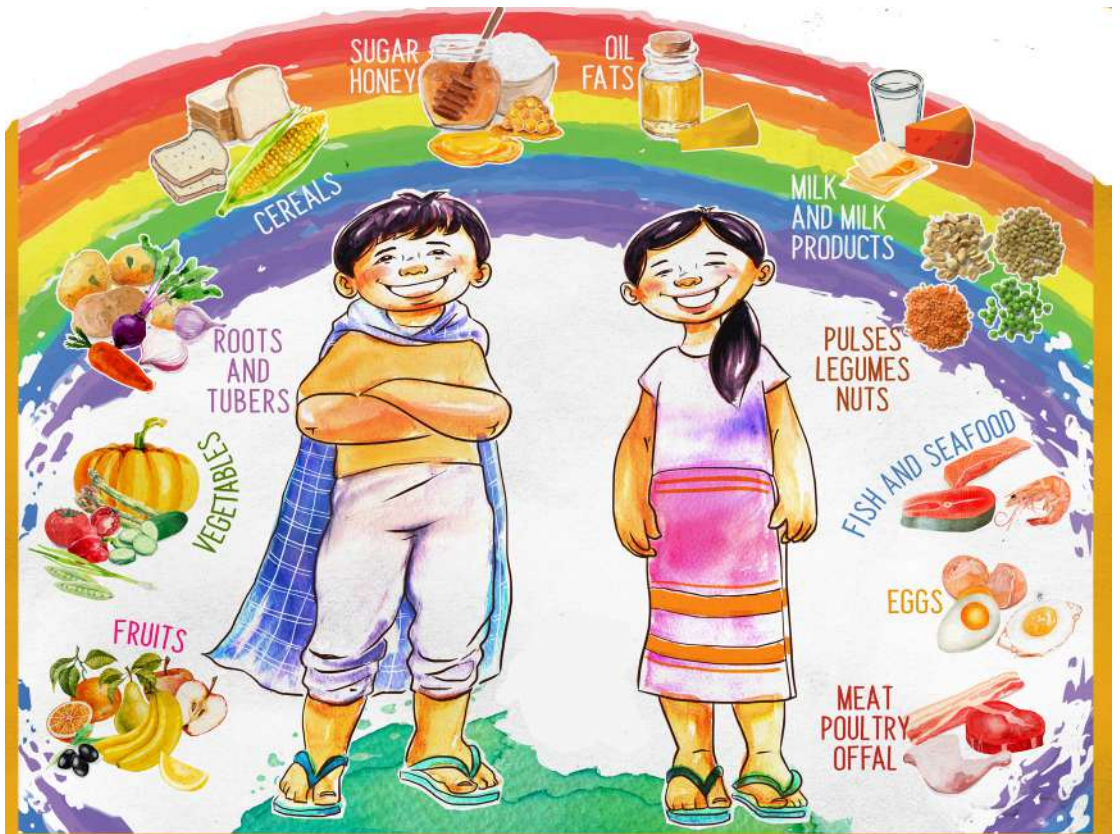


Ka Thup Pyniaid ia ki Jingbam Sngi (Mid Day Meal) ha ki Skul ha Meghalaya, India



Deutsche Gesellschaft
für Internationale
Zusammenarbeit (GIZ) GmbH



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giz Deutsche Gesellschaft
für Internationale
Zusammenarbeit (GIZ) GmbH



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Kerie Ville, Arbuthnott Road, Behind Nazareth Hospital, Laitumkhrah
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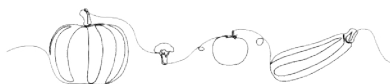
**KA KOIT KA KHIAH
MYNTA
KA PYNKHEM IA KA
LASHAI**



**KYNTHUP KUMBA 5 JAIT
NE KHAM BUN KI THUP JINGBAM
BAN IOH IA KA JINGBAM BA PURA**



26 In set no 1a "Guidelines for Measuring Household and Individual Dietary Diversity, FAO, Rome"



Jinglamphang

Ka NESFAS ka dei ka seng trei mon sngewbha kaba la registrar ha u snem 2012 bad ka Meghalaya Societies Registration Act, 1983. Ka jingthmu jong ka NESFAS ka long ban kyntiew ia ka jingbam tynrai bad kane kan wanrah ka jingkiew ia ka rep ka riang bad ka jingpynneh pynsah ia ka mariang.

Lyngba ka project ka thmu ban kyntiew ia ka mid day meal ha ki skul. Da ka jingiarap na ka GIZ, ka NESFAS ka thmu ban trei bad ki khyannah skul, nonghikai skul, ki nongrep bad ki nongshongshnong baroh kumno yn lah ban kyntiew ia ka rukom bam ha mid day meal.

Ka jingthmu jong kane ka kot ka long ban iarap ia ki skul ban pyntreikam bha ia ka mid day meal. La shim ia ki bynta ba kongsan na ki aiñ ba la phah da ka Sorkar ha kaba iadei bad ka rukom pyniaid ia ka mid day meal bad ruh na ki seng kum ka National Institute of Nutrition, Hyderabad.

Ka jingdapbiang ka rukom bam ka dei kawei ka bynta ba kongsan ha ka koit ka khiah bad jingsan jong ki khyllung khyannah. Lada ki khyllung kim bam bha ia ka jingbam ba dap biang kum ka protein, khleiñ (fat), carbohydrate ne kum ki bitamin A, iodine, iron bad zinc, ki lah ban long ki khyllung ba kloiban kem jingpang, kan suki ka jingsan ha ka met bad ka jabieng ruh. Katkum ka WHO, ka dei ban ai jingbam ba tei met bha ia ki khyllung hapoh 2 snem namar hadein kine ki snem, yn don ki bynta ba yn ym lah ban pynbha pat. Wat lada ka jingsan i khyllung ka sdang naduh na ka kpoh ka kmie hynrei ka jingbam ba dap biang haduh ban da kham heh kham san ka long ka donkam shibun eh ban pynkhlain ia ki khyannah ba kin long kiba shait ba khlain bad ba lait na ki jingpang. Ka jinglong jingman ki kyllung hapoh 5 snem la ai ha ka Table 1.

