 ಗ್ರಾಂ	4000 ಗ್ರಾಂ	4500 ಗ್ರಾಂ	5000 ಗ್ರಾಂ	5500 ಗ್ರಾಂ
20	2000 ಗ್ರಾಂ	3000 ಗ್ರಾಂ	4000 ಗ್ರಾಂ	5000 ಗ್ರಾಂ	6000 ಗ್ರಾಂ	7000 ಗ್ರಾಂ	8000 ಗ್ರಾಂ	9000 ಗ್ರಾಂ	10000 ಗ್ರಾಂ	11000 ಗ್ರಾಂ
30	3000 ಗ್ರಾಂ	4500 ಗ್ರಾಂ	6000 ಗ್ರಾಂ	7500 ಗ್ರಾಂ	9000 ಗ್ರಾಂ	10500 ಗ್ರಾಂ	12000 ಗ್ರಾಂ	13500 ಗ್ರಾಂ	15000 ಗ್ರಾಂ	16500 ಗ್ರಾಂ
40	4000 ಗ್ರಾಂ	6000 ಗ್ರಾಂ	8000 ಗ್ರಾಂ	10000 ಗ್ರಾಂ	12000 ಗ್ರಾಂ	14000 ಗ್ರಾಂ	16000 ಗ್ರಾಂ	18000 ಗ್ರಾಂ	20000 ಗ್ರಾಂ	22000 ಗ್ರಾಂ
50	5000 ಗ್ರಾಂ	7500 ಗ್ರಾಂ	10000 ಗ್ರಾಂ	12500 ಗ್ರಾಂ	15000 ಗ್ರಾಂ	17500 ಗ್ರಾಂ	20000 ಗ್ರಾಂ	22500 ಗ್ರಾಂ	25000 ಗ್ರಾಂ	27500 ಗ್ರಾಂ
60	6000 ಗ್ರಾಂ	9000 ಗ್ರಾಂ	12000 ಗ್ರಾಂ	15000 ಗ್ರಾಂ	18000 ಗ್ರಾಂ	21000 ಗ್ರಾಂ	24000 ಗ್ರಾಂ	27000 ಗ್ರಾಂ	30000 ಗ್ರಾಂ	33000 ಗ್ರಾಂ
70	7000 ಗ್ರಾಂ	10500 ಗ್ರಾಂ	14000 ಗ್ರಾಂ	17500 ಗ್ರಾಂ	21000 ಗ್ರಾಂ	24500 ಗ್ರಾಂ	28000 ಗ್ರಾಂ	31500 ಗ್ರಾಂ	35000 ಗ್ರಾಂ	38500 ಗ್ರಾಂ
80	8000 ಗ್ರಾಂ	12000 ಗ್ರಾಂ	16000 ಗ್ರಾಂ	20000 ಗ್ರಾಂ	24000 ಗ್ರಾಂ	28000 ಗ್ರಾಂ	32000 ಗ್ರಾಂ	36000 ಗ್ರಾಂ	40000 ಗ್ರಾಂ	44000 ಗ್ರಾಂ
90	9000 ಗ್ರಾಂ	13500 ಗ್ರಾಂ	18000 ಗ್ರಾಂ	22500 ಗ್ರಾಂ	27000 ಗ್ರಾಂ	31500 ಗ್ರಾಂ	36000 ಗ್ರಾಂ	40500 ಗ್ರಾಂ	45000 ಗ್ರಾಂ	49500 ಗ್ರಾಂ
100	10000 ಗ್ರಾಂ	15000 ಗ್ರಾಂ	20000 ಗ್ರಾಂ	25000 ಗ್ರಾಂ	30000 ಗ್ರಾಂ	35000 ಗ್ರಾಂ	40000 ಗ್ರಾಂ	45000 ಗ್ರಾಂ	50000 ಗ್ರಾಂ	55000 ಗ್ರಾಂ
200	20000 ಗ್ರಾಂ	30000 ಗ್ರಾಂ	40000 ಗ್ರಾಂ	50000 ಗ್ರಾಂ	60000 ಗ್ರಾಂ	70000 ಗ್ರಾಂ	80000 ಗ್ರಾಂ	90000 ಗ್ರಾಂ	100000 ಗ್ರಾಂ	110000 ಗ್ರಾಂ
300	30000 ಗ್ರಾಂ	45000 ಗ್ರಾಂ	60000 ಗ್ರಾಂ	75000 ಗ್ರಾಂ	90000 ಗ್ರಾಂ	105000 ಗ್ರಾಂ	120000 ಗ್ರಾಂ	135000 ಗ್ರಾಂ	150000 ಗ್ರಾಂ	165000 ಗ್ರಾಂ

School Kitchen Store



Fruit Garden



Vegetable Garden



Display of Information (Gode Baraha)

ಅಕ್ಷರ ದಾಸೋಹ :-

ಪ್ರತಿ ವಿದ್ಯಾರ್ಥಿಗೆ ಪ್ರತಿ ದಿನಕ್ಕೆ ನೀಡಬೇಕಾದ ಆಹಾರದ ವಿವರ

• ಅಕ್ಕಿ	100 ಗ್ರಾಂ
• ಬೇಳೆ	20 ಗ್ರಾಂ
• ಎಣ್ಣೆ	03 ಗ್ರಾಂ
• ಉಪ್ಪು	02 ಗ್ರಾಂ
• ತರಕಾರಿ	50 ಗ್ರಾಂ

ಇನ್ನೂ ಹಲವಾರು ತಯಾರಿಸುವಾಗ ಅನುಸರಿಸಬೇಕಾದ 3 ಸೂತ್ರಗಳು

- 1. ಬುಟ್ಟಿ**
 - ಪಾತ್ರೆ ಪರಿಕರಗಳು.
 - ಆಹಾರ ಧಾನ್ಯಗಳು.
 - ಕಾಯಿ ಪಲ್ಯಗಳು.
 - ಅಡುಗೆ ಮನೆ.
 - ಕುದ್ಡು ನೀರು.
 - ಅಡುಗೆಯವರ ವೈಯಕ್ತಿಕ ಸ್ವಚ್ಛತೆ.
 - ಅಡುಗೆ ಮನೆಯಲ್ಲಿ ಸೂಕ್ಷ್ಮ, ನೋಣ, ಕೀಟಗಳು ಹೀಗೆ ಬಾರದಂತೆ/ಬೀಜದಂತೆ ಎಚ್ಚರ ವಹಿಸುವುದು.
- 2. ಸುರಕ್ಷತೆ**
 - ಅಡುಗೆ ತಯಾರಿಸುವಾಗ 3 ನಂತರ ಪಾತ್ರೆಗಳನ್ನು ಮುಚ್ಚಿರಬೇಕು.
 - ಅಡುಗೆ ಅನ್ನಿಲದ ಒಲೆಗಳ ಸಮಪಾಕ ಬಳಿಕ ಅನ್ನಿಲ ಒಲೆಗಳನ್ನು ಬೆಂಕಿ ಕಡ್ಡಿಯಿಂದ ಹೊರಗೆ ತೆಗೆದುಕೊಳ್ಳುವುದು.
 - ಕೆಲವು ಸಂದರ್ಭಗಳಲ್ಲಿ ಅಡುಗೆ ಮಾಡುವಾಗ ಎಚ್ಚರ.

ಹೆಚ್ಚುವರಿ ಪೌಷ್ಟಿಕಾಂಶ ಮೂಲಗಳು

- ವಿಟಮಿನ್-ಎ (2 ಲಕ್ಷ ಐ.ಯು) ವರ್ಷಕ್ಕೆ 2 ಮೂಲಗಳು.
- ಐರನ್ & ಫೋಲಿಕ್ ಆಸಿಡ್ ಮೂಲ (20 ಎಂ.ಎಲ್.) ವರ್ಷಕ್ಕೆ 106 ಪಾರಕೆತರಂತೆ.

