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POPULATION GROWTH AND DISTRIBUTION

In the previous two modules we have discussed in detail about various natural resources and major economic activities of India. They include land, soil, water, mineral, forest, and wildlife resources. We have also analysed the distribution of these above mentioned resources as well as their utilization. All these aspects were studied in relation to people living in the country. By people we mean not only their numbers as consumers but also as developers or managers of natural resources. For this purpose, we look at their educational and health status, their vocational, technical, and social skills and above all their aspirations, value system. In this context you would realise that people are not mere consumers but also constitute the most important resources of a country. In this lesson, we will describe the size of India's population in the world context. We will also analyse trends in population growth, their determinants and consequences. We will explain distribution and density of population and analyse various factors influencing them. In the concluding section, we will discuss challenges of growing population.



OUTCOMES

After studying this lesson, Learner

- describes the size of Indian population in the world perspective;
- explains the trends in population growth since 1901;
- analyses factors responsible for uneven distribution of population; and
- explains the issues and challenges of growing population.

21.1 POPULATION SIZE AND GROWTH

Before discussing in details about growth and distribution of population in India in detail, let us know about the size of population in India in relation to its total area. Let us analyse India's total

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population and area in comparison to world population and area. This would provide you an idea about India's population concentration. In the below given section, a detailed discussion has been presented about this. This would help you to critically analyse population related issues and challenges in India.

A Population Size

You might be knowing that India is the second most populous country in the world next only to China. According to 2011 Census, the total population of India was at 1,210,854,977 (about 1210 million or 1.21 billion). This accounted for 16.7% of the world's total population. In other words, about every sixth person in the world there is an Indian. India possesses only 2.42% of the world's total land area. In terms of area, India stands seventh preceded by Russia, Canada, China, the United States of America, Brazil and Australia. Barring China, the total population of these large five countries is far less than that of India. The total area of these five countries is over sixteen times whereas their total population is much less than that of India (Fig. 21.1). It can also be revealed from the fact that the total population of North America, South America and Australia added together is less than the population of India. On the top of it, we are adding over 17 million people each year. It is more than the total population of Australia. In fact the net addition to Chinese population each year is less than India.

