

# **National Health Mission (NHM) India Explained by Pothireddy Surendranath Reddy: Comprehensive Guide, Objectives, Components, Achievements, Implementation, Policy Impact, and Future Roadmap**

## **National Health Mission India Explained | NHM India Overview, Goals, Strategies, Components & Key Initiatives by Pothireddy Surendranath Reddy**

**National Health Mission (NHM)** is an umbrella public health initiative of the Government of India, aimed at ensuring equitable, affordable, and quality healthcare services for all citizens, with a special focus on maternal and child health, communicable and non-communicable disease control, health infrastructure strengthening, and inclusive health delivery across rural and urban areas. Launched in 2013 by the Ministry of Health & Family Welfare, NHM subsumes the **National Rural Health Mission (NRHM)** and the **National Urban Health Mission (NUHM)** and acts as the backbone of India's public health strategy for improving health outcomes, reducing mortality rates, and strengthening the health system. [Wikipedia](#)

**Watch video click ; [National Health Mission India](#)**

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### **Official and Relevant Links**

-  **Official National Health Mission Website:** <https://nhm.gov.in>
-  **NHM Nagaland – Vision & Objectives (State NHM):** <https://www.nhmnagaland.in/about.aspx> [National Health Mission Nagaland](#)
-  **Overview of NHM Achievements (Government of India PM Portal):** [https://www.pmindia.gov.in/en/news\\_updates/cabinet-approves-achievements-under-national-health-mission-2021-24/](https://www.pmindia.gov.in/en/news_updates/cabinet-approves-achievements-under-national-health-mission-2021-24/) [Prime Minister of India](#)
-  **NHM Components and Services:** <https://nhmtvm.com/about-us/nhm-components/> [NHM TVM](#)

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## **1. Introduction to National Health Mission**

The **National Health Mission (NHM)** is India's flagship initiative to **strengthen the public health system** and achieve **Universal Health Coverage (UHC)**. NHM prioritizes **equitable access to quality healthcare**, particularly for **vulnerable populations**, including women, children, elderly, tribal communities, and the urban poor. Under NHM, the Indian government seeks to integrate public health functions across rural and urban areas while focusing heavily on **health infrastructure, manpower, and preventive care systems**. [NITI Aayog](#)

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## 2. Historical Background and Policy Framework

The NHM evolved from earlier health sector reforms aimed at improving service delivery, reducing mortality, and addressing persistent public health gaps. The **National Rural Health Mission (NRHM)** was launched in **2005** to address rural health challenges and systemic weaknesses. Over time, recognizing similar challenges in urban areas, the **National Urban Health Mission (NUHM)** was developed. In **2013**, these missions were consolidated under the **National Health Mission (NHM)** to unify governance and expand the reach of public health interventions. [Wikipedia](#)

The NHM aligns with India's broader **health policy priorities** and global frameworks such as Sustainable Development Goal 3 (Good Health and Well-Being). It also enables inter-sectoral convergence with sanitation, nutrition, women's empowerment, and disease surveillance systems to address **social determinants of health**.

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## 3. Vision, Mission, and Core Objectives

### Vision

The NHM strives to create a **responsive, accessible, and accountable public health system** across India, offering quality care from grassroots to tertiary levels.

### Mission

- To **improve health indicators**, particularly **maternal and child mortality**.
- To **expand equitable access to quality health services**, including immunization, nutrition, sanitation, and hygiene.
- To **integrate disease prevention and control** into primary care.
- To **strengthen health infrastructure, human resources, and management systems**.
- To promote **healthy lifestyles** and awareness campaigns.
- To **incorporate traditional health systems (AYUSH)** into public health service delivery.

[National Health Mission Nagaland+1](#)

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## 4. Components of NHM

NHM's structure is built around **key components and strategic clusters** of health services:

### 4.1 Reproductive, Maternal, Neonatal, Child & Adolescent Health (RMNCH+A)

Focuses on complete life cycle health—fertility care, pregnancy care, safe delivery, neonatal survival, child growth monitoring, and adolescent health. [NITI Aayog](#)

### 4.2 Health System Strengthening (HSS)

Crucial for enhancing health infrastructure such as **primary health centres, community health centres, district hospitals, telemedicine systems, mobile medical units (MMU)**, and decentralised health planning. [NHM TVM](#)

### 4.3 Non-Communicable Disease (NCD) Control

Includes programs for **cancer, cardiovascular diseases, diabetes, mental health, oral health, elderly care, and palliative care**. [NHM TVM](#)

### 4.4 Communicable Disease Control

Addresses vector-borne diseases, tuberculosis, leprosy, HIV/AIDS, and surveillance systems like IDSP. [NHM TVM](#)

### 4.5 Infrastructure Development

Strengthening health facilities to meet **Indian Public Health Standards (IPHS)**, and upgrading SCs, PHCs, CHCs, and hospitals. [NHM TVM](#)

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## 5. Implementation Structure (National → State → District)

NHM is implemented through a multi-tiered decentralized structure:

- **National Level:** Monitored by the Ministry of Health & Family Welfare and National Health Mission Directorate with technical support from bodies like NHSRC (National Health Systems Resource Centre).
- **State Level:** Each state has a State Health Society managing NHM at the state level.
- **District Level:** District Health Mission bodies implement plans tailored to local needs.

This decentralized structure enables **local health planning, resource allocation, and accountability**.

