



YourLawArticle

Open Access Law Journal, ISSN (O): 3049-0057

Editor-in-Chief – Prof. (Dr.) Amit Kashyap; Publisher – Reet Parihar

Food Security And Nutrition As Public Health Imperatives: Realizing The Human Right To Food In India

Authored by:

Huma Ausaf, Research Scholar, Faculty of Law, Integral University

Co- Authored by:

Dr. Manzoor Khan, Professor, Faculty of Law, Integral University

Published on: 26th May 2026

Abstract

This study will examine food security and nutrition as critical public health imperatives within the framework of the human right to food in India. The primary aim of the study will be to analyse the extent to which existing legal, policy, and institutional mechanisms in India will address issues of food availability, accessibility, adequacy, and nutritional security from a human rights perspective. A doctrinal, secondary research approach will be adopted. Data will be collected from previously published and authoritative sources such as PubMed, Research Gate, Scopus, Sodhganga, Google Scholar, standard textbooks, government websites, policy documents, and national and international reports. The study will critically evaluate constitutional provisions, judicial interpretations, statutory schemes, and flagship nutrition and food security programmes in light of international human rights standards. The expected outcomes of the study will include a comprehensive understanding of the legal and policy gaps affecting effective realization of the right to food, identification of structural and implementation challenges in food and nutrition governance, and an assessment of the public health implications of food insecurity in India. It is anticipated that the study will contribute to policy-oriented recommendations aimed at strengthening rights-based approaches to food security, improving nutritional outcomes, and reinforcing state accountability in fulfilling its obligations under national and international human rights standards. The study is expected to contribute to academic discourse by strengthening the rights-based approach to food security and offering

insights that may assist policymakers, legal practitioners, and public health professionals in designing more inclusive and accountable food and nutrition strategies.

Keywords - Food Security; Nutrition; Right to Food; Public Health; Human Rights; Social Welfare Schemes; India

Introduction

In India, food security and nutrition has become the major public health concern and is tightly associated with the achievement of the human right to food and social justice and sustainable development. India has been struggling to overcome long-term issues of hunger, malnutrition, and poor diets regardless of the great economic growth and improved agricultural production¹. Such difficulties are not only about the availability of food but are deeply connected with the problem of access, affordability, utilization, and stability, and this directly influences the outcomes of population health. The various manifestations of malnutrition, the undernourishment, the deficiency of micronutrients and the increasing obesity are a severe challenge to the human capital formation and national development².

The right to food is a component of the right to life, as acknowledged by international human rights instruments. It was implicitly established under Article 21 of the Indian Constitution, which states that the State must ensure that all individuals have regular access to food that is adequate, safe, and nutritious³. Since stunting, wasting, anemia, and a lack of proper nutrition are linked to elevated rates of child and maternal mortality, infection susceptibility, and non-communicable illnesses, food security and public health in India are inseparable. With the increased burden of the long-term effects of nutritional deprivation, especially of children, women, and marginalized groups, the pressure on the public health systems is increasing.⁴

The National Food Security Act of 2013, the Integrated Child Development Services, the Mid-Day Meal Scheme, and the Poshan Abhiyaan are just a few of the legislative and policy measures that India has implemented to address these concerns. The efficacy of these interventions is hindered by implementation gaps, regional disparities, and structural inequalities, even when they represent a rights-based approach. This paper examines how the legal, institutional, and policy systems in India

¹ Sapna, "A Detailed Study On Food Security In India," 8 *International Journal of Novel Research and Development* 1–12 (2023).

² Andaleeb Rahman, Prabhu L. Pingali and Bhaskar Mitra, "Food Security and Nutrition in Rural India," 4 *World Food Policy* 1–8 (2017).

³ Pankaj Choudhury and Animesh Rishi, "Law Relating To Right To Food Security Act In Indian Circumstance," 20 *Ilkogretim Online - Elementary Education Online* 4100–8 (2021).

