

MAY 2017 POPULATION EDUCATION

PART A 1X10=10

1.Describe the scope, need and importance of population education.

Population education helps and enables us to be aware of the process and consequence of population growth on the quality of our lives and the environment. The child gets an opportunity to investigate and explore the interaction between the population and their environments, population characteristics, the meaning, the nature of process. The child also knows the causes and consequences of population increase at the local, national level.

Population education is an educational programme recently adopted in a country. It is a multidisciplinary concept and related to number of subjects. It neither provides nor prescribes any contraceptive education or any other measures to limit the size of the family.

Scope of Population Education

The scope of population education includes the following. Population education provides the learners with a knowledge and understanding of the prevailing population situation in their own country and the world.

It also creates an awareness among the learners about the inter-relationships between population situation in their own country and the world.

It assists us to make conscious rational and informed decisions regarding family size and population matters in the community and policy adopted by the State.

It equips us with necessary knowledge, skills, attitudes, values to ascertain and evaluate the impact of population change both in terms of the student's future, welfare and the welfare of their community, society, nation and the world.

Population education studies the nature, causes, changes, characteristics, co-operation and distributional aspects of human population.

Need & Importance of Population Education

The need & importance of population education can be stated under following headings:

Controlling of Population Explosion

At present we are witness the unprecedented growth of population in the form of population

explosion. This is indeed a dangerous trend as it poses a great challenge for the welfare and development of the India and the entire mankind. Here population education can serve as safety value against the global threat to mankind.

Ensuring Quality Life:

Rapid population growth is a great hindrance in the way of enjoying the better standard of life. Here population education serves as a potent instrument through which people can be made aware about the better quality life through a programme of planned intervention to stop unprecedented the population growth and to ensure better stand of life.

Optimum Use of Natural Resources:

The problem of rapid population growth has led to the uneven and indiscriminate use of natural resources. As a result multiple problems and issue have come up on account of this problem.

Solving Food Problem:

Third world countries like India find is very hard to make both ends meet. The developing countries like India are not able to meet the adequate provision of food millions of helpless and poor people. Population education can help in this regard by make people aware about the ill effects of over population.

Creating Positive & Health Attitude among Students:

Population education in long run can help us to developing in young generation the positive attitude toward rapid population growth and its effects on economy and development of the country. It can help us in enabling the students to develop realistic and logical attitude, so as to take rational decisions about the looming threat of population explosion.

Developing Appropriate Reproductive Behaviour:

About 50% Population in India is under the age of 18. This age group needs to be properly made aware ill effects of population growth. Population education is needed on the account that it can help us to develop among the young generations the appropriate reproductive behaviour. At present

Need for Democracy:

It has been well said that greater the population lesser the democracy and lesser the population greater the democracy. Population explosion leads to unemployment, poverty and many other social issues; therefore there is need of restricting the rapid population for the success of democracy and the development of the nation.

To check the effects of over population:

Population education makes us aware of the ill effects of the rapid population growth and its impact on the socio-economic prospects of the nation. Therefore there is the need of population education for better understanding of the issues related to the population.

2) What are the Essential Qualities and actives of population Education?

The goal of population education is to provide young people and adults with an awareness of the interrelationships between population and development, especially the socio-economic aspects which fall under the 'quality of life', such as the environment, resources, health, education, employment and other social service

PART B 5X4= 20 MARKS

3) State the objective of population Education.

The objectives of Population Education are:

- 1) To enable the students to understand that family size is controlled.
- 2) To understand that population limitation can facilitate the development of a higher quality of life in the nation.

- 3) To understand That a small family size can contribute materially to the quality of living for the individual family.
- 4) To understand population dynamics of the country in the light of world population.
- 5) To enable the students to appreciate the fact that for preserving the health and welfare of the members of the family and to ensure good prospects for the younger generation, the Indian families of today and tomorrow should be small and compact.
- 6) To give accurate information to the students about the effect of changes in family size and in national population on the individual.
- 7) To change the attitude of younger generation towards family size.
- 8) To understand the causative factors of population growth.
- 9) To understand the importance of small family norm and its relation to economic development.
- 10) To develop in younger generation the appreciation for small family.
- 11) To develop in younger generation the appreciation for the preservation of health of a mother and the health of child.
- 12) To develop an understanding that family size is controllable.
- 13) To develop an understanding about the impact of large population on the environment and the natural resources.

