



creating awareness  
to empower

**HUNGER IS THE  
LEADING  
CAUSE OF DEATH IN  
THE WORLD**

# REPORT

## Mid Day Meals

SYSTEM RESEARCH SOCIETY

Our planet has provided us with tremendous resources, but unequal access and inefficient handling leave millions of people malnourished. If we promote sustainable agriculture with modern technologies and fair distribution systems, we can sustain the whole world's population and make sure that nobody will ever suffer from hunger again.



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Empowering mankind globally by creating awareness.

## **A Visual Story**

A medley of pictures of Mid-day meals served in schools.

# 2 ZERO HUNGER



2 ZERO HUNGER



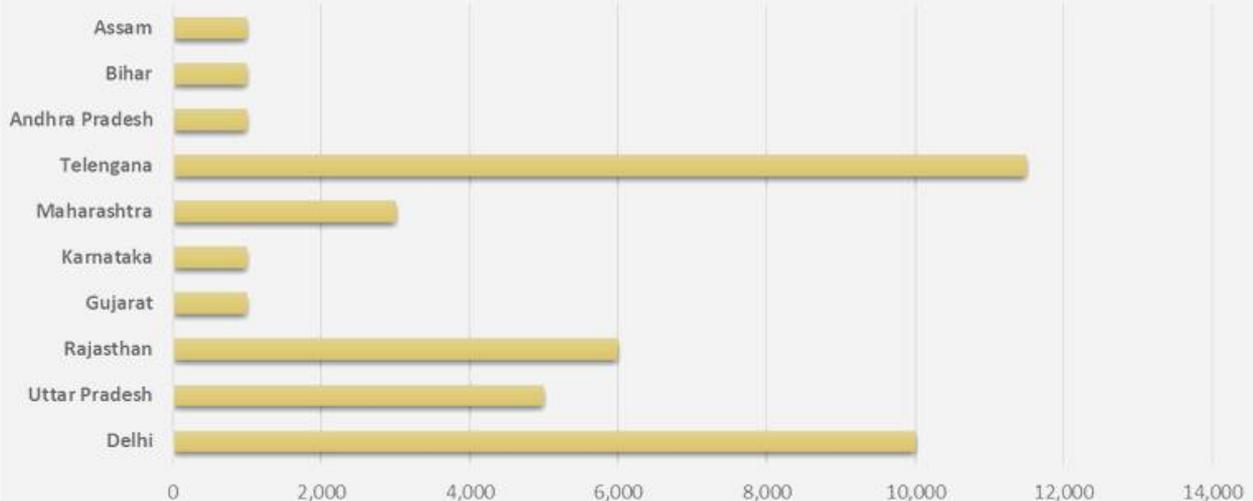
Global Sustainable Development (SDG) goals state 'Zero Hunger' as one of its 17 goals for world development. The various global SDGs have been developed to uplift society and aid the marginalised and underserved section of the society with opportunities to grow. "Hunger" is a critical problem in our country. People often live in a constant state of malnutrition because their diet consists of food that is low in important vitamins and nutrients –things critical to a full life. More than 820 million people in the world are still hungry today, underscoring the immense challenge of achieving the Zero Hunger target by 2030

According to the Food Security and Nutrition 2017 report, 190.7 million people in India are undernourished, thus stating that 14.5 percent of the population in India is malnourished.

We've developed long-term partnerships with our volunteers and supporters to help deliver specially formulated meals to the hungry. Every morsel is distributed through our volunteers and staff.



Food Distribution in different states





Shown here: from clockwise, food distribution in the Pitampura location, nutritious meals served in the program, food program in Noida location, hot meal served in front of the hospital, meals served in Hyderabad location.

### Food4school

A mid-day meal program is an initiative started by the organization for students belonging to economically weaker sections. Under this project, meals are served every day to the school children. This meal has reduced drop-out rates and increased the pass percentage every year. Students feel motivated to attend school and not take leaves. Although small, it does have an impact in their lives over a consistent period of time. Through the Mid-day meal programme, we ensure that the children, belonging to not-so-privileged backgrounds, attend school regularly.