⁴ Lidija Knuth and Margret Vidar, *Constitutional and Legal Protection of the Right to Food around the World United Nations Human Settlements Programme (UN-Habitat): Addis Ababa, Ethiopia. (2021)*, 2011.

either facilitate or obstruct the attainment of the right to food by situating the idea of food security and nutrition within a broader public health and human rights framework⁵. As part of this paper, the authors place the concept of food security and nutrition within the framework of a wider public health and human rights perspective, focusing in particular on the roles of legal, institutional, and policy systems in India in promoting or impeding the achievement of the right to food. In so doing, it aims at drawing attention to the necessity of an integrated, accountable and equity-driven solution to fostering food security as a pillar of people health in India⁶.

Food Security and Nutrition as Public Health Priorities in India

The importance of food security and nutrition takes center stage within the Indian public health system because of both the direct and secondary influence on the well-being of the population, their productivity and social development. Physical growth, cognitive development, resistance to diseases, and the quality of life is dependent on adequate access to safe, sufficient and nutritious food⁷. The high rates of undernutrition, deficiency of micronutrients, and a new diet-related non-communicable diseases are all indicators in India of the severity of the relationship between nutrition and the health outcomes of the populace. Child and female stunting, wasting and anemia remains a big dilemma in maternal and child health indicators to food production and economic capacity improvement⁸.

In India, food insecurity is not linked to the availability, but rather to affordability, accessibility, and good use of foods, especially in relation to vulnerable populations, such as rural families, urban poor, women, children and disadvantaged communities. Poor nutrition undermines the immune systems, exposes one to infections, and leads to low educational achievements and workforce productivity, thus, becoming a long-term burden to the public health system⁹. Meanwhile, there is an accelerating urbanization and a shift in dietary habits, with the result that more and more people are eating more processed food, which causes obesity, diabetes, and heart diseases and poses a dual malnutrition burden¹⁰.

⁵ MD Asraul Hoque, "Mid-Day Meal Scheme in India: Current status, Critical Issues and Challenges" *International Journal of Education, Language, and Social Science* (2023).

⁶ Shri K. Singh et al., "Utilization of Integrated Child Development Services (ICDS) and its linkages with undernutrition in India" *Maternal and Child Nutrition* (2024).

⁷ Fiona H. McKay, Alice Sims and Paige van der Pligt, "Measuring Food Insecurity in India: A Systematic Review of the Current Evidence" *Current Nutrition Reports*, 2023.

⁸ Khansa Nur Fathiya, "Food Security: A Key Component in Promoting Public Health and Nutrition" *International Journal of Health Engineering and Technology* (2024).

⁹ Nafees Ahmad et al., "Food Insecurity: Concept, Causes, Effects and Possible Solutions" *IAR Journal of Humanities and Social Science* (2021).

¹⁰ Dil Bahadur Rahut et al., Expectations for Household Food Security in the Coming Decades: A Global Scenario, in *Future Foods: Global Trends, Opportunities, And Sustainability Challenges* (2021).

The Indian government is increasingly addressing the country's food insecurity and nutritional deficiencies via public health initiatives that prioritize both rights and welfare. To address nutritional deficiencies at different points in life, numerous programs are put in place, including as the Mid-Day Meal Scheme, Poshan Abhiyaan, Integrated Child Development Services, and the Public Distribution System¹¹. Nonetheless, regional imbalances, dysfunctions within the administration, and socio-economic differences are still limiting their penetration and performance. Enhancement of food security and nutrition should thus entail effective public health planning, nutrition awareness and fair policy execution to provide long term health benefits to the Indian population¹².

Evaluation of Food Security and Nutrition Welfare Programmes

The food security and nutrition welfare programmes in India should be evaluated to determine how well they are working in the reduction of hunger, malnutrition, and the health issues of the population. The aim of these programmes is to provide equal access to food and nutrition support especially to the vulnerable populations. A systematic evaluation shows the progress as well as the gaps in the coverage, quality, and outcomes that are still present¹³.

Public Distribution System (PDS) - The Public Distribution System, which supplies low-income people with subsidized grain, is the central component of India's food security system. It has proved crucial in lowering the number of cases of extreme hunger and keeping food supplies steady throughout economic downturns. Yet, there are still problems, including errors in identification, leakages, and uneven distribution of resources, which lower its efficiency, restraining nutritional adequacy above calorie security¹⁴.