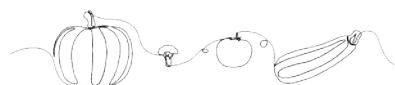
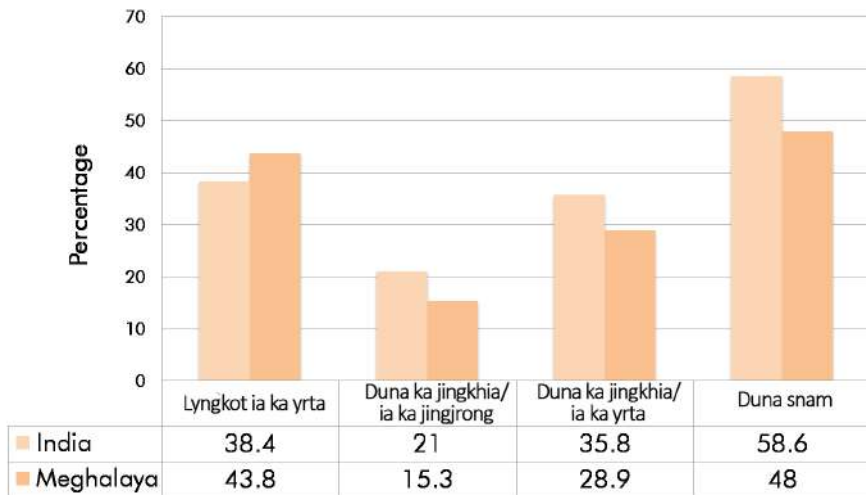


Table 1: Ka jinglong ki khynnah (6 to 59 bnai):



La sot na ka National Family Health Survey 2015-16

Ka Sorkar ka la wanrah ki prokram ban kyntiew ia ka jingkoit jingkhiah ki khyllung khynnah lyngba ka Integrated Child Development Services (ICDS) ia ki kyllung hapoh 6 snem bad ka Mid Day Meal ia ki khynnah ba la leit skul khnang ban kyntiew ia ka jingleit skul, ka jingbymiehnoh shiteng por ia ka skul bad kumjuh ruh ban kyntiew ia ka koit ka khiah ki khynnah. Ki jingbam sngi ne mid day meal ki dei ban long kiba dap da ki bitamin ba pynbha ia ka met bad kumjuh kiba tei ia ka jingsan ka bor pyrkhath ki khynnah. Ka Mid Day Meal ka dei ka skim Sorkar India kaba thmu ban ai jingbam sngi kiba khluit bad ba bha ia baroh ki khynnah skul ba pule Klass 1 – VIII jong ki skul sorkar baroh, ki jaka pule ba kyrpang kum ki Special Training Centre, ki Madrassa bad Muktab ba la kyrshan da ka SSA.

Katkum ki rukom pyniaid ka MDM , ka thmu ba ai jingbam katkum kine ki kyndon ba la pyni ha ka Table 2:

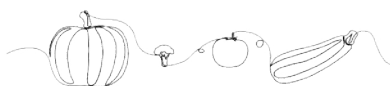
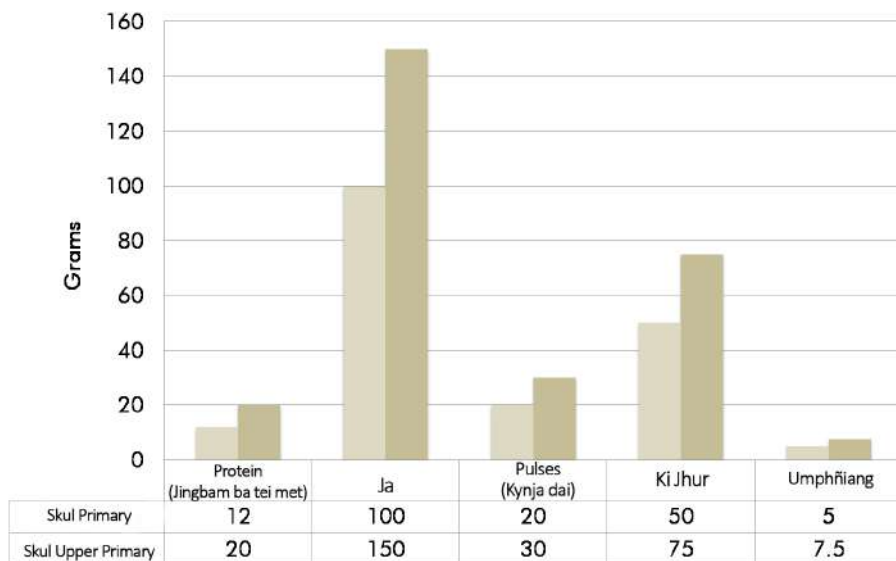


Table 2: Jingdonkam u/ka khynnah



La sot na ka: MDM Guidelines

Ka Recommended Dietary Allowance (RDA) ne kata ka jingmang ia ka ki kynja bitamin baroh ba dei ban bam ia ki khyllung khynnah ka long ban pynsgewthuh ia ka jingdonkam ban bam kat ban biang khnang ban ym bam than ne duna palat. Ban tip ia ka jingkhiah ka met ha man ka yrta ka long kaba kongsan khnang ban tip ia ka jingsan ki khynnah. Ki khynnah ba duna bam ki long ruh kiba kloi ban ioh jingpang namar ka bor met jong ki ka tlot ban ialeh pyrshah ia ki jingpang. Ki jingmang ki kynja bitamin baroh ba donkam ka met la ai ha ka Table 3.

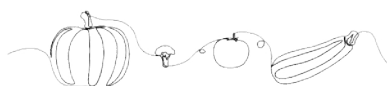
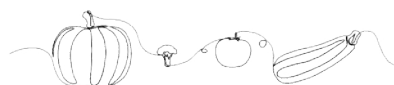


Table 3: Recommended Dietary Allowances na ka bynta ki nong India
(La pynmih da ka ICMR)

Kynhun	Yrta	Bor (Energy)	Jingbam ba tei met (Protein) g/d	Kynja umphniang (Visible Fat) g/d	Calcium Mg/d	Jingtei snam (Iron) mg/d
Khyannah	1-3 snem	1060	16.7	27	600	09
	4-6 snem	1350	20.1	25	600	13
	7-9 snem	1690	29.5	30	600	16
Khyllung	0-6 bnai	92 kcal/kg/d	1.16g/kg/d		500	46µg/kg/d
	6-12 bnai	80 kcal/kg/d	1.69g/kg/d	19	500	5

Table 4: Recommended Dietary Allowances for Indians (Micronutrients)
(La pynmih da ka ICMR)