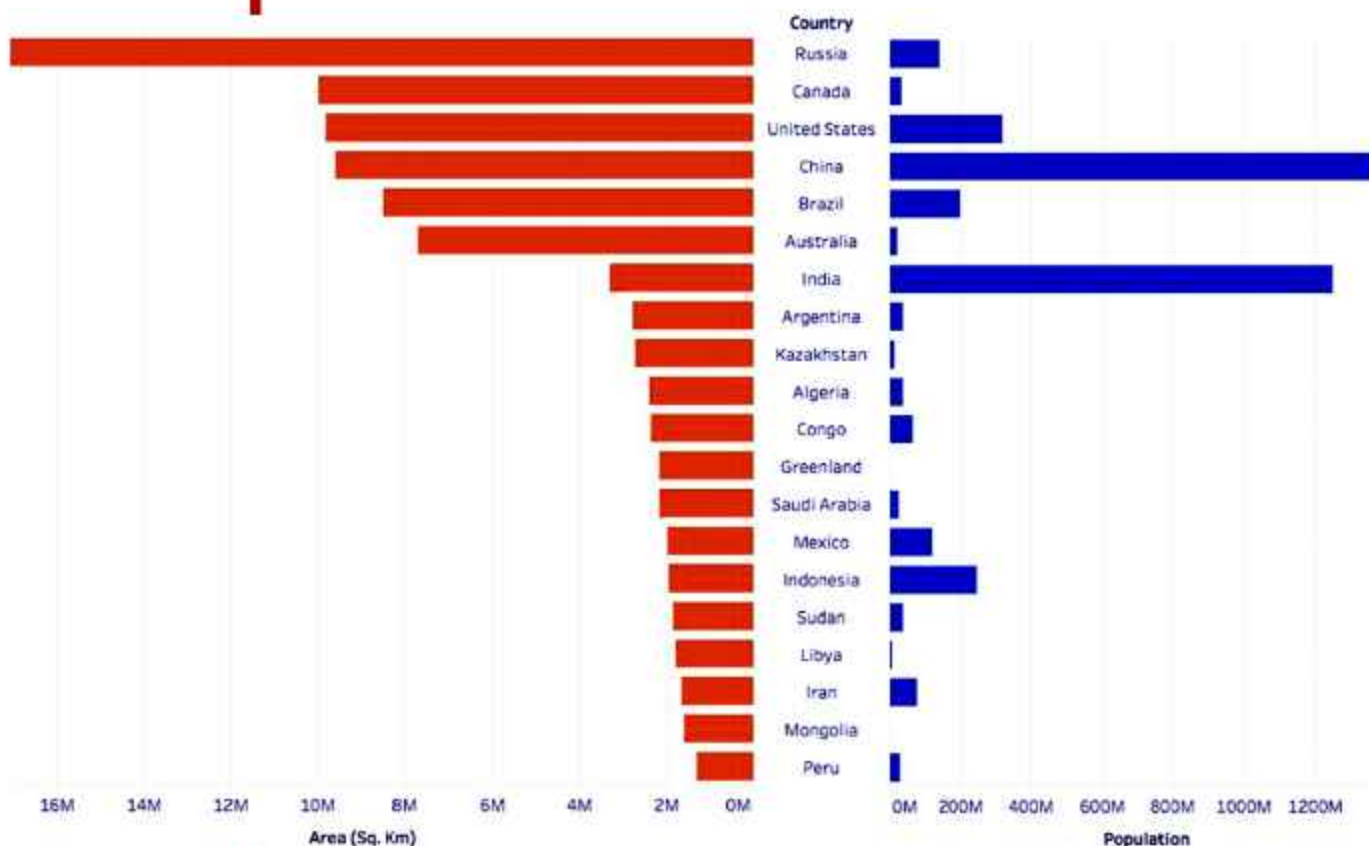


Fig. 21.1: Countries by Land Area and Population Size

B Growth of Population

Do you have any idea about the trend of growth of population? When we say trend it means the changes in number of population over the years. Do you know what the determinants responsible for the population growth are? The growth of population in a region depends upon three factors namely birth rate, death rate and migration. Birth rate is measured in terms of total number of live births per thousand populations per year. Generally, birth rate is affected by various social, economic and demographic factors. Similarly, death rate is measured in terms of total number of deaths per thousand population per year. The difference between birth rate and death rate is known as natural growth rate. The term migration refers to the movement of people from one area to the other or from one country to another. The rate of migration affects the growth of population of a region by increasing or decreasing the number of people living there.

Natural Growth = Birth Rate - Death Rate

Actual Growth Rate = Birth Rate - Death Rate + In Migration - Out Migration

The growth rate of population may be positive or negative. A positive growth rate of population mean an increase in the number of people living in a region, whereas negative growth rate means declining population. A positive growth rate occurs when the number of births and in migration exceeds the number of deaths and outmigration. On the other, the negative growth rate means just opposite to positive growth rate i.e. the number of deaths and out migration exceeds the number of birth and out migration.

Look at the table 21.1, you will find that the total population of our country, was 238 million. By 2011, it had risen to a phenomenal figure of 1027 million. About 972 million persons were added in the last century. The rise is of about 4.3 times since 1901.

Table 21.1: India: Decadal Growth of Population 1901-2011

Census Year	Total Population (in million)	Absolute Growth	Growth in Percentages	Decadal Growth
1901	238.40	-----	-----	-----
1911	252.09	+ 13.70	5.75	0.56
1921	251.32	-0.77	-0.31	-0.03
1931	278.98	+11.00	11.00	1.04
1941	318.66	+39.68	14.22	1.33

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1951	361.09	+42.43	13.31	1.25
1961	439.23	+78.15	21.64	1.96
1971	548.16	+108.92	24.80	2.22
1981	683.33	+135.17	24.66	2.22
1991	843.39	+163.06	23.86	2.14
2001	1027.02	+180.63	21.34	1.93
2011	1210.19	+181.58	17.64	-----

Source: Census of India

If we look at the 100 years population growth then, it can be broadly grouped under the following four categories (Fig. 21.2).

1. Period of stagnant growth rate (before 1921)
2. Period of steady growth rate (1921-1951)
3. Period of rapid growth rate (1951-1981)
4. Period of declining growth rate (after 1981)

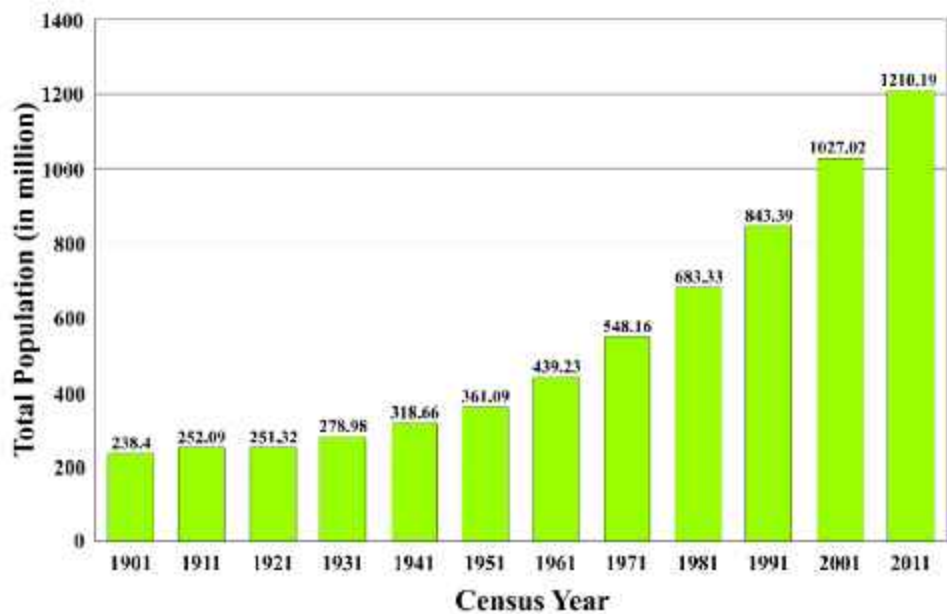


Fig. 21.2: India: Trend of Population Growth 1901-2011

Let us discuss each phase briefly.

1. **Period of stagnant growth rate (before 1921):** Before 1921 the increase in population was sporadic, irregular and slow. This was mainly due to high birth and death rate. Therefore, the natural growth was insignificant. In 1911-21 the absolute increase declines marginally due to famines, epidemics etc. After 1921 the population has been increasing. Therefore, 1921 is known as demographic divide in the population study of India.
2. **Period of steady growth rate (1921-1951):** Since 1921 to 1951 there was a steady increase in population. This is because of steady decline in death rates. The decline was mainly due to improvement in sanitation and medical facilities. Other factors which helped were development in road facilities which helped in meeting the exigencies of food shortage and substantial improvement in agricultural economy. Therefore, the population growth during this period was known as mortality induced growth.
3. **Period of rapid growth rate (1951-1981):** This is a very crucial phase as far as population growth of India is concerned. The population was almost doubled during these three decades. During this period there was a rapid decline in death rate whereas the decline in birth rate was marginal. Look at the table, you will find birth rate was reduced from 41.7 to 37.2 whereas death rate was reduced from 22.8 to 15.0 during this period. Therefore the difference between birth rate and death rate was very high and as a result natural growth rate remains very high. This was due to acceleration in developmental activities further improvement in medical facilities, improvement in living conditions of the people etc. This period of growth is termed as fertility induced growth.
4. **Period of declining growth rate (after 1981):** In the last three decades i.e. 1981-91, 1991-2001, and 2001-2011 the rate of growth started declining gradually. It indicates the beginning of a new era in the demographic history of India. During this period birth rate declined significantly, from 37.2 in 1971-81 to 24.8 in 1991-2001 whereas the decline in death rate continued in a slower rate. The death rate has declined from 15.0 to 8.9 during this period. This declining trend is a positive one and may be attributed to effective government role in promoting family welfare programmes and people's awareness.