Integrated Child Development Services (ICDS) - ICDS is concerned with the nutrition, health, and development of early childhood using supplementary nutrition, monitoring of growth and health education. The programme has been critical towards improving child survival and the minimization of severe malnutrition. However, inequitable delivery of services, inadequate infrastructure and

¹¹ Aishwarya Singh, "From grains to meals: the gender dimension of the right to food in India" *Australian Journal of Human Rights* (2025).

¹² Neetu Abey George and Fiona H. McKay, "The public distribution system and food security in India" *International Journal of Environmental Research and Public Health*, 2019.

¹³ Apoorva Verma and Saurabh Mani, "A Study of Food Security Programs with Special Reference to Sustainable Development Goals in India," *9 Arhavati : An International Journal* 1–19 (2022).

¹⁴ Aditya Shrinivas, Kathy Baylis and Benjamin Crost, " Food Transfers and Child Nutrition: Evidence from India's Public Distribution System † " *American Economic Journal: Applied Economics* (2025).

quality of additional food are some of the main setbacks in ensuring consistency in nutritional performance¹⁵.

Mid-Day Meal Scheme - Mid-Day Meal Scheme is a nutritional scheme that is linked to education in that schoolchildren receive cooked meals. It has boosted enrolling in schools, attendance and social equity and solved classroom hunger. Although it has a positive influence, issues of meal quality, hygiene, and monitoring mechanisms are still present in different regions¹⁶.

In general, although these welfare programmes have intensified the food security and nutrition environment in India, they should undertake constant review, better execution, and nutrition sensitive reforms to achieve sustainable benefits of the population in terms of health.

Human Right to food in the Indian legal framework

The human right to food has been shaped within India's legal system via constitutional interpretation, judicial actions, and the building of legislative measures that promote nutritional dignity and food security. Although the right to food is not explicitly stated in India's constitution, it has been increasingly acknowledged as part of the right to life, health, and survival¹⁷.

Constitutional Foundations in the Article 21 - The right to adequate nutrition is part of the right to live in dignity, according to the Supreme Court's interpretation of Article 21. The constitutionality of food stamps and government transparency have been solidified by this court order¹⁸.

Directive Principles of State Policy - Articles 39(a), 39(b), 41 and 47 subject the State to the duty of providing sufficient means of livelihood, equitable resource distribution, social support and bettering of nutrition and state health. These concepts are used to inform legislative and policy intervention on food security¹⁹.

Courts of Justice and Cases - Social programs are now recognized as basic rights under the Indian Constitution as a result of many seminal court rulings, the most important of which being People's

¹⁵ Umesh Kapil, "Integrated Child Development Services (ICDS) scheme : A program for holistic development of children in India" *Indian Journal of Pediatrics*, 2002.

¹⁶ Khila Nath Sapkota, Bashu Dev Dhungel and Kamal Bhusal, "Impact of free mid-day meal program on academic performance in public schools," 8 *International Journal of Innovative Research and Scientific Studies* 4461–70 (2025).

¹⁷ R. Eakramuddin, "Human Right to Food and the Indian laws: A study," 11 *IJFANS International Journal Of Food And Nutritional Sciences* 1–8 (2022).

¹⁸ Pragya Kumar, "Interpretation Of Indian Constitution Article 21 With Special Reference To The Right To Human Dignity: An Analysis," 3 *Indian Journal of Law and Legal Research* 1–13 (2023).

¹⁹ Deepak Kumar Verma, Manish Sharma and Manisha Singh, "Towards an Opportunity-Based Economy: Realizing the Directive Principles of State Policy for Inclusive Growth in India," 4 *SSRN* 1–12 (2025).

Union of Civil Liberties. It has been highlighted that the responsibility of the state has been highlighted in avoiding hunger and starvation by courts.

Policies and Legislative Measures - Nutritional access and the distribution of subsidised grain have been firmly established by the National Food Security Act of 2013, which formally recognizes the right to eat.

