UNIT 11: POPULATION POLICIES IN INDIA

UNIT STRUCTURE

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11.1 LEARNING OBJECTIVES

After going through this unit, you will be able to –

- state the aims of various population policy of India
- explain the population policies in India during pre-independence and post-independence period
- identify the different policies proposed in Five-year Plans of Government of India for development of the quality of population
- find the impact of population policies in India

11.2 INTRODUCTION

Population education at present emerged as the most important topic of concern in the world. United Nations has played an influential role in determining the population policies of developed and developing countries. After the establishment of Population Commission in 1946, different organizations have tried to influence population control in different countries. In the year 1974, United Nations celebrated World Population Year (WPY).

In simple sense, population policy is a policy of welfare economics of population control. The main issues of population policy are primarily to reduce fertility and mortality and

secondarily to manage re-distribution of population. It suggests ways and means of developing the knowledge, attitude and gap about the family planning. Population policy gives equal importance to the qualitative and quantitative aspects of population growth. It should aim at reducing death rates and birth rates.

Population policy related with socio-cultural, economic, demographic and political environment of the country.

11.3 DEVELOPMENT OF POPULATION POLICIES IN INDIA

We can study India's population in four periods, which included different approaches to the population problems of the country. The population policy of India has to aim at-

- Describing nature of birth rate,
- Limiting number of children in the family,
- Decreasing the rate of mortality,
- Creating awareness among the general people about the effect of over population,
- Adopting necessary steps,
- Apply the laws relating to population growth in the country.

11.3.1 Population policies in pre-independence period

Over population is not a new topic for our country. The British rulers of India were not interested in formulating population policy for Indian people. Before independence, family planning was suggested by Dr. R.D Karve and Mr. P.K. Wattal in 1916. In 1935, planning committee of the Indian National Congress chaired by Jawaharlal Nehru said about growing population of India. In 1931, Census Commissioner JH Hutton expressed his views on control of rapid growth on Indian population. During the Second World War, people of India showed concerned about the density of population growth. Rabindra Nath Tagore also strongly supported the family planning movement. Some significant progresses of pre-independence period are as follows –

- In 1930, the Government of Mysore opened the first Government Birth Control Clinic in the world.
- In the year 1931, Madras University started instructions in methods of birth control. In 1932, the All India Women Conference at Lucknow recommended

methods of birth control in recognized clinics for men and women

- In the year, 1935, the Society for the Study and Promotion of family hygiene was founded.
- In 1940 P.N. Sapru moved a resolution in the Council of States for the establishment of birth control clinics.
- In 1943, Famine Enquiry Commission gave an adverse report to the practice of birth control clinics.

Besides the above mentioned achievement, Gandhiji also involved with this movement. But Gandhiji and other national leaders of India did not think population problem as the burning problem of India.

11.3.2 Population policies in post-independence period

After independence, 1946, the Health Survey and Development Committee reported that the control of disease and improvement of health would cause a serious problem of population growth. In 1952, India became the first developing country in the world to adopt a policy of Governmental efforts to promote a reduction in the number of children. There are some significant policies regarding population education.

- **Policy on Family Planning (1952):** In the year 1952, Government of India adopted a national programme of family planning to reduce the birth rate. But the policy failed to achieve the goal.
- **National Population Policy (1976):** The main focus of this policy were reducing birth rate, raising the age of marriage, creating awareness among people to adopting small family norm, mass-media approach to spread the benefits of small family norms, emphasis on population related research, introduction of population education in school curriculum, gave incentive of the employees helping in the process of sterilization.
- **Revised Population Policy (1977):** In this policy emphasis was given on family planning. There would not be any pressure in connection with the size of the family; all private and public organizations were involved in population education programmes. Government of India emphasized on the research activities regarding population education.

- **National Health Policy (1983):** This policy emphasized on the importance of having the small family norm through the voluntary efforts of the people.
- **Committee on Population Education (1991):** The National Development Council appointed this committee under the chairmanship of Karunakaran. The committee recommended that the National Policy on population should be formulated.
- **Draft National Population policy (1993):** Under the leadership of Dr. M.S. Swaminathan a group of expert was asked to prepare a draft of National Population Policy. The draft was approved by Cabinet but it could not be placed due to dissolution of the Lok Sabha.
- **National Population Policy (2000):** In the year 2000, it was found that Indian population was increasing more than 1000 millions. The main objectives of the policy were to focus on the unmet needs of contraception, health infrastructure, integrated service delivery for basic reproductive and child health care, to bring out the total fertility rate under control by 2010 and to realize the stable population by 2045. There were fourteen National Socio-Demographic Goals under this policy. These goals are as follows-
  - Address the unmet needs for basic reproductive and child health service.
  - Make school education free and compulsory up to 14 years of age and reduce dropouts.
  - To reduce infant mortality rate.
  - To reduce maternal mortality rate.
  - Achieve universal immunization of children against all vaccine preventable diseases.
  - Promote delayed marriage for girls.
  - Achieve 80% institutional deliveries and 1005 deliveries by trained persons.
  - Achieve universal access to information and service for fertility regulation.
  - Contain the spread of AIDS and promote integration between management and reproductive tract infection.
  - Control and prevent communicable diseases.

