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RESEARCH PAPER

Strengthening Institutions for Better Health, Nutrition Security, And Social Welfare

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ABSTRACT

Health, nutrition security, and social welfare are fundamental pillars of a nation's development, requiring robust institutional frameworks to ensure equitable access and sustainability. Strengthening institutions governing these sectors is essential for addressing systemic challenges, improving service delivery, and fostering resilience against emerging threats such as pandemics, food insecurity, and socio-economic disparities. This paper explores the significance of institutional strengthening in enhancing health systems, ensuring nutrition security, and promoting social welfare. A well-structured health system is crucial for delivering quality healthcare services, preventing diseases, and improving public health outcomes. Strengthening institutions in this sector involves policy reforms, capacity-building initiatives, and investments in infrastructure and human resources. Governments must enhance coordination between public and private healthcare providers, establish transparent regulatory frameworks, and integrate digital health technologies to improve efficiency and accessibility. Nutrition security is another critical aspect that requires institutional support to combat malnutrition, hunger, and food insecurity. Effective governance mechanisms must regulate food production, distribution, and accessibility while ensuring affordability for vulnerable populations. Strengthening agricultural policies, promoting sustainable farming practices, and enhancing supply chain management are essential strategies. Institutions should also focus on nutrition education, community-based interventions, and social protection programs, such as food subsidies and school meal programs. Social welfare systems play a crucial role in reducing poverty, ensuring stability, and promoting equity. Strengthening institutions in this domain requires comprehensive policy frameworks addressing unemployment, housing, child welfare, and support for marginalized communities. Governments and organizations must establish transparent social protection mechanisms, improve service delivery efficiency, and ensure inclusivity in welfare programs. Moreover, fostering public-private partnerships and community engagement can enhance the effectiveness of social welfare initiatives, ensuring they reach those in need. Institutional strengthening must be supported by evidence-based policymaking, continuous monitoring, and evaluation mechanisms. Research and data-driven approaches are essential for identifying gaps, assessing program effectiveness, and making informed decisions. Governments and organizations should collaborate with academic institutions, non-governmental organizations (NGOs), and international agencies

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to develop best practices and innovative solutions. Furthermore, political commitment, adequate funding, and intersectoral collaboration are key drivers of institutional strengthening. Policies must be aligned with national goals and global frameworks such as the Sustainable Development Goals (SDGs) to adopt a holistic and integrated approach. Strong leadership and governance structures are necessary to foster accountability, transparency, and resilience in health, nutrition, and social welfare institutions. The conceptual framework is based on governance efficiency, institutional capacity, and service delivery effectiveness in health, nutrition, and social welfare. The research is analytical and empirical, incorporating primary and secondary data sources to assess institutional effectiveness in delivering health, nutrition security, and social welfare services. Secondary data sources include government reports, policy documents, research studies, and international databases such as the World Bank, WHO, and FAO. Key institutional variables examined include governance efficiency, policy implementation, healthcare accessibility, nutrition program reach, financial resource allocation, and inter-sectoral coordination. By reinforcing institutional mechanisms, India can make significant strides in achieving nutrition security, enhancing public health, and ensuring long-term social welfare. This study underscores the importance of holistic governance approaches in addressing systemic challenges and supporting the achievement of multiple SDGs in the Global South.

KEYWORDS: Governance efficiency, Healthcare equity, Food accessibility, Social Development, Welfare sustainability.

1. INTRODUCTION

Institutions play a vital part in facilitating public health, ensuring nutrition security and providing social welfare services, all of which are fundamental for the well-being of societies. These institutions are responsible for creating and implementing policies that protect public health, address nutritional needs, and offer social support to vulnerable populations. WHO as a leading international body, emphasizes that effective institutional frameworks are essential for securing that health services are viable, efficient, as well as equitable. Institutions help in regulating and monitoring healthcare systems, which is important for preventing diseases, improving life expectancy. Additionally, institutions are at the forefront of advocating for policies that address malnutrition, food insecurity, and other social issues that contribute to poverty and poor health outcomes. A well-established institution is, therefore, an integral part of a nation's effort to advance the overall standard of life of its people. In India, despite the government's ongoing efforts through various schemes and programs aimed at improving health outcomes and achieving sustainable development goals (SDGs), significant gaps remain in the country's health and welfare systems. The Indian health sector faces a variety of challenges, including insufficient monetary help, less coordination among different government policies, and no efficient in the delivery of services. Although schemes like the NHM and AB are intended to promote healthcare, many rural and remote areas continue to lack adequate healthcare facilities. The NITI Aayog's reports highlight these shortcomings, pointing out the need for more efficient use of resources, better management of healthcare programs, and stronger coordination between central and state governments. These challenges persist despite the considerable investment in healthcare, indicating that addressing systemic inefficiencies and improving institutional capacities is key to overcoming these barriers. Moreover, the importance of strengthening institutional mechanisms in India