Kitchen Garden



Important Best Practices:

1. SDMC very Cooperative and contributed well for the school
2. Mother committees Cooperation very good
3. Rain water harvesting
4. Using LPG in the preparation of food
5. Kitchen garden and Vegetable garden grown in the school compound
6. Records are maintained well

Section V

Conclusion

In this report, some good practices in the implementation of MDM programme in the State of Karnataka and related issues have been discussed and presented. Most of the best practices presented are common throughout the state. However the concepts of rain water harvesting, Kitchen Garden, Fruit Garden, Sprinkler facility for water conservation in the school compound are new to even many schools in the State and the same need to be encouraged by the Implementing agency and emulated by many other states of the country. Record Keeping, Display of information on school walls, SDMC members active cooperation and Mother Committees active involvement are some of the other best practices followed in the state. Although there are still scopes for improvement, the schools implementing the best practices are worth studies. It is the dedication; determination, hard work and cooperation among the District Officials, Staff members of the schools, parents have enabled them implement the good practices. The Karnataka State Quality Assessment organization result for the year 2007-08 shows effect of MDM on students learning levels.

To improve the public satisfaction on MDM Programme the government of Karnataka is providing the hot cooked meal to the children at their local taste. They are also allowing the NGOs in the implementation of MDM at the rural/urban areas. For greater accountability Parents and Public are allowed to visit the kitchen centers at the time of cooking and serving. Also the parents are allowed to check the quality of the food grains. To strengthen monitoring, assessment and evaluation of MDM programme, strengthening the SDMCs/Parents by giving full powers is very much essential. Opportunity should be given to the external agencies to evaluate the MDM programme. Also there need to have a regular meetings at the State, District and Block Level steering cum monitoring committees to discuss the issues of effective implementation of MDM programme.

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**Office of the Joint Director of Public Instructions (M.M.S.), K.G. Road
Bangalore**

State : Karnataka

**Tour Programme of Dr. K. Srinivas, NUEPA, New Delhi
17.11.2008 to 22.11.2008**

Arrival at Bangalore on	17.11.2008 at 6.40 A.M.	
Departure from Guest House	10.00 A.M.	Visit to Schools: 1. GHPS & GHS, Agara 2. GHPS Banjarpalya, Bangalore, South District
Lunch Break		
	4.00 P.M.	Visit to JD MMS Office, Mid Day Meals, Karnataka State
Departure from Bangalore to Mysore	18.11.2008 at 7.30 A.M.	
Arrival at Mysore	10.30 A.M.	
Departure from Mysore to H.D. Kote	11.00 A.M.	
Arrival at H.D. Kote	11.50 A.M.	Visit to Schools: H.D. Kote Taluk, Mysore Distt. 1. GLPS, Kodaseege 2. GHPS, Devalapura Colony 3. GHPS, Kendergowdara Colony
Lunch Break		
		4. GHPS Nanjanayakanahalli, Bovi Colony 5. GLPS, Elehundi 6. GHPS Nanjanayakanahalli
Departure from H.D. Kote to Mysore	5.00 P.M.	
Arrival at Mysore	6.00 P.M.	Halt at Mysore
Departure from Mysore to Hunsur	19.11.2008 at 9.30 A.M.	
Arrival at Hunsur	10.30 A.M.	Visit to Schools: Hunsur Taluk, Mysore District 1. GHPS, Kallahalli 2. GHPS, Kottegala 3. GLPS, Moodalakoppalu
Lunch Break		
		Visit to Schools: Somveerpeta Taluk, Coorg District 1. Composite High School, Kushal Nagar 2. GMP School, Gudde Hosur 3. GHP School, Hulugunda

Departure from Hunsur to Mysore	5.00 P.M.	
Arrival at Mysore	6.00 P.M.	Halt at Mysore
Departure from Mysore to Srirangapatna	20.11.2008 at 9.30 P.M.	
Arrival at Srirangapatna	10.00 A.M.	Visit to Schools: Srirangapatna, Mandya District 1. GLPS, Gowdanahali 2. GHPS, K.Kodehalli
Lunch Break		
		3. KRS DPEP, Junior College Srirangapatna 4. Govt Junior College (High School) Srirangapattana
Departure from Srirangapatna to Mandya	5.00 P.M.	
Departure Mandya to Maddur	21.11.2008 at 9.30 A.M.	
		Visit to Schools: Maddur Taluk, Mandya District 1. GHPS, K. Kodihalli
Departure from Bangalore to Mayaganahalli	22.11.2008 at 8.30 A.M.	
Arrival at Mayaganahalli	9.30 A.M.	Visit to Schools Mayaganahalli, Ramnagara Taluk, Ramnagara District 1. GHS, Mayaganahalli 2. GHPS, Mayaganahalli
Lunch Break		
		Visit to School Bangalore Rural/Nelamangala Taluk 1. GHPS, Doddare 2. GHPS Honnehally 3. GLPS , Ayyanna tota
Return to Bangalore		
Journey back to Delhi	23.11.2008	

ZILLA PANCHAYAT, MYSORE

MID-DAY-MEAL SCHEME

DETAILS OF MID-DAY-MEAL SCHEME TO DISPLAY ON THE SCHOOL WALL

DETAIL OF FOOD GRAINS TO BE SERVED TO EACH STUDENT (PRIMARY)				DETAIL OF FOOD GRAINS TO BE SERVED TO EACH STUDENT (HIGH SCHOOL)			
FOOD GRAIN	QUANTITY	CALORIES	QUANTITY AFTER COOKING	FOOD GRAIN	QUANTITY	CALORIES	QUANTITY AFTER COOKING
RICE	100 GRAM	340	290 GRAM	RICE	150 GRAM	510.00	435 GRAM
DAL	20 GRAM	70	150 GRAM	DAL	25 GRAM	87.50	
OIL	03 GRAM	27		OIL	06 GRAM	54.00	225 GRAM
SALT	03 GRAM			SALT	04 GRAM		
VEGETABLE	50 GRAM	25		VEGETABLE	70 GRAM	35.00	
TOTAL	176 GRAM	462	440 GRAM	TOTAL	255 GRAM	686.50	660 GRAM

ADDITIONAL PROTEIN TABLE	3 STEPS TO BE FOLLOWED DURING PREPARING MID-DAY-MEAL
<ul style="list-style-type: none"> VITAMIN A (2 LAKH IU) YEARLY 2 TABLET IRON & FOLIC ACID TABLETS (20 MG) WEEKLY 3 YEARLY 108 TABLETS ALBENDJOLE (WARM TABLET) (400 MG) YEARLY 2 TABLETS 	<p style="text-align: center;">1 CLEANLINESS</p> <ul style="list-style-type: none"> VESSELS FOOD GRAINS VEGETABLES KITCHEN CLEAN WATER COCKS PERSONAL CLEANLENESS PREVENTION OF MOSQUITOES/FLIES/ LEZARDS
<p style="text-align: center;">2 SAFETY</p> <ul style="list-style-type: none"> VESSELS SHOULD CLOSE DURING & AFTER COOKING PROPER USE OF COOKING STOVES SHOULD NOT IGNITE STOVES WITH MATCH STICK USING REGULATOR PRIVENTING MOVEMENT OF CHILDREN EAR COOKING SPACE 	<p style="text-align: center;">3 LOW COSTING</p> <ul style="list-style-type: none"> PRIVENTING LEAKAGE OF GAS PROPER USE OF FOOD GRAINS PREPARING FOOD AS PER NO. OF BENEFICIARIES PROPER STORAGE OF FOOD GRAINS LIGHTING STOVES AFTER ALL PREPARATION

DETAIL OF BENEFICIARIES
ADMISSION
ATTENDENCE
BENEFICIARIES

District wise School Data

Sl.No.	District	Total Number of Schools		
		Govt.	Aided	Total
1.	Bagalkot	1272	85	1357
2.	Bangalore (R)	1162	64	1226
3.	Bangalore (U)	1487	239	1726
4.	Belgaum	3225	287	3512
5.	Bellary	1297	69	1366
6.	Bidar	899	75	974
7.	Bijapur	1755	144	1899
8.	Chamaraja Nagar	772	33	805
9.	Chickmagalore	1494	22	1516
10.	Chikkaballapura	1320	12	1332
11.	Chitradurga	1665	181	1846
12.	Dakshina Kannada	926	104	1030
13.	Davangere	1391	148	1539
14.	Dharwad	751	115	866
15.	Gadag	614	73	687
16.	Gulbarga	2671	67	2738
17.	Hassan	2559	112	2671
18.	Haveri	1139	120	1259
19.	Kodagu	411	7	418
20.	Kolar	2072	53	2125
21.	Koppal	928	23	951
22.	Mandya	1824	63	1887
23.	Mysore	1942	93	2035
24.	Raichur	1359	20	1379
25.	Ramanagar	1413	22	1435
26.	Shimoga	1938	108	2046
27.	Tumkur	3569	271	3840
28.	Udupi	608	64	672
29.	Uttara Kannada	2168	127	2295
	Total	44631	2801	47432

