

## **Exploring new population policy for optimizing demographic dividend of India**

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India is estimated to become the world's most populous country in the near future. This phenomenon is accompanied with the fact that India is undergoing through a phase of demographic dividend. In order to reap this dividend and continue the bright prospects from young generation, it is imperative to devise a workable population policy which can provide a support function rather than become an asset tampering tool. This study analyzes the features of a new population policy which may be adopted to optimize the demographic dividend of India. It is expected to assist in better policy formulation and implementation.

Keywords: Population policy, Demographic Dividend, One child policy, Two child policy

### **I. INTRODUCTION**

India is currently in the midst of a demographic dividend, with a large portion of its population being of working age. To optimize this demographic dividend, the Indian government could implement population policies that promote education and access to healthcare for all citizens, as well as policies that encourage women to enter the workforce. Additionally, the government could invest in infrastructure and job creation programs to ensure that there

are enough economic opportunities for the growing population. Encouraging family planning and reducing high fertility rates can also play a role in optimizing demographic dividend. One example of a population policy that could help optimize India's demographic dividend is increasing access to education for all citizens, especially for girls and women. Educated individuals are more likely to be employed and have higher earning potential, which can lead to economic growth. The government could

invest in building more schools and providing scholarships to ensure that all children have access to education, regardless of their socio-economic background. Another example of a population policy that could promote India's demographic dividend is increasing access to healthcare. Ensuring that all citizens have access to basic healthcare services can improve overall health and productivity, leading to a stronger workforce. The government could invest in building more hospitals and clinics in rural and underserved areas, and providing subsidies for low-income families to access healthcare. Additionally, encouraging women to enter the workforce can play a crucial role in optimizing India's demographic dividend. Implementing policies that provide paid maternity leave and child care facilities can make it easier for women to balance work and family responsibilities, which can lead to more women participating in the workforce. The government could also invest in programs that provide training and job opportunities for women in non-traditional fields, where they are underrepresented. Encouraging family planning and reducing high fertility rates can also play a role in optimizing India's demographic dividend. Government can launch various awareness campaigns and provide access to family planning resources such as contraceptives and education. This can help reduce the number of children per

family and give parents more resources to invest in each child's education and health. All of these policies can help create a more educated, healthy, and economically active population in India, which can lead to a stronger economy and greater overall prosperity for the country.

## **II. RESEARCH OBJECTIVES**

The present study aims to analyze the existing population policy of India. It thereafter aims to suggest if a new population policy may be considered. Further the objective is to understand the meaning and implications of one child policy and two child policy.

## **III. RESEARCH ANALYSIS**

India has had a population policy in place since the 1950s, which has been updated several times over the years. The current population policy of India is the National Population Policy (NPP) 2000, which was adopted by the government in 2000. The primary goal of the NPP 2000 is to achieve a stable population by 2045, through voluntary and informed choices and services for fertility regulation. The policy aims to achieve this goal through a combination of family planning, maternal and child health services, and education and awareness programs.

The NPP 2000 focuses on providing access to a wide range of family planning methods, including both traditional methods (such as oral contraceptives) and modern methods (such as intrauterine devices (IUDs) and sterilization). The policy also emphasizes the importance of providing information and education on family planning to both men and women, and promoting gender equality. The policy also focuses on maternal and child health services, with the goal of reducing maternal and infant mortality rates. The policy includes provision for providing comprehensive ante-natal care, safe delivery and post-natal care to all pregnant women. The NPP 2000 also includes provisions for education and awareness programs, with the goal of promoting small family norms and raising awareness about the benefits of population stabilization. The policy includes the use of mass media and community-based programs to promote family planning and maternal and child health. The policy also includes provisions for research and evaluation to assess the implementation of the policy and to guide future policy decisions. The policy is implemented through various schemes such as Reproductive and Child Health (RCH) and Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA) Overall, the NPP 2000 aims to empower individuals to make informed choices about their reproductive health and to

provide the necessary services and support to achieve a stable population in India.