cannot be overstated. Effective institutions are important for ensuring the success of SDGs, particularly food security, and poverty eradication. The SDGs, proposed by the UN in 2015, aim to address global challenges and improve the lives of people worldwide by 2030. For India, strengthening institutions such as health, nutrition, and social welfare is critical in achieving these ambitious goals. The WHO has consistently emphasized that strengthening health process is important for reaching UHC, which includes to get proper healthcare services for all. To implement successful SDGs, institutions must be capable of adapting to changing health and social challenges, efficiently utilizing resources, and coordinating efforts across multiple levels of government. Strengthening these institutions involves improving infrastructure, increasing accountability, enhancing training programs for healthcare workers, and ensuring that there is a strong emphasis on both urban and rural health disparities. As India moves forward in its journey to meet the SDGs, the role of institutions in ensuring health and social welfare cannot be overlooked. A robust institutional framework is crucial not only for the implementation of effective health policies but also for providing a sustainable, comprehensive approach to improving the well-being of the population. Therefore, enhancing the efficiency and coordination of institutions is imperative to address the pressing challenges in India's health and social welfare sectors.

2. REVIEW OF LITERATURE

Improving institutional frameworks is vital for enhancing health services, ensuring nutrition security, and advancing social welfare. Research highlights that strong institutions are key to overcoming challenges such as unequal healthcare access, insufficient nutritional support, and gaps in welfare initiatives. Studies suggest that adopting targeted policies, innovative financial strategies, and integrated approaches can significantly

boost institutional effectiveness. Implementing these strategies can help address public health concerns, strengthen food security systems, and improve social well-being. This paper examines existing literature that focuses on enhancing institutional structures to achieve lasting improvements in health, nutrition security, and social welfare.

3. RESEARCH METHODOLOGY

This paper gives a comprehensive content by utilizing published as well as unpublished sources to gather relevant data. Key resources include reports from the NFHS and other credible publications related to health, nutrition security, and social welfare. These sources provide valuable insights into existing institutional frameworks, their effectiveness, and the challenges they face. The data collected forms the basis for analysing strategies to strengthen institutions for improved public health, enhanced nutrition security, and better social welfare outcomes.

4. OBJECTIVES

- 4.1 To improve coordination between organizations for better delivery of health, nutrition, and welfare services.
- 4.2 To provide sufficient funding and manage resources effectively for program growth.
- 4.3 To use technology for better tracking, evaluation, and management of services.
- 4.4 To ensure healthcare, nutrition, and welfare services are accessible to disadvantaged communities.

5. Limitations

Efforts to improve institutions often face challenges such as inadequate funding, resource constraints, and fragmented systems that hinder coordination among sectors. Additionally, weak assessment and oversight systems limit the ability to check growth status and measure the effectiveness of policies. Political instability and frequent policy changes further disrupt continuity, posing a barrier to long-term institutional reforms. Addressing these limitations requires strategic planning, investment in capacity building, and the adoption of innovative approaches to ensure sustainable improvements.

6. Research Gap

Despite growing efforts to improve institutional frameworks, several gaps remain. Limited research exists on the integration of health, nutrition, and welfare data systems to support evidence-based decision-making. Additionally, the long-term impact of institutional reforms on these sectors is underexplored. There is also insufficient analysis of how cultural and community-driven approaches can enhance institutional effectiveness. Moreover, while digital technologies offer promising solutions, research on their practical application in strengthening institutional structures remains limited.

