



## The Milestones In The Evolution Of India's Population

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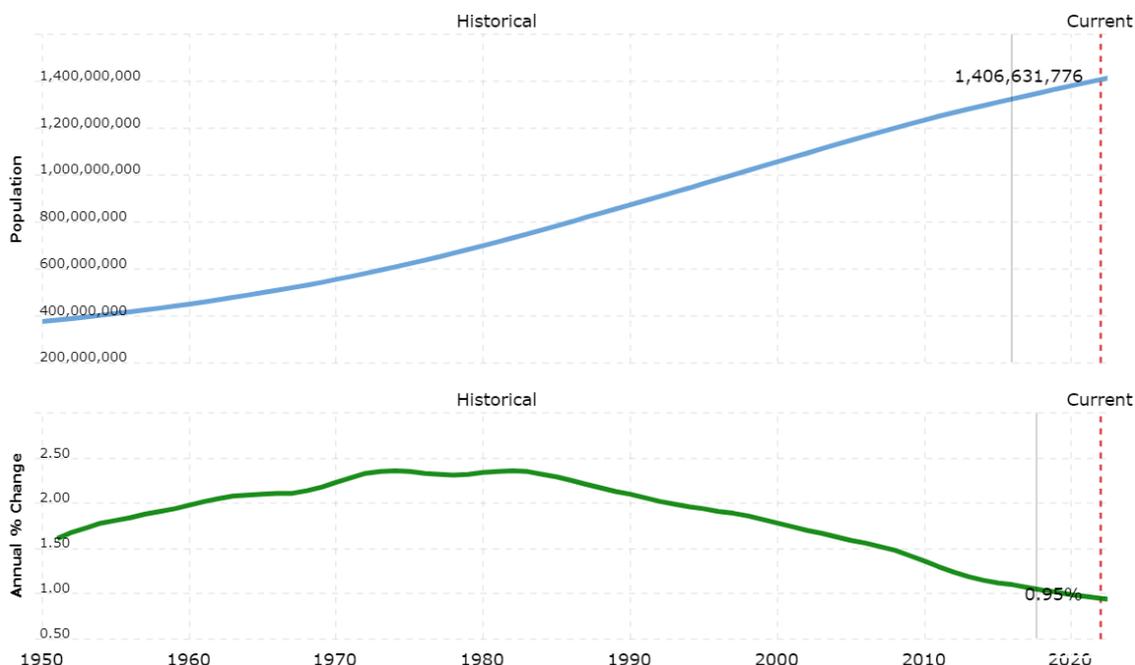
### ABSTRACT

The high growth rate of the population has been one of the major problems facing India. It is projected that the population growth in India may overtake China by the year 2030. According to the population projections report for India and states (2011), the population of India is expected to increase from 121.1 crores to 152.2 crores during the period 2011-2036. In Indian society, many people are superstitious, orthodox, custom-ridden, and illiterate, so for controlling population growth Indian government should take initiative steps. However, since 1952 India has implemented so many population policies for solving this problem but the people in India are not aware of these policies. So, the paper carries out an objective analysis of the population control policies which was adopted by India. For this, the policies are divided into two phases- before independence and after independence.

**KEYWORDS:** Population, policy, population projections, population growth, India.

### 1. INTRODUCTION

In 1952, India was the first major country in the world who adopt policies to control its vast population. However, population control policies have been implemented for more than six decades growth



Source:

macro trends, [www.macrotrends.net/](http://www.macrotrends.net/).

increase from 121.1 crores to 152.2 crores during the period 2011-2036<sup>1</sup> (an increase of 25.7% in 25 years at the rate of 1% annually). In 2021, India's population was 139 crores. Nearly 17.7% of the world's population lives in India. Very soon we are catching up with China which has 18.47% of the global population. India is expected to surpass China as the world's most populous nation by 2024.

This terrifying growth rate of population has aggravated the problems of poverty, unemployment, and inequalities. There has been a gross neglect of social sectors like primary education, basic health, and social security. India's resources are exhausted due to rising demand.