Regional Variation in Population Growth

Till now we have discussed the growth rate over a 110 years' time period. But do you know how this growth rate varied over the space. The growth rate of population during 1991-2001 in Indian States and Union Territories shows very obvious pattern. The States like Kerala, Karnataka, Tamil Nadu, Andhra Pradesh, Odisha, Puducherry, and Goa show a low rate of growth not exceeding 20 per cent over the decade. Kerala registered the lowest growth rate

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(9.4) not only in this group of states but also in the country as a whole. A continuous belt of states from west to east in the north-west, north, and north central parts of the country has relatively high growth rate than the southern states. It is in this belt comprising Gujarat, Maharashtra, Rajasthan, Punjab, Haryana, Uttar Pradesh, Uttarakhand, Madhya Pradesh, Sikkim, Assam, West Bengal, Bihar, Chhattisgarh, and Jharkhand, the growth rate on the average remained 20-25 per cent. During 2001-2011, the growth rates of almost all States and Union Territories have registered a lower figure compared to the previous decade, namely, 1991-2001. The percentage decadal growth rates of the six most populous States, namely, Uttar Pradesh, Maharashtra, Bihar, West Bengal, Andhra Pradesh and Madhya Pradesh have all fallen during 2001-2011 compared to 1991-2001, the fall being the lowest for Andhra Pradesh (3.5% percentage points) and highest for Maharashtra (6.7 percentage points). Tamil Nadu (3.9 percentage points) and Puducherry (7.1 percentage points) have registered some increase during 2001-2011 over the previous decade (Fig. 21.3).