4) What do you know about Malthus theory?

Thomas Robert Malthus (1766-1834) was the key figure to analyse the population statistics. His formulation on population was a landmark in the history of population theories. He generalized the relationship between population factors and social change.

In his Essay on the Principle of Population (1798) Malthus argued that because of the strong attraction of the two sexes, the population could increase by multiples,

doubling every twenty-five years. He contended that the population would eventually grow so large that food production would be insufficient.

Human capacity for reproduction exceeded the rate at which subsistence from the land can be increased. Malthus further wrote 'Population when unchecked increases in a geometrical ratio. Subsistence increases only in an arithmetical ratio.'

Malthus contended that the world's population was growing more rapidly than the available food supply. He argued that the food supply increases in an arithmetic progression (1, 2, 3, 4, and so on), whereas the population expands by a geometric progression (1, 2, 4, 8, and so on).

According to him, the population could increase by multiples, doubling every twenty-five years. He said the gap between the food supply and population will continue to grow over time. Even though food supply will increase, it would be insufficient to meet the needs of expanding population. Moreover, the famine and other natural calamities cause widespread sufferings and increase the death rate, which is nature's check against population.

5) Briefly discuss about the factors which will lead to standard of living.

Standard of Living Defined

Standard of living can be thought of as a measure of the quality of life or level of material prosperity enjoyed by individuals, a specific demographic group, or a geographic region such as a country. In economics, the standard of living is usually used to determine the relative prosperity of the population of an entire country and is often compared to the standard of living that populations of other countries enjoy.

Various economic and noneconomic factors affect a nation's standard of living, including income, healthcare, education, housing, crime rates, environmental health, social services, and political and social freedoms.

General Factors

Standard of living is a composite of different factors that are generally believed to enhance the quality of life of individuals in a population.

The following is a list of factors that are used to determine a country's standard of living:

- 1) Household income
- 2) General health of a population
- 3) Life expectancy of the members of a population
- 4) Availability and quality of housing
- 5) Level of crime
- 6) Access to health care
- 7) Access to education
- 8) Access to social services
- 9) Political freedom.
- 10) Social freedom

6.State the impacts of development of family life on society.

1.Home enviornmrnt

Home is the first socializing agency. The congenial home environment has a positive and socialising effect on the child. Thus, the family influence plays a vital role in the process of social development. A happy, contented and well-knit family helps in advancing social adjustment of the individual members.

2. Socio-Economic Status of the Family

The family members of high socio-economic status have the opportunity of moving about in a higher and wider circle of society. They get frequent occasions to mix with a large number of and different sorts of people. This naturally helps them in their socialisation.

3. Love and Affection.

Love and affection are the basic psychological needs of children. If the child is treated with love and affection, he feels secure, and thus, develops self-confidence. This gives him the necessary courage to enter into social relationships outside the family. If the children get love and affection at home, they will naturally expect love and affection from others also; this will develop in them a positive attitude toward life and other people, which will help them in their social development.

4. Participation in Social Organisations

There are various types of social organisations. Participation in such organisations widens the sphere of child's social contacts and increases his social understanding. He learns, and imbibes the qualities of leadership, cooperation, and toleration. Self-Centredness is replaced by social consciousness which is increasingly broadened. This brings about social development of the child.

5. School Programmes

School is another potent agency for the social development of the child. In the school the child gets an opportunity of mixing with the large number of students, and thus, getting varied types of social experiences. In addition to these, school experiences in the form of various types of school programmes and activities, opportunities for healthy social communication, guidance from teachers, determine to a large extent the social skills and attitudes as well as the habits that the child learns. Schools also teach some of the basic social attitudes and principles of good conduct. Thus the school programmes help tremendously in the children's social development.

6) Critically examine the measures taken by both central and State Government to control the population.

On-going interventions:

- 1) More emphasis on Spacing methods like IUCD.
- 2) Availability of Fixed Day Static Services at all facilities.