7. Significance of the Study

This study is significant as it highlights the crucial role that well-structured institutions play in promoting improved health outcomes, ensuring nutrition security, and enhancing social welfare. By identifying strategies to strengthen institutional frameworks, this research can inform policymakers, development agencies, and community organizations on ways to improve service delivery, resource allocation, and policy implementation. Stronger institutions are essential for creating sustainable solutions that address social inequalities, reduce malnutrition, and improve healthcare access, ultimately enhancing public welfare.

8. Trends in Key Health Indicators in India (2015-2025)

Data on key health indicators for India across various years are derived from multiple reliable sources. The Infant Mortality Rate (IMR) figures for the period between 2015 and 2025 are sourced from Macro Trends, which offers both historical data and projections. Information on the MMR for the years 2017 to 2021 is based on a press release from the MoHFW, while data for other years are estimated using trends reported by the WHO. Life expectancy data for 2023 is obtained from the WHO country profile for India, with earlier and later estimates following patterns outlined by the World Bank and related institutions. Out-of-pocket healthcare expenditure data for 2021 comes from the WHO country profile, while figures for other years are estimated based on World Bank trends and insights from various health organizations.

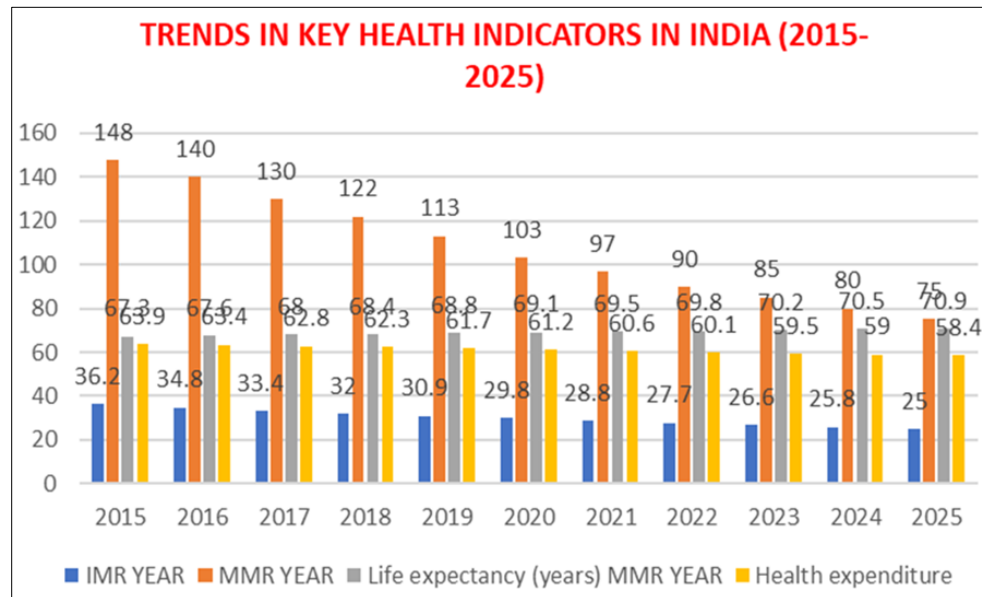
9. Evolving Patterns in Major Health Indicators in India (2015-2025)

Year	IMR (per 1,000 new borns)	MMR (per 100,000 new borns)	Life expectancy (yrs)	Out-of-Pocket Healthcare Exp (% of Current Health Expenditure)
2015	36.2	148	67.3	63.9
2016	34.8	140	67.6	63.4
2017	33.4	130	68	62.8
2018	32	122	68.4	62.3
2019	30.9	113	68.8	61.7
2020	29.8	103	69.1	61.2
2021	28.8	97	69.5	60.6
2022	27.7	90	69.8	60.1
2023	26.6	85	70.2	59.5
2024	25.8	80	70.5	59
2025	25	75	70.9	58.4

Source: WHO, NSSO, WORLD BANK)

The table presents a 10-year trend (2015-2025) in India's key health indicators including IMR, MMR, life expectancy and OOP Healthcare Expenditure. The data highlights significant

improvements in health outcomes, reflecting advancements in healthcare policies, interventions, and financial mechanisms.