For solving these problems, we require a positive population policy that aims at reducing the birth rate and stabilizing the growth rate of the population. However, India was the first nation who adapted population policies yet many people have no idea about the population policies and their main objectives. We can define a policy as a plan of action, statement of aims and ideals, a business company, etc. while if we talk about population policies is that which shows an effort to affect the size, structure, and distribution or characteristics of the population. So, in this paper, we discuss the main population control policies and their main objectives which were adopted by India from 1950 to 2019.

**2. REVIEW OF LITERATURE** still Indian population has growing more rapidly than rest of the world.

<sup>2</sup>The main objective of **Thukral A.K. and Singh B.P.**'s paper is to analyze the population growth in India in terms of change in specific growth. After the analysis, they concluded that the population of India by the end of the century will be 2.49 billion and that the specific growth rate has been a decline. A decline in specific growth rate has to be achieved at the rate of 0.000428 per year, for the population to achieve zero growth by the year 2045.

<sup>3</sup>**Sharma P.O.** (April 1, 2000) in his article discusses 'The New National Population Policy 2000'. He discusses the main objectives of the new population policy and gives some suggestions for the success of the population policy. The main aim of the population policy 2000 is to bring the total fertility rate (TFR) to replacement level by 2010 and to achieve a stable population by 2045.

<sup>4</sup>**Wang T. Gabe** (Dec 2019) describes the developments and changes in the population policies and their implementation in India since the 1950s. He concluded that the population control policies which was adopted by the Indian government were not so effective. Because it is quite difficult to promote and advocate family planning programs in Indian society. He also suggests that India should develop its socio-economic conditions the ng these policies successful.

### 3. OBJECTIVE OF THE STUDY

To analyze the main milestones in the evolution of India's population policies and their main objectives which were adopted by India from 1950 to 2019.

### 4. METHODOLOGY OF THE STUDY

This paper is mainly based on the second type of data which is collected from various journals, articles, books, government websites, and newspapers.

### 5. THE MILESTONES IN THE EVOLUTION OF INDIA'S POPULATION POLICIES

To analyze the main population control policies and their main objectives, we divide all policies into two periods- the pre-independence period and the post-independent period.

<sup>1</sup> Population Projections for India and states 2011-2036, CENSUS OF INDIA 2011, National commission on population ministry of health & family welfare. Pp.3-17.

<sup>2</sup> Thukral A.K. and Singh B.P., 'Population Growth and National Population Policy Of India.'

<sup>3</sup> Sharma P.O. (April 1, 2000), 'India Proposes Retooled Population Policy', *Population Reference Bureau*.

<sup>4</sup> Wang T. Gabe (Dec, 2019), 'Population Control Policies and Implementation in India', *Journal of Sociology and Social work*, Vol. 7, No. 2, pp. 135-144, ISSN. 5807.

## [I] Pre- Independence period

**1916,** Before independence, many Indian leaders were aware of the problem of the huge population and its impact on the development of India. P.K.Wattal was the pioneer who wrote a book on “ Population Problem in India” followed by R.D Karve.

**During the 1920s-1930s,** some pioneers had set up family planning clinics in some states of India.

**1940,** the subcommittee on population was appointed by the National Planning Committee set up by the Pandit Jawaharlal Nehru, who was the president of the Indian National Congress. The main recommendation of this committee was the teaching contraception in medical colleges, increase the age of marriage, set up birth control policies, provide free and special training for doctors, nurses, and health visitors, and organize a publicity campaign on the large scale aware the people about the problem of population and raise the age at marriage.

Rabindranath Tagore, P.N. Saprú, and Jawaharlal Nehru, among others, advocate birth control. But Gandhiji’s views about population were philosophical and it was based on the concepts of social affection, the doctrine of non-possession, and trusteeship. (Ranjan, 1999)<sup>5</sup>. According to him, a huge population is not a problem. Gandhi Ji also favored birth control but emphasized natural methods like self-control or abstinence and a safe period instead of artificial methods of birth control. But Pandit Jawaharlal Nehru’s views about the huge population are different from Gandhiji’s view. According to him, the huge population in India will be a burden and weakness that needed to be properly and productively organized. (Nehru,2004)<sup>6</sup>

**1946,** the Bhore Committee was also known as the Health Survey and Development Committee. This committee suggested that the involvement of the government in the promotion of family planning programs is very important.