District wise Children Data

Sl. No.	District	No. of Children Govt. and Govt. Aided Schools
1.	Bagalkot	169432
2.	Bangalore (R)	61485
3.	Bangalore (U)	238629
4.	Belgaum	361053
5.	Bellary	203919
6.	Bidar	178011
7.	Bijapur	237608
8.	Chamaraja Nagar	68315
9.	Chickmagalore	73678
10.	Chikkaballapura	62140
11.	Chitradurga	129625
12.	Dakshina Kannada	132367
13.	Davangere	144387
14.	Dharwad	132236
15.	Gadag	61597
16.	Gulbarga	347331
17.	Hassan	112865
18.	Haveri	128531
19.	Kodagu	34186
20.	Kolar	101696
21.	Koppal	129842
22.	Mandya	103319
23.	Mysore	174268
24.	Raichur	169884
25.	Ramanagar	65946
26.	Shimoga	116461
27.	Tumkur	176018
28.	Udupi	69843
29.	Uttara Kannada	109606
	Total	4094278

**Annual Work Plan and budget 2008-09
(Mid-Day-Meal Scheme)**

**District wise information on number of Institutions under
MDM Scheme or Primary Stage (Classes I-V)**

Karnataka State

(As on 30th September, 2007)

Sl. No.	Name of the District	Number of Institutions					Number of Institutions regularly serving MDM					Diff. Between (7) – (12)
		Classes I-V (Govt+ LB)	Classes I-V (GA)	EGS Centres	AIE Centres	Total (Col. 3+4+5+6)	Classes I-V (Govt+ LB)	Classes I-V (GA)	EGS Centres	AIE Centres	Total (Col. 8+9+10+11)	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1.	Bagalkot	1222	85	NIL	NIL	1357	1272	85	NIL	NIL	1357	
2.	Bangalore (R)	1162	64			1226	1162	64			1226	
3.	Bangalore (U)	1487	239			1726	1487	239			1726	
4.	Belgaum	3225	287			3512	3225	287			3512	
5.	Bellary	1297	69			1366	1297	69			1366	
6.	Bidar	899	75			974	899	75			974	
7.	Bijapur	1755	144			1899	1755	144			1899	
8.	Chamaraja Nagar	772	33			805	772	33			805	
9.	Chickmagalore	1494	22			1516	1494	22			1516	
10.	Chikkaballapura	1320	12			1332	1320	12			1332	
11.	Chitradurga	1665	181			1846	1665	181			1846	
12.	Dakshina Kannada	926	104			1030	926	104			1030	
13.	Davangere	1391	148			1539	1391	148			1539	
14.	Dharwad	751	115			866	751	115			866	
15.	Gadag	614	73			687	614	73			687	
16.	Gulbarga	2671	67			2738	2671	67			2738	
17.	Hassan	2559	112			2671	2559	112			2671	
18.	Haveri	1139	120			1259	1139	120			1259	
19.	Kodagu	411	7			418	411	7			418	
20.	Kolar	2072	53			2125	2072	53			2125	
21.	Koppal	928	23			951	928	23			951	
22.	Mandya	1824	63			1887	1824	63			1887	
23.	Mysore	1942	93			2035	1942	93			2035	
24.	Raichur	1359	20			1379	1359	20			1379	
25.	Ramanagar	1413	22			1435	1413	22			1435	
26.	Shimoga	1938	108			2046	1938	108			2046	
27.	Tumkur	3569	271			3840	3569	271			3840	
28.	Udupi	608	64			672	608	64			672	
29.	Uttara Kannada	2168	127			2295	2168	127			2295	
	Total	44631	2801			47432	44631	2801			47432	

Govt. : Government Schools

LB : Local Body Schools

GA : Govt. Aided Schools

ಸಾರ್ವಜನಿಕ ಶಿಕ್ಷಣ ಇಲಾಖೆ

ಮಧ್ಯಾಹ್ನ ಬಿಸಿ ಊಟದ ಯೋಜನೆ - ಕರ್ನಾಟಕ

ಅಕ್ಕರ ದಾಖಲೆ

ತಪಾಸಣಾ ವರದಿ

೬೦ ರಾಸೂಂವ

1	ತಪಾಸಣಾಧಿಕಾರಿಗಳ ಹೆಸರು ಮತ್ತು ಪದವಿ	Dr. K. Srinivas					ತಪಾಸಣಾಧಿಕಾರಿ	Dr. K. Srinivas
2	ತಪಾಸಣೆಯ ದಿನಾಂಕ ಮತ್ತು ಸಮಯ	20/11/23 4:30 PM					SADPI	ಹಂ. ರಾಮನಾಥ್ ADPI
3	ಮಧ್ಯಾಹ್ನ ಬಿಸಿ ಊಟದ ಯೋಜನಾ ಕೇಂದ್ರದ ಹೆಸರು	MMS					GHS + GHPs	ಮಾಂಸಾಹಾರಿ
4	ಯಾವ ಗ್ರಾಮ ಪಂಚಾಯತ್ / ಮುನ್ಸಿಪಾಲಿಟಿ	ಮಾಂಸಾಹಾರಿ					ಸ್ವಾಸ್ಥ್ಯ	ರಾಜಿನಾಥ್
5	ಮುಖ್ಯ ಅಧ್ಯಕ್ಷಿಯವರ ಹೆಸರು	ಮಂಜುನಾಥ್					ಸುಜಾತಾ	ನೀಲಾ
6	ಕೇಂದ್ರಕ್ಕೆ ನಿಗದಿಯಾದ ಫಲಾನುಭವಿಗಳ ಸಂಖ್ಯೆ						144	
7	ತಪಾಸಣೆಯ ದಿನ ಹಾಜರಾತಿ ಪುಸ್ತಕದಂತೆ ವಿದ್ಯಾರ್ಥಿಗಳ ಸಂಖ್ಯೆ						132	
8	ತಪಾಸಣೆಯ ದಿನ ಬಿಸಿ ಊಟ ಪಡೆದವರ ಸಂಖ್ಯೆ						132	
9	ಹಾಜರಾತಿ ಪುಸ್ತಕದಂತೆ ವಿದ್ಯಾರ್ಥಿಗಳ ಸಂಖ್ಯೆಗೂ ತಪಾಸಣೆಯ ದಿನಾಂಕದಂದು ಬಿಸಿ ಊಟ ಪಡೆದವರ ಸಂಖ್ಯೆ ವಿನಾಶದ ವ್ಯತ್ಯಾಸವಿದೆಯೇ? ಇದ್ದರೆ ಕಾರಣಗಳು						ಇಲ್ಲ	
10	ತಪಾಸಣಾ ದಿನ ದಾಖಲೆ ಪುಸ್ತಕದಂತೆ ಅಡುಗೆಗಾಗಿ ಬಳಸಲು ಪಡೆದ ಆಹಾರ ಸಾಮಗ್ರಿಗಳ ವಿವರ							
	ಅಕ್ಕಿ ಕೆ.ಗ್ರಾಂ	ಬೇಳೆ ಕೆ.ಗ್ರಾಂ	ಗೋಧಿ ಕೆ.ಗ್ರಾಂ	ಎಣ್ಣೆ ಕೆ.ಗ್ರಾಂ	ಸಾಂಬಾರು ದಿನಸಿ ಕೆ.ಗ್ರಾಂ	ತರಕಾರಿ ಕೆ.ಗ್ರಾಂ	ಉಪ್ಪು ಕೆ.ಗ್ರಾಂ	
	13.300	2.660	-	399	266	04 Kg	500.	
11	ದಾಖಲೆ ವಿವರ	ದಾಖಲೆ ಪುಸ್ತಕದಂತೆ ಕೆ.ಗ್ರಾಂಗಳಲ್ಲಿ				ದಾಖಲೆ ಕೆ.ಗ್ರಾಂ ರಲ್ಲಿ		
	ಅಕ್ಕಿ	459.700				459.700		
	ಬೇಳೆ	67.96				67.96		
	ಗೋಧಿ	-				-		
	ಎಣ್ಣೆ	06.533				06.533		
	ಸಾಂಬಾರು ದಿನಸಿ	-				-		
	ತರಕಾರಿ	-				-		
	ಉಪ್ಪು / ಸೌದೆ	-				-		
02	ವಿಶೇಷ ಪೌಷ್ಟಿಕ ಮಾತ್ರೆಗಳ ದಾಖಲೆ	ದಾಖಲೆ ಪುಸ್ತಕದಂತೆ				ದಾಖಲೆ ಕೆ.ಗ್ರಾಂ ರಲ್ಲಿ		
	ಕಬ್ಬಿಣ ಅಂಶದ ಮಾತ್ರೆಗಳು	12041				12999		
	ಜಿ-ವಿಟಮಿನ್ ಮಾತ್ರೆಗಳು							
	ವಿಟಮಿನ್-ಎ ಮಾತ್ರೆಗಳು							

