

Analysis of Food Consumption in Rural Areas Concerned with Government Plans of District Etawah, Uttar Pradesh

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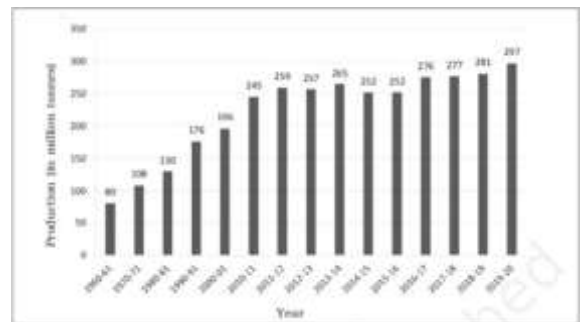
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Abstract – In a survey work done in year 2016-17 through personal interview of 20 families, in district Etawah, concluded that the average consumption of foods i.e. grains pulses, green vegetables, fruits, milk. Ghee and sugar in different age group i.e. 0.5 years, 11-18 years, 19-60 years and above 60 years was very low, which could not fulfill the minimum requirement of energy level (2400 calories in rural and 2100 calories in town level per head/day). There were many food security related plans implemented by government in the district which performed better response to ensuring food security to the rural people. Government provided sufficient fund in every plan for supply of proper food in every year. But due to miss-management and unawareness, the funds and benefits of plans are unable to reach up to poor. So the condition of rural areas of Etawah was not satisfactory.

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50 years ago, we were not developed because, there were many issues to keep an eye on; death due to starvation was one among them. Our production did not match with the race of increasing population. In 1949-50 the production was 54.92 MT., but now due to involvement of better government policies, it touched the peak of 259.32 MT in 2011-12 after a long time. In 2013-14, 2015-16 and 2016-17 food grain product trend was 265 MT, 251.6 MT and 273.78 MT, respectively. It indicates that we stood a test on touch stone of food security.

The Word food security means "Security of Food" which means that everyone can fulfill his daily minimum requirement. This requirement is very necessary for their active and healthy life. Without sufficient availability of food for everyone, our nation cannot be stated as developed. The country which are developed and developing are rest assured about their food security, due to serving sufficient food to their citizens. According to FAO, food security "Exists when all people, at all times have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life". On the other hand food insecurity stands "uncertain availability of nutritionally adequate and safe foods to the people. This condition occurs due to so many reasons i.e.: droughts, fuel shortage, economic instability failed agricultural market regulation and lack of anti-dumping mechanisms, wars and other natural calamities. Present Scenario in India in case of food security, as given below:



Source: Department of Agricultural, Co-operation and Farmers welfare. Ministry of Agriculture and Farmers Welfare. Directorate of Economics and Statistics, 2019-20

In the year 1966 "The green revolution" changes the whole scenario of our agriculture. The agriculture production had boomed as never. This change was brought up by great scientist Dr. N.W. Borlaque. After this revolution our government took keen interest in new advancement of agriculture techniques to ensure food security.

Now we become self-dependent in case of food production and enjoying food security.

Table 1: The Self-Dependence in Food Production

Plan Period	Cereals	Pulse	Total food-grains	Rice	Wheat	Percentage Increase in production
(1949-50)	468	81	549	225	64	
First Plan (1951-56)	538	110	648	276	86	5.2
Second Plan (1956- 61)	693	127	820	345	110	3.0
Third Plan (1961-66)	624	99	723	306	104	2.0
Three Annual Plans (1966- 69)	836	104	940	398	186	9.4
Fourth Plan (1969-74)	947	100	1,047	441	218	2.8
Fifth Plan (1974-79)	1,120	112	1,232	538	355	5.4
Sixth Plan (1980-85)	1,340	122	1,462	586	442	6.3
Seventh Plan (1985-1990)	1,580	126	1,706	741	497	3.5
Eighth Plan (1992-97)	1,719	132	1,851	798	628	2.7
2001-02	1,988	134	2,119	933	728	6.8
2002-03	1,630	111	1,742	727	651	2.9