Kynhun	Yrta	b-carotene (mg/d)	Vitamin-C (mg/d)	Vit.B12 (mg/d)	Magnesium (mg/d)	Zinc (mg/d)
Khyllung	0-6 bnai	--	25	0.2	30	-
	6-12 bnai	2800	25	0.2	45	-
Khyannah	1-3 snem	3200	40	-	50	5
	4-6 snem	3200	40	-	70	7
	7-9 snem	4800	40	-	100	8



Kynhun	Yrta	Jingkhia
Khyllung	0 bnai	3.3
	1 bnai	4.3
	2 bnai	5.3
	3 bnai	6
	4 bnai	6.6
	5 bnai	7.1
	6 bnai	7.5
	7 bnai	7.9
	8 bnai	8.2
	9 bnai	8.5
	10 bnai	8.8
Khyannah	1 snem	9.2
	2 snem	12.0
	3 snem	14.2
	4 snem	15.4
	5 snem	17.9
	6 snem	19.9
	7 snem	22.4
	8 snem	25.8
	9 snem	28.1

Table 5: Jingkhia ia ka yrta (Kynthei)
La sot na ka National Institute of Nutrition

Kynhun	Yrta	Jingkhia
Khyllung	0 bnai	3.3
	1 bnai	4.4
	2 bnai	5.6
	3 bnai	6.4
	4 bnai	7
	5 bnai	7.5
	6 bnai	7.9
	7 bnai	8.3
	8 bnai	8.6
	9 bnai	8.9
	10 bnai	9.1
Khyannah	1 snem	9.6
	2 snem	12.5
	3 snem	14
	4 snem	16.3
	5 snem	18.4
	6 snem	20.6
	7 snem	22.9
	8 snem	25.6
	9 snem	28.6

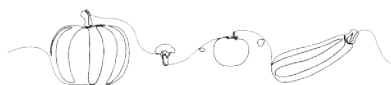
Table 6: Jingkhia ia ka yrta (shynrang)
La sot na ka National Institute of Nutrition



Ban sngewthuh kham bha ia ki rukom treikam ki jingbam, la phiah ia ki jingbam ha kine ki thup harum kumba la pyni ha ka Table 7. Ka long kaba kongsan ban kynthup bun jait ki jingbam na ka bynta ki khynnah bad ban ym ai than tang shi jait namar ki khynnah ki ioh ka bam ba dap biang na kiba bun jait ki jingbam.

Table 7: Ka jingphiah ia ki jingbam katkum ki rukom tei met
(La sot na ka National Institute of Nutrition, Dietary Guidelines for Indians, 2011)

Jingdonkam	Kiwei ki kynja bitamin
Jingbam ba ai bor	Ki Carbohydrates (Jingbam ba ai bor bad khleiñ)
	Khaw, Kew, Krai
	Jhur, umphniang, makhon
	Symbai Shini
Jingbam ba tei met	Ki Proteins (Ka jingbam ba tei met)
	Kynja dai, symbai
	Dud bad mar ba ioh na ka dud Dohsyiar, Dohmasi, Dohkha
Jingbam ba iada ia ka met	Ki Bitamin bad minerals (Jingbam ba iada ia ka met)
	Jhur jyrngam
	Kiwei ki jhur bad ki soh Pylleng, dud bad ki doh



KALENDAR JHUR KATKUM KI AĪOM



I. Kalendar jhur katkum ki Aïom:

Ka kalendar jong ki jhur ba ioh na shnong kiba kynthup ia ki soh ki dei ban don ha man ka skul bad iing shetja jong ka skul. Kane kan iarap ia i nongshet ban tip kiei ki jait jhur ba don ha shnong ha kano kano ka aiom bad kane kan iarap ia i nongshet ban thaw ia kata ka menu, kaei ka jingbam ban ai man ka sngi ha ka mid day meal.

Kumno phin shna ia ka kalendar jhur

Ki nonghikai bad i nongshet kin lam lynti kumno ban pynkhreh ia ka kalendar jhur katkum ki aïom

Donkam ia ki kot (Chart paper) bad khulom bunrong ban thaw ia kane ka kalendar

Ki lad ba pynmih jingbam na shnong dei ban tip kum ka kper, ka lyngkha, ka khlaw

Thoh ia ki jhur ba mih na shnong ha kine ki thup; kynja dai, jingbam ba rong soh, jhur jyrngam, kiwei pat ki jhur, pylleng, soh, shyieng ne symbai

Buh ryntih ia ki jingthup ha ki thup kum ha kane ka jingthoh harum



Ka rukom shna Kalendar jhur katkum ki Aïom:

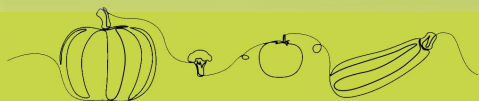
KI JHUR BAN KYNTHUP HA KA MID DAY MEAL

JHUR JYRNGAM

Local Name	Scientific Name	Planting/ Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Tyrso	<i>Brassica juncea</i>	Planting												
		Harvesting	■	■										■
Jaud	<i>Allium boskeri</i>	Planting												
		Harvesting		■	■	■								
Jamydoh	<i>Houttuynia cordata</i>	Planting												
		Harvesting				■	■	■	■					
Bat Pyllon (W)	<i>Coriaria asiatica</i>	Planting												
		Harvesting				■	■	■	■					
Jaling	<i>Brassica nigra</i>	Planting												
		Harvesting		■	■									
Jajew Heh Sla (W)	N/A	Planting												
		Harvesting	■	■	■	■	■	■	■	■	■	■	■	■
Jawich (W)	N/A	Planting												
		Harvesting	■	■	■	■	■	■	■	■	■	■	■	■
Jabuit (W)	<i>Polygonum maritimum</i>	Planting												
		Harvesting				■	■	■	■	■	■	■	■	■
Jali (W)	<i>Gynura nopolensis</i>	Planting												
		Harvesting	■	■										■
Jahenniar (W)	<i>Sonchus olerensis</i>	Planting												
		Harvesting								■	■	■	■	■
Tangdama (W)	N/A	Planting												
		Harvesting						■	■	■	■	■	■	■
Jjew Skhor Biang (W)	N/A	Planting												
		Harvesting	■	■	■	■	■	■	■	■	■	■	■	■
Jasim (W)	N/A	Planting												
		Harvesting	■	■	■	■	■	■	■	■	■	■	■	■
Jajew Maw/Jajew Kynih Syar (W)	<i>Pothos curtisi</i>	Planting												
		Harvesting	■	■	■	■	■	■	■	■	■	■	■	■
Jakhrta (W)	<i>Rhynchosyris ellipticum</i>	Planting												
		Harvesting								■	■	■	■	■
Jarain (W)	<i>Fogopyrum dibotrys</i>	Planting												
		Harvesting						■	■	■	■	■	■	■



KI JINGBAM BAN SHET



II. Ki jingbam ban shet:

Ka Sorkar Meghalaya ka la ai ia ka menu, ia kaei kaban shet ha ki mid day meal. Hynrei donkam ban thoh kham bniah ia ka khnang ba i nongshet in tip shai u jhur aiu ban kheit na kper skul, ban thied, la na ki nongshnong shnong, na dukan shnong ne na iew.