13	ವಿಶೇಷ ಪೌಷ್ಟಿಕ ಮಾತ್ರೆಗಳನ್ನು ಕ್ರಮವಾಗಿ ನೀಡಲಾಗುತ್ತಿದೆಯೇ ?	ನೀಡಲಾಗುತ್ತಿದೆ.	
14	ದಾಖಾನಿನಲ್ಲಿ ಕಡಿಮೆ ಅಥವಾ ಹೆಚ್ಚುವರಿ ಇದ್ದಲ್ಲಿ ಅದರ ನಿಜ ಜಿಲ್ಲೆಯ ಎರಡರಷ್ಟನ್ನು ವಸೂಲಿ ಮಾಡಲು ತೆಗೆದುಕೊಂಡ ಕ್ರಮ.	ಇಲ್ಲ.	
15	ಹೆಚ್ಚುವರಿ ದಾಖಾನು ಪತ್ತೆಯಾಗಿದ್ದಲ್ಲಿ ಅವನ್ನು ದಾಖಾನಿಗೆ ಸೇರಿಸಲು ತೆಗೆದು ಕೊಂಡ ಕ್ರಮ	ಯಾಚ್ಛೆ ಸಹ ಇಲ್ಲ.	
16	ದಾಖಾನು ಸಿಂಧಿ ನಗರಕ್ಕೆ ಸಾಕಾಗುವಷ್ಟಿದ್ದೆಯೇ? ಹೆಚ್ಚುವರಿ ಇದ್ದಲ್ಲಿ ಈ ಬಗ್ಗೆ ವರದಿಯನ್ನು ಕಳುಹಿಸಲಾಗಿದೆಯೇ?	ಇದೆ.	
17	ನಗದು ಪುಸ್ತಕದಂತೆ ನಗದು ಹಣ ಲಭ್ಯವಿದೆಯೇ ?	ಹೌದು	
18	ಮಾಡಲಾದ ವಿಚಾರಗಳ ಒಳರುಗಳವೆಯೇ ?	ಇದಲ್ಲದೆ.	
19	ಕೇಂದ್ರವನ್ನು ಕಳೆದ ಸಲ ತಪಾಸಣೆ ಮಾಡಿದವರ ಹೆಸರು ಮತ್ತು ಪದನಾಮ	ಶ್ರೀಮತಿ. ಸೀತಾ ರಾಮ.	
	ತಿಳಿಸಲಾದ ನ್ಯೂನತೆಗಳು	ನ್ಯೂನತೆಗಳನ್ನು ಸರಿಪಡಿಸಿ	ಮೇ
20	ಕುಡಿಯುವ ನೀರಿನ ವ್ಯವಸ್ಥೆ ಇದೆಯೇ ?	ಇದೆ	
21	ಅಡುಗೆ ಮನೆ ಸ್ವಚ್ಛವಾಗಿ ಹಾಗೂ ಆರೋಗ್ಯ ಕರವಾಗಿದೆಯೇ ?	ಇದೆ	
22	ಅಡುಗೆ ಪಾತ್ರೆಗಳನ್ನು ಸ್ವಚ್ಛವಾಗಿಸಲಾಗಿದೆಯೇ ?	ಇದಲ್ಲದೆ.	
23	ಬಳಸಲಾದ ತರಕಾರಿಗಳ ವಿವರ	ವೆಸಲಿ ಲಿಫ್ಟ್ ಲೂಯಿ ಲಿಫ್ಟ್	ಸೋಪ್
24	ತಯಾರಿಸಲಾದ ಆಹಾರದ ಗುಣಮಟ್ಟದ ಬಗ್ಗೆ ಅಭಿಪ್ರಾಯ	ಸರಿಯಾಗಿಲ್ಲ.	
25	ಸರಬರಾಜಾಗುತ್ತಿರುವ ಆಹಾರಧಾನ್ಯಗಳ ಬಗ್ಗೆ ಅಡುಗೆಯವರ ಮೂರುಗಳೇನಾದರೂ ಇವೆಯೇ ?	ಇಲ್ಲ.	
26	ಆಹಾರವನ್ನು ಕೇಂದ್ರಕ್ಕೆ ನಿಗದಿಯಾದ ಸಂಖ್ಯೆ ಗನುಗುಣವಾಗಿ ತಯಾರಿಸಿ ವಿತರಿಸಲಾಗುತ್ತಿದೆಯೇ ?	ಹೌದು	
27	ಅಡುಗೆಯವರ ಬಗ್ಗೆ ಮೂರುಗಳಿದ್ದಲ್ಲಿ ಪ್ರತ್ಯೇಕ ವರದಿಯನ್ನು ಜಿಲ್ಲಾಧಿಕಾರಿಗಳಿಗೆ ಕಳುಹಿಸಲಾಗಿದೆಯೇ ? ಹಾಗಿದ್ದಲ್ಲಿ ವಿವರಗಳು :	ಯಾಚ್ಛೆ ಸಹ ಇಲ್ಲ.	
28	ಸಾಮಾನ್ಯ ಅಭಿಪ್ರಾಯ : Sample ಶುಭಾಶ್ಚರ್ಯ ಎಲ್ಲವೂ ಸರಿಯಾಗಿದೆ.		

ತಪಾಸಣಾಧಿಕಾರಿಗಳ ಹೆಸರು ಮತ್ತು ಪದನಾಮ :

visited
H K SRINIVAS
NO 28
20/4/08

ಮುಖ್ಯಸ್ಥಾಧ್ಯಾಯರು
ಸರ್ಕಾರಿ ಸಂಯುಕ್ತ ಪ್ರಾಥಮಿಕ
(ಸಾಧಾರಣ ವಿಭಾಗ)