International Duty - Since India has made international pledges on the right to food under international treaties such as the ICESCR, the national legislation is in harmony with the global human rights framework²⁰.

One defining feature of India's constitutional right to food guarantee is its dedication to a justiciable policy.

Food and Nutrition Rights in Constitutional and Judicial Aspects

An emerging perception of welfare and state responsibility, dignity, and the legal and judicial dimensions of food and nutrition rights in India are mirrored in its constitutional and judicial dimension. Judicial activism and interpretation of the Constitution have raised the right to food and nourishment to the level of a fundamental right relating to human survival and health, even though the right is not explicitly guaranteed in the Constitution²¹.

Right to Life and Dignity of the Person (Article 21) - According to the Supreme Court's expansive reading of Article 21, everyone has the right to a dignified life, which includes the right to adequate sustenance.

. Food shortage is not only regarded as an economic deprivation but it is seen to be a direct infringement of the right to life²².

The Importance of State Policy Directives - The State has an ethical and legal obligation to provide social justice, decent livelihoods, and the promotion of social health and nutrition under Articles 39, 41, 42, and 47 of the Constitution. These principles, even though non-justiciable, play a major role in the legislative agenda and judicial logic.

²⁰ Sweksha, "Role of Judicial Activism in Strengthening Fundamental Rights Under the Indian Constitution," 6 *International Journal of Research Publication and Reviews* 11870–9 (2025).

²¹ Virginia Zambrano, "Right To Food: An Emerging Human Rights Jurisprudence?" *Revista Juridica* (2019).

²² Kanika, "Critical Analysis of Article 21 of the Indian Constitution (Right To Life and Personal Liberty)" *International Journal of Creative Research Thoughts* (2024).

Judicial Enforcement with Public Interest Litigation - Public interest litigation has become an influential instrument of bringing food and nutrition schemes to legal enforceability. Court decisions have made governments enforce welfare initiatives in an effective manner, especially to children, women, and people with lesser incomes.

Judgments and Policy Impact - Opinions on cases on starvation deaths and failures of welfare delivery have changed the policy implementation. Courts have been able to monitor the implementation, hold budgetary commitments and strengthen accountability mechanisms²³.

The combination of constitutional values and judicial intervention has also changed food and nutrition into a right-based guarantee of policy objectives rather than a rights-based argument to the solidarity of the law of social welfare in India.

Policy and Institutional Mechanisms for Ensuring Nutritional Security

The policy and institutional processes are important in securing nutritional security in India as it converts the constitutional promises and welfare goals into action plans. Nutritional security is not just about the availability of food but about dietary adequacy, diversity, safety, and long term sustainability in which multisectoral intervention at various governance tiers is needed.

At the policy level, national policies like National Food Security Act, 2013 have given a legislative basis towards access to food grains and nutrition assistance to the vulnerable groups. Similar complementary policies such as National Nutrition Policy and Poshan Abhiyaan aim at alleviating child stunting, wasting, anemia and maternal under nutrition through specific time-limited objectives. These policies lay stress on life-cycle policies because the nutritional requirements are very critical during infancy, adolescence, pregnancy, and at lactation²⁴.

Ministries and organizations tasked with health, women's and children's development, agriculture, and rural development have an institutional responsibility to address nutrition outcomes. The state government, local institutions, and frontline workers work together in a decentralized administrative system to oversee programs like the Integrated Child Development Services and the Mid-Day Meal Scheme. The school systems and Anganwadi centers are key delivery points of the supplementary nutrition, growth monitoring and nutrition education.

²³ Srinivas Katkuri, "Role of directive principles towards welfare of the state and social development in India," 4 *International Journal of Law* 56–60 (2018).

²⁴ MD. Saifuddin and Surya K. T Keesam Manasa, Sidharth S, "Food and Nutritional Security in India: Challenges and Pathways Forward," 5 1–5 (2024).

Platforms that are driven by data, social audits, and community involvement are all ways to improve accountability and monitoring. Surveys and digital tracking systems can be used periodically to recognize the discrepancies in the regions and gaps in program. Nevertheless, institutional obstacles continue to exist in the nature of inter-departmental coordination shortages, uneven capacity on local level and infrastructural limitations.

