



# IMPACT STUDY ON TAMIL NADU CHIEF MINISTER BREAKFAST SCHEME

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## Abstract

The present study titled “*Impact Study on Tamil Nadu Chief Minister Breakfast Scheme*” aims to examine the effectiveness of the breakfast scheme introduced by the Government of Tamil Nadu in improving the nutritional status, school attendance, and academic performance of primary school children. The scheme was launched to address classroom hunger and enhance student participation in government schools.

This study adopts a descriptive research design to analyze the impact of the scheme among beneficiaries in Coimbatore District. A total of 60 respondents including students, parents, and teachers were selected using convenient sampling method. Primary data were collected through structured questionnaires and interviews, while secondary data were gathered from journals, books, and government reports.

The findings reveal that the scheme has significantly improved students’ attendance, punctuality, energy levels, and concentration in classrooms. It also reduced the financial burden on parents and improved the nutritional intake of children. However, certain challenges such as need for menu variety and limited community participation were observed.

The study concludes that the Chief Minister Breakfast Scheme is a highly effective social welfare initiative contributing to child development and educational outcomes. It recommends strengthening awareness, improving food variety, and enhancing monitoring mechanisms for better implementation.

## Introduction

Education and nutrition are closely interrelated, as proper nutrition is essential for effective learning. Many children from economically weaker sections attend school without having breakfast, which negatively affects their concentration, energy levels, and academic performance (Basch, 2011; World Health Organization [WHO], 2020).

To address this issue, the Government of Tamil Nadu introduced the Chief Minister Breakfast Scheme in 2022. The scheme aims to provide free and nutritious breakfast to students studying in government primary schools. It ensures that children begin their day with adequate nutrition, thereby improving their overall health and learning capacity.

The breakfast scheme is not only a nutritional program but also a social welfare initiative that promotes equality in education. It helps reduce classroom hunger, improves attendance, and encourages children to actively participate in school activities (World Food Programme, 2020; IFPRI, 2022).

This study focuses on analyzing the impact of the scheme on students, parents, and teachers in Coimbatore District.

### **Objectives Of the Study**

- To study the socio-demographic characteristics of respondents
- To examine the awareness level about the breakfast scheme
- To analyse the impact of the scheme on students' attendance, punctuality and academic participation
- To identify challenges in implementation of the scheme
- To suggest measures for improving the effectiveness of the scheme

### **Research Methodology**

The study is descriptive in nature and focuses on analysing the impact of the breakfast scheme.

The universe of the study consists of government school students, parents, and teachers in Coimbatore District. The researcher selected 60 respondents using convenient sampling method, including 25 students, 25 parents, and 10 teachers.

Primary data were collected through structured questionnaires and direct interviews. Secondary data were collected from books, journals, and official reports.

The collected data were analysed using percentage method and presented through tables and charts.

Despite careful planning, the study faced limitations such as limited sample size, time constraints, and dependence on respondents' opinions.

### **Findings**

The study reveals that all the respondents (100%) studied in government schools, indicating that the scheme effectively targets its intended beneficiaries. A majority of the respondents (52%) are female, and most of them (92%) belong to rural areas, highlighting the importance of the scheme in rural development. It is also observed that a large proportion (96%) of the respondents are aware of the Chief Minister Breakfast Scheme, reflecting effective dissemination of information.

Regarding food habits, 44% of the respondents reported consuming breakfast daily, while a significant majority (92%) stated that the quality of breakfast provided is always good. A considerable percentage (88%) rated the taste of the food as excellent, and the same proportion (88%) strongly agreed that hygiene standards are well maintained. Furthermore, 68% of the respondents strongly agreed that the scheme has improved students' energy levels, while 52% strongly agreed that it has contributed to improved school attendance. About 60% of the respondents strongly agreed that students arrive early to school, and 64% reported that students come early mainly for attending classes.