20/4/08
E.O.
ಶ್ರೀಮತಿ. ಸೀತಾ ರಾಮ

ಸಾರ್ವಜನಿಕ ಶಿಕ್ಷಣ ಇಲಾಖೆ

ಮಧ್ಯಾಹ್ನ ಬಿಸಿ ಊಟದ ಯೋಜನೆ - ಕರ್ನಾಟಕ

ಅಕರ ದಾಸೋಹ

ಅಕ್ಕರ ವಾಸೋಹ

ತಪಾಸಣಾ ವರದಿ

1.	ತಪಾಸಣಾಧಿಕಾರಿಗಳು ಹೆಸರು ಮತ್ತು ಪದನಾಮ	ಶಿವಲಿಂಗ	ಶಿವಲಿಂಗ
2.	ತಪಾಸಣೆಯ ದಿನಾಂಕ ಮತ್ತು ಸ್ಥಳ	19/11/08	19/11/08
3.	ಮಧ್ಯಾಹ್ನ ಬಿಸಿ ಊಟದ ಯೋಜನಾ ಕೀರ್ತಿಪತ್ರ ಹೆಸರು	ಶಿವಲಿಂಗ	ಶಿವಲಿಂಗ
4.	ಯಾವ ಗ್ರಾಮ ಪಂಚಾಯತ್ / ಮುನಿಸಿಪಾಲಿಟಿ	ಶಿವಲಿಂಗ	ಶಿವಲಿಂಗ
5.	ಮುಖ್ಯ ಅಧಿಕಾರಿಯವರ ಹೆಸರು	ಶಿವಲಿಂಗ	ಶಿವಲಿಂಗ
6.	ಕೆಂಪು, ಕೆ. ನಿಗದಿಯಾದ ಫಲಾನುಭವಿಗಳ ಸಂಖ್ಯೆ	185	185
7.	ತಪಾಸಣೆಯ ವಿನ್ಯಾಸದಂತೆ ಪ್ರಸಕ್ತದಂತೆ ವಿವರಿಸಿ	ಶಿವಲಿಂಗ	ಶಿವಲಿಂಗ
8.	ತಪಾಸಣೆಯ ದಿನ ಬಿಸಿ ಊಟ ಪಡೆದವರ ಸಂಖ್ಯೆ	508	508
9.	ಯಾವುದೇ ಪ್ರಸಕ್ತದಂತೆ ವಿವರಿಸಿ ಸಂಖ್ಯೆ ಗೂ ತಪಾಸಣೆಯ ದಿನಾಂಕದಂದು ಬಿಸಿ ಊಟ ಪಡೆದವರ ಸಂಖ್ಯೆ ವಿನಾಶದಾದ ವ್ಯತ್ಯಾಸವಿದೆಯೇ ? ಇದ್ದರೆ ಕಾರಣಗಳು	198 = 706	198 = 706
10.	ತಪಾಸಣಾ ದಿನ ದಾಖಲಾತಿ ಪ್ರಸಕ್ತದಂತೆ ಅಡುಗೆಗಾಗಿ ಬಳಸಲು ಪಡೆದ ಆಹಾರ ಖಾತೆಗಳ ವಿವರ		
	ಅಕ್ಕಿ	ಬೇಳೆ	ಗೋಧಿ
	ಕೆ.ಗಾಂ	ಕೆ.ಗಾಂ	ಕೆ.ಗಾಂ
	2243.15	2243.15	2243.15
	343.035	343.035	343.035
	53.0	53.0	53.0
	6 pac	6 pac	6 pac
	60 kg	60 kg	60 kg
	5 sy. run	5 sy. run	5 sy. run
01	ವಿಶೇಷ ಪೌಷ್ಟಿಕ ಮಾತೃಗಳ ದಾಖಲಾತಿ	ದಾಖಲಾತಿ ಪ್ರಸಕ್ತದಂತೆ	ನಿಜ ದಾಖಲಾತಿ
	ಕಬ್ಬಿಣ ಅಂಶದ ಮಾತೃಗಳು	Nil	Nil
	ಡಿ-ಫರ್ಮಿಂಗ್ ಮಾತೃಗಳು	077	677
	ವಿಟಮಿನ್-ಎ ಮಾತೃಗಳು		

સામાજિક ચિંતક જી.લાલ

ಅಕ್ಕರ ವಾಸೋಹ

ಮಧ್ಯಾಹ್ನ ಬಿಸಿ ಊಟದ ಯೋಜನೆ - ಕರ್ನಾಟಕ

ತಪಾಸಣಾ ವರದಿ

ಅಕ್ಕರ ವಾಸೋಹ

1	ತಪಾಸಣಾಧಿಕಾರಿಗಳ ಹೆಸರು ಮತ್ತು ಪದನಾಮ	A. K. R. Dr. K. S. S. S.					
2	ತಪಾಸಣೆಯ ದಿನಾಂಕ ಮತ್ತು ಸಮಯ	SADPI 3.15pm ADPI 3.15pm					
3	ಮಧ್ಯಾಹ್ನ ಬಿಸಿ ಊಟದ ಯೋಜನಾ ಕೇಂದ್ರದ ಹೆಸರು	GHPs. ಕೆ. ಶೇಖರಪ್ಪ ಮಠಾ.					
4	ಯಾವ ಗ್ರಾಮ ಪಂಚಾಯತ್ / ಮುನಿಸಿಪಾಲಿಟಿ	ಶೇಖರಪ್ಪ ಮಠಾ.					
5	ಮುಖ್ಯ ಅಡುಗೆಯವರ ಹೆಸರು	ಶೇಖರಪ್ಪ					
6	ಕೇಂದ್ರಕ್ಕೆ ನಿಗದಿಯಾದ ಫಲಾನುಭವಿಗಳ ಸಂಖ್ಯೆ	123					
7	ತಪಾಸಣೆಯ ದಿನ ಹಾಜರಾತಿ ಪುಸ್ತಕದಂತೆ ವಿದ್ಯಾರ್ಥಿಗಳ ಸಂಖ್ಯೆ	123					
8	ತಪಾಸಣೆಯ ದಿನ ಬಿಸಿ ಊಟ ಪಡೆದವರ ಸಂಖ್ಯೆ	123					
9	ಹಾಜರಾತಿ ಪುಸ್ತಕದಂತೆ ವಿದ್ಯಾರ್ಥಿಗಳ ಸಂಖ್ಯೆಗೂ ತಪಾಸಣೆಯ ದಿನಾಂಕದಂದು ಬಿಸಿ ಊಟ ಪಡೆದವರ ಸಂಖ್ಯೆ ನಡುವಿನ ವ್ಯತ್ಯಾಸವಿದೆಯೇ? ಇದ್ದರೆ ಕಾರಣಗಳು	100% attested V. Govil.					
10	ತಪಾಸಣಾ ದಿನ ವಾಸ್ತಾನು ಪುಸ್ತಕದಂತೆ ಅಡುಗೆಗಾಗಿ ಬಳಸಲು ಪಡೆದ ಆಹಾರ ಸಾಮಗ್ರಿಗಳ ವಿವರ						
	ಅಕ್ಕಿ ಕೆ.ಗಾಂ	ಬೇಳೆ ಕೆ.ಗಾಂ	ಗೋಧಿ ಕೆ.ಗಾಂ	ಎಣ್ಣೆ ಕೆ.ಗಾಂ	ಸಾಂಬಾರು ದಿನಸಿ ಕೆ.ಗಾಂ	ತರಕಾರಿ ಕೆ.ಗಾಂ	ಉಪ್ಪು ಕೆ.ಗಾಂ
	1kg 150gm	2kg 160gm	369gm	1kg	6kg	246kg	
11	ವಾಸ್ತಾನು ವಿವರ	ವಾಸ್ತಾನು ಪುಸ್ತಕದಂತೆ ಕೆ.ಗಾಂಗಳಲ್ಲಿ	ವಾಸ್ತಾನು ಕೆ.ಗಾಂಗಳಲ್ಲಿ				
	ಅಕ್ಕಿ	290 kg 950gm	290.950				
	ಬೇಳೆ	50 kg 600	50.600				
	ಗೋಧಿ						
	ಎಣ್ಣೆ	5.875	5.875				
	ಸಾಂಬಾರು ದಿನಸಿ	7 kg	7 kg				
	ತರಕಾರಿ						
	ಉರುವಲು / ಸೌದೆ	Sub. 2 1 run	1234				
12	ವಿಶೇಷ ಪೌಷ್ಟಿಕ ಮಾತ್ರಗಳ ವಾಸ್ತಾನು	ವಾಸ್ತಾನು ಪುಸ್ತಕದಂತೆ	ನಿಜ ವಾಸ್ತಾನು				
	ಕಬ್ಬಿಣ ಅಂಶದ ಮಾತ್ರಗಳು	14,531	14531				
	ಡಿ-ವರ್ನಿಂಗ್ ಮಾತ್ರಗಳು	250	250				
	ವಿಟಮಿನ್-ಎ ಮಾತ್ರಗಳು						

ಅಕ್ಕರ ದಾಸೋಹ

ಅಕ್ಕರ ದಾಸೋಹ

ತಪಾಸಣಾ ವರದಿ

[illegible]

14/10/2014



ದಿನಾಂಕ :

ਭਾਵ :

ನಮೂನೆ - 1

ಅಡುಗೆ ಕೇಂದ್ರ :

[illegible]

ಮೂಲ :



ಸಿಬ್ಬಂದಿ ಹಾಜರಾತಿ ಹಾಗೂ ಬಟವಾಡೆ ವಹಿ ಶಾಲೆ / ಕೇಂದ್ರ :