Table 8: Ki jingbam ban shet ha ka taiew

Sngi	KI Jingbam ban shet haka MDM, ba la ai nuksa da ka sorkar Meghalaya	Jingbam ban shet ha ka taiew							Soh	
		Jingbam ba ai bor	Jingbam ba tei met			Jhur				Kynja umphnlang
		Ja	Kynja dai	Pyleng	Jhur ba rong soh	Jhur sla jyrngam	Kiwei Jhur	Nuts & Seeds		
Sngi Nyngkong	Shet lang (Ja+dai+nutrela/jhur katkum ka aiom) + soh katkum ka aiom	Ja	Rymbai saw	Pyleng		Jaut			Soh pyriam	
Lad ban ioh		Skul	Nongrep	Dukan shnong		Kper Skul			Dukan Shnong	
Sngi Baar	Ja, Dai, jhur sdieh, (phan + jhur+ jhur sla kum u tyrso, sla muli ne palong)	Ja Bad u biskot	Pulses		Pathaw	Khliang Syiar bad u neilieh		Neilieh Perilla seeds	Soh Priam	
Lad ban ioh		Skul bad nongrep	Nongrep		Nongrep	Kper skul		Nongrep	Kper skul	
Sngi Balang	Ja, Pyleng, (Jhur + sohsaw)	Ja		Pyleng		Jamyrdoh bad sohsaw	Pashor khleh bad neilieh	Neilieh		
Lad ban ioh		Kper Skul		Dukan shnong		Kper skul bad lew	Nongrep	Nongrep		
Sngi Palei	Ja, Jhur (Pha, sohsaw, dai kabuli/shana kulai), soh	Jan		Pyleng	Pathaw	Sla Pathaw			Sohpyrs hong	
Lad ban ioh		Skul		Dukan shnong	Nongrep	Nongrep			Nongrep	
Sngi Thohdieng	Rice Dal Fried mixed vegetable (Nutrela+pumpkin/tomato/any other local and seasonal vegetable)	Ja	Dai			Jatira	Phan bad jatira		Sohpyrs hong	
Lad ban ioh		Skul	Nongrep			Kper skul	lew & Kper skul		Nongrep	

Dei ban thoh ha ka register ia ki jingbam ba shet ha ka taiew.



Ka jingnohsynñiang ia ki jhur khlaw da ki khynnah:

Ki kmie ki kpa ki lah ban noh synniang ia ki jhur jyrngam kum ki jhur khlaw lada kam dap tang na kper skol. Ka jingnohsynñiang ka lah ban long da ka pali katkum ka jingbun khynnah ha skol. Kum ka nuksa, ka Klass I ka lah ban wanrah shi kham u jatira ha ka sngi nyngkong. Ha ka sngi baar, wanrah noh sa ki Klass II. Ki nonghikai kin thaw ia ka pali ban wanrah kaba lah ban long kum kane harum:

Sngi	Primary/ Upper Primary	Jhur khlaw (kan shong ruh ha ka aïom)
Sngi Nyngkong	Klass I / Klass VI	Jali
Sngi Ba ar	Klass II/ Klass VII	Jatira
Sngi Balang	Klass III / Klass VIII	Jamyrdoh
Sngi Palei	Klass IV/ Klass VI	Jaut
Sngi Thohdieng	Klass V / Klass VII	Jatira



IING SHET HA SKUL

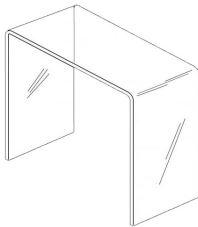


III. Iing Shet ha skul

Kine harum ki long ki jingdonkam ha ki iing shet jong ka mid day meal:

- i. Man ka skul ki dei ban don ka iing shet ba kyrpang na ki kamra ba shong khynnah ban pule
- ii. Ka iing shet kan dei ban don ha ki jaka ba khuid bad lait na ki jaboh.
- iii. Ka iing shet kan dei ban long kaba khuid , kaba shai bad kaba pyngngad bad ba don jaka ban ia id
- iv. Ka madan, ki kynroh bad ka sad ka dei ban long kaba bha
- v. Kine ki dei ban long kiba bha bad yn ym dei ban don ka rong ba lah khoh.
- vi. Dei ban sait bad pynkhuid ia ka madan da ka dawai pynkhuid madan.
- vii. Ka iing shet ka dei ban lait na ki khniang. Yn ym dei ban pyndonkam dawai ban beh khniang hynrei tang ban beh ia ki.

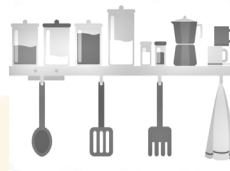
Ha ka iingshet dei ban don katto katne ki tiar kiba donkam ha ka jingshet:



Miej



Ka jaka sait jhur



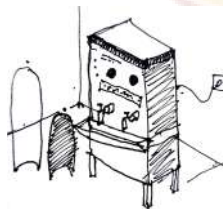
Almari ban buh khiew ne jingbam ruh



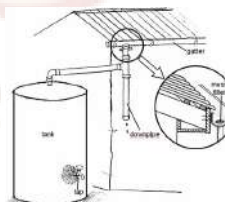
Ki khiew ba skhem ka jingtap ban buh mluh, dai bad kiwei kiwei



Um bam



Ka um ba la shet dei ban ai ia ki khynnah hadien ba dep bam. Ki Filter ki dei ban don ha ka jaka ba ki khynnah ki lah ban shim.



Ki top um ki dei ban long kiba khuid bad ba don jingtap



Dei ban buh ia u nuit pyut ha kawei ka jaka bret nuit bad ia kibym pyut hawei pat. Dei ban theh lang ia ka nuit pyut ha thliw sboh ha kper skul



KA JINGBHA KA JINGBAM

FOOD GROUPS



IV. Ka jingbha ka jingbam

Ka jinglekhuid ha ka jingbam ka long ba kongsan tam khnang ban lah ban lah ban ioh ka bam ba khuid bad ba tei met. Ka mid day meal ka dei ban long ka jingbam kaba khuid, ba bang bad ba tei met. Kine ki ain ki ia dei bad ka jingshet ia ka mid day meal.