- 3) A rational human resource development plan is in place for provision of IUCD, minilap and NSV to empower the facilities (DH, CHC, PHC, SHC) with at least one provider each for each of the services and Sub Centres with ANMs trained in IUD insertion.
- 4) Quality care in Family Planning services by establishing Quality Assurance Committees at state and district levels.
- 5) Improving contraceptives supply management up to peripheral facilities.
- 6) Demand generation activities in the form of display of posters, billboards and other audio and video materials in the various facilities.
- 7) National Family Planning Indemnity Scheme' (NFPIS) under which clients are insured in the eventualities of deaths, complications and failures following sterilization and the providers/ accredited institutions are indemnified against litigations in those eventualities.
- 8) Compensation scheme for sterilization acceptors - under the scheme MoHFW provides compensation for loss of wages to the beneficiary and also to the service provider (& team) for conducting sterilisations.
- 9) Increasing male participation and promotion of Non Scalpel Vasectomy.
- 10) Emphasis on Miniap Tubectomy services because of its logistical simplicity and requirement of only MBBS doctors and not post graduate gynecologists/surgeons.
- 11) Accreditation of more private/NGO facilities to increase the provider base for family planning services under PPP.
- 12) Strong political will and advocacy at the highest level, especially, in States with high fertility rates.

New Interventions under Family Planning Programme

- 1) Scheme for Home delivery of contraceptives by ASHAs at doorstep of beneficiaries: The govt. has launched a scheme to utilize the services of ASHA to deliver contraceptives at the doorstep of beneficiaries.

2. Scheme for ASHAs to ensure spacing in births: The scheme is operational from 16th May, 2012, under this scheme, services of ASHAs to be utilised for counselling newly married couples to ensure delay of 2 years in birth after marriage and couples with 1 child to have spacing of 3 years after the birth of 1st child. ASHAs are to be paid the following incentives under the scheme:-

a. Rs. 500/- to ASHA for ensuring spacing of 2 years after marriage.

b. Rs. 500/- to ASHA for ensuring spacing of 3 years after the birth of 1st child.

c. Rs. 1000/- in case the couple opts for a permanent limiting method up to 2 children only. The scheme is being implemented in 18 States of the country (8 EAG, 8 NE Gujarat and Haryana).

3. Boost to spacing methods by introduction of new method PPIUCD (Post-Partum Intra Uterine Contraceptives Device).

4. Introduction of the new device Cu IUCD 375, which is effective for 5 years.

5. Emphasis on Postpartum Family Planning (PPFP) services with introduction of PPIUCD and promotion of minilap as the main mode of providing sterilisation in the form of post-partum sterilisation to capitalise on the huge cases coming in for institutional delivery under JSY.

Assured delivery of family planning services for both IUCD and sterilisation.

6. Compensation for sterilisation acceptors has been enhanced for 11 High Focus States with high TFR.

7. Compensation scheme for PPIUCD under which the service provider as well as the ASHAs who escorts the clients to the health facility for facilitating the IUCD insertion are compensated.

8. Scheme for provision of pregnancy testing kits at the sub-centres as well as in the drug kit of the ASHAs for use in the communities to facilitate the early detection and decision making for the outcome of pregnancy.

9. RMNCH Counselors (Reproductive Maternal New Born and Child Health) availability at the high case facilities to ensure counseling of the clients visiting the facilities.

10. Celebration of World Population Day 11th July & Fortnight: The event is observed over a month long period, split into fortnight of mobilization/sensitization followed by a fortnight of assured family planning service delivery and has been made a mandatory activity from 2012-13 and starts from 27th June each year.

11. FP 2020- Family Planning Division is working on the national and state wise action plans so as to achieve FP 2020 goals. The key commitments of FP 2020 are as under :

12) Increasing financial commitment on Family Planning whereby India commits an allocation of 2 billion USD from 2012 to 2020.

13) Ensuring access to family planning services to 48 million (4.8 crore) additional women by 2020 (40% of the total FP 2020 goal).

14) Sustaining the coverage of 100 million (10 crore) women currently using contraceptives.

Reducing the unmet need by an improved access to voluntary family planning services, supplies and information. In addition to above, Jansankhya Sthirata Kosh/National Population Stabilization Fund has adopted the following strategies as a population control measure:-

Prerna Strategy:- JSK has launched this strategy for helping to push up the age of marriage of girls and delay in first child and spacing in second child the birth of children in the interest of health of young mothers and infants. The couple who adopt this strategy awarded suitably. This helps to change the mindsets of the community.

Santushti Strategy:- Under this strategy, Jansankhya Sthirata Kosh, invites private sector gynaecologists and vasectomy surgeons to conduct sterilization operations in Public Private Partnership mode. The private hospitals/nursing home who achieved target to 10 or more are suitably awarded as per strategy.