- Integrate Indian System of Medicine in the provision of reproductive and child health services.
- Promote the small family norm to achieve replacement levels of TPR.
- Bring about convergence in implementation of related social sector programmes so that family welfare becomes a people centered programme.
- Achieve 100% registration of births, deaths, marriage and pregnancies.

W CHECK YOUR PROGRESS

Q 1: State the population policies of India during the pre-independence period.

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Q 2: Mention the goals of National Population Policy.

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Five Year Plans of Government of India for development of the quality of population

First Five Year plan (1951-1956): In the First Five Year Plan. The main focus was economic development and highlights the importance of educational development. Three points were highlighted in this plan-

- Recognition of the need of family planning to create healthy living condition.
- Limiting the family size through the training of medical officers for birth control.
- Improvement of population problems caused due to over population.

Second Five year plan (1956-1961): During this plan, it was found that rapid growths of population seriously affect the economic development of the country. So, effective measures for control of population growth were emphasized.

Third Five Year Plan (1961-1966): This plan gave stress on following points-

- Birth control and spacing,
- Education of women,
- Opening new employment facilities,
- Raising the age of marriage,

- Education imparting family life and sex.

Forth Five Year Plan (1969-1974): In this plan, it is viewed population from the point of social change. Family planning and reducing birth rate were essential for the development of the society.

Fifth Five Year Plan (1974-1979): During the Fifth plan, National Population Policy announced in April 1976. It was targeted that for a birth rate of 25 per thousand and a population growth rate of 1.4 percent. Some new aspects were included in family planning programme, such as-community health, maternity and child care and nutrition.

Sixth Five Year Plan (1980-1985): The main importance of this plan were recorded as raising people above the poverty line, bringing economic equality, increasing avenues for employment etc.

Seventh Five Year Plan (1985-1990): During this period, The National Population Policy was made more comprehensive. Some of the important points were as follows-

- Education to children, adolescents and adults on family welfare,
- Information to couple about conception, pregnancy, childcare and health,
- Use of mass-media for general awareness of population problems.

Eighth Five Year Plan (1992-1997): This plan mainly focused on the modernization of industries. The major objectives of this plan included population growth of the country, poverty, employment opportunities and human resource development. This plan is very significant because family planning programmes went under some radical changes. During the Eighth Plan, International Conference on Population and Development was held at Cairo in 1994. The main objectives of this conference were relating to the reproductive and child health, employment of women, adolescence education, immunization health and nutrition etc.

Ninth Five Year Plan (1997-2002): The major objective of this plan was to reduce the growth rate of population. Focus was given on the Reproductive and Child Health (RCH).

Tenth Five Year Plan (2002-2007): The population related objectives of this plan were- reduce gender gap, increase literacy rate, increase forest and trees, assess the unmet needs of contraception etc. During this period Government of

India made serious efforts to improve the quality of Indian population.

Eleventh Five year Plan (2007-2012): The main focus of this plan was population education related issues. Reduce dropout rates of children, increasing literacy rate, reduce infant mortality rate, provide pure drinking water, reduce malnutrition among children, reduce anaemia among girls and women, provide proper atmosphere for the children, increase forest and trees etc.

Rapid growth of population is the serious problem for the developing country like India. If the present growth of population is unchecked, it will create problems in the overall development of the country as well as in the quality of life of people and environment. So population control should get top priority for the proper development of the nation.

W CHECK YOUR PROGRESS

Q 3: What was the main objective of Seventh Five Year Plan in connection to population policy?

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Q 4: What was the main focus of Eleventh Five Year Plan?