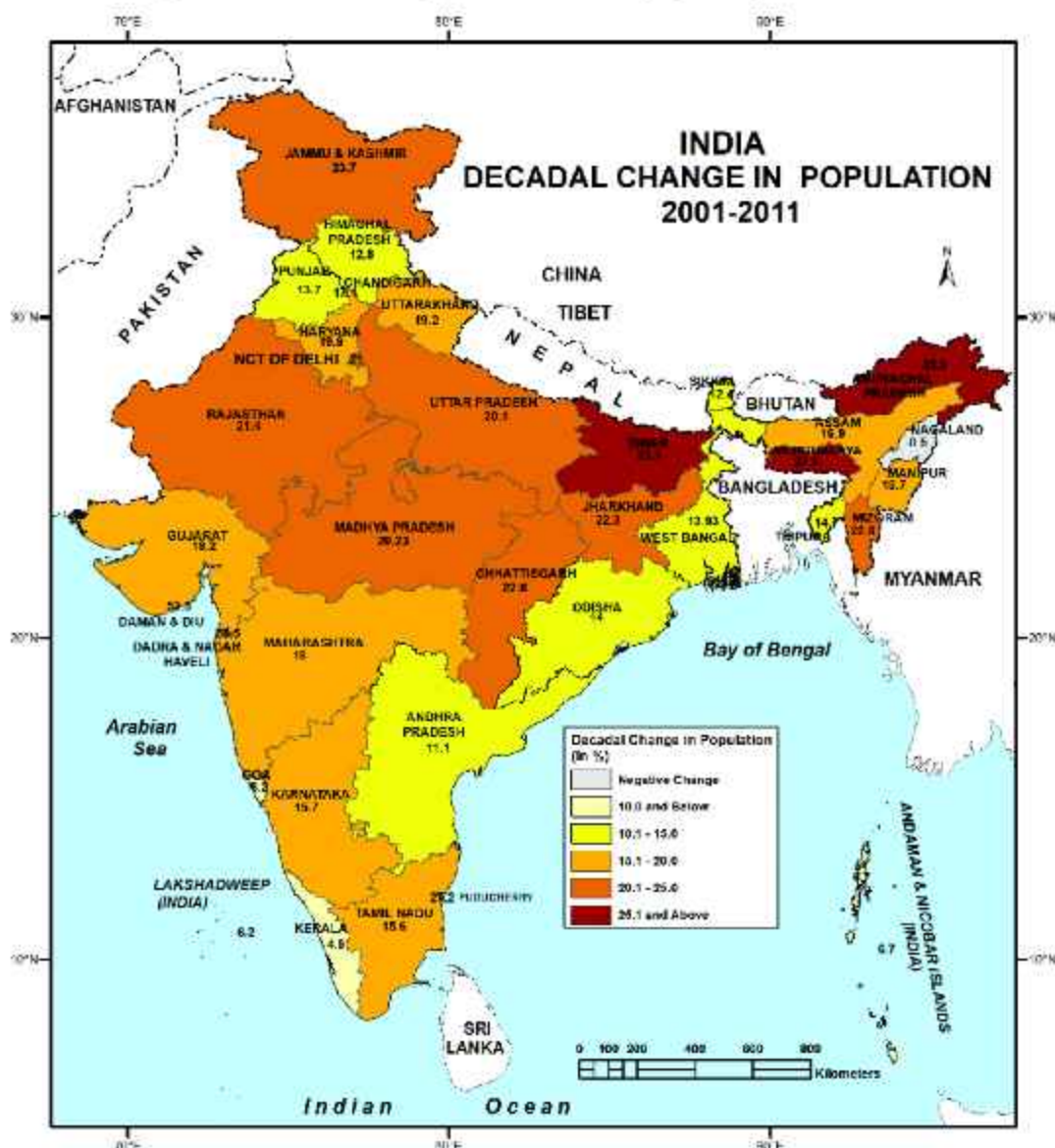


Fig. 21.3: India: Population Growth 2011



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**INTEXT QUESTIONS 21.1**

- Tick (✓) Mark the most appropriate answers
 - The major reason for the high growth rate of population in India is:
 - rapidly rising birth rate
 - rapidly falling death rate
 - high in-migration from outside
 - very high birth rate and death rate
 - The growth rate of population in India has been constantly rising right since
 - 1901
 - 1921
 - 1951
 - 1981
- Name the State where the growth rate of population is the highest and lowest according to 2011 Census.

- Name the states where the growth rate of population is the lowest.

21.2 POPULATION DISTRIBUTION

Population of the world or of any country is not uniformly distributed. The same is true about India also. Some parts of the country are densely populated, some parts moderately populated and some parts are sparsely populated. (Fig. 21.3). For example hilly and forested region of the Himalaya are sparsely populated whereas plain and fertile areas in and around Ganga river are densely populated. Do you know why it is so? There are various factors responsible for such variations. These factors can be broadly grouped under two categories namely physical and socio-economic.

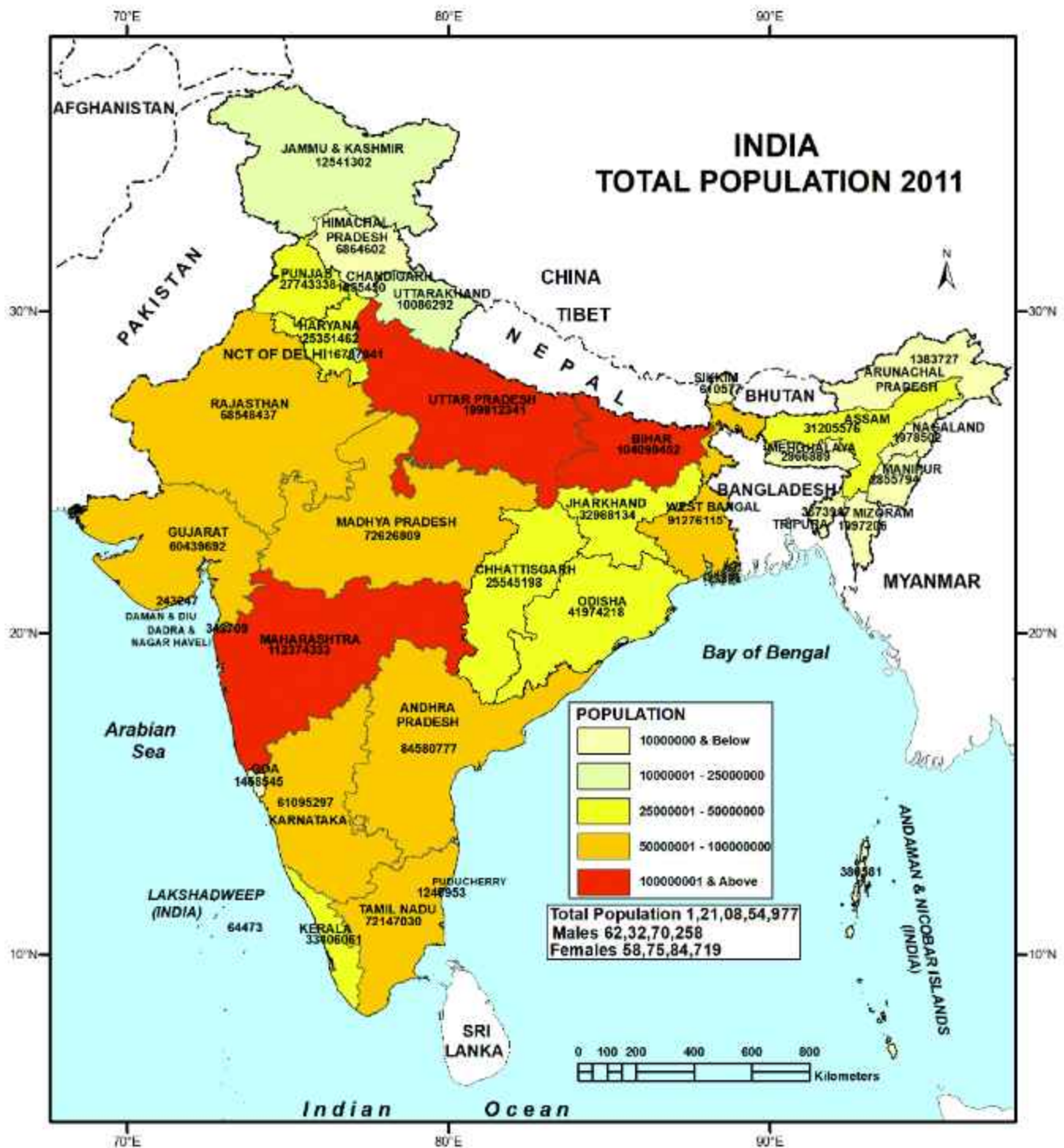


Fig. 21.4: India: Distribution of Population (2011)

Factors Influencing Distribution of Population

As we discussed earlier, the spatial spread of population in India is not uniform. There are very wide regional variations. Let us analyse various factors that are responsible for such variations. All such factors affecting the population distribution may broadly be grouped into

two major categories. They are (A) physical factors and (B) socio-economic factors.