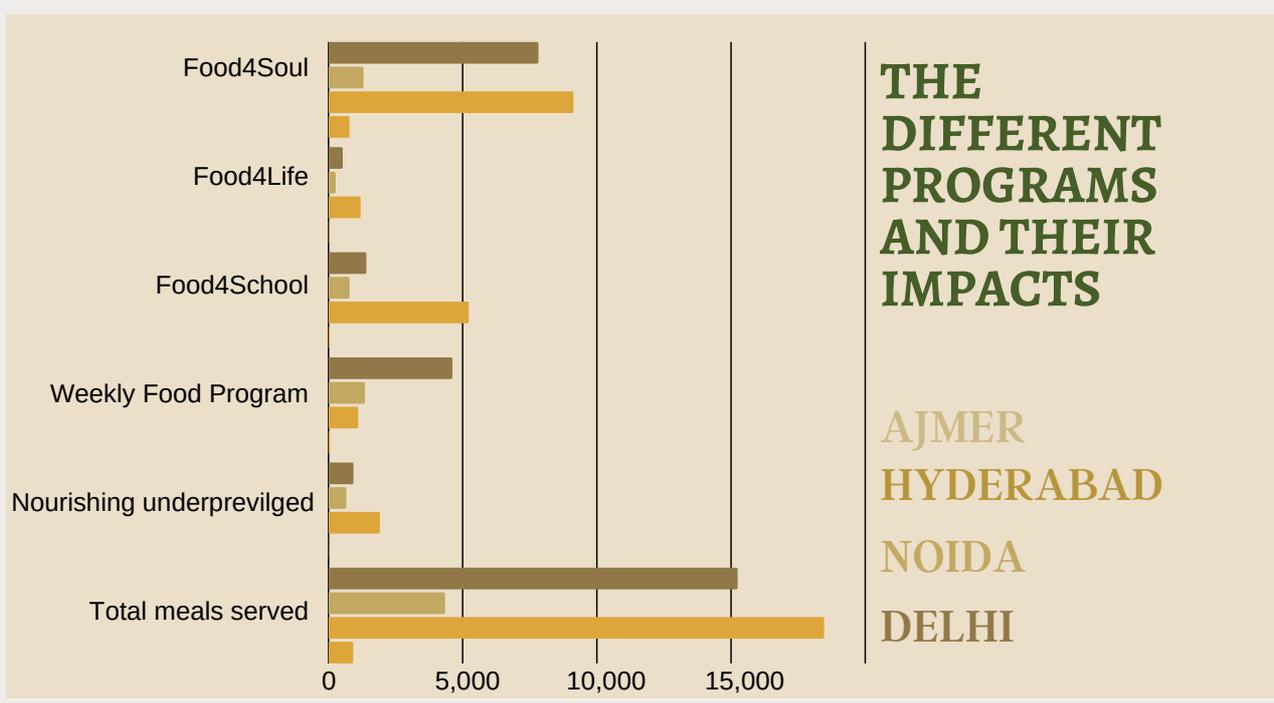
### Daily Meal Program at Cherish Orphanage

The Organisation adopted another orphanage in Hyderabad recently. Under this program, the foundation is supporting the lives of about 50 street children at Cherish orphanage. Apart from this, the foundation conducts various other similar self-funded projects across the country.

### Scholarship Program:

A scholarship program has been established specifically for deserving and talented students from economically disadvantaged backgrounds. Every year, The organisation grants scholarships to students who have excelled in school but come from less privileged homes. This small financial assistance motivates these gifted children to study harder and achieve better results year after year. In consequence, the financial status of some households improves over time as well. In addition, the foundation sponsors the education of a select group of students each year.

the image below shows the impact of the program in major cities. The Organisation serves 10,50,000 meals a year. This annual outreach figure is calculated based on the rice consumption pattern of 3,500-4,000 individuals per day in a year. This figure is in addition to the School's mid-day meals which are offered to economically marginalized students. It has been observed that in total about 17,000 kg of rice is consumed per year.



# CHILD HUNGER & UNDERNOURISHMENT

## State of Hunger in India

According to FAO estimates in 'The State of Food Security and Nutrition in the World, 2020 report, 189.2 million people are undernourished in India. By this measure, 14% of the population is undernourished in India. Also, 51.4% of women of reproductive age between 15 to 49 years are anemic. Further according to the report 34.7% of the children aged under five in India are stunted (too short for their age), while 20% suffer from wasting, meaning their weight is too low for their height. Malnourished children have a higher risk of death from common childhood illnesses such as diarrhea, pneumonia, and malaria. The Global Hunger Index 2020 ranks India at 101 out of 116 countries.