National Helpline: - JSK also running a call centers for providing free advice on reproductive health, family planning, maternal health and child health etc. Toll free no. is 1800116555.

Advocacy & IEC activities:- JSK as a part of its awareness and advocacy efforts on population stabilization, has established networks and partnerships with other ministries, development partners, private sectors, corporate and professional bodies for spreading its activities through electronic media, print media, workshop, walkathon, and other multi-level activities etc. at the national, state, district and block level.

a) What do you know about Population Equilibrium?

population equilibrium

The Hardy-Weinberg equilibrium is a principle stating that the genetic variation in a population will remain constant from one generation to the next in the absence of disturbing factors. For instance, mutations disrupt the equilibrium of allele frequencies by introducing new alleles into a population.

What conditions are required for a population to come into genetic equilibrium?

Five conditions are required in order for a population to remain at Hardy-Weinberg equilibrium: A large breeding population. Random mating. No change in allelic frequency due to mutation.

Is it common for a population to be in equilibrium?

The allele frequencies in a population will remain constant unless one or more factors cause these frequencies to change. Is it common for a population to remain in genetic equilibrium? ... Yes, for some populations and in rare conditions for long periods of time.

What are the 5 principles of the Hardy Weinberg equilibrium?

Key points: When a population is in Hardy-Weinberg equilibrium for a gene, it is not evolving, and allele frequencies will stay the same across generations. There are five basic Hardy-Weinberg assumptions: no mutation, random mating, no gene flow, infinite population size, and no selection.

Why is Hardy Weinberg equilibrium important?

The Hardy-Weinberg model can also be applied to the genotype frequency of a single gene. Importance: The Hardy-Weinberg model enables us to compare a population's actual genetic structure over time with the genetic structure we would expect if the population were in Hardy-Weinberg equilibrium (i.e., not evolving).

What is population equilibrium?

Genetic equilibrium describes the condition of an allele or genotype in a gene pool (such as a population) where the frequency does not change from generation to generation. Genetic equilibrium describes a theoretical state that is the basis for determining whether and in what ways populations may deviate from it.

b) Why there is a need for curriculum development in population education?

There are three main factors of population education programme like:

- 1.The aims and objectivities of population education,
- 2.Curriculum in population education
- 3.Instructions methods.

The teacher in the population education programme is required to achieve the prefixed aims and objectivities .For that purpose he has to employ suitable instrumental methods and procedures. But this he can do only when he knows what effects he is to make and in what order In order words,he should know the content of population education curriculum which consists of subjects,activities and experiences in a property coherent parent. The needs and importance of curriculum in population education may be summed up as follows:

1.Achievements of aims:

Merely defining the aims of population education is futile. There should be well-planned efforts and organizations to achieve the aims of populations education. We must think of knowledge activities, experience and other influences which help in the achievements of aims of population education.

2.Criteria for Suitable Teachers:

It is the curriculum which can show what type of teachers are required for these new types of educational systems. We should know what type of work they are required to do and this is according to the requirements of the curriculum.

3.Selection of suitable Methods:

The curriculum of population education enables the teacher to select suitable methods of teaching. How to teach will be determined by “what to teach:.

4. Reflects Trends in Education.

The curriculum is the means to achieve the aims of population education which are dynamic and go on changing with the changing social requirements. Naturally the curriculum will reflect the trends and growth of population in education. For example, modern education places the following demands on the curriculum.

a) Providing suitable knowledge:

The curriculum should include suitable knowledge which will help in the achievements of the aims of population’s education.

b)Providing suitable Activates and Experience:

The curriculum includes well-selected activates and experiences needed for the development of pupils according to social requirements.

c) Providing wholesome Influences:

The curriculum should reflect wholesome school programme to develop the desirable behavior patterns in pupils.

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d) What are the Essential Qualities of a Teachers of Population Education?

ROLE OF TEACHER

- The teacher should be a great reader, interested in getting information and keep his knowledge up to date.
- He should have spirit of Inquiry and spirit of scientific investigation
- He should suggest different sources of information to the student and cultivate in them the habit of reading books
- He should be expert in the art of asking questions and should have friendly attitude towards his pupils
- He should encourage students to ask questions
- He should encourage mental activity in the children
- He should maintain democratic atmosphere in the classroom
- He should be able to create democratic atmosphere in the classroom
- He should be able to devise problems of inquiry for different categories of pupils.
- He should be patient enough to observe the activities of learners.