A. Physical Factors: Physical factors play a vital role in the density and distribution of population. Physical factors include landform, climate, soil, etc. Though there is a lot of improvement in technology but the patterns of population distribution all over the world continues to reflect the influence of varied physical factors.

- (i) **Landforms:** The most important attributes of landforms which determine population distribution are the altitude and slope. The most striking evidence of the influence of altitude and slope on population distribution have been observed between mountains and plains. For example, take the case of most densely populated Indo-Ganga plains on the one hand and mountainous state of Arunachal Pradesh on the other. Other than this, factors like drainage, and water table have also been affecting population distribution.
- (ii) **Climate:** It is one of the essential elements of the physical factors which influence the spatial distribution of population. Major elements of climate that affect the distribution of human population are temperature conditions and the amount of precipitation. Take the case of hot and dry deserts of Rajasthan and the cold and wet Eastern Himalayan region of the country where very low temperature and heavy precipitations prevail. Apart from other reasons namely steep slope, poor soil, this is also one of the major reason for sparse population in these regions. Almost even distribution and high density of population are found in coastal plains of Kerala and Ganga plains of Uttar Pradesh, Bihar and West Bengal where rainfall is moderate to high.
- (iii) **Soil:** As mentioned above, it is another factor which affects the density and distribution of population. One may be tempted to question the validity of the role of soil in the present day highly industrialised society. But, even today, about 70 percent of population in India lives in villages. People in villages earn their livelihood from agriculture which depends upon the quality of soil. That is why alluvial region of northern plains and coastal and deltaic regions of India continue to support high concentration of population. On the other hand, it may be worth mentioning that vast tracts of land in desert areas like Rajasthan, Rann of Kutch in Gujarat, Terai region in Uttarakhand have been suffering from problems like soil erosion and soil efflorescence which support only low concentration of population.

In any region, the distribution is influenced by more than one factor. Take for example North-Eastern region of India. Here several factors are responsible for low density of population. These factors are high rainfall, rough terrain, dense forests and poor quality of soil.

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B. Socio-Economic Factors: Like physical factors, socio-economic factors also play an equally important role in the distribution of population. However, there may not be a perfect agreement upon the relative importance of these two determinants. In certain places physical factors play a vital role whereas in some places socio-economic factors have a greater impact. Various socio-economic factors which have impact upon the population distribution are (i) socio-cultural and political factors; (ii) availability of natural resources.

(i) **Socio-Cultural and Political Factors:** Let us explain this factor with an example. Mumbai-Pune industrial complex is a good example to show how social, cultural, historical and political factors collectively have contributed to rapid growth of population. About 500 years ago, there were small insignificant islands of the Thana Creek on the western coast. The adventurous Portuguese seamen claimed these islands for their monarch. They in turn gifted these islands to the Royal Family of England by way of dowry. These couple of sleepy fishing village located on these islands could never guess that they would shortly turn into India's largest population conglomeration. East India Company of England set up a trading centre on these islands and later made it the capital city of Bombay Presidency. Enterprising trading and business communities of Parsis, Kuchchhis and Gujaratis played a leading role in setting textile mills, development of water power and laying roads and railways across the Western Ghats connecting it with its hinterland. Unexpectedly, the Suez international navigation canal made Mumbai the nearest Indian port to Europe. Availability of educated youth from Mumbai and Pune and inexpensive and disciplined labour from Konkan also contributed to the rapid population growth. The discovery of Bombay High oil and natural gas fields gave boost to its petro-chemical industry. Today, Mumbai is known as commercial capital of India backed by international and domestic airports, major sea ports and national road and rail terminals. Similar is the case with other cities like Kolkata and Chennai which were established by the colonial rulers.

(ii) **Availability of Natural Resources:** The Chota Nagpur Plateau region has all along been a rocky and rugged terrains. This rainy and forested region has been a home of several tribes and was one of the sparsely populated parts of the country. However, a string of industrial towns and centres have sprung up over the past century soon after rich minerals such as iron-ore, manganese, limestone, coal etc. were found in unusual abundance and close to one another. The rich coal and iron fields have attracted heavy industries particularly iron and steel, heavy engineering, metallurgy and transport equipment industries. The region has also important super-power thermal stations from where power is supplied to far off areas. After liberalisation, many multi-nationals as well as national companies have been establishing their industries in large numbers.

Till now, it must be clear to you that why a particular area is sparsely populated whereas another area is densely populated. But, do you know the measurement of such concentration of population? Density is one such measurement. Let us discuss about density of population in the below given section.

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21.3 DENSITY OF POPULATION

The size of population of different areas can be compared in many ways. One of the ways can be to compare the absolute size of the population. But it does not provide any idea about the relationship of population with the area or resource base of the country. This type of comparison is therefore not adequate. For example, population of Singapore is 4.2 million and that of Peoples Republic of China is 1,300 million. Indeed one is too small and the other is too big. Now take into consideration that the area of Singapore is just 630 sq. km; whereas China has an area of 9.5 million sq. km. This helps us to know how crowded Singapore is as compared to China. Therefore, the population of various countries are generally compared in terms of density of population. This is a method of comparing the human-land ratio of different regions. For this purpose, the population of a region is assumed to be distributed evenly in all its parts and the number of people per square kilometre is thus calculated. This is called arithmetic density of population or simply density of population. Hence, density of population is calculated by dividing the total population of a country or a region by the total area. Therefore the density of population is expressed as the number of persons per square kilometre.