- About 15 percent of India is undernourished.
- One-third of food gets lost or wasted.
- Women account for 60 percent of India's hungry population.
- 3,000 children die every day from hunger. Those that survive have a high chance of living with hardships in the future.
- Around 30 percent of newborns die from lack of nutrition.
- 21 percent of the population lives on less than \$1.90 per day. \$1.90 is not nearly enough to live sustainably.

Child hunger in the world is a serious problem that affects several millions of children, disproportionately impacting kids in low- and middle-income nations.

Hunger among children adds to a poverty cycle that continues from generation to generation. Hungry youngsters have trouble concentrating in class or developing life skills, making it more difficult for them to find work and support a family as adults.

This, in turn, may result in increased childhood poverty and more famished children in the future.

Nutrition is vitally important to a human's health but even more so in childhood. When young, we require extra special care and attention when it comes to what we eat. We need to ensure we are getting adequate amounts of essential nutrients that support our growth. This is one of the most pressing issues when it comes to world hunger. Millions of children all over the world are born with limited access to the right quantity and variety of foods needed to sustain a healthy diet.





Shown here: from clockwise, daily meal distribution at Cherish orphanage, mid-day meal program at Vivekanand Vidyalaya, Nanakramguda, Hyderabad. daily nutritious meal distribution to children of not-so-privileged backgrounds. While the distribution of the meals, the volunteers sit with the children to make them feel more comfortable.

# THE IMPORTANCE AND NEED FOR MID-DAY MEALS IN SCHOOLS

## How are mid-day meals helping

School, without a doubt, plays a vital part in the socio-economic development of society. It is a place where youngsters from all origins mix, establishing a culture of unity and brotherhood. Their education at school prepares them to reach their goals and be successful in life.

However, the majority of students in government schools come from low-income families. Even when education programs such as Sarva Shiksha Abhiyaan are being introduced, some youngsters are forced to pick jobs over school due to financial constraints. And this is where the true value of a mid-day meal emerges.

The mid-day meal serves as an enticing incentive for parents to take their children to school. This way they can ensure that their child will receive at least one plate full of food for the day. In our country, more usually in the rural areas there exists a higher possibility of preferential treatment. Usually, the parents are not well of to send all of their children to school, so the preference is frequently given to the male offspring.

Along with the incentive of mid-day meals and scholarships given by the organisation, it also supports many students financially.



## END ALL FORMS OF MALNUTRITION

By 2030, end all forms of malnutrition, including achieving, by 2025, the internationally agreed targets on stunting and wasting in children under 5 years of age, and address the nutritional needs of adolescent girls, pregnant and lactating women and older persons.



# MID-DAY MEAL- A BRIDGE TO SDG GOAL 4.7

## Education and food

Education is the most important tool through which we can facilitate the process of sustainable development. The Target 4.7 of the SDG states that “by 2030 to ensure that all learners acquire the knowledge and skills needed to promote sustainable development, including, among others, through education for sustainable development and sustainable lifestyles, human rights, gender equality, promotion of a culture of peace and non-violence, global citizenship and appreciation of cultural diversity and of culture’s contribution to sustainable development.”

In order for a child to have a chance at a bright future, they need to eat healthy meals every day. When they’re hungry, children are more likely to be hospitalized, and they face a higher risk of health conditions because they have weakened immune systems. A brain starved of vital nutrients is one that can’t concentrate, setting hungry kids up for failure in school.

Even if they are consuming an adequate volume of food, children may not be receiving enough of the vitamins and minerals they need to grow up healthy and are therefore malnourished. Without enough food or proper nutrition, kids face a variety of setbacks that can derail their path out of poverty.

The mid-day meal initiative of the organization supports target 4.7, along with providing a nutritious meal, it also works as an incentive for students to regularly come to school.

The organization supports Richmond High school and Vivekanand Vidyalaya, Nanakramguda, Hyderabad.

Under this program, meals are served to students from kindergarten to class 10, six days a week. The children are served with different menus for all six days with a special ice-cream treat on the sixth day of the week. The meals are nutritious and balanced in diet.