ಕ್ರ. ಸಂ.	ಸಿಬ್ಬಂದಿಯ ಹೆಸರು	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	ಬಟವಾಡೆ ಮಾಡಲಾದ ಸಂಖ್ಯಾವಳಿ	ಸಿಬ್ಬಂದಿಯ ಸಹಿ
01	ಶ್ರೀ / ಶ್ರೀಮತಿ ಮುಖ್ಯ ಅಧ್ಯಾಯವರು																																	
02	ಶ್ರೀ / ಶ್ರೀಮತಿ ಅಧ್ಯಾಯವರು																																	
03	ಶ್ರೀ / ಶ್ರೀಮತಿ ಅಧ್ಯಾಪಕ ಸಹಾಯಕರು																																	
04	ಶ್ರೀ / ಶ್ರೀಮತಿ ಸಹಾಯಕ ಅಧ್ಯಾಯವರು																																	
05	ಶ್ರೀ / ಶ್ರೀಮತಿ ಸಹಾಯಕ ಅಧ್ಯಾಯವರು																																	
06	ಶ್ರೀ / ಶ್ರೀಮತಿ ಸಹಾಯಕ ಅಧ್ಯಾಯವರು																																	

ದಿ. ಸಂ. : ಪ್ರತಿಯನ್ನು ಪ್ರತಿ ತಿಂಗಳ 5ನೇ ತಾರೀಖಿನಂದು ಶಿಕ್ಷಣಾಧಿಕಾರಿಗಳು (ಅಕ್ಷರ ದಾಸೋಹ) ಜಿಲ್ಲಾ ಪಂಚಾಯತ್ ಮೈಸೂರು

ಸಹಾಯಕ ನಿರ್ದೇಶಕರು (ಅಕ್ಷರ ದಾಸೋಹ) ತಾಲ್ಲೂಕು ಪಂಚಾಯತ್

ಇವರಿಗೆ ಕಳುಹಿಸತಕ್ಕದ್ದು.

ಮುಖ್ಯ ಶಿಕ್ಷಕರ ಸಹಿ

ಮುಖ್ಯ ಅಧ್ಯಾಯವರ ಸಹಿ

ಬ್ಯಾಂಕ್ ಖಾತೆ ಸಂಖ್ಯೆ :



ಜಲ್ಲಾ ಪಂಚಾಯತ್ ಮೈಸೂರು, ಸಾರ್ವಜನಿಕ ಶಿಕ್ಷಣ ಇಲಾಖೆ,

[illegible]

GOVERNMENT. LOWER PRIMARY SCHOOL (DPEP)
K.R. SAGARA. SRI RANGA PATNA, MANDVA (Dist)

Bisi oota Yojane Tentative weekly Menu

Sl.No	Week	Food
1	Monday	Sweet pongal/Khara Pongal
2	Tuesday	Rice- Sambar
3	Wednesday	Rice- Sambar
4	Thursday	Chitranna(Rice Bath)
5	Friday	Bisibele Bath
6	Saturday	Uppittu/Khara Bath

Foodgrains available every day/child

Rice-100gms/Child for classes 1-5
150gms/Child for classes 6-10

T.Dhal-20gms/Child for classes 1-7
-25gms/Child for classes 8-10

Double Fortified salt-2gms/Child for classes 1-7
-4gms/Child for classes 8-10

Oil-3gms for classes 1-7
-6gms for classes 8-10

Vegitables-50gms/Child for classes 1-7
-70gms/Child for classes 8-10

M.S. Malathi
ಮುಖ್ಯ, ಸಾಧ್ಯಾಯರು
ಶಿ ಕೆ ಪಾಟೀಲ (ಡಿ.ಪಿ.ಇ.ಸಿ.)
ಎಸವೇಶ್ವರಪುರ, ಕೃಷಿ ರಾಜಸಾಗರ
ಪ್ರೇಮಚಂದ್ರಪುರ ತಾಲ್ಲೂಕು

20/11/08

ಮೆನು ಬಾರ್ಡ್
ಸಂಸಂ ಪ್ರಿಥ ರೀ. ಮಾಯಗಾನಹಳ್ಳಿ

ಸೋಮವಾರ	-	ಅನ್ನ ಸಾಂಬರ
ಮಂಗಳವಾರ	-	ಪಲಾವ
ಬುಧವಾರ	-	ಅನ್ನ ರಸಂ
ಗುರುವಾರ	-	ಅನ್ನ ಸಾಂಬಾರ
ಶುಕ್ರವಾರ	-	ಬೆಳ್ಳದ ಅನ್ನ ಅಥವಾ ಬನಿಬೆಳೆಬಾತ್. ಇತರೇ,
ಶನಿವಾರ	-	ಬಿತ್ತನ್ನ / ಎಡ್ಲಿ / ಉಪ್ಪಿಟ್ಟು.

Govt. High school (composi)
Narayana Halli
Ram nagal taluk
Ram nagal dist

20/11
ಮುಖ್ಯಸ್ಥಾಧ್ಯಾಯರು

ಸರ್ಕಾರಿ ಸಂಯುಕ್ತ ಪ್ರೌಢಶಾಲೆ
(ಪ್ರಾಥಮಿಕ ವಿಭಾಗ)
ಮಾಯಗಾನಹಳ್ಳಿ, ರಾಮನಗರ ತಾ. & ಜಿಲ್ಲೆ

G. HPS. K. Kodihally
Maddur Taluk Mandya
District

Bisi oota Yojane Tentative weekly Menu

Sl.No	Week	Food
1	Monday	Sweet pongal/Khara Pongal
2	Tuesday	Rice- Sambar
3	Wednesday	Rice- Sambar
4	Thursday	Chitranna(Rice Bath)
5	Friday	Bisibele Bath
6	Saturday	Uppittu/Khara Bath

Foodgrains available every day/child


Rice-100gms/Child for classes 1-5
150gms/Child for classes 6-10

T.Dhal-20gms/Child for classes 1-7
-25gms/Child for classes 8-10

Double Fortified salt-2gms/Child for classes 1-7
-4gms/Child for classes 8-10

Oil-3gms for classes 1-7
-6gms for classes 8-10

Vegitables-50gms/Child for classes 1-7
-70gms/Child for classes 8-10


20/11/08
ಹಿರಿಯ ಶ್ರೀನಿ ಮುಖ್ಯಾಧ್ಯಾಯರು
ಸರ್ಕಾರಿ ಹಿರಿಯ ಪ್ರೌಢಶಾಲೆ
ಕೆ. ಕೋಡಿಹಳ್ಳಿ, ಮದ್ದೂರು ತಾಲ್ಲೂಕು, ಮಂಡ್ಯ ಜಿಲ್ಲೆ.

Government Junior college, Sri Raunga patna Taluk.
(High school)

Bisi oota Yojane Tentative weekly Menu

Sl.No	Week	Food
1	Monday	Sweet pongal/Khara Pongal
2	Tuesday	Rice- Sambar
3	Wednesday	Rice- Sambar
4	Thursday	Chitranna(Rice Bath)
5	Friday	Bisibele Bath
6	Saturday	Uppittu/Khara Bath

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-4gms/Child for classes 8-10

Oil-3gms for classes 1-7
-6gms for classes 8-10

Vegitables-50gms/Child for classes 1-7
-70gms/Child for classes 8-10

B. S. S. S.
ಅಧ್ಯಕ್ಷ-ಪ್ರಾ.ಶಾಲೆಯು
ಸಾರ್ವಜನಿಕ ಶಾಲೆಗಳಿಗೆ
ಪ್ರದಾನಿಸುತ್ತದೆ
20/11/08

G. L. P. S. Gowda hally S.R. Pottay

Bisi oota Yojane Tentative weekly Menu

Sl.No	Week	Food
1	Monday	Sweet pongal/Khara Pongal
2	Tuesday	Rice- Sambar
3	Wednesday	Rice- Sambar
4	Thursday	Chitranna(Rice Bath)
5	Friday	Bisibele Bath
6	Saturday	Uppittu/Khara Bath

Foodgrains available every day/child


Rice-100gms/Child for classes 1-5
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T.Dhal-20gms/Child for classes 1-7
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-4gms/Child for classes 8-10

Oil-3gms for classes 1-7
-6gms for classes 8-10

Vegitables-50gms/Child for classes 1-7
-70gms/Child for classes 8-10


ಮುಖ್ಯ ಅಧ್ಯಕ್ಷರು
ಗೌರವ ಹಿರಿಯ ಪ್ರಾಚಾರ್ಯರು
ನಿರ್ದೇಶಕರು
ಕರ್ನಾಟಕ ರಾಜ್ಯ ಸರ್ಕಾರ
ಬೆಂಗಳೂರು

20.11.08

ಸಾರ್ವಜನಿಕ ಶಿಕ್ಷಣ ಇಲಾಖೆ
ಆಕ್ಷರ ದಾಸೋಹ - ಕರ್ನಾಟಕ

ದೈನಂದಿನ ಹಾಜರಾತಿ ಹಾಗೂ ಬಿಸಿ ಉಟ ಪಡೆಯುವವರ ವಹಿ (ತರಗತಿವಾರು ಕ್ರೋಡಿಕರಣದ ತೀಖೆ)
(Abstract of Daily Attendance & Beneficiaries)