Ki mat:

- i. Da peit ia ka jingbha u khaw. Lada u khaw um long uba bha bad ym da sngew thikna bha, dei ban iathuh ia i Babu ba dei peit khnang ban lah ban iathuh ia ki bor Sorkar kiba dei peit.
- ii. Ia u khaw dei ban buh ha ki jaka ba ryngkhiang. Dei ban don ka jaka buh khaw ba shna da ka lyntang kumba 8 ne 12 cm na ka madan bad kumba shi phut ka jingngai na kynroh ban lait ka jingsngem.
- iii. Shisien ba la plie ia ka byrni khaw, dei ban buh noh ia u khaw ha ka synduk khaw ba don jingtap
- iv. Ha ki khiew ba skhem ka jingtap dei ban buh mluh, dai bad kiwei kiwei
- v. Ia ka tarik ba la buh ki kompeni ia ka jingbam dei ban peit bha khnang ban ym bam ki jingbam ba lah slem than.
- vi. Ban ym ioh ki jhur ba sniew, dei ban wanrah ki jhur mynstep. Ia kane lah ban leh tang lada ia ki jhur, ioh na shnong hi.
- vii. I nongshet i dei ban peit ba ki jhur ki long kiba bha, la i thied na shnong ne na iew
- viii. Ia ki jingbam ym dei ban buh slem ha iingshet namar ki sniew
- ix. Dei ban pyndonkam da ka mluh ba lah thoh “double fortified salt”
- x. Ia ka umphniang ba lah shet ym dei ban pyndonkam biang ia ka
- xi. Namar ym don ki jaka buh kiba biang, ym dei ban ai ia ki khynnah da ka jingbam ba tam kum mynnin
- xii. Ia ki miej dei ban ñiad khuid bha ban lait ka jaboh bad ki khñiang jngpang
- xiii. Ki jaiñ ñiad miej dei ban sait bha da ka sabon bad pynryngkhiang bha
- xiv. Ia ka jingbam dei ban ai ia ki khynnah ha skul hi. Namar ki iing shet ki rit, ki khynnah ki lah ban bam ja ha ki klass jong ki.



JINGLEKHUID



V. Jinglekhuid

Ban ai jingbam ba tei met ia ki khynnah, dei ban pyntreikam ia ki kyndon jinglekhuid ha ki saw bynta; i nongshet, ka jingbam, ka iingshet bad ki khynnah. Ka jinglekhuid ha kine ki bynta ki long ki kongsan namar ki kyntiew ia ka jingbha jong ka jingbam bad tei ia ka met. Katkum ka WHO, ka jinglekhuid ka khang lad ia kiba bun ki jingpang kiba mih na ka jinglehsih.

Jinglekhuid:

- Ka jinglekhuid i nongshet ka long kaba kongsan
- Ka jingkhuid jong ka jingbamka long kaba kongsan
- Donkam ka jingkhuid ha ki tiar bad ka iing shet ba khuid
- Ki 7 tylli ki kyndon kiba dei ban bud haba sait kti da ki nongshet ne ki khynnah

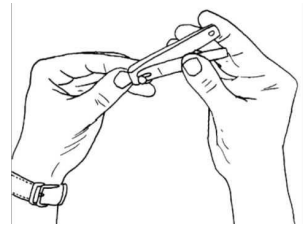
Ki jingdonkam jong ki Nongshet ban lehkuid:



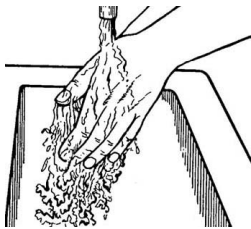
Jain Bakhuid
Ki nongshet ki dei ban phong ki jaiñ bakhuid ha shuwa ban shet jingshet



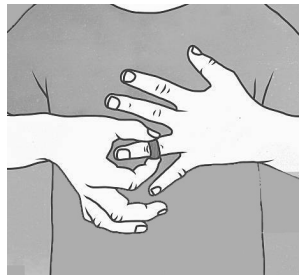
Ki nongshet ki dei ban phong jaiñkyrshiah bad bad tap iaka khlieh ha ka por shet jingshet



Ki nongshet ki dei ban khap ia ki tyrsim bad ban buh ki tyrsim ba lyngkot



Dei ban sait iaki kti hashuwa ban shet, hadien ba ktah ia ka doh ba im, jhur ne soh bym pat sait bad pylleng im, hadien ba ktah ia ka jaka bret niut, wan na painkhana, sur eitmut ne ktah ia ki mrad, ki nongashet ki dei ban sait bha ki kti katkum ka rukom sait ba la hikai.
(Peit ia ki kyndon ha ka sla 40)



Dei ban ym deng sati haba shet jingshet ban pynduna ia ka jingpur ki khñiang jingpang



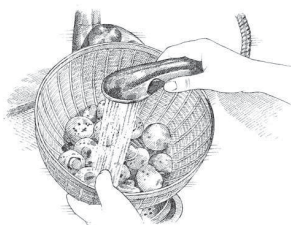
Wat shu jyrhoh ne synriah ha ka jingbam. Da kah da ka jaiñ.



Ki jingdonkam jong ki Nongshet ban lehkuid hashuwa ban bam bad ynda lah dep bam

- i. Ki Khynnah ki dei ban khap tyrsim bad ban buh tyrsim ba lyngkot
- ii. Ha ba sait ki kti:
-Dei ban sait bad ka um bad ka sabon. Kumno ban sait kti: Peit ka sla 40.