10. India's Strategic Initiatives for Enhancing Health, Nutritional Security, And Social Well-Being

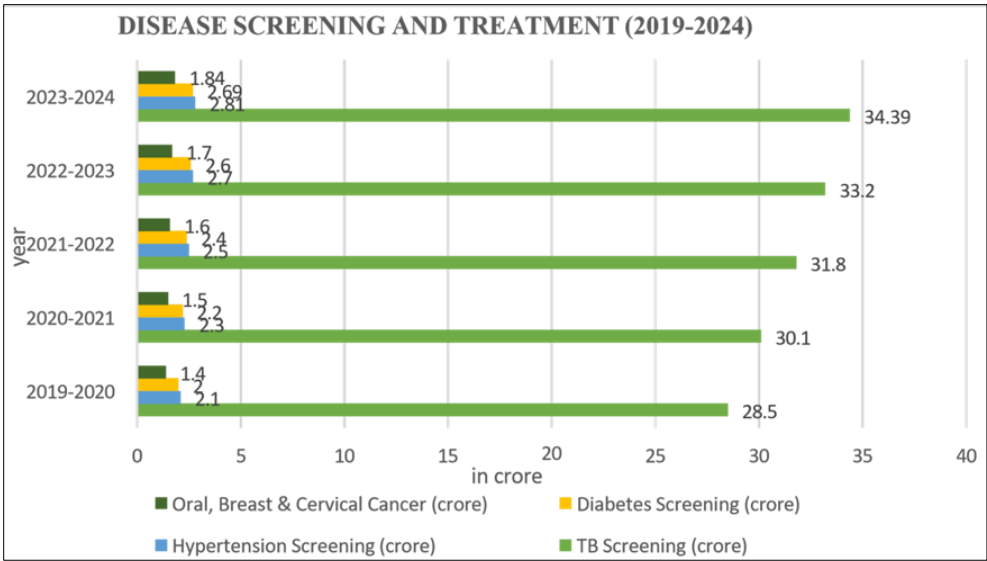
India's efforts to enhance health, nutrition security, and social welfare have been driven by significant institutional reforms and targeted strategies. NFSA plays a central role in ensuring food access for vulnerable groups, covering a substantial portion of both rural and urban populations. Through the TPDS, subsidized food grains are provided to disadvantaged communities, with added focus on pregnant women, lactating mothers, and children. Complementing this, initiatives like the NNM and NNS aim to reduce malnutrition through integrated and multi-sectoral approaches. Progress in improving nutritional outcomes has been supported by various interventions. The POSHAN Abhiyan aims to reduce stunting rates to 25% by 2022, particularly in high-risk regions. Additionally, micronutrient supplementation programs address deficiencies in A Vitamin, Iron and Iodized Salt, which are important boosting immunity and reducing anemia. Fortified food distribution, particularly through the PDS, has further improved access to essential nutrients for economically disadvantaged populations.

Social welfare programs have also contributed significantly to strengthening food security. The MGNREGS has improved household income levels, indirectly enhancing food access. Similarly, the MDM has had a good impact on child nutrition and attendance rates. Promoting gender equality has also proven essential, as empowering women through education and improved childcare practices has shown direct benefits in improving household nutritional status. To further improve

outcomes, several strategies have been suggested. Encouraging agricultural diversification by promoting the cultivation of nutrient-rich crops like millets can enhance dietary variety and improve nutrition levels. Expanding storing infrastructure to reduce after-harvest losses can round year access to nutritious food. Strengthening the targeting efficiency of programs like TPDS and expanding access to fortified food products are key measures to improve food security for marginalized groups. The use of technology can further enhance these efforts by improving communication between stakeholders, facilitating better planning, and ensuring efficient resource distribution. India's alignment with SDG 2 reflects its commitment to lasting change. Monitoring frameworks like NITI Aayog's SDG Index provide essential insights to track and assess progress at the state level. By advancing institutional reforms, improving social welfare initiatives, and promoting sustainable agricultural practices, India can achieve its goals of ensuring better health, nutrition security, and social well-being for its population.