ದಿನಾಂಕ :

ನಮೂನೆ - 1

ಶಾಲೆ / ಕೇಂದ್ರ :

ತರಗತಿ	ದಾಖಲಾತಿ / ವುಟದ ಸಂಖ್ಯೆ									ಮಕ್ಕಳ ಹಾಜರಾತಿ ಸಂಖ್ಯೆ									ಬಿಸಿ ಉಟ ಪಡೆಯುವವರ ಸಂಖ್ಯೆ									ಶಿಕ್ಷಕರ ಸಹಿ
	ಗಂಡು			ಹೆಣ್ಣು			ಒಟ್ಟು			ಗಂಡು			ಹೆಣ್ಣು			ಒಟ್ಟು			ಗಂಡು			ಹೆಣ್ಣು			ಒಟ್ಟು			
	ಪ	ಅ	ಇ	ಪ	ಅ	ಇ	ಪ	ಅ	ಇ	ಪ	ಅ	ಇ	ಪ	ಅ	ಇ	ಪ	ಅ	ಇ	ಪ	ಅ	ಇ	ಪ	ಅ	ಇ	ಪ	ಅ	ಇ	
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2																												
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7																												
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ಒಟ್ಟು																												

ಪ - ಪ.ಹಾ / ಪ.ಪಂ

ಅ-ಅಲ್ಪ ಸಂಖ್ಯಾತರು

ಇ - ಇತರೆ

ಮುಖ್ಯ ಅಧ್ಯಾಪಕರ ಸಹಿ



ಸಾರ್ವಜನಿಕ ಶಿಕ್ಷಣ ಇಲಾಖೆ
ಅಕ್ಷರ ದಾಸೋಹ - ಕರ್ನಾಟಕ
ಅಕ್ಕಿ / ಗೋಧಿ / ಬೇಳೆ ಎಣ್ಣೆ ಮತ್ತು ಉಪ್ಪು ದಾಸ್ತಾನು ವಹಿ

ದಿನಾಂಕ :

ನಮೂನೆ - 2

ಶಾಲೆ / ಕೇಂದ್ರ :

ಕ್ರ. ಸಂ.	ದಿನಾಂಕ	ಪ್ರಾರಂಭದ ಶಿಲ್ಪ					ದಿನದ ಸರಬರಾಜು					ಒಟ್ಟು					ದಿನದ ವಿತರಣೆ					ಅಂತಿಮ ಶಿಲ್ಪ					ಮುಖ್ಯ ಅಡುಗೆಯವರ ಸಹಿ
		ಅಕ್ಕಿ	ಗೋಧಿ	ಬೇಳೆ	ಎಣ್ಣೆ	ಉಪ್ಪು	ಅಕ್ಕಿ	ಗೋಧಿ	ಬೇಳೆ	ಎಣ್ಣೆ	ಉಪ್ಪು	ಅಕ್ಕಿ	ಗೋಧಿ	ಬೇಳೆ	ಎಣ್ಣೆ	ಉಪ್ಪು	ಅಕ್ಕಿ	ಗೋಧಿ	ಬೇಳೆ	ಎಣ್ಣೆ	ಉಪ್ಪು	ಅಕ್ಕಿ	ಗೋಧಿ	ಬೇಳೆ	ಎಣ್ಣೆ	ಉಪ್ಪು	
1																											
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8																											
9																											
10																											

ಮುಖ್ಯ ಅಡುಗೆಯವರ ಸಹಿ

ಶಾಲೆ / ಕೇಂದ್ರ :

[illegible]

ಸಾರ್ವಜನಿಕ ಶಿಕ್ಷಣ ಇಲಾಖೆ
ಅಕ್ಷರ ದಾಸೋಹ - ಕರ್ನಾಟಕ
ಅಕ್ಷರ ದಾಸೋಹ ಅಡುಗೆ ಸಿಬ್ಬಂದಿಯವರ ಹಾಜರಾತಿ ಮತ್ತು ಬಡವಾಡೆ ವಹಿ

ದಿನಾಂಕ :

ನಮೂನೆ - 4

ಶಾಲೆ / ಕೇಂದ್ರ :

ಕ್ರ. ಸಂ.	ಸಿಬ್ಬಂದಿಯ ಹೆಸರು	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1.	ಶ್ರೀಶ್ರೀಮತಿ																															
2.	ಶ್ರೀಶ್ರೀಮತಿ																															
3.	ಶ್ರೀಶ್ರೀಮತಿ																															
4.	ಶ್ರೀಶ್ರೀಮತಿ																															

ವಿ.ಸೂ.: ಪ್ರತಿಯನ್ನು ಪ್ರತಿ ತಿಂಗಳು 5ನೇ ತಾರೀಖಿನಂದು ಶಿಕ್ಷಣಾಧಿಕಾರಿಗಳು (ಅಕ್ಷರ ದಾಸೋಹ), ಮುಖ್ಯ ಕಾರ್ಯನಿರ್ವಹಣಾಧಿಕಾರಿಗಳ ಕಛೇರಿ, ಬೆಂಗಳೂರು ಪಂಚಾಯತ್ ಮತ್ತು ಸಹಾಯಕ ನಿರ್ದೇಶಕರು (ಅಕ್ಷರ ದಾಸೋಹ), ಕಾರ್ಯನಿರ್ವಹಣಾಧಿಕಾರಿಗಳ ಕಛೇರಿ, ತಾಲ್ಲೂಕು ಪಂಚಾಯತ್ ಇವರಿಗೆ ಸಲ್ಲಿಸುವುದು.

ಮುಖ್ಯ ಅಡುಗೆಯವರ ಸಹಿ

ದಿನಾಂಕ :

ಶಾಲೆ / ಕೇಂದ್ರ :

[illegible]

ಪ್ರತಿ ವರ್ಷದ ಮಾರ್ಚ್ 31 ರಂದು ಪರಿಶೀಲಿಸಿ ದೃಢೀಕರಣ ಪತ್ರದ ಪ್ರತಿಯನ್ನು ಸಹಾಯಕ ನಿರ್ದೇಶಕರು ಅಕ್ಷರ ದಾಖಲಾತ ಇವರಿಗೆ ಸಲ್ಲಿಸುವುದು.

ಮುಖ್ಯ ಅಡುಗೆಯವರ ಸಹಿ

ಕರ್ನಾಟಕ ಸರ್ಕಾರ
ಸಾರ್ವಜನಿಕ ಶಿಕ್ಷಣ ಇಲಾಖೆ
ಅಕ್ಷರ ದಾಸೋಹ - ಕರ್ನಾಟಕ

ಅಕ್ಷರ ದಾಸೋಹ ಯೋಜನಾ ಸಿಬ್ಬಂದಿಯ ಬಟವಾಡೆ ವಹಿ

ದಿನಾಂಕ :

ನಮೂನೆ - 6

ಶಾಲೆ / ಕೇಂದ್ರ :

ಕ್ರ. ಸಂ.	ಸಿಬ್ಬಂದಿಯ ಹೆಸರು ಮತ್ತು ಹುದ್ದೆ	ಯಾವ ತಿಂಗಳ ಸಂಭಾವನೆ	ಮೊತ್ತ	ರೆವಿನ್ಯೂ ಸ್ಟಾಂಪಿನ ಮೇಲೆ ಸಹಿ
	ಶ್ರೀ / ಶ್ರೀಮತಿ ಮುಖ್ಯ ಅಡುಗೆಯವರು			
	ಶ್ರೀ / ಶ್ರೀಮತಿ ಅಡುಗೆಯವರು			
	ಶ್ರೀ / ಶ್ರೀಮತಿ ಸಹಾಯಕ ಅಡುಗೆಯವರು			
	ಶ್ರೀ / ಶ್ರೀಮತಿ ಸಹಾಯಕರು			

ವಿ.ಸೂ. : ಪ್ರತಿಯನ್ನು ಪ್ರತಿ ತಿಂಗಳ 5ನೇ ತಾರೀಖಿನಂದು ಶಿಕ್ಷಣಾಧಿಕಾರಿಗಳು (ಅಕ್ಷರ ದಾಸೋಹ), ಬೆಲ್ಲಾ ಪಂಚಾಯತ್ ಕಛೇರಿ ಇವರಿಗೆ ಹಾಗೂ ಸಹಾಯಕ ಶಿಕ್ಷಣಾಧಿಕಾರಿಗಳು (ಅಕ್ಷರ ದಾಸೋಹ) ತಾಲ್ಲೂಕು ಕಛೇರಿ ಇವರಿಗೂ ಕಳುಹಿಸತಕ್ಕದ್ದು.