Thus, political will, dedication over the long run, and institutional concord are necessary for nutritional security to be achieved. The need to strengthen the grassroots implementation, to promote nutrition awareness and to combine health and food systems has continued to be crucial in ensuring that the realization of equitable and sustainable nutritional outcomes is realized²⁵.

Public Health Implications of Food Insecurity in India

The public health effects of food insecurity in India extend far beyond hunger and the lack of calories and nutrition to include the general health of the population, social norms, and economic performance. Limited access to healthy food undermines the physical development, immunity, and susceptibility to illnesses, especially in children, women, the elderly, and the socio-economically disadvantaged. Chronic under-nutrition is one of the leading causes of stunting, wasting, and underweight of children, and the consequences that are caused by under-nutrition cannot be reversed at all, as they have irreversible effects on cognitive changes and health in the long term.

The micronutrient deficiencies, particularly, the iron, iodine, vitamin A, and zinc deficiencies are severe to the human health concerns. Extensive anemia in women and teenage girls exposes women to increased risks during pregnancy and leads to low birth weights and intergenerational poor health. Maternal and infant mortality is another problem associated with food insecurity which puts long-term strain on primary healthcare systems and national health infrastructure²⁶.

Food insecurity, in conjunction with undernutrition, has led to unhealthy changes of diet. Poor access to low-cost and nutritious foods can also compel a family to stick to high-energy and low-nutrient diets. This has led to an increasing non-communicable disease burden of diabetes, hypertension and cardiovascular diseases especially in cities and peri-urban areas. The fact that undernutrition and obesity have existed simultaneously demonstrates that they are a complicated issue of the health of the population that has to be addressed with combined policy measures.

²⁵ HG Jagadesh and KB Chandrika, "Role of integrated child development scheme in India: A critical appraisal" *International Journal of Humanities and Social Science Research* (2017).

²⁶ Anjali Ganpule et al., "Food insecurity and its determinants among adults in India" *Nutrition Journal* (2023).

Food insecurity also determines the health of a population because of its social determinants. Malnutrition decreases education level, decreases labor efficiency and raises healthcare costs, which further support poverty and health disparity. The focus on food insecurity is thus critical not only to enhance the nutritional indicators but also to boost the disease prevention and equity in health and sustainable health outcomes of the Indian population²⁷.

Strengthening Rights Based Approaches and State Accountability

To deal with food insecurity and enforced nutritional justice in India the key approach is to strengthen rights-based approaches and state accountability. In a rights-based perspective, having enough to eat is not a matter of charity or welfare, but of a fundamental human right linked to respect for one's inherent worth. This view turns the State into a duty bearer rather than a discretionary provider who has to respect, protect and realize food and nutrition rights²⁸.

Important elements of a rights-based perspective are recognition and legal inalienability. Under the National Food Security Act of 2013, governments have committed to provide food grains and nutrition aid to low-income areas in a legally binding manner. The right to food has been interpreted in a way that strengthens accountability. Courts are now able to check on administrative laxity and implementation failures because of this interpretation²⁹.

Accountability is also enhanced in the presence of transparency and participation. Social audits, grievance redressal systems and community monitoring mechanisms also ensure that the beneficiaries can cast doubt on exclusion, corruption and gaps in service delivery. This increased the amount of democracy involvement and responsiveness of the policies to the ground level involving local bodies, civil society organizations, and community groups.

The coordination between the government agencies and the roles and duties are also the contributors to the institutional accountability. Inadequate oversight and conflicting regulations lead to a lack of responsibility, which in turn causes subpar execution. Administrative efficiency and coherence of the

²⁷ Palanivel Chinnakali et al., "Prevalence of household-level food insecurity and its determinants in an urban resettlement colony in India" *Journal of Health, Population and Nutrition* (2014).

²⁸ Ysaline Reid, "The Principle of Accountability in Human Rights-Based Approaches to Development: Towards a New Understanding" *Journal of Human Rights Practice* (2024).