11. Disease Screening and Treatment (2019-2024)

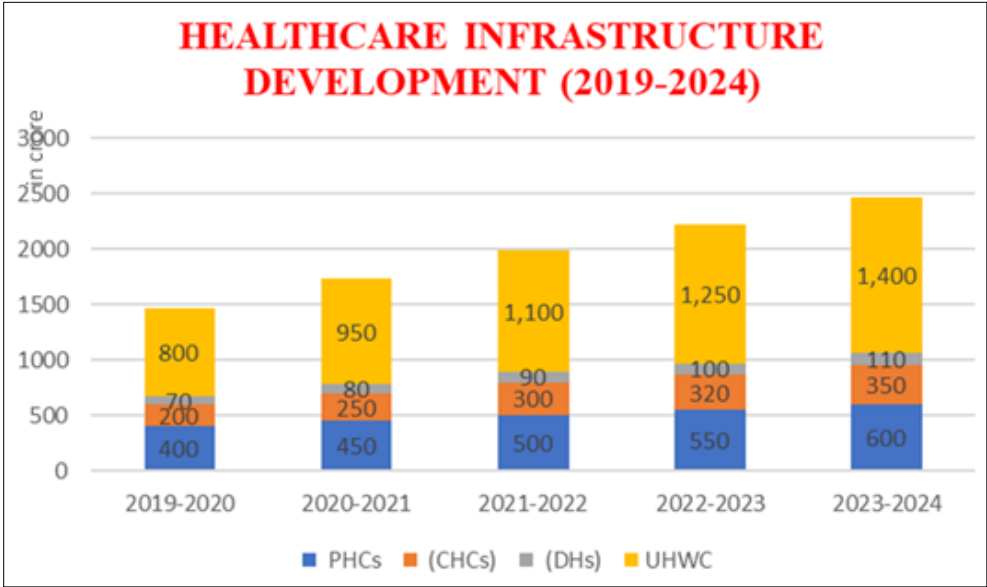
Screening/Testing Category	2019-2020	2020-2021	2021-2022	2022-2023	2023-2024
TB Screening (crore)	28.5	30.1	31.8	33.2	34.39
Hypertension Screening (crore)	2.1	2.3	2.5	2.7	2.81
Diabetes Screening (crore)	2.0	2.2	2.4	2.6	2.69
Oral, Breast & Cervical Cancer (crore)	1.4	1.5	1.6	1.7	1.84



The rise in screening rates for tuberculosis, hypertension, diabetes, and various cancers demonstrates a strong focus on preventive healthcare. These efforts are crucial for early detection, timely treatment, and reducing the overall disease burden. Expanding awareness campaigns and improving follow-up care will further enhance outcomes.

Facility Type	2019-2020	2020-2021	2021-2022	2022-2023	2023-2024
Primary Health Centres (PHCs)	400	450	500	550	600
Community Health Centres (CHCs)	200	250	300	320	350
District Hospitals (DHs)	70	80	90	100	110
Urban Health and Wellness Centres	800	950	1,100	1,250	1,400

12. Healthcare Infrastructure Development (2019-2024)



Over the past five years, India's investment in healthcare infrastructure has consistently improved. The expansion of PHCs and CHCs has strengthened access to secondary and primary care. The growth of UHWC Urban reflects a focus on preventive healthcare, helping reduce the burden on major hospitals.

13. Institutional Challenges in the Implementation of Mgnrega Issues and Solutions

The implementation of the MGNREGA has faced several institutional challenges that limit its overall efficiency and impact. One prominent issue is the fragmentation and lack of coordination among various ministries and departments, which often leads to inefficiencies in program execution. According to a performance audit conducted by the CAG, poor planning and

low work completion rates were attributed to inadequate coordination between different government bodies. Another key challenge is funding constraints, where budget limitations have hindered the expansion and timely execution of MGNREGA projects. Reports reveal frequent delays in wage payments, sometimes extending for as long as 200 days, primarily due to financial shortages and administrative delays. Limited accountability further weakens the program's effectiveness. Inefficient monitoring systems have contributed to issues such as corruption and fund mismanagement. Cases of funds being misused by intermediaries have resulted in workers receiving incomplete or delayed wages. The CAG audit also pointed out inconsistencies in record-keeping, which makes it challenging to assess program outcomes accurately. Additionally, access and outreach issues continue to affect marginalized groups, particularly rural and tribal populations. Limited awareness, inadequate information dissemination, and infrastructural challenges have restricted the program's reach, preventing many eligible beneficiaries from accessing its benefits. To overcome these obstacles, strategic reforms are essential. Enhancing coordination between government agencies, ensuring consistent and timely funding, strengthening accountability mechanisms, and improving outreach efforts can significantly improve MGNREGA's effectiveness. These measures would not only strengthen MGNREGA but also improve the broader framework of social welfare initiatives in India.