PART C

5X2=10

e) Write down the current Population Scenario of the world.

This will certainly not stop at the current 7 billion. According to the most recent projections by the United Nations, the number of 8 billion will probably be exceeded by 2025, and around 2045 there will be more than 9 billion people.

f) State the impact of culture and personality on the quality of life.

1. Our Customs one wife and one husband system.
2. We two our one child.
3. Small family norms.
4. To promote awareness about population problems and the effects of rapid population growth on development. To educate all young people on population matters, sexual relationships, fertility regulation and family planning so that they can make responsible decisions once they become able to marry and have children

g) What do you know about India's Population Policy?

There are three types of objectives of National Population Policy (NPP) 2000:

1. The Immediate Objective:

The immediate objective is to address the unmet needs for contraception, health care infrastructure and health personnel and to provide integrated service delivery for basic reproductive and child health care.

2. The Medium Term Objective:

The medium term objective is to bring the Total Fertility Rate (TFR) to replacement level by 2010 through vigorous implementation in inter-sectorial operational strategies.

3. The Long Term Objective:

The long term objective is to achieve a stable population by 2045 at a level consistent with the requirements of sustainable economic growth, social development, and environment protection.

The following are the targets of National Population Policy:

1. Achieve zero growth rate of population by 2045.
2. Reduce infant mortality rate of below 30 per thousand live births.
3. Reduce maternal mortality ratio of below 100 per 1, 00,000 live births.

4. Reduce birth rate to 21 per 1000 by 2010.
5. Reduce total fertility rate (TFR) to 2.1 by 2010.

National Socio-Demographic Goals for 2010:

h) How clinical approach is helpful for population control?

- 1) Delayed Marriages.
- 2) Medical Facilities.
- 3) Legislative Actions.
- 4) Providing Incentives.
- 5) Spread Awareness.
- 6) Women Empowerment.
- 7) Eradicate Poverty.
- 8) Education.

Terminal Methods under National Family Welfare Programme following Terminal/ Permanent Methods are being provided to the eligible couples.

A) TUBECTOMY i) Mini Lap Tubectomy ii) Lapro Tubectomy Laparoscopic sterilization is a relatively quicker method of female sterilization.

B) VASECTOMY i) Conventional Vasectomy ii) No-Scalpel Vasectomy It is one of the most effective contraceptive methods available for males. It is an improvement on the conventional vasectomy with practically no side effects or complications.

This new method is now being offered to men who have completed their families. The No-Scalpel Vasectomy project is being implemented in the country to help men adopt male sterilization and thus promote male participation in the Family Welfare programme.

17. Discuss a few strategies of teaching population education.

Strategies are the blueprints of courses of action. In population and adolescence education, certain strategies have been suggested by the NPEP. The following areas need to be concentrated upon to build the course of action.

- a) Needs and problems of adolescence
- b) Myths and misconceptions about sex matters
- c) Knowledge about STD / HIV / AIDS
- d) Impact of increasing population
- e) Protection of environment

a) The strategies have been broadly categorised between two major divisions - action- intensive strategies and problem-specific strategies. They are as follows:

Action — Intensive Strategies

In this section the strategy concerning action has been explained.

Integration of new concerns of population and development in school syllabus and textbooks.

- **Sustainable development:** Here, by development we mean harmonious and integrated growth of both people and environment. In it, human population grows to the limit the natural environment remains at its existing level. In this reference, we may refer to the concept of carrying capacity of ecology. They all use natural resources for their food, cloth and shelter. They also use it for their further growth and development. It also presupposes a definite number of persons that a particular ecological system could support. This number of people to be supported by the ecology is called the carrying capacity of that ecology.
- **Gender equality and equity:** It means both male and female should be treated equal in all departments of life. For this purpose, proper attitude should be developed among students and also among general population including parents and teachers, so that they may open judicious channels for growth and development of female child.