There are several problems with the existing population policy of India, the National Population Policy (NPP) 2000. Lack of effective implementation: Despite the policy's ambitious goals, it has not been effectively implemented in many parts of the country. This is due to a lack of funding and political will, as well as inadequate infrastructure and a shortage of trained healthcare workers in rural and remote areas. Inadequate funding: The policy has not been adequately funded, which has led to a shortage of resources and equipment needed to implement the policy effectively. Insufficient focus on reproductive health education: The policy places a heavy emphasis on family planning and maternal and child health, but it does not adequately address the need for education and awareness about reproductive health and rights. Inadequate attention to the needs of marginalized communities: The policy does not adequately address the needs of marginalized communities, such as lower-caste groups, tribal groups, and individuals living in poverty. These groups often have limited access to healthcare services and education, and are more likely to have large families. Limited focus on men: The policy primarily focuses on women, but men also play an important role in family planning and reproductive health decisions. The policy

needs to better engage men and involve them in the decision-making process. Limited focus on post-partum family planning: The policy focuses on providing family planning services before and during pregnancy, but not enough attention is given to post-partum family planning. Insufficient focus on modern methods: The policy focuses on traditional methods of family planning such as condoms and pills, but it does not sufficiently promote modern methods such as intrauterine devices (IUDs) and sterilization which have higher effectiveness rate and longer duration. Overall, the existing population policy of India has some good aspects, but it also has several limitations that need to be addressed to make it more effective in achieving its goals.

India does not currently have a "one child policy" like the one that was implemented in China. The Indian government has long recognized the need to control population growth and has implemented a variety of policies and programs aimed at promoting family planning and reducing high fertility rates. A one child policy, which limits the number of children that a family can have, has been controversial in the past, and has been criticized for human rights violations, such as forced abortions and sterilizations. It's also been criticized for being oversimplistic and not taking into account the complexity of population and fertility issues.

Instead, India's current population policy, the National Population Policy (NPP) 2000, emphasizes voluntary and informed choices for fertility regulation, with a goal of achieving a stable population by 2045. The policy focuses on providing access to a wide range of family planning methods, promoting education and awareness about reproductive health and rights, and addressing the needs of marginalized communities. A one child policy might not be the appropriate solution for India's population growth, as it can be very difficult to implement and may not be in line with the cultural, social and economic realities of India. Instead, a more comprehensive approach that addresses the underlying socio-economic issues and provides access to education, healthcare and job opportunities may be more effective in controlling population growth. It is necessary to note that the population growth rate has been declining in India in the recent years. This may be attributed to different factors such as increased social awareness, rising literacy rates, improved access to healthcare and family planning services, and economic development. Furthermore, India does not currently have a "two child policy" in place. The Indian government has long recognized the need to control population growth and has implemented a variety of policies and programs aimed at promoting family planning and reducing high fertility rates. A two-child policy, which limits the number of

children that a family can have, can be seen as a way to control population growth and address issues such as poverty and overpopulation. However, it can also be controversial and has been criticized for human rights violations, such as forced abortions and sterilizations, and for being over-simplistic and not taking into account the complexity of population and fertility issues. Instead, India's current population policy, the National Population Policy (NPP) 2000, emphasizes voluntary and informed choices for fertility regulation, with a goal of achieving a stable population by 2045. The policy focuses on providing access to a wide range of family planning methods, promoting education and awareness about reproductive health and rights, and addressing the needs of marginalized communities. Implementing a two-child policy could be seen as a way to address population growth, but it may not be the most effective solution. It can be difficult to implement, may not be in line with the cultural, social and economic realities of India, and can lead to human rights violations. It's important to note that the population growth rate in India has been declining in recent years, due to various factors such as increased education and awareness, improved access to healthcare and family planning services, and economic development. Instead of implementing a two-child policy, a more comprehensive approach that addresses the underlying socio-

economic issues and provides access to education, healthcare and job opportunities may be more effective in controlling population growth.

#### **IV. CONCLUSION**

To conclude, India has had a population policy in place since the 1950s, with the current policy being the National Population Policy (NPP) 2000, which was adopted by the government in 2000. The primary goal of the NPP 2000 is to achieve a stable population by 2045, through voluntary and informed choices and services for fertility regulation. The policy aims to achieve this goal through a combination of family planning, maternal and child health services, and education and awareness programs. However, there are some limitations with the existing policy such as lack of effective implementation, inadequate funding, insufficient focus on reproductive health education, inadequate attention to the needs of marginalized communities and limited focus on modern methods. The idea of implementing a "one child" or "two child" policy, which limits the number of children that a family can have, has been controversial in the past, and has been criticized for human rights violations, such as forced abortions and sterilizations, and for being over-simplistic and not taking into account the complexity of population and fertility issues.

It is important to note that the population growth rate in India has been declining in recent years, due to various factors such as increased education and awareness, improved access to healthcare and family planning services, and economic development. Instead of implementing a one or two-child policy, a more comprehensive approach that addresses the underlying socio-economic issues and provides access to education, healthcare and job opportunities may be more effective in controlling population growth.

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