14. Challenges And Approaches to Nutritional Security in India

Nutritional security in India remains a critical issue, experiencing undernourishment as well as malnutrition. 2023 GHI ranks India 105th country out of 127, categorizing the country's hunger levels as "serious." Malnutrition among children is especially concerning, as it affects their physical growth and cognitive development. Food inflation in India, which averaged 6.3% from 2020 to 2024, has worsened the situation, making healthy food unaffordable for low-income families. This has led to reductions in school meal programs and a shift towards less nutritious food options. In response, government has launched so many initiatives to tackle nutritional insecurity, like NFSA of 2013. NFSA focuses on food and nutritional security by giving affordable food to eligible households through over 543,000 fair price shops and more than 237 million ration cards. Another key initiative, the PMGKAY, introduced during the COVID-19 pandemic, provides free grains to about 81.35 crore people. However, significant challenges remain, and addressing nutritional security requires a multifaceted approach. A key strategy is to align agricultural policies with nutrition goals, promoting diverse diets and the cultivation of bio-fortified crops. Developing climate-resilient agricultural systems is also vital, as climate change poses a growing threat to consistent food production. For instance, research institutions are developing new varieties of rice that require less water and are more resistant to diseases. Additionally, the use of technology, such as AI-based tools for weather forecasting and farming practices, has shown promise in

increasing food production and assisting smallholder farmers in reducing debt and boosting savings.

In recent developments, the Indian government has raised the procurement price of wheat by 6.6% to encourage domestic production, further strengthening food security. Overall, achieving nutritional security in India requires a comprehensive approach that includes effective policies, agricultural innovation, and community involvement, ensuring all citizens.

15. Strengthening Institutions for Enhanced Health, Nutrition Security and Social Welfare in Tamil Nadu

Tamil Nadu has introduced several key initiatives to enhance healthcare systems, improve nutrition security, and promote social welfare. TNHSP significantly contributes to upgrading healthcare infrastructure and improving service delivery within public health institutions. The Makkalai Thedi Maruthuvam scheme provides doorstep medical services, especially for those suffering from non-communicable diseases like hypertension and diabetes. Through the NHM, the state strengthens maternal and child healthcare services by improving primary healthcare centers. To tackle malnutrition, the Puratchi Thalaivar MGR Nutritious Meal Scheme offers nutritious midday meals to schoolchildren, enhancing their health and encouraging school attendance. Complementing this effort, the Chief Minister's Breakfast Scheme ensures that primary school students receive free breakfast, further boosting attendance and learning outcomes. For educational empowerment, the Pudhumai Penn Scheme provides financial support to girls from government schools pursuing higher studies. Additionally, Tamil Nadu offers various Social Security Pension Schemes to support groups in danger like the elderly, disabled individuals, and widows. SBGF focuses on reducing regional disparities by fostering development in economically disadvantaged districts. Collectively, these initiatives aim to build resilient institutions that promote public health, improve nutrition security, and enhance social welfare throughout Tamil Nadu.

16. Institutional Framework for Advancing Health, Nutrition Security, And Social Welfare in India

India's institutional framework for health, nutrition security, and social welfare comprises several key organizations, each playing a distinct role in ensuring effective policy implementation and service delivery. The MoHFW is the central authority responsible for formulating and overseeing healthcare policies in the country. Established in 1952, MoHFW gives important part for the availability of healthcare services and promoting public health initiatives across India. The MoWCD focuses on women and child welfare, implementing programs to improve nutrition and maternal health. The FSSAI, under MoHFW, regulates food safety standards to protect public health. The ICDS, launched in 1975, provides nutrition, immunization, health check-ups, and early education for young children, pregnant women, and lactating mothers. The PDS, managed by the Ministry of Consumer Affairs, ensures subsidized food for low-income households through fair price shops. NITI Aayog, as India's policy think tank, guides health, nutrition, and welfare strategies.

Together, these institutions work to strengthen public health, enhance food security, and promote social well-being.