Ki jingdonkam jinglekhuid ha kaba iadei bad ki bam:



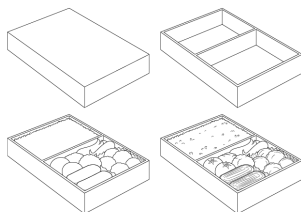
Ia ki jhur dei ban sait bha shuwa ban ot ia ki



Dei ban buh ia ki sabon ne tiar sait jingsait jngai na ki jingbam ba im ne ba la dep shet



Ia u khaw ne u dai ne kino kino ki kynja rymbai dei ban da jied ioh don ki jaboh



Da tap ia ki jingbam ba lah dep shet



Shuwa ban ai ka jingbam ia ki khynnah, dei ban don kiba mad ia ka jingbam ba la shet. Ki nongmad ki dei ban long iwei i nonghikai, i nongshet bad i member jong ka group ki kmie. Hadien ba dep mad, dei ban dab uh jingthoh ha ka registrar. Ia ka rukom buh jingthoh, la ai harum

Ban buh jingthoh haba lah dep mad ia ka jingbam:

Tarik ba mad	Kyrteng	Ka jingtrei	Ka jingbam ka long kumno? (bang palat, bang, shu biang, kam biang)			Signature
			Bang palat	Shu biang	Kam biang	



KA JINGIASHIMBYNTA KA SHNONG



VI. Ka Jingshimbynta ka Shnong

Ban pynthikna ba ka jingbam sngi ka long kaba bha bad ba tei met, ka jingshimbynta jong ka shnong ka long kaba kongsan shikatdei. Ki don bun ki bynta ba ka shnong ka lah ban iashimbynta.

Ka jingsngewthuh ba ka jingpynbha ia ka mid day meal ka long namar ki khun jong ki hi kin ioh jingmyntoi ka long kaba kongsan khnang ba ki nongshong shnong kin shim khia ia ki kam.

Ka jingnoh synniang ki kmie ki kpa

- Ki kmie ki kpa ki lah ban long member jong ka Committee ki kmie ki kpa
- Ki kmie ki kpa ki lah ban ai jhur khlaw ban rah ki khun sha skul
- Ki kmie ki kpa ki lah ban iarap ha ka kper skul da kaba tih, ker kper bad ai symbai.
- U Rangbah shnong ne Rangbah dong u lah ban don bynta ha kaba khmih ia ka jingiaid beit ka mid day meal

Ban iathuh ia ki jinglut jingsep ka MDM ha ki kmie ki kpa

Ka School Management Committee ka dei peit ia ka jingpyniaid ia ka ki kam baroh na ka bynta mid day meal ban buh jingthoh bad ban khmih ia jingiaid beit ka rukom ai bam ia ki khynnah. Kum shi bynta na ka rukom treikam, ki jinglut jingsep ka MDM la ju ai ha ka Schhol Management Committee. Hynrei don tang iwei ne ar ngut ki kmie ne kpa ba dei member jong ka SMC. Kine kijuh ki jingpynlut ha ka MDM dei ban pyni ruh ha ka meeting ki kmie ki kpa kaba ju pynlong ki skul ha bakut ka snem ne ha uno uno u bnai ba pynlong. Kane kan iarap ba ki kmie ki kpa kin sngewthuh ia ka rukom pyniaid ia ka mid day meal Kane kan wanrah ia ka jingsngewtraid bad jingkitkhlieh ha ki kmie ki kpa ba ki ruh ki lah ban trei lang ban jop ia ki jingeh khnang ban kyntiew ia ka mid day meal.

Jingnohsynniang da ki jhur:

Ha Meghalaya, ha ka por lyiur, don shibun ki jhur khaw ba jyrngam ha ki kper, ki lyngkha ne khlaw. Kumba lah kdew haneng, ki nonghikai ki lah ban shna ia ka pali wanrah jhur ia ki khynnah bad kaba donkam ka long ba ki kmie ki kpa kin phah lam shi kham u jhur jyrngam ban rah sha skul na ka bynta ban ia bam lang ha ka mid day meal ha skul.



Ka jingdonbynta ki nongrep bad ki skol

Haba lah dep shna ia ka menu, ki jingbam ban bam ha ka taiew, ki nongshet kin thoh ia ki jingdonkam ki jhur bad kiwei kiwei na ka bynta shi taiew. Ia kine ki jingdonkam ki jhur, yn pyndap ha ka registrar ba lah ai. I nongshet in sa iathuh ia ka jingdonkam ki jhur katkum ka sngi ha ki nongrep na shnong. Kat ki nongrep ba lah ban pynpoi ki jhur ba bha ha ka step ba donkam ia ki bad ha ka dor ba biang, yn sa shim na ki. Kane kan pynduna ia ka jinglut ha ka bai kali bad ioh ruh ki jhur ba bha. Lada donkam ban thied kiwei ki jingbam na iew, i nongshet in peit ba ia kine ki jingbam yn thied ha ka por ba biang.

Ka rukom buh jingthoh ia ki jingdonkam ha MDM:

No.	Tarik	Tarik ba donkam	Jait Jhur/Jingbam	Lad ban ioh (dukan shnong, nongrep, iew)	Jingdonkam (kilo)	Dor (tyngka)

Jingnohsynñiang sha ka kper skol:

Ban kyntiew ia ka jingroi ka kper skol, donkam ia ka jingiatreilang ki kmie ki kpa ha kine ki rukom harum:

- Ki kmie ki kpa ki lah ban iarap ban puh khyndew bad ban ker kper
- Ki kmie ki kpa kiba dei ki nongrep kin iathuh ia ki khyannah ia ka port hung bad por ot
- Ki kmie ki kpa ki lah ruh ban ai symbai tynrai ban thung ha kper skol. Nangta pat, kin hikai ia ki skol ban buh symbai.



JINGKHMIIH IA KA JINGIAID KA KAM



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VII. Jingkhmih ia ka jingiaid ka kam:

Ka jingkhmih bha ia ka jingiaid ka kam ka long kaba kongsan shibun. Shibyanta na kane, ki skul (Head Teacher) ki hap ban phah ia ki report sha ka sorkar ba dei khmih. Nalor kane, lah ruh ban don ki komiti jong ki kmie ki kpa bad ka komiti ki khynnah bad ruh u Rangbah shnong u dei ban ia don ryngkat lem.



Ka Report jong u Head Teacher:

Katkum ki ain jong ka sorkar, u/ka Head Teacher ki dei ban phah ia ki report jong ki sha ki ophis ba dei khmih ha shuwa ka 10 tarik man u bnai ha ka rukom ba la ai da ka ophis. Ha ryngkat kine ki report, dei ruh ban phah ki jingthoh ba la pyndonkam ia ka pisa ne khaw ruh dei ban phah (Utilization Statement).

Man ka lai bnai, dei ban phah report sha ka Komiti ba pyniaid ia ka skul ne ka School Management Committee (SMC).



Ka Komiti ba pyniaid ia ka skul ne ka School Management Committee

Katkum ka ain ba iadei bad ka pule puthi ne ka Right to Free and Compulsory Education Act, 2009, ki Komiti ba pyniaid ia ka skul ne ki School Management Committee (SMC) ki dei ban khmih bha ia ka jingpyniaid ia ka mid day meal ha ki skul jong ki. Ki dei ban peit ba ka bam ka long kaba bha, jingkhuid jong ka iing shet bad haba shet jingshet.