Table 21.2: India: Density of Population

Census Year	Density of Population
1901	77
1911	82
1921	81
1931	90
1941	103
1951	117
1961	142
1971	177
1981	216
1991	274
2001	324
2011	382

Source: Census of India, 2011.

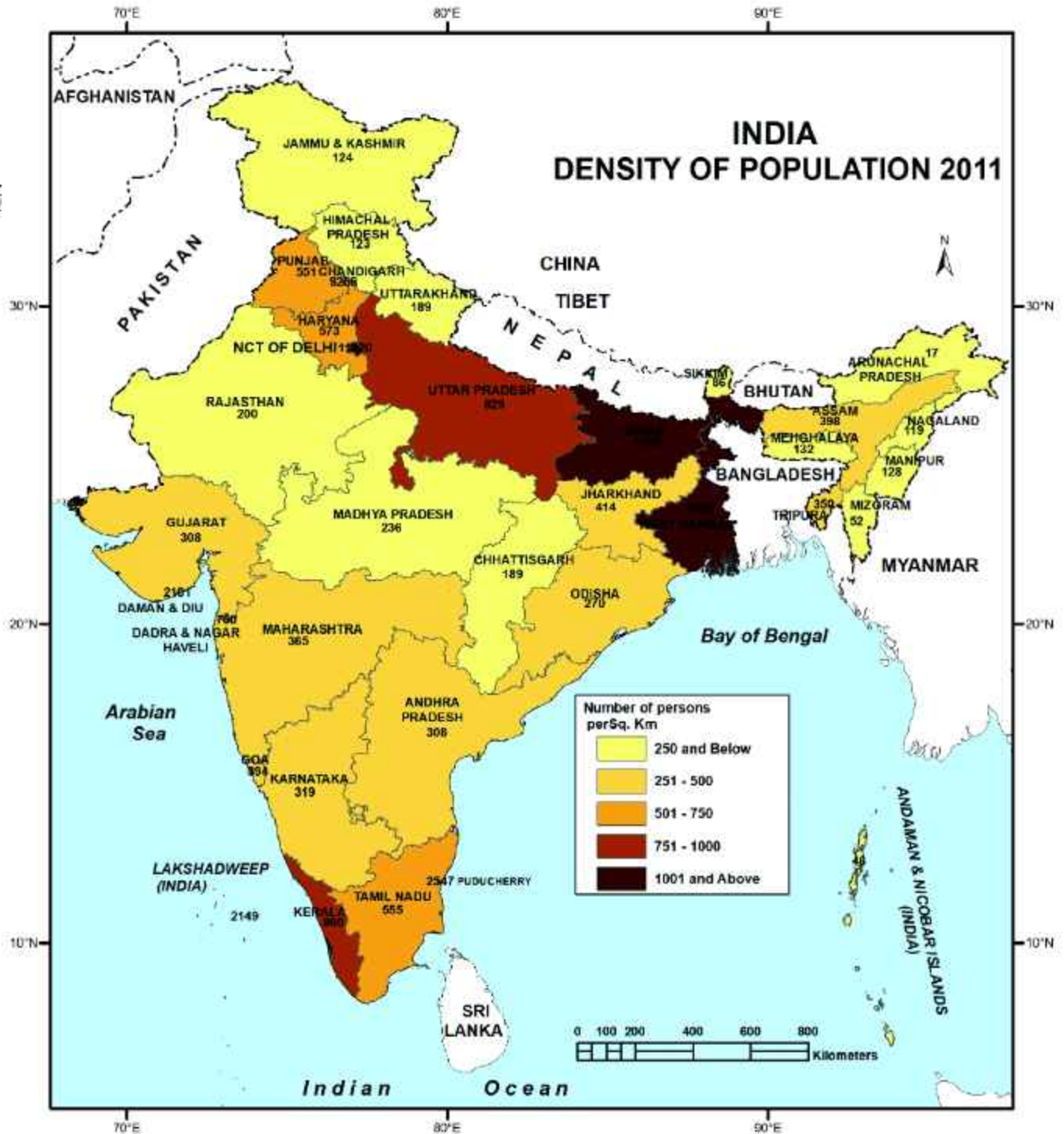


Fig. 21.5 India: Density of Population (2011)

According to 2011 census, the density of population in India is 382 persons per square kilometre. Over the last 110 years (1901 to 2011) density has increased about five times. It has increased from 77 in 1901 to 382 in 2011. The increase has been very rapid after

independence. The density of population was 117 persons per square kilometre in Census 1951 (the first census conducted after independence). Since independence, density has increased about three times. When we say that the density of population of India is 382 persons per square kilometre, this does not mean that population is exactly 382 persons in each and every square kilometre.

In reality, the distribution of population in India is highly uneven. In the below given section, we will discuss spatial variation of density in India by taking state as an unit area of analysis.

Population Density: An Inter-State Level Analysis

Population density can be described or interpreted in a couple of ways depending upon its purpose. For finding out a broad distribution pattern, density is calculated on the basis of large units like states. If information is needed for more accurately, the smaller units like districts or even tehsils are used. Let us find out a broad pattern of population density in India by taking state as an unit area of analysis.

You will get a clear picture about the variations of density of Population in India from the fact that in Arunachal Pradesh the average number of population is only 17 persons per square kilometre, whereas it is 11,320 persons per square kilometre in National Capital Territory of Delhi as per 2011 census. Among the states, northern Indian States, Bihar (1106), West Bengal (1028) and Uttar Pradesh (829) have higher densities, while Kerala (860) and Tamil Nadu (555) have higher densities among the southern Indian states. States like Assam, Gujarat, Andhra Pradesh, Haryana, Jharkhand, and Odisha have moderate densities. The hill states of the Himalayan region and North eastern states of India (excluding Assam and Tripura) have relatively low densities while the Union Territories (excluding Andaman and Nicobar islands) have very high densities of population.