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## 6. Key Programs & Strategic Initiatives

NHM includes numerous campaigns and policies:

- **Janani Shishu Suraksha Karyakram (JSSK):** Free maternal and infant care services.
- **Mission Indradhanush:** Intensive immunization coverage campaign.
- **ASHA (Accredited Social Health Activist) Program:** Community health workforce empowerment.
- **Blood Safety & Transfusion Services**
- **Free Drugs & Diagnostics Service Initiative**
- **Child Health & Nutrition Programs**
- **TB Elimination Programs:** e.g., **National TB Elimination Programme (NTEP)** under NHM. [NHM TVM+1](#)

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## 7. Achievements and Impact

NHM has significantly improved India's health outcomes:

### Disease Control & Mortality Reduction

- TB incidence reduced from 237 to 195 per 1,00,000 population (2015–2023). [Prime Minister of India](#)
- Malaria cases and death rates have shown progressive declines. [Prime Minister of India](#)
- **Kala-azar has reached <1 case per 10,000 in endemic areas.** [Prime Minister of India](#)

## Immunization

- **Measles-Rubella Campaign under Mission Indradhanush** immunized **34.77 crore+ children**, reaching nearly 98% coverage. [Prime Minister of India](#)

## Dialysis & Chronic Care

- **Pradhan Mantri National Dialysis Programme** has delivered 62.35 lakh+ hemodialysis sessions for 4.53 lakh+ patients. [Prime Minister of India](#)

## Sickle Cell Screening

- Large-scale tribal screening efforts towards elimination goals by 2047. [Prime Minister of India](#)

## Digital Health

- **U-WIN platform** ensures real-time vaccination tracking in 36 states/UTs. [Prime Minister of India](#)

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## 8. Core Services and Health Delivery Mechanisms

### Primary Healthcare

NHM bolsters primary healthcare by strengthening:

- **Health & Wellness Centres (HWCs)**
- **Community Health Centres (CHCs)**
- **Primary Health Centres (PHCs)**
- **Sub-Centres (SCs)**

These centres deliver preventative, curative, promotive, and rehabilitative services.

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## 9. Human Resources, Training & Workforce Strategy

NHM focuses on:

- Training and deploying frontline workers like **ASHAs, ANMs, and CHOs**
- Multi-skilling healthcare staff and incentivizing rural placements
- Capacity building through dedicated institutes and continuous mentoring

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## 10. Disease Prevention and Control under NHM

NHM plays a central role in **preventing and managing communicable diseases**:

- **Tuberculosis (TB)**
- **Malaria and Kala-azar**
- **Leprosy**
- **HIV/AIDS Surveillance**
- **Vector-borne disease control**

Additionally, non-communicable diseases like diabetes, cardiovascular diseases, and cancers are addressed through targeted interventions. [NHM TVM](#)

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## 11. Universal Immunization and Maternal-Child Health

NHM drives immunization and maternal health via:

- **Mission Indradhanush** campaigns
- Ensuring **free vaccines for children and pregnant women**
- Integrating nutrition, sanitation, and antenatal services

This has helped reduce **infant and maternal mortality rates**, life-long disease burden, and neonatal complications.

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## 12. Digital Health and Health Information Systems

Under NHM, digital platforms like the **U-WIN** enhance real-time tracking of vaccination, provider services, and patient records. This facilitates transparency, efficiency, and evidence-based decision-making. [Prime Minister of India](#)

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### **13. Financing and Funding Model**

NHM uses a **central-state cost-sharing model** (commonly 60:40, varying by state), ensuring shared financial responsibility and flexibility for local health priorities.

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### **14. Challenges and Limitations**

Despite successes, NHM faces structural challenges such as:

- Uneven health infrastructure across states
- Human resource shortages in remote regions
- Logistic and supply chain management issues
- Behavioural barriers affecting service utilization

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### **15. Innovations and Future Roadmap**

To strengthen public health, future NHM initiatives include:

- **Telemedicine and digital health integration**
- **Expanded community health workforce**
- **Enhanced chronic disease management**
- **Public-private partnership models**

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### **16. Policy, Governance, and Accountability**

NHM emphasizes:

- **Robust monitoring** mechanisms (e.g., Common Review Missions)
- **Evidence-based planning**
- **Decentralized decision-making**
- Regular progress evaluation and public reporting

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## 17. Community Engagement and ASHA Workers

**Accredited Social Health Activists (ASHAs)** are central to NHM's grassroots operations, linking communities to health systems, advocating for immunization, sanitation, maternal care, and disease awareness. Their work has been pivotal in raising health outcomes at the village level. [Public Administration Institute](#)

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## 18. Global Health Context & Comparisons

NHM's scale, structure, and public health integration place India among significant global public health initiatives aimed at achieving SDGs and measurable health outcomes.

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## 19. Case Studies: Success Stories & Local Impact

NHM's localized impact includes:

- Increased institutional deliveries in states like Haryana
- Citizen-led health awareness campaigns (e.g., "Stop Diarrhoea")
- NGO collaborations improving maternal and nutrition outcomes [The Times of India+1](#)

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## 20. Conclusion

The **National Health Mission (NHM)** is the cornerstone of India's healthcare reform strategy—strengthening infrastructure, reducing disease burden, expanding universal access, and responding to emergent public health needs. Through strategic programs,

multi-sectoral partnerships, and community engagement, NHM continues to transform India's health landscape and pave the way for a healthier, equitable future.

Same topic in other website

<https://www.scribd.com/document/972396705/National-Health-Mission-NHM-India-Explained-by-Pothireddy-Surendranath-Reddy>

<https://www.slideshare.net/slideshow/national-health-mission-nhm-india-explained-by-pothireddy-surendranath-reddy-pdf/284841466>

<https://archive.org/details/national-health-mission-nhm-india-explained-by-pothireddy-surendranath-reddy>