Ka Komiti ki kmie ki kpa

Dei ban don ka Komiti ki kmie ki kpa ha man ki skul. Baroh ki kmie ki kpa ki lah ban long ki dkhot jong kane ka komiti. Ka skul kan buh jingthoh ia kine ki mat harum:

- i. Tarik ba pynlong ia ka komiti ki kmie ki kpa Convener of the Committee (for a period of one year)
- ii. Secretary jong ka komiti (na ka bynta shi snem)
- iii. Ka pali na Sngi Nyngkong sha Sngi Thohdieng ia ki kmie ki kpa kiba dei ban peit ia ka bam bad ka jingkhuid jingsuba ka MDM bad ia kane yn buh jingthoh na ka bynta ka jingtip i head teacher .
- iv. Ki kamram jong ki dkhot:
 - a. Ban khmih ia ka jingbha bad jingkhuid ha ka jingshet ia ka mid day meal. Ki kmie ki kpa ki lah ruh ban peit ia ki jingbuh jingthoh ka komiti ki khynnah
 - b. Ban peit bha ia ka jingkhuid jong ka rukom shet bad ka iingshet bad i nongshet hi
 - c. Ban mad ia ka jingbam ha shuwa ban bam ki khynnah
 - d. Ban report ia kino kino ki jingduna ha ka rukom ai bam sha i Head Teacher. Lad aim lah ban leh ei ei, lah ban iathuh ha ka Komiti ba dei khmih ia ka skul

Komiti ki Khynnah :

Dei ban don ki Komiti ki Khynnah ha man ka skul. Kane ka long kawei ka rukom ai jinghikai ia ki khynnah ha kaba ki lah ban pyndonkam ia ka jingpule jong ki. Ki Khynnah haba ki iashim bynta ha kiba bun ki rukom, kan pynlong ia ki ban peit thuh, ban iohi bad ban tip shaphang kiei kiei kiba lehse kim pule ha skul ruh. Kaan air uh ka lad ia ki khynnah ban sngewthuh kham bha shphang ka jingdonkam ka jingbam tynrai bad ka jingkhuid ka ban wallam ia ka koit ka khiah. Ban pynlong ia kane ka komiti ba jop, donkam ka jingkyrshan ki nonghikai,ki kmie ki kpa, ki nongialam skul bad ka shnong hi baroh kawei.



Ka Komiti ki Khyannah

- i. Yn don ym duna ia 10 ngut bad ym palat ia ka 25 ngut ki dkhot ha ka Komiti ki Khyannah ha ka shi bnai
- ii. Yn thung ia i nongnhikai ba dei peit ia kane ka komiti
- iii. Ki dkhot ki lah ban long naduh Klass III haduh Klass V ha ki Skul Primary bad Klass VI haduh Klass VIII ha ki Skul Upper Primary
- iv. Yn thung arngut ki nongjalam; i leader bad assistant leader
- v. Yn phiah ia ka komiti ha ki lai kynhun:

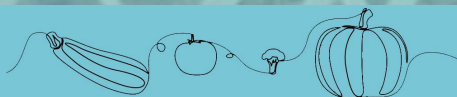


Ki Kamram jong ki kynhun:



I nongjalam bad i nongrap kin buh jingthoh ha ki bynta ba lah lang ha kane ka kot ia ka jinglong ka bam ba ai ha ka mid day meal bad ka jingkhuid ruh. Kine ki jingbuh jingthoh kin buh ialade bad ai ruh sha i head teacher.

KA KPER SKUL



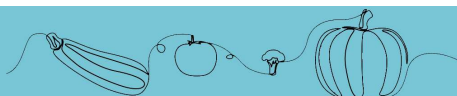
VIII. Ka Kper Skul:

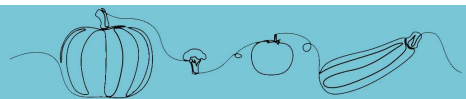
Ka jingthmu jong ka kper skul ka long ban kyntiew ia ka jingbam ba ai ha ka mid day meal da kaba kynthup kham bun jait ki jhur. Ka met jong ki khynnah ka donkam bun jait ki jingbam kum ki jingbam ba teimet (protein) bad ba ai bor (carbohydrate). Ki kynja bitamin ki don ha kiba bun jait jhur bad jingbam bad ia kine lah ruh ban ioh na ka kper skul.

- Man ki skul ki dei ban don ka kper skul ha ka phyllaw skul ne ha ka jaka ba ai ka shnong
- Dei ban thung ia ki jhur ba bun jait ha ka kper skul bad lah ban kynthup ia kine ki jhur ha ka mid day meal. Kumba la kdew haneng, lah ruh ban pan jingiarap na ki kmie ki kpa kiba lah ban long ki nongrep.
- Lah ban jingiarap na ki kmie ki kpa ban puh bad ker kper bad ruh ban ai symbai
- Yn thung ia iwei i nonghikai na ka bynta 3 bnai ban peit ia ka pyntreikam ia ka Kper skul. I nonghikai in sa buh da ka pali ia ki khynnah ban trei ha ka kper skul.

Lah ban tih ia ka thliew sboh ha kper skul khnang ban ioh bret ia ki nuit ba pyut ha ka. Kane kan kylla sboh bad lah ban pyndonkam ha ka kper skul. Harum lah ban iohi ia i jingpyni rukom ban shna sboh hapteng 2 taiew.

Lah ban tih ia ka thliew sboh ha kper skul khnang ban ioh bret ia ki nuit ba pyut ha ka. Kane kan kylla sboh bad lah ban pyndonkam ha ka kper skul. Harum lah ban iohi ia i jingpyni rukom ban shna sboh hapteng 2 taiew. Lah ban tih ia ka thliew sboh ha kper skul khnang ban ioh bret ia ki nuit ba pyut ha ka. Kane kan kylla sboh bad lah ban pyndonkam ha ka kper skul. Harum lah ban iohi ia i jingpyni rukom ban shna sboh hapteng 2 taiew.