17. Innovative Digital Solutions in Healthcare and Nutrition

The adoption of digital technologies has significantly enhanced institutional capabilities in healthcare, nutrition security, and social welfare. Innovations like AI, the IoT, and blockchain are revolutionizing service efficiency, transparency, and resource management. AI-driven tools trained on datasets, can predict disease outbreaks, analyze medical records, and support telemedicine services, particularly benefiting remote areas. By identifying high-risk groups, AI enables targeted healthcare strategies, improving overall institutional effectiveness. IoT technology, including smart sensors and wearable devices, facilitates real-time health monitoring, especially in rural areas with limited medical infrastructure. IoT systems alert healthcare providers to emergencies, ensuring swift medical responses. Additionally, in agriculture, IoT sensors track soil quality, weather conditions, and crop health, promoting food security through data-driven farming. Blockchain technology enhances transparency and accountability in institutional processes by securely recording transactions. This is particularly beneficial for food distribution systems, ensuring that subsidized food reaches beneficiaries efficiently while minimizing wastage and corruption. Blockchain-based tracking systems help monitor food grain movement from procurement to distribution. The expansion of mobile health applications and telemedicine platforms, such as e-Sanjeevani in India, has improved healthcare accessibility for marginalized populations. These platforms enable remote consultations, reducing the burden of travel for patients in underserved areas. By integrating these digital solutions, institutions can strengthen coordination, accountability, and accessibility in healthcare and nutrition

security systems, leading to better outcomes for disadvantaged communities.

18. Environmental Factors Impacting Nutrition Security

Environmental issues like climate change, droughts, and unpredictable weather patterns present major risks to food security and nutritional stability. Strengthening institutional frameworks to implement long-term nutrition security. Encouraging the cultivation of drought-resistant crops such as millets, sorghum, and quinoa can improve food security in areas affected by soil degradation and water scarcity. These crops require minimal water and can withstand harsh climatic conditions, making them sustainable alternatives for enhancing nutrition security. Institutions should also promote sustainable irrigation practices. These methods conserve water while improving crop yield, thereby strengthening the agricultural framework to withstand climate risks. Encouraging crop diversification reduces the dependency on staple grains and enhances nutritional diversity. By promoting the cultivation of fruits, vegetables, and pulses alongside traditional cereals, institutions can improve overall dietary quality. Integrating climate data into agricultural planning allows farmers and policymakers to anticipate adverse weather conditions. Digital platforms using AI and IoT can provide real-time weather forecasts and advisory services, empowering farmers to make informed decisions that safeguard their crops and ensure food availability. By adopting these strategies, institutions can mitigate climate-related risks and improve nutrition security for vulnerable communities. Investing in sustainable agriculture and climate-adaptive policies is crucial for ensuring long-term resilience in India's food and nutrition systems.

19. Initiative Programmes Implemented by the Central and State Government

Scheme Name	Coverage/Benefit	Eligibility Criteria	Administered By
Ayushman Bharat PM-JAY	Gives up to ₹5L per family annually for medical treatments	Economically disadvantaged families identified under SECC 2011	Central Government ¹
(CMCHIS)	Provides financial help up to ₹5L annually for approved treatments per family	Tamil Nadu residents earning less than ₹1.2 lakh per year, along with select welfare groups	Tamil Nadu Government ²
Scheme Name	Coverage/Benefit	Eligibility Criteria	Administered By
(NHIS)	Provides ₹5L for treatments; ₹10 lakh for certain major procedures	Tamil Nadu government staff, pensioners, and family pensioners	Tamil Nadu Government ²
(PMBJP)	Ensures access to affordable generic medicines at dedicated stores	Open to all individuals across India	Central Government ³
E-Scooter Subsidy for Gig Workers	Grants ₹20,000 support for purchasing e-scooters and offers insurance coverage	Registered gig workers in Tamil Nadu (e.g., delivery agents)	Tamil Nadu Government ²
(RSBY)	Provides up to ₹30,000 per year for hospitalization expenses	Workers in the unorganized sector from families classified as BPL	Central Government ¹
(JSY)	Grants monetary benefits to facilitate deliveries institutionally	Women who are pregnant from low-income households	Central Government ⁴
MRMBS	Allocates ₹18k monetary support to expecting mothers	Low-income pregnant women in Tamil Nadu	Tamil Nadu Government ²
(NRHM)	Provides free healthcare services through public health centres in rural areas	Rural communities, with special focus on vulnerable groups	Central Government ⁴
(TNIAF)	Offers financial aid for expensive medical treatments	Tamil Nadu residents from financially weaker backgrounds in need of specialized care	Tamil Nadu Government ²