Table 2

Average Nutrition level / Consumption (per gram/head/day)

Age Group		Grain	Dal	Gr.Veg.	Fruit	Milk	Ghee	Sugar
0-5 year	Boys	153.6	54.6	46.8	54	282.2	24.4	27
	Girls	153.2	52.2	46	52.2	275.8	17.4	24.4
6-10 year	Boys	194.4	63.4	80	43	261.2	39	46.2
	Girls	193	62.8	78	39.6	249.2	24.2	35.6
11-18 year	Boys	346.6	80.4	125.8	52.6	261.4	41.4	55
	Girls	323.6	76.2	115.6	46	255.2	37.8	60.4
19-60 year	Boys	411.6	76.8	117.4	25.6	228.6	38.2	34.2
	Girls	409.8	70.2	108.8	22	209.6	28.6	30.2
Above 60	Boys	399.2	70.4	101.8	28.6	156.8	24.2	29.4
	Girls	367.8	65.2	98.8	26	152.2	21.2	26.4

MATERIALS AND METHODS

The study was conducted in 5 villages of district Etawah by considering 20 families in each village viz village – Chaubia, Balpura, Munj, Sirsai, Karri.

The means of collecting data was based on personal interview of the family members on different parameters i.e., consumption of different fooding material per gram per head viz grain, pulses, green vegetable, fruit, milk, ghee and sugar.

RESULTS AND DISCUSSIONS

In the study, from the table 2 it is clear that average consumption/nutritive level/head/gram/day of all food materials in all age group in male as well as in female is very low. It was also cleared that the average consumption in women was much lower than that of men.

From the table 2 it also reveals that the food eaten by the people living in rural India is unable to supply the energy in calory and protein in gram, what government prescribed. This justifies that our position has not improved considerably.

I think, different government schemes remains unfruitful to full fill the requirement of dietaries especially in rural India. The condition of villages is still the same as those before 50 years. We still need to think deeply about food security in India, especially for the rural people. Perhaps the words of our Deputy Chairman Motek Singh Ahluwalia 2014 "Food Security not an issue, if resources are managed well" are in right direction to solve this cancerous problem.

The village of food consumption and security is as follows in table 2:

Government of India has taken different steps to meet the requirement of food supply at the rural level. It announced different programs, which shows the real visage of food security in our country. Given as in table 3 below:

Table 3

Government Plans for Food Security

Year	Programmes Run by Government	Aims
1960	Experimental nutrition scheme	Provide food, Fruits vegetable to pregnant lady and mothers.
1970	Special food programme	Provide 5000 calories and 25 gram protein to pregnant and mother lady and 3000 Cal. and 10 gr. protein to child.
1975	Integrated Child development programme	Supply of food material to child and pregnant women
1995	Mid-day meal	Supply 100 gram cooked food about 300 calories and 8-10 gram proteinous food to school going child of 2-14 year age.
2013	National Food Security Bill 2013 (Rightto Food Act)	Promises to provide 5 Kgrice/wheat /head/Month, 50 gram pulse/adult /day.

To full fill the requirement of all dietaries, our government was signed National Food Security Act 2013 into law Sept. 12, 2013, retroactive to July 5, 2013. The aim of this law was to provide subsidized food grain to approximately 2/3 of population in India. The target is to be able to purchase 5 kg per eligible person per month of cereals at following prices rice @ `3 per kg, wheat @ `2 per kg and coarse grain @ `1 per kg. Pregnant women, lactation mothers and certain categories of children are eligible for daily free meals. The poorest that are covered under AAY will remain entitled to 35 kg of grain. Before NFSA 2013 plan all the government food security plans were remain unfruitful. Government plans to setup Centre of excellence on food security. The poor at the village level were still untouched from this rightful facility.

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