On the basis of availability of state level data, the density of population in India can be broadly divided into three zones: the areas of high density, moderate density and low density.

- (i) **Areas of High Density:** In the map given above (Fig. 21.1) the areas having a density of population of more than 400 persons per square kilometre are included in this category. These areas have a high density due to fertile land and high amount of precipitation namely West Bengal, Bihar, and Kerala. Can you identify the other states from the above given map that falls in this category? In these regions, a larger number of people can be provided sustenance per unit of area due to availability of fertile land which can produce more food for a large number of people. But the situation is entirely different in the case of Union Territories like Delhi, Chandigarh and Pondicherry. These regions are highly urbanised and offer job opportunities in industrial and service sectors. Thus we can say that the areas having fertile soil and those having good employment opportunities are densely populated. Find out which are the other states which have

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high density of population.

- (ii) **Areas of Moderate Density:** States and Union Territories in which the density of population ranges between 100 and 400 persons per square kilometre are categorised as areas of moderate density of population. They are Andhra Pradesh, Assam, Dadra & Nagar Haveli, Goa, Gujarat, Karnataka, Madhya Pradesh, Maharashtra, Odisha, Rajasthan, Tripura, Chhattisgarh, Uttarakhand, Himachal Pradesh, Nagaland, Manipur and Meghalaya. This region includes largest part of the country in terms of area. Broadly speaking moderate density of population is characterised by the areas in which the agriculture is handicapped by rugged topography, lower amount of precipitation and paucity of water for irrigation. The scope for developing primary and secondary activities is quite large if the facilities are provided in this area. For example, at the time of independence Chhotanagpur region was a sparsely populated area but development in the field of mining and industries in this part of the country has been mainly responsible for moderate density of population in this region.
- (iii) **Areas of Low Density:** All the remaining parts of India having a density of population less than 100 persons per square kilometre may be classified under this category. The States and Union Territories falling under this category include Arunachal Pradesh, Mizoram, Sikkim and Andaman and Nicobar Islands. Low density of population areas are characterised by rough terrain, low rainfall or unhealthy climate. Due to the above reasons the prospects of earning livelihood is low in these areas. Agriculture cannot be developed in too dry or cold areas. Uneven topography and poor agricultural resources put a limit on urbanisation and industrialisation. Therefore, the number of persons that can be supported per unit area is low in such regions. Difficulties exist not only in transport and communication in the hilly and mountainous areas but also in the overall levels of economic development. That is why the density of population in all these areas is low.

**INTEXT QUESTIONS 21.2**

- Name three states having a high density of population
(i) (ii) and (iii)
- Name any three Union Territories in India which fall under the areas of high density of population
(i) (ii) and (iii)
- Name any three states falling under the category of areas of low density of population.

(i) (ii) and (iii)

4. Name any one Union Territory having a low density of population

5. Fill in the blanks with most appropriate words given in the brackets.

(a) Areas receiving ample precipitation and having fertile soils are likely to have a density of population. (high, moderate, low)

(b) Areas suffering from droughts and having a rough terrain are likely to have a density of population. (high, moderate, low)

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21.4 CHALLENGES OF GROWING POPULATION

Till now we have discussed size and growth of population. We have also discussed distribution of population, and factors affecting distribution of population. Looking at the huge population, there has been different views relating to the size and growth of population in the country. These views can be broadly grouped under two categories. These broad views are as follows:

1. Huge number of population act as a deterrent for the overall development of the country.
2. Number and growth of population is not the real problem.

The first one is a pessimistic view whereas the latter one is an optimistic view. In the following paragraphs, we will discuss some of the main arguments for and against both views.

1. **Huge number of population act as a deterrent for the overall development of the country:** The extreme version of the population-as-a-serious-problem position attempts to attribute almost all the India's economic and social evils to excessive population growth. It has a negative impact on economic development by way of hampering various sectors like education, health, environment, food, economic growth. Similar view influenced the thinking of policy makers and planners in India till late 1970's. Various population control measures were implemented during various Five-Year Plans. After 1975-77, there was a shift in policy by changing the nomenclature from 'family planning' to 'family welfare'. But the real change in population policies were observed after International Conference on Population and Development (ICPD) was organised at Cairo, Egypt in 1994. This was fully reflected in National Population Policy, 2000.
2. **Number and growth of population is not the real problem:** The Problem is not population growth but 'Some Other Issue'. These are under development, inequitable distribution and access to resources, subordination of women etc. As long as the vast

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majority of people in developing countries like India remain impoverished, uneducated, the large family will constitute to be the only real source of social security. The fact is that the developed countries, with less than 25 per cent of the world's population, consume almost 80 per cent of the world's resources. According to this argument, the developed nations should curtail, or cut back on their excessively high consumption standards, rather than having the less developed nations restrict their population growth. The latter's high fertility is really due to their low levels of living. It is this combination of rising affluence and extravagant, selfish consumption habits in rich countries and among rich people in poor countries which should be the world's major concern, not population growth.

There has been debates and discussion on the above mentioned issue both at national and international level. International Conference on Population and Development (ICPD) held at Cairo, Egypt in 1994 is a milestone in providing a new direction in population issues. In the below given section let us briefly discuss highlights of ICPD.