²⁹ DR. Raghvendra Kumar Yadav, "Right to Food in India with Special Reference to National Food Security Act, 2013 a Socio Legal Study" *Naveen International Journal of Multidisciplinary Sciences (NIJMS)* (2025).

policies can be enhanced through strengthening of the data systems, performance indicators, and the outcome-based evaluations³⁰.

Finally, to strengthen rights-based approaches, it is necessary to have a long-term political commitment, awareness of the population, and institutional reform. Practical enforcement of the right to food and nutrition enhances the credibility of the government institutions, minimizes social disparity, and leads to social and long-term health stability of the Indian population.

Conclusion

In conclusion the paper has discussed the human right to food, the article has addressed food security and nutrition as a crucial need of public health concerns in India, fulfilling the research plans' stated objectives. The research finds that problems with accessibility, pricing, use, and nutritional adequacy all of which have a big impact on the population's health outcomes are strongly related to food poverty in India. According to the constitutional interpretation of Article 21, which is backed by court interventions and the Directive Principles of State Policy, the right to food is an essential part of the right to life and human dignity.

There has been considerable progress in the area of hunger and malnutrition management, according to a review of important welfare programs such as the Public Distribution System, Integrated Child Development Services, Mid-Day Meal Scheme, and Poshan Abhiyaan. However, there are still issues with implementation, regional disparities persist, and the programs have limitations. The research concludes that governments should step up, be more consistent with their policies, and advocate for solutions based on rights if they want to see food and nutrition rights implemented successfully. In conclusion, it is necessary to combine legal frameworks with the approaches to public health to ensure a sustainable food security level and better nutrition outcomes in India.

³⁰ Amit Kumar and Bidushee Singh, "Empowering Progress: Unveiling the Transformative Influence of Social Audit in India" International Journal For Multidisciplinary Research (2025).

References

- Sapna, “A Detailed Study On Food Security In India,” 8 *International Journal of Novel Research and Development* 1–12 (2023).
- Andaleeb Rahman, Prabhu L. Pingali and Bhaskar Mitra, “Food Security and Nutrition in Rural India,” 4 *World Food Policy* 1–8 (2017).
- Pankaj Choudhury and Animesh Rishi, “Law Relating To Right To Food Security Act In Indian Circumstance,” 20 *Ilkogretim Online - Elementary Education Online* 4100–8 (2021).
- Lidija Knuth and Margret Vidar, *Constitutional and Legal Protection of the Right to Food around the World United Nations Human Settlements Programme (UN-Habitat): Addis Ababa, Ethiopia. (2021)*, 2011.
- MD Asraul Hoque, “Mid-Day Meal Scheme in India: Current status, Critical Issues and Challenges” *International Journal of Education, Language, and Social Science* (2023).
- Shri K. Singh et al., “Utilization of Integrated Child Development Services (ICDS) and its linkages with undernutrition in India” *Maternal and Child Nutrition* (2024).
- Ranjana Ferrão, “Food security in India” *Brazilian Journal of International Law*, 2017.
- Manoj Panda, “Evolution of India’s Policy Response to Hunger, Nutrition, and Food Security Since Independence,” 2024.
- Ana Ayala and Benjamin Mason Meier, “A human rights approach to the health implications of food and nutrition insecurity” *Public Health Reviews*, 2017.
- Sudha Narayanan, “Food security in India: The imperative and its challenges” *Asia and the Pacific Policy Studies* (2015).
- Nandini Ramanujam and Stephanie Chow, “Towards a human dignity based approach to food security: Lessons from China and India” *Frontiers of Law in China* (2016).
- Ashok Tandi, “Securing The Right To Food In India: Issues And Challenges,” 12 *International Journal of Creative Research Thoughts (IJCRT)* 1–17 (2024).
- Pratibha V Nayak, “Food & Nutrition In India: Challenges, Trends & Solutions,” 11 *International Education And Research Journal* 1–9 (2025).