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11.4 IMPACT OF POPULATION POLICIES IN INDIA

India was the first country in the world to launch the National Family Planning Programme in 1951. India Government is conscious about the growth rate of population in the country and is trying to handle the situation. To overcome the situation, government announced various population related policies time to time. But the recommendations of the policies were not properly implemented at the grass root level. There are some another factors also related with population growth, like-early marriage, child marriage, illiteracy, superstitions, child labor etc. Development of education is necessary in this connection. The Central and State Government must take some steps together for the control of population in the country. Government should take effective measures, which can solve

the population problems. Population policies and programmes should make popular among the mass people. The health worker and primary health centre should follow up the population policies. There are some other women related issues such as sexual harassment, women reproductive, rights sexual health right, gender equality –people must be conscious about these issues. The following steps should be taken to check the rampant growth of population in India:

- Increase the marriage age of male and female.
- Adopting the two child norm.
- Providing population programme from 15 years of age.
- People married before legal age should be punished.
- Make the family planning programme popular among the people.
- Motivate couple to use birth control measures.
- Provide adult and non-formal education.

11.5 LET US SUM UP

- In simple sense, population policy is a policy of welfare economics of population control. The main issues of population policy are Population policy gives equal importance to the qualitative and quantitative aspects of population growth.
- Population policy should aim at reducing death rates and birth rates primarily to reduce fertility and mortality and secondarily to manage re-distribution of population.
- In 1952, India became the first developing country in the world to adopt a policy of Governmental efforts to promote a reduction in the number of children.
- There are various population policies and five year plans in our country for the improvement of rapid growth of population.
- There are various issues related with population growth, such as-early marriage, superstitions, lack of education, child labor etc. Central and State Government should take steps to control the rapid growth of population.

11.6 FURTHER READING

1) *Gupta, P.K.(2008). Population Education. Vinay Rakhaja,* R. Lall Book Depot.

2) *Kapoor.K.C, Kapoor,Anupam*. Population Education. EBH Publisher, Ghy-1

3) *Dr. Das Phunu,Dr. Sahidullah, Fatima Tohsin.* Environmental Education and Population Education. Shanti Prakashan, Ghy-1

11.7 ANSWERS TO CHECK YOUR PROGRESS

Ans to Q No 1: Some significant progresses of pre-independence period are as follows –

- In 1930, the Government of Mysore opened the first Government Birth Control Clinic in the world.
- In the year 1931, Madras University started instructions in methods of birth control. In 1932, the All India Women Conference at Lucknow recommended methods of birth control in recognized clinics for men and women.
- In the year, 1935, the Society for the Study and Promotion of family hygiene was founded.
- In 1940 P.N. Sapru moved a resolution in the Council of States for the establishment of birth control clinics.
- In 1943, Famine Enquiry Commission gave an adverse report to the practice of birth control.

Besides the above mentioned achievement, Gandhiji also involved with this movement. But Gandhiji and other national leaders of India did not think population problem as the burning problem of India.

Ans to Q No 2: There were fourteen National Socio-Demographic Goals under this policy. These goals are as follows-

- Address the unmet needs for basic reproductive and child health service.
- Make school education free and compulsory up to 14 years of age and reduce dropouts.
- To reduce infant mortality rate.
- To reduce maternal mortality rate.
- Achieve universal immunization of children against all vaccine preventable diseases.
- Promote delayed marriage for girls.
- Achieve 80% institutional deliveries and 1005 deliveries by trained persons.
- Achieve universal access to information and service for fertility regulation.

- Contain the spread of AIDS and promote integration between management and reproductive tract infection.
- Control and prevent communicable diseases.
- Integrate Indian System of Medicine in the provision of reproductive and child health services.
- Promote the small family norm to achieve replacement levels of TPR.
- Bring about convergence in implementation of related social sector programmes so that family welfare becomes a people centered programme.
- Achieve 100% registration of births, deaths, marriage and pregnancies. Education to children, adolescents and adults on family welfare.

Ans to Q No 3: The main objectives of Seventh Five Year Plan-

- Education to children, adolescents and adults on family welfare,
- Information to couple about conception, pregnancy, childcare and health,
- Use of mass-media for general awareness of population problems.

Ans to Q No 4: The main focus of Eleventh Five Year Plan was population education related issues. Reduce dropout rates of children, increasing literacy rate, reduce infant mortality rate, provide pure drinking water, reduce malnutrition among children, reduce anaemia among girls and women, provide proper atmosphere for the children, increase forest and trees etc.

11.8 MODEL QUESTIONS

A. Short Questions (Answer the questions within 150 words)

Q 1: What were mentioned in Third Five year Plan about population control?

Q 2: Write about National population policy of 1976.

B. Long Questions (answer the questions within 300-500 words)

Q 1: Discuss about the various population policies in post-independence period of India.

Q 2: Discuss the Five Year Plans of India for the improvement of population.

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