# IMPACT OF MID-DAY MEALS IN SCHOOLS

## Are mid-day meals working?

Many children are encouraged to attend school as they are given the security and assurance of receiving nutritional meals daily. Parents are also eager to send their children to school and not have to worry about their afternoon meals.

Boys typically leave school to work and support their families, whilst girls often do so to learn housework and help their mothers in taking care of the family.

It is the guarantee of a nutritious meal that parents are more than willing to send their children to school rather than seeing them drop out of school to either work or learn household chores.

Many a time, the mid-day meal provided in the school is the only meal the children have for that day. While this may be true for many children, classroom hunger remains an

an important concern that needs to be tackled every day for every child.

We believe that this initiative is a small step in the right direction and in the coming years, we will be able to support more schools and provide students with nutritious meals daily.

The need for mid-day meals is increasing as according to the survey reports released by the World Health Organisation states that, 60 million children in India are underweight. Again, a recent UNICEF's report states that in India, 80 million children drop out of school before reaching eight years of age, and over eight million children are out of school.

Along with providing a hot meal, the organization also tries to support students with a not-so-privileged background by different methods, one of which is "**Medhavi Chhatra Karyakaram**".





### **“Medhavi chhatra karyakaram’**

Under this programme, meritorious and talented students are awarded scholarships by the organisation on a regular basis. In an annual event, those who have secured the first second, or third position in the class IX examination are recognized for their outstanding performance and felicitated.

The idea is to motivate them further for next year's board examination. Most of these students belong to not-so-privileged backgrounds, therefore this programme also financially supports them in continuing their education further.

Over the years it has been observed that such initiatives have created a positive impact on these young minds. They feel highly motivated and focused.

The percentage of students passing each year has been increasing. School dropout rates have considerably gone low. In the schools where mid-day meals are being served every day, scholarships act as an additional motivational factor.

# inspiring collective action to **Unite** community to serve **Humanity**

## **SRS stands for System Research Society**

SRS envisions creating an alternative paradigm that ensures individual welfare, sustainable economic growth, and consequential social prosperity.

**the Mission** | Empowering mankind globally by creating awareness.

**the Vision** | Shaping the future for an equitable living, discovering means for a possible sustainable change, and sharing the knowledge with the world.

**the Organisation** | System Research Society (SRS) was registered under The Societies Registration Act, 1860, and was granted national registration in the year 2008. SRS is an organisation for uplifting lives. It embodies a commitment, to promote awareness on global issues through capacity building, research, publicity, publishing, and holding conferences and seminars for sustainable change.

**The Work** | SRS inspires collective action to unite the community to serve humanity by contributing individual skills, time, and resources for sustainable change.

It envisions creating a systemic alternate approach that would result in individual well-being, sustainable economic growth, and consequential social prosperity. SRS aims at making living, sharing, and working an experience, to foster the development of service, and learning opportunities and promote social change through collective initiatives

The organisation feeds the hungry from its soup kitchens and food banks under its various food programmes; the relief support programme and the mid-day meal programme for the children.

**the Commitment** | SRS is committed in providing society with effective services and developmental opportunities that augment life experiences and enhance the quality of lives, distinguished by a shared purpose, collaboration, mutual respect, inclusiveness, and personal responsibility.



**Service makes us smile**



## Live2Give

**Wish for others what you wish for yourself.**

We make living, sharing and working an experience to foster the development of service learning opportunities and promote social change through service initiatives. Join hands to make a better world. It exists in all living souls. Begin small, begin with self, begin today!



**Shown here from top to bottom, clockwise:** Students studying at the school, daily mid-day meal distribution held at Vivekanand Vidyalaya, Nanakramguda, Hyderabad; students enjoying a nutritious meal, students at Richmond high eating a hot packed meal, children enjoying ice cream on the sixth day of the week.