- Fiona H. McKay, Alice Sims and Paige van der Pligt, “Measuring Food Insecurity in India: A Systematic Review of the Current Evidence” *Current Nutrition Reports*, 2023.
- Khansa Nur Fathiya, “Food Security: A Key Component in Promoting Public Health and Nutrition” *International Journal of Health Engineering and Technology* (2024).
- Nafees Ahmad et al., “Food Insecurity: Concept, Causes, Effects and Possible Solutions” *IAR Journal of Humanities and Social Science* (2021).
- Dil Bahadur Rahut et al., Expectations for Household Food Security in the Coming Decades: A Global Scenario, in *Future Foods: Global Trends, Opportunities, And Sustainability Challenges* (2021).
- Aishwarya Singh, “From grains to meals: the gender dimension of the right to food in India” *Australian Journal of Human Rights* (2025).
- Neetu Abey George and Fiona H. McKay, “The public distribution system and food security in India” *International Journal of Environmental Research and Public Health*, 2019.
- Apoorva Verma and Saurabh Mani, “A Study of Food Security Programs with Special Reference to Sustainable Development Goals in India,” 9 *Arhavati : An International Journal* 1–19 (2022).
- Aditya Shrinivas, Kathy Baylis and Benjamin Crost, “ Food Transfers and Child Nutrition: Evidence from India’s Public Distribution System † ” *American Economic Journal: Applied Economics* (2025).
- Umesh Kapil, “Integrated Child Development Services (ICDS) scheme : A program for holistic development of children in India” *Indian Journal of Pediatrics*, 2002.
- Khila Nath Sapkota, Bashu Dev Dhungel and Kamal Bhusal, “Impact of free mid-day meal program on academic performance in public schools,” 8 *International Journal of Innovative Research and Scientific Studies* 4461–70 (2025).
- R. Eakramuddin, “Human Right to Food and the Indian laws: A study,” 11 *IJFANS International Journal Of Food And Nutritional Sciences* 1–8 (2022).

- Pragma Kumar, “Interpretation Of Indian Constitution Article 21 With Special Reference To The Right To Human Dignity: An Analysis,” 3 *Indian Journal of Law and Legal Research* 1–13 (2023).
- Deepak Kumar Verma, Manish Sharma and Manisha Singh, “Towards an Opportunity-Based Economy: Realizing the Directive Principles of State Policy for Inclusive Growth in India,” 4 *SSRN* 1–12 (2025).
- Sweksha, “Role of Judicial Activism in Strengthening Fundamental Rights Under the Indian Constitution,” 6 *International Journal of Research Publication and Reviews* 11870–9 (2025).
- Virginia Zambrano, “Right To Food: An Emerging Human Rights Jurisprudence?” *Revista Juridica* (2019).
- Kanika, “Critical Analysis of Article 21 of the Indian Constitution (Right To Life and Personal Liberty)” *International Journal of Creative Research Thoughts* (2024).
- Srinivas Katkuri, “Role of directive principles towards welfare of the state and social development in India,” 4 *International Journal of Law* 56–60 (2018).
- MD. Saifuddin and Surya K. T Keesam Manasa, Sidharth S, “Food and Nutritional Security in India: Challenges and Pathways Forward,” 5 1–5 (2024).
- HG Jagadesh and KB Chandrika, “Role of integrated child development scheme in India: A critical appraisal” *International Journal of Humanities and Social Science Research* (2017).
- Anjali Ganpule et al., “Food insecurity and its determinants among adults in India” *Nutrition Journal* (2023).
- Palanivel Chinnakali et al., “Prevalence of household-level food insecurity and its determinants in an urban resettlement colony in India” *Journal of Health, Population and Nutrition* (2014).
- Ysaline Reid, “The Principle of Accountability in Human Rights-Based Approaches to Development: Towards a New Understanding” *Journal of Human Rights Practice* (2024).
- DR. Raghvendra Kumar Yadav, “Right to Food in India with Special Reference to National Food Security Act, 2013 a Socio Legal Study” *Naveen International Journal of Multidisciplinary Sciences (NIJMS)* (2025).

- Amit Kumar and Bidushee Singh, “Empowering Progress: Unveiling the Transformative Influence of Social Audit in India” International Journal For Multidisciplinary Research (2025).