## [II] Post- Independence Period

**1951,** Family Planning was recognized as a step towards improvement in the health of mothers and children, and population policy was recognized as essential to planning. During this period, Government population control policies were focused on providing services.

**1952,** During this period, the Indian government was concerned that the continued rapid growth of the population would cripple the socio-economic development of India. So “*Family limitation and population control*” program was introduced by the Indian government, that identify suitable techniques for family planning, provide advice on family planning, etc . (Ranjan 1999)<sup>7</sup>

For reducing the population, the two major approaches were adopted -*the natural approach and the clinical approach*.

The *natural approach* is that in which artificial methods of birth control were not practicable and could be misused.

The *clinical approach* is that in which hospitals and health care provide birth control information to meet the needs of parents, encouraging rage the couples to limit their family size. It was based on a clinical approach to provide service to those who were motivated to visit family planning centers set up by the government.

<sup>5</sup> Ranjan, A (1999), “**Population and Development : The Indian Perspectives**”, USA: Universal Publishers/ upublish.com.

<sup>6</sup> Nehru, J. , “**The Discovery of India**”, East Rutherford, NJ; Penguin Books.

<sup>7</sup> Ranjan, A (1999), “**Population and Development : The Indian Perspectives**”, USA: Universal Publishers/ upublish.com.

But the impact of the “*Family limitation and population control*” program on the population growth was only 22%. ( Chaudhary, 1989)<sup>8</sup>

**1956,** In both rural and urban areas, family planning offices were extended. Through primary health centers, the distribution of contraceptives was also extended. In both rural and urban areas, contraceptives were issued either free or at reduced prices to families with low income. (Srinivasan, 2017)<sup>9</sup>.

**1961,** the provision of sterilization facilities in district hospitals, sub-divisional hospitals, and primary health centers as a part of the family planning program was introduced.

**In 1963,** A separate department of family planning in the Ministry of Health and Family Planning was created by the Indian government. The Director of Family Planning proposed a shift from the natural and clinical approach to an *extension approach*.

committees,group The main goal of this approach was to lower the birth rate from an estimated 40 to 45 by 1973.

**1965,** In the Indian family planning program, the intrauterine device was introduced.

**1969,** To make all possible methods of contraceptives, a *cafeteria approach* was introduced. The use of the intrauterine contraceptive device (IUCD) for couples with one or two children, sterilization for couples who do not want any more children, and the use of diaphragms, jelly, creams, and foam tablets for newly married couples were included in the cafeteria approach.

**1974** Fprogramand available

. The main objectives were to, and to bring a sharp drop in fertility.the renamedthe ,all these schemes, several new schemes for improving the quality and coverage of welfare services for women, children, and adolescents such as child survival, safe motherhood programs, universal immunization program (UPI), reproductive tract infection (RTI), had introduced.

On 15 February 2000, a new national population policy was announced. The main aim of this policy was to cover various issues of maternal health, child survival, and contraception and to make reproductive health care accessible and affordable for all. The immediate objective of the program was to address the unmet need for contraception, healthcare infrastructure, and health personnel and to provide integrated services delivery for basic reproductive and inter-sectoral operational strategies. The medium objective was to lower the total fertility rate to the replacement level by 2010. The long-term objective was to achieve a stable population by 2045, at a level consistent with the requirements of sustainable economic growth, social development, and environmental protection. (Dep. Of Family Welfare, 2002)

In 2019, the population control bill was proposed to introduce a two-child policy per couple and aims to incentivize its adoption through educational benefits, free healthcare, better employment opportunities, home loans, and tax cuts. There has been also a demand to penalize couples not adhering to the policy by debarring them from running for office and applying for government jobs. Although, this policy is not yet implemented. This policy will take some time to be implemented.

<sup>8</sup> Chaudhary,M.D. (1989), “**Population Policy in India**”, *Population and Environment: A Journal of Interdisciplinary Studies* 11(2); pp. 101-121.

<sup>9</sup> Srinivasan,K.(2017), “**Population Concerns in India : Shifting, Trends, Policies and Programs,**” New Delhi: Sage Publication, Pvt.Ltd.

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