ಮುಖ್ಯ ಅಡುಗೆಯವರ ಸಹಿ

ಪೌಷ್ಟಿಕಾಂಶಗಳು ಹೇಗೆ ನಷ್ಟವಾಗುತ್ತದೆ ?

1. ತರಕಾರಿಗಳನ್ನು ಸಿಪ್ಪೆ ತೆಗೆದು ಹೆಚ್ಚಿದ ಮೇಲೆ ತೊಳೆಯುವುದರಿಂದ
2. ತರಕಾರಿಗಳನ್ನು ತೀರಾ ಸಣ್ಣಗೆ ಹೆಚ್ಚುವುದರಿಂದ
3. ದಪ್ಪದ ಸಿಪ್ಪೆ ತೆಗೆದು ಹಾಕುವುದರಿಂದ
4. ತರಕಾರಿಗಳನ್ನು ಬೇಯಿಸಿದ ನೀರನ್ನು ಚೆಲ್ಲಿ ಬಿಡುವುದರಿಂದ
5. ಗೋಧಿ ಹಿಟ್ಟನ್ನು ಜರಡಿ ಹಿಡಿದು ಹೊಟ್ಟು ತೆಗೆಯುವುದರಿಂದ
6. ಬೇಳೆ ಕಾಳು ಮತ್ತು ಅಕ್ಕಿಯನ್ನು ಪದೇ ಪದೇ ತೊಳೆಯುವುದು ಮತ್ತು ಅವುಗಳನ್ನು ನೆನೆಸಿದ ನೀರನ್ನು ಚೆಲ್ಲುವುದರಿಂದ.
7. ತೆರೆದ ಪಾತ್ರೆಯಲ್ಲಿ ಹೆಚ್ಚು ಸಮಯ ಬೇಯಿಸುವುದರಿಂದ
8. ಮೂಲಂಗಿ ಸೊಪ್ಪು, ಕ್ಯಾರೆಟ್ ಸೊಪ್ಪು ಹಾಗೂ ಎಲೆಕೋಸು ಇತ್ಯಾದಿಗಳನ್ನು ಎಸೆಯುವುದರಿಂದ



1955-56 ಸಂವತ್ಸರ - ಕೆ.ಕೆ.ಎಸ್. ಸರ್ಕಾರಿ ಹೈಸ್ಕೂಲ್, ಕೊಡಗು ಜಿಲ್ಲೆ
 ಕೊಡಗು ಜಿಲ್ಲೆಯ ಕೆ.ಕೆ.ಎಸ್. ಸರ್ಕಾರಿ ಹೈಸ್ಕೂಲ್, 1955-56 ಸಂವತ್ಸರ

ವಿದ್ಯಾರ್ಥಿಗಳ ಹೆಸರು	ಸಿ	ಎ	ಎ	ವಿದ್ಯಾರ್ಥಿಗಳ ಪರೀಕ್ಷಾ ಪಟ್ಟಿ				ಇತರ ವಿಷಯಗಳು
				ಹೆಸರು	ಪದವಿ	ವರ್ಗ	ಪದವಿ	
ಶ್ರೀ ಕೆ.ಕೆ. ಕೊಡಗು	26	1-00	ಸಿ	ಕೊಡಗು	ಪದವಿ	ಪದವಿ	ಪದವಿ	17-11-1955
ಶ್ರೀ ಕೆ.ಕೆ. ಕೊಡಗು	19	1-00	ಸಿ	ಕೊಡಗು	ಪದವಿ	ಪದವಿ	ಪದವಿ	17-11-1955
ಶ್ರೀ ಕೆ.ಕೆ. ಕೊಡಗು	22	1-00	ಸಿ	ಕೊಡಗು	ಪದವಿ	ಪದವಿ	ಪದವಿ	17-11-1955
ಶ್ರೀ ಕೆ.ಕೆ. ಕೊಡಗು	21	1-00	ಸಿ	ಕೊಡಗು	ಪದವಿ	ಪದವಿ	ಪದವಿ	17-11-1955
ಶ್ರೀ ಕೆ.ಕೆ. ಕೊಡಗು	41	1-00	ಸಿ	ಕೊಡಗು	ಪದವಿ	ಪದವಿ	ಪದವಿ	17-11-1955
ಶ್ರೀ ಕೆ.ಕೆ. ಕೊಡಗು	41	1-00	ಸಿ	ಕೊಡಗು	ಪದವಿ	ಪದವಿ	ಪದವಿ	17-11-1955

18 ಸೆಪ್ಟೆಂಬರ್ 1955
 05-01-2000

Walamale
 ಮುಖ್ಯಸ್ಥರು
 ಕೆ.ಕೆ.ಎಸ್. ಸರ್ಕಾರಿ ಹೈಸ್ಕೂಲ್
 ಕೊಡಗು ಜಿಲ್ಲೆ
 562 111



ಕರ್ನಾಟಕ ಸರ್ಕಾರ

ಸುವರ್ಣ ಆರೋಗ್ಯ ಚೈತನ್ಯ ಶಾಲಾ ಮಕ್ಕಳ ಆರೋಗ್ಯ ತಪಾಸಣಾ ದಾಖಲೆ

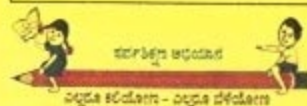
ವಿದ್ಯಾರ್ಥಿಯ ಹೆಸರು : ಶಿರಣ್ಣ ಬಿ	ಹುಟ್ಟಿದ ದಿನಾಂಕ :	ಲಿಂಗ : ಗಂಡು <input type="checkbox"/> ಹೆಣ್ಣು <input type="checkbox"/>
ತಂದೆ/ಪೋಷಕರ ಹೆಸರು :	ತಾಯಿಯ ಹೆಸರು :	
ವಿಳಾಸ :	ವಿದ್ಯಾರ್ಥಿಯ ಗುರುತಿನ ಸಂಖ್ಯೆ :	ಶಾಲಾ ಸಂಕೇತ :
ಶಾಲೆಯ ಹೆಸರು :	ಬ್ಲಾಕ್ :	ಕಾರ್ಡ್ ವಿತರಿಸಿದ ದಿನಾಂಕ :

ಕಂಡುಬಂದ ವಿಕಲತೆ ಹಾಗೂ ಗಂಭೀರ ಕಾಯಿಲೆಗಳು :- ದೃಷ್ಟಿ : ☐ ಶ್ರವಣ : ☐ ಬುದ್ಧಿ : ☐ ಅಂಗ : ☐ ಮೂರ್ಛೆ ರೋಗ : ☐ ತೊಡಲುವಿಕೆ : ☐

ಕಂಡುಬಂದ ವಿಕಲತೆಯ ವಿವರಗಳು / ಇತರ ಗಂಭೀರ ಕಾಯಿಲೆಗಳು :

ವೈದ್ಯಕೀಯ ಸಲಹೆಗಳು :

ಸಂಬಂಧಪಟ್ಟ ಆರೋಗ್ಯ ತಪಾಸಣಾಧಿಕಾರಿಯ ಸಹಿ



ಸರ್ವಶಿಕ್ಷಣ ಅಭಿಯಾನ, ಸಾರ್ವಜನಿಕ ಶಿಕ್ಷಣ ಇಲಾಖೆ,
ಹಾಗೂ ರಾಷ್ಟ್ರೀಯ ಗ್ರಾಮೀಣ ಆರೋಗ್ಯ ಅಭಿಯಾನ
ಹಾಗೂ ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬಕಲ್ಯಾಣ ಇಲಾಖೆ
ಸಹಯೋಗದಲ್ಲಿ



ಆರೋಗ್ಯ ತಪಾಸಣಾ ದಾಖಲೆ

[illegible]