International Conference on Population and Development

International Conference on Population and Development (ICPD) was organised at Cairo, Egypt in 1994. ICPD is considered as a watershed in the history of population issues. It brought a paradigm shift in the field of population issues. Do you know what a paradigm shift is? In simple term it refers to shift in frameworks, strategies and approaches relating to population related issues. In this case the paradigm shift was from population control to creating an enabling environment focussing on improving quality of life that would help individuals to make a judicious decision. In other words, population was no longer refers to mere numbers, figures and statistics but about people and improving their quality of life. It was also agreed that no force, no coercion, no incentives and disincentives are required. Because, incentives and disincentives are either coercive or ultimately tend to be coercive and are in fact counterproductive. Coercion infringes upon human rights and inhibits human development. There was a consensus amongst all the 179 participating government representatives that the equality and empowerment of women is a global priority. It approached this not only from the perspective of universal human rights, but also as an essential step towards eradicating poverty and stabilizing population growth. A woman's ability to access reproductive health and rights is cornerstone of her empowerment.

A total of 179 governments including India signed the ICPD Programme of Action which include the following:

- Provide universal access to family planning and sexual and reproductive health services and reproductive rights;



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- Deliver gender equality, empowerment of women and equal access to education for girls;
- Address the individual, social and economic impact of urbanization and migration;
- Support sustainable development and address environmental issues associated with population changes.

The ICPD Programme of Action (PoA) placed "individuals" in the centre of development with a focus on building pillars of Human Development, Human Rights, Gender Equity and Equality. The central theme of the ICPD was to forge a balance between population, sustained economic growth and sustainable development. The objective of the agreement reached at the Cairo Conference was to raise the quality of life and enhance well-being and to promote human development. The Programme of Action (PoA) rightly emphasized the need to integrate population concern fully into development strategies and planning, taking into account the interrelationship of population issues with goals of poverty eradication, food security, adequate shelter, employment and basic services (like health and education) for all.

Two fundamental changes have occurred in recent times in conceptualizing and implementing Population Policies. First is to ensure that Population Policies and Programmes address the root cause of high fertility such as persistent gender disparities in access to education, health, employment and other productive resources. Second is to expand existing Family Welfare Programme beyond contraceptive delivery to include a range of Reproductive Health Services with a greater emphasis on quality of care and individual's right. Now the focus has become broader and holistic and different in nature.

Two fundamental changes have occurred in recent times in conceptualizing and implementing Population Policies. First is to ensure that Population Policies and Programmes address the root cause of high fertility such as persistent gender disparities in access to education, health, employment and other productive resources. The second is to expand existing Family Welfare Programme beyond contraceptive delivery to include a range of Reproductive Health Services with a greater emphasis on quality of care and individual's right. Now the focus has become broader and holistic and different in nature. Earlier, Total Fertility Rate (TFR) and Contraceptive Prevalence Rate (CPR) used to be the fixation of most population programmes as they also served as indicators of success. ICPD replaced them with quality of care, informed choice, gender factor, women's empowerment and accessibility to a whole gamut of reproductive health services.

ICPD placed population, reproductive health and gender equality in a human rights-based framework. What does this mean? A human rights-based approach to programming differs from the basic needs approach. In this approach, it recognizes the existence of rights. It also

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reinforces capacities of duty bearers (usually governments) to respect, protect and guarantee these rights. In a rights-based approach, every human being is recognized both as a person and as a right-holder. A rights-based approach strives to secure the freedom, well-being and dignity of all people everywhere, within the framework of essential standards and principles, duties and obligations. The rights-based approach supports mechanisms to ensure that entitlements are attained and safeguarded. Governments have three levels of obligation: to respect, protect and fulfil every right.

**INTEXT QUESTIONS 21.3**

1. In which country the International Conference on Population and Development (ICPD) was organised in 1994?
2. How many countries have signed the ICPD Programme of Action?
3. State any two points given in ICPD Programme of Action.

**WHAT YOU HAVE LEARNT**

Human resource is the most important resource in an area. It is the quality rather than quantity of this resource which is important for the economic development of a country. India is the second most populous country of the world after China. The distribution of population is generally studied in terms of density. The density of population in India is not uniform. On the basis of density of population, India can be divided into three broad regions of high density, the areas of moderate density, and the areas of low density. The factors which affect density and distribution can be grouped into two categories. They are physical factors and socio-economic factors. The population of India has been increasing very rapidly since 1921 and the rate of growth has been increasing. The growth rate of population is determined by the birth rate, death rate and migration of an area. Like density and distribution, the growth rate is also not uniform throughout the country. Looking at the huge population, there has been different views relating to the size and growth of population in the country. These views can be broadly grouped under two categories. These broad views are as follows: (i) huge number of population act as a deterrent for the overall development of the country; and (ii) number and growth of population is not the real problem.



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**TERMINAL QUESTIONS**

1. What are the major trends in population growth in India? Discuss the factors responsible for it with suitable examples.
2. Discuss in brief the distribution of population in India. Outline some of the areas of high, moderate and low density of population.
3. Explain the Plan of Action suggested by International Conference on Population and Development.

**ANSWERS TO INTEXT QUESTIONS****21.1**

1. (a) (ii)
(b) (ii)
2. Nagaland
3. Kerala

21.2

1. West Bengal, Kerala, Bihar, U.P. Punjab, Tamil Nadu and Haryana (Any three)
2. Delhi, Chandigarh, Pondicherry, Lakshadweep and Daman & Diu (Any three)
3. Sikkim, Mizoram, Arunachal Pradesh
4. Andaman and Nicobar Islands
5. (a) High
(b) Low

21.3

1. Egypt
2. 179
3. ● Provide universal access to family planning and sexual and reproductive health services and reproductive rights;

Human resource
development in
India



Notes

- Deliver gender equality, empowerment of women and equal access to education for girls;
- Address the individual, social and economic impact of urbanization and migration;
- Support sustainable development and address environmental issues associated with population changes. (Any 2)