Footnotes: National Health Authority (NHA), Tamil Nadu Government Official Portal, P MBharatiya Janaushadhi Pariyojana, (MoHFW)

20. Policy Recommendations for Strengthening Institutions in Health, Social Welfare and Nutrition Security

To enhance the effectiveness of institutions in promoting health, nutrition security, and social welfare, several policy recommendations can be proposed. One key strategy is to improve inter-institutional coordination by establishing a centralized framework that aligns various government departments, agencies, and stakeholders. This approach can enhance resource allocation, reduce duplication of efforts, and improve data sharing, ultimately leading to more efficient policy execution. Another vital recommendation is implementing financial and structural reforms to improve funding and operational efficiency. Increasing budget allocations for healthcare, nutrition, and social welfare programs can help address gaps in service delivery. Additionally, restructuring administrative processes can improve accountability, ensuring resources are utilized effectively. The integration of technology is essential for enhancing program monitoring and delivery. Leveraging digital tools and AI can improve real-time tracking of beneficiary data, streamline supply chains, and ensure timely interventions. Technology-driven solutions can strengthen decision-making processes, enhancing program outcomes. Promoting community and grassroots-level monitoring is another critical recommendation. Encouraging active community participation in evaluating services, providing feedback, and identifying local challenges can improve the reach and impact of initiatives. Empowering local bodies ensures that policies are better structured to meet the particular needs of diverse populations. These recommendations align with the UNSDGs, particularly SDG 2, SDG 3 and SDG 17. Implementing these strategies can foster stronger institutions, resulting in improved healthcare systems, enhanced nutrition security, and strengthened social welfare frameworks.

CONCLUSION

Strengthening institutions is key to improving health outcomes, ensuring nutrition security, and enhancing social welfare. By adopting a collaborative approach, increasing financial support, embracing technology, and promoting community involvement, institutions can become more efficient and responsive to societal needs. Effective coordination between healthcare providers, social welfare bodies, and nutrition agencies is crucial for delivering integrated solutions. Through these measures, India can achieve significant progress toward achieving SDGs related to health, hunger eradication, and social welfare. Ensuring strong institutions will not only improve service delivery but also contribute to building a healthier, more equitable society.

Suggestion

To enhance institutions for improved health, nutrition security, and social welfare, several strategic measures can be implemented. First, fostering inter-institutional collaboration is crucial. Establishing a centralized coordination mechanism can streamline efforts between key organizations such as the MHFW, MWCD, and FS and SAI. This approach would reduce duplication of efforts and promote more effective resource

utilization. Second, ensuring adequate funding and resource allocation is essential. Expanding budgetary support for healthcare, nutrition, and welfare programs can improve service delivery and reach underserved populations. Implementing transparent financial tracking systems can also minimize corruption and ensure resources are used effectively. Technological integration is another vital recommendation. Leveraging AI, analytics, and digital platforms can improve program monitoring, enable real data collection, and support better making decisions. Digital tools can also enhance communication between stakeholders, ensuring faster response times in program execution. Promoting community engagement is equally important. Empowering local communities to participate in monitoring services, providing feedback, and identifying challenges can improve accountability and ensure services are tailored to meet local needs. Training frontline workers and strengthening grassroots institutions can further enhance service delivery in rural and marginalized regions. Lastly, capacity building programs for institutional staff are essential. Providing regular training on updated policies, digital tools, and effective service delivery strategies can improve institutional efficiency and strengthen public trust

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- Department of Food and Public Distribution (PDS)
- NITI Aayog
- National Family Health Survey (NFHS)
- Ministry of Rural Development (MNREGA)
- World Health Organization (WHO)
- United Nations Children's Fund (UNICEF)
- World Food Programme (WFP)
- United Nations Development Programme (UNDP)
- Centre for Disease Control and Prevention (CDC)
- Sustainable Development Goals (SDG) – United Nations

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