The findings also show that all respondents (100%) are satisfied with the breakfast programme, and a majority (64%) preferred Pongal as their breakfast item. However, 68% expressed the need for more

breakfast varieties, indicating scope for improvement in menu diversity. Importantly, all respondents (100%) supported the continuation of the scheme.

From the teachers' perspective, the majority (50%) have 10–20 years of teaching experience. About 60% of teachers reported that almost all students consume breakfast regularly. Half of the teachers (50%) expressed that they are very satisfied with the food quality. A majority (70%) observed significant improvement in students' energy levels, while 50% reported a reduction in morning hunger complaints. All teachers (100%) confirmed improvement in students' punctuality, and 70% agreed that classroom participation has improved. Additionally, all teachers (100%) observed positive behavioural changes among students, while 50% reported improvement in academic performance.

Further findings indicate that 80% of teachers observed a reduction in absenteeism, and 60% reported increased parental motivation for regular school attendance. All teachers (100%) stated that staff availability for breakfast service is adequate, and 70% reported that kitchen hygiene is consistently maintained. A majority (60%) indicated that there are no major challenges in implementation; however, 80% reported lack of parental and community support as a concern. Most teachers (70%) rated the scheme as good, and all (100%) recommended its continuation and expansion. Half of the teachers (50%) suggested the inclusion of millet-based food items for better nutritional value.

From the parents' perspective, the majority (60%) of respondents are female, and 56% have studied up to the 10th standard. About 36% are employed in the private sector, and 56% belong to the monthly income group of ₹10,000–₹15,000. A majority (52%) belong to nuclear families, and 72% reside in rural areas. Most respondents (60%) belong to the SC community, and 64% reported having one child studying in primary school.

In terms of participation, 52% of parents stated that their children regularly participate in the scheme, while 60% prefer that their children have breakfast at school. A large proportion (92%) of parents are aware of the scheme. About 80% reported improvement in their child's interest in going to school, and 76% observed improvement in school attendance. Additionally, 72% reported time saving in the morning, with 32% identifying time saving as the major benefit.

Regarding quality and impact, 44% of respondents rated the food quality as good, and 48% believed that meals are always nutritious. A majority (80%) reported improvement in their child's nutritional intake. In terms of satisfaction, 44% expressed satisfaction with the scheme, while a significant majority (88%) reported a reduction in family food expenses.

Overall, the findings indicate that the Chief Minister Breakfast Scheme has made a positive impact on students' nutrition, attendance, and academic engagement, while also benefiting parents economically and socially.

## **Suggestions**

The government should introduce more variety in the breakfast menu to increase student satisfaction.

Awareness programs should be conducted to ensure all parents and students understand the benefits of the scheme.

Community participation should be encouraged to improve monitoring and support.

Regular quality checks must be ensured to maintain hygiene and nutritional standards.

The government should provide additional training to staff involved in the implementation of the scheme.

Feedback from students should be regularly collected to improve the program.

## Social Work Intervention

Social work intervention plays a crucial role in strengthening the implementation of the breakfast scheme and addressing the issues faced by beneficiaries. Social workers can create awareness among parents and communities about the importance of nutrition and education.

They can provide counselling and support to students to encourage regular attendance and participation in school activities. At the school level, social workers can monitor the implementation of the scheme and ensure that all students benefit equally.

At the community level, they can promote participation of parents and local bodies in supporting the scheme. Social workers can also identify challenges such as lack of awareness or irregular attendance and take necessary actions to address them.

They can advocate for better policies, improved food quality, and inclusion of nutritious items in the menu. Through continuous monitoring and evaluation, social workers contribute to the overall success and sustainability of the scheme.

## Conclusion

The study concludes that the Tamil Nadu Chief Minister Breakfast Scheme has a positive impact on students' health, education, and overall development. It has successfully reduced classroom hunger, improved attendance, and enhanced learning outcomes.

The scheme also benefits parents by reducing financial burden and saving time. Teachers observed improvements in students' behaviour and participation.

Although some challenges exist, the scheme is highly effective and should be continued and expanded. With proper implementation and improvements, it can serve as a model for other states in India.

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