## Food4School

**A daily free food distribution program to support life**



*The purpose of our movement is to work towards unity. Its main object is to bring humanity, divided as it is into so many different sections, closer together in the deeper understanding of life. We aspire to promote the natural religion which has always been the religion of humanity: to respect one another and love each other.*



**Shown here from top to bottom, clockwise:**  
*Mid-day meal distribution at Richmond high school and Vivekanand Vidyalaya, Nanakramguda, Hyderabad. The changing menu makes the children both young and old relish the mid-day meal.*

**Live2Give**

**Wish for others what you wish for yourself.**



*The World, both animate and inanimate, is sustained by food. The giver of food is the giver of life and indeed of everything else. Therefore, one who is desirous of well-being in this world and beyond, should make special endeavours to give food.*



**Shown here from top to bottom, clockwise:** Students of Vivekanand Vidyalaya, Nanakramguda studying, students of younger class enjoying a nutritious meal served during lunch break.



## Food4School

**A daily free food distribution program to support life**



*Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive."*  
*Be yourself. Don't try to be somebody. Create your own path and walk on it. Your beliefs alone will shape your perceptions. There is no knowledge other than self-knowledge.*



**Shown here from top to bottom, clockwise:**

*Mid day meal served to students of primary and senior class of Vivekananda school. the meals served in schools are not covered and/or supported under any government schemes. The schools are run by individuals with a passion for educating the not-so privileged.*

# National Campaign on reducing food wastage

## **Don't you waste food campaign:**

The national campaign known as DYWF, a campaign is the call-to-action plan of SDG ensuring sustainable consumption and production to achieve food security, reduced wastage, and improved environmental impact.

In September 2015 the UNDP created a set of goals known as the Sustainable Development Goals. A set of 17 goals aimed at improving the social and economic conditions across the globe. The twelfth goal aim towards 'Responsible Production and Consumption'. The thrust of this goal is centered on the agenda, 'Reduce Food wastage by 50% at production and consumption levels.' This agenda is at the core of the 'Don't You Waste Food' campaign.

The campaign enables by providing a platform for centralizing and sharing information, developing analyses, creating necessary coordination mechanisms and supporting capacity building on food waste reduction.

Our food system is broken. It is linear. In other words, food travels in one direction. From production and processing to consumption and disposal.

In the process, huge quantities of resources are used to grow and transform our food. Then we generate significant amounts of pollution in disposing of it.

Our food system is growing beyond what our planet can sustain. All along the process of growing, processing, distributing, and consuming food, large amounts go waste. Since no one bears the cost of these losses, nor of the wider environmental impacts of agriculture, our food system is characterised by overproduction.

Despite the fact that millions go hungry worldwide, millions also suffer the health costs of over consumption. To cap it all we all suffer the environmental impacts of wasting precious water, land, and energy on growing food that is never eaten.

The campaign held in different states works in two phases, the first phase is to visit different cities and draw the attention of people towards this cause. Then conclaves are organized wherein socially active people from various walks of life share their experiences, thoughts, and ideas. After discussions and seminars, students of different schools, colleges, and NCC cadets, adorn the t-shirts and caps that read Don't You Waste Food, and actively walked to reach out to the local public of the city. The awareness walk was organized to capture the attention and create awareness amongst the locals of the city. The students from schools and colleges held banners that read "Food is Precious. Don't You Waste It"; "Life runs on food. Just Eat it." These placards held the attention of commuters on the road who stopped to read and understand the concern.

The walk was also joined by people from academia, food and beverage industry, media, and social organizations as well, who pledged to take up this cause. Put together, more than thousands claimed different city roads to take a major step towards sustainable change.

After the walk had been completed, all the students, educators, professors, NCC Cadets, people from the food and beverage industry, and youth ambassadors of the DYWF campaign were served healthy and nutritious meal boxes.



**Combating food waste today, to live a better tomorrow.**



There are thousands of nonprofits and amazing causes out there, yet our donors chose to support us. We are very grateful for reposing confidence in us. Thank you for your generosity. We are grateful. We look forward to your continuous support.

Statcon Power Controls Ltd. | Statcon Electronic India Ltd. | Universal Offset Printers Pvt Ltd. | Enerdyne Devices Pvt Ltd. | Technical Projects Consultants Pvt. Ltd | VK Polycot India Limited | Dairy Frozen Foods Pvt Ltd. | CMS Info Systems Ltd. (CMS-CSR Initiative)

#### **SRS Mission**

Empowering mankind globally by creating awareness.

#### **SRS Vision**

Shaping the future for an equitable living, discovering means for a possible sustainable change and sharing the knowledge with the world. The ultimate goal of the organisation is to help usher in a more compassionate and equitable world for all.

#### **System Research Society**

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