Ka Bynrap Jingtíp 1: Kyndon ban pynthikna ia ka jingbha ka bam

Kyndon	Hooïd	Em	Kynthoh
U khaw u lang tylli bad sngem			
U khaw u bha ban bam			
La buh ia u khaw ha ka jaka ba ryngkhiang			
Hadien ba plied ia ka byrni khaw, la buh ia u khaw ha synduk khaw ba don jingtáp			
La buh ia u dai, ka mluh , u shynrai bad kiwei ha ki khiew ba skhem ka jingtáp			
Baroh ki mar bam ba don ha plastic kum ka mluh, ki dei ba dang long hapoh ka tarik ban pyndonkam			
La thied ia ki jhur mynstep			
La thied ia ki jhur na ki nongrep na shnong			
Ki jhur ki long kiba bha			
Ym dei ban buh ia ki mar bam ba sniew kloï kum ka pylleng, jhur ha iing shet			
Dei ban pyndonkam tang ka mluh ba thoh 'Double Fortified Salt'			
Lah pyndonkam da ka umphniang bal ah pyndonkam shisien ne arsien			
La ai ia ki khynnah da ka ja jah ne jyntah barim			
La ai ka bam ba khluit ha skul			
Ki khynnah ki bam ja sngi (MDM ha skul)			

Ka Bynrap Jingtíp 2: Ki kyndon ban khuid ki nongshet

Kyndon	Hooïd	Em	Kynthoh
Ki jain i nongshet ki khuid			
I nongshet ki tap ia ka khlieh da ka jain			
I nongshet ki sem ka jainkyrshiah bakhuid			
Ki tyrsim i nongshet ki long ba lyngkot bad bakhuid			
I nongshet i bud ia ki rukom sait katkum ba la hikai			
Nongshet i sait kti shuwa ban shet jingshet			
Nongshet i sait kti hadien ba ktah ia ka doh ba im,pylleng im ne jhur bym pat sait			
Nongshet i deng sati haba shet			
Nongshet i jyrhoh ne synriah ha ka bam			

Ka Bynrap Jingtíp 3: Kyndon jingkhuid haba shet

Kyndon	Hooïd	Em	Kynthoh
La sait ia ki jhur shuwa ban ot			
La jied ia u khaw ne dai shuwa ban shet			
La tap ia ka ja ne jingbam ba lah ih			
Ki kynja sabon ne jingpynkhuid ki don jngai na ki jingbam			
Ia ka jingbam ba ih, la mad da i nonghikai ba la thung			
Ia ka jingbam ba ih, la mad da i kmie ne kpa ba la thung			
Ia ka jingbam ba ih, la mad da i nongshet			
Haba lah mad ia ka jingmad, lah buh jingthoh ha ka registar ba la buh khnang			



Ka Bynrap Jingtip 4: Kyndon jingkhuid ia ki iing shet

Kyndon	Hoooid	Em	Kynthoh
Lah sar ia ka iingshet hadien bas het jingshet			
Ki madan ka iing shet la salt da ka sabon, shisien shi talew			
Ia ki miej, ia niad da ka jain bakhuud bad ka um syald hadien ba pyndonkam			
Ki jain niad miej ki long kiba khuid			
Ki don ki jaka bret nuit artylli; ia ka nuit ba pyut bad bym pyut.			
Ki nuit ba pyut la theh ha thlew sboh man ka sngi			
La pyndonkam da u soda ban pynkhuid nala ne ki jaka salt kti ne tlar			
Ki jingkhanglit: ki khuid			
Ka sawdong sawkun jong ka iing shet ka khuid			
Ki don ki nala ba biang shabar ka iing shet			

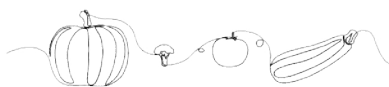
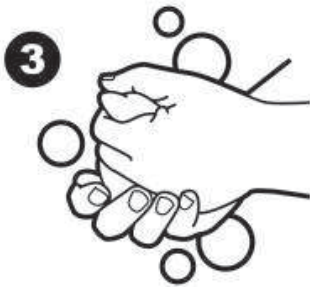
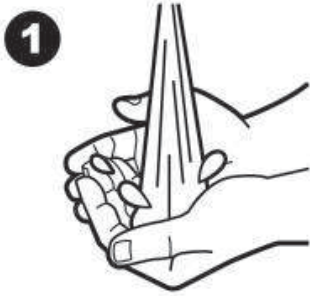
Ka Bynrap Jingtip 5: Jingbuh jingthoh man ka taiew da ka Komiti ki Khynnah

No.	Kyndon	Hoooid	Em	Kynthoh
	Tarik:			
	Kyretng :			
1	U khaw u bha			
2	La buh ia u khaw ha ka jaka ba ryngkhiang			
3	U khaw bai ah plied ia buh ha ka syndukjaka buh khaw			
4	U dai, ka miuh ne shynrai bad kiwei kiwei ki don ha ki bilor ba skhem jingtap			
5	Ka tarik jong ki mar bam ki dang biang			
6	Ka jingbam ba shet ki thoh ha ka board			
7	La thied ia ki jhur ha ka janniet ba shuwa			
8	La thied ia ki jhur ha ka step ba donkam			
9	La thied ia ki jhur na ki nongrep na shrong			
10	Lah ai ka ja jah ia ki khynnah			
11	Pyndonkam da ka Double fortified salt			
12	Umphniang bal ah pyndonkam lah pyndonkam biang			
13	La salt khuid ia ki khiew shet			
14	La buh ia ki tar ha almari			
15	La sai ia ki jhur shuwa ban sait			
16	Ki kynja sabon bad jingpynkhuid ki jngai na ki mar bam			
17	Ki iing shet ki khuid			
18	Ki jaka bret nuit ki khuid bad la buh ia ka jong; nuit ba pyut bad bym pyut			

Ka Bynrap Jingtip 6: Ka jingbuhthoh ba man ka sngi da ka Komiti ki Khynnah (Thoh ia ki kyrteng jingbam ba ioh)

Kyrteng i nongialam:											
Sngi	Tarik	Ja ne jingbam ba ai bor	Jingbam ba tel met (protein)			Jhur			Khelein bad umphniang	Soh	Doh
			Jai	Dai	Pylleng	Jhur ba rong soh	Jhur jymgam	Kiwei ki jait jhur			
Sngi nyngkong											
Sngi ba ar											
Sngi Balang											
Sngi Palei											
Sngi Thohtieng											

Ka Bynrap Jingtip 7: Ka rukom sait kti



La sot ia ki bynta jong kane ka kot na kine ki jingthoh harum:

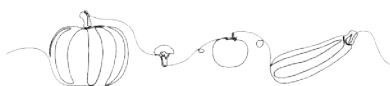
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