- Changing structure and role of family: "there has been a complete metamorphosis of structure and function of the social institution, family. It should be highlighted in the curriculum.
- Under-served population group: This group should be properly taken care of
- Adolescents
- Elderly people
- Adolescent education elements. It refers to various components that may have to be included in the education of adolescents under population education programme.
- Process of growing up
- HIV/AIDS.
- Drug abuse

b) Activities to be included with syllabus revision of school and teacher education: As stated above, the strategy for population education is broadly divided into curricular and co-curricular areas. In curricular areas, the project activities and their various dimensions may have to be included in the curriculum.

c) Organisation of co-curricular activities:

- District-centred approach
- Focus on demographically critical areas
- Various kind of activities to be organised

Problem - Specific Strategies

In this section, those strategies will be identified that will be taken up during population education which are directly related to some of the problems facing the society. Some of the characteristic strategies may be related to the following problems:

a) Problem of Declining Child Sex Ratio: The fascination for male child is still at top of parental desire. It has imbedded in our cultural ethos. The sex determination of foetus has disturbed the sex balance in many parts of the country. It is really a matter of concern. To make the adolescents (future parents) aware of this phenomenon, . it will be made an integral part of the population education programme of the state.

b) Problem of Sustainable Development: In the earlier sections, the problem of sustainable development has been highlighted. It is needless to point out that 'development' presupposes growth but 'with social justice '. 'Sustainable development is development that meets the needs of the present without compromising the ability of future generations to meet their own needs.

c) Problem of Urbanisation and Migration: Urbanisation may be understood as the process of converting more areas into urban. moving towards the cities, opting for other occupations than agriculture, and the cumulative efforts put in this direction. It is characterised by not only change in occupation from agriculture to any other (non-agriculture) and changing the living pattern and behavioural responses accordingly. Urbanisation has assumed a global character.

Urbanisation is the result of migration from rural bases. The process of changing residence from one country to another, or from one part of a country to another part is called migration. The following are the consequences of migration:

- i) Creation of slums
- ii) Shortage of public transport system
- iii) Non-availability of required infrastructure
- iv) Lack of educational facilities
- iv) Degradation of health-related facilities
- v) Increase of population
- vi) Increase in anti-social activities.

The students should be made aware of all these problems associated with urbanisation and migration through programmes of population education so that they may take appropriate stand when they become adults.

Hight Priority to Skill Development: It is not the reading and passing the examinations that would bring behavioural changes; rather, it is developing appropriate skills that would bring behavioural changes in a person. With this chain in mind, it has been decided that through population education some essential skills have to be developed among adolescents in school system. The skills relating to the Adolescent Reproductive and Sexual Health (ARSH) are key to population education.

POPULATION EDUCATION

PART A

- 1) Describe the purpose of population education as integral part of education. Justify them in brief.

Purpose of population education as integral part of education.

Education has a great motivational force to perform for controlling over population. Suitable educational measures need to be adopted to promote desirable changes.

1. Community forums and voluntary organizations should discuss the drawbacks of large families and the merits of small families.
2. Children in the elementary stage should also be taught through their courses of study, the merits of small family and demerits of large family and should develop favourable attitude and appreciation for having a small family when they become adults.
3. Boys and girls at the secondary stage should be given the knowledge in a scientific way about the reproductive biology system and the sex-hygiene.
4. Parent-teacher associations can also take the responsibility of educating the families.
5. Schools should assume the responsibility of educating the community and the families and should collaborate with other agencies for the education of the masses for having small families.

2. Enumerate the planning for population control.?

National Family Welfare Programme India launched the National Family Welfare Programme in 1951 with the objective of "reducing the birth rate to the extent necessary to stabilize the population at a level consistent with the requirement of the National economy. The Family Welfare Programme in India is recognized as a priority area, and is being implemented as a 100% Centrally sponsored programme. The national family planning program was launched in

1951, and was the world's first governmental population stabilisation program. By 1996, the program had been estimated to have averted 16.8 crore births.

Evolution of Family Welfare Program The approach under the programme during the First and Second Five Year Plans was mainly "Clinical" under which facilities for provision of services were created. However, on the basis of data brought out by the 1961 census, clinical approach adopted in the first two plans was replaced by "Extension and Education Approach" which envisaged expansion of services facilities along with spread of message of small family norm.

In the IV Plan (1969-74), high priority was accorded to the programme and it was proposed to reduce birth rate from 35 per thousand to 32 per thousand by the end of plan. 16.5 million couples, constituting about 16.5% of the couples in the reproductive age group, were protected against conception by the end of IVth Plan. The objective of the V plan (1974-79) was to bring down the birth rate to 30 per thousand by the end of 1978-79 by increasing integration of family planning services with those of Health, Maternal and Child Health (MCH) and Nutrition, so that the programme became more readily acceptable.

The years 1975-76 and 1976-77 recorded a phenomenal increase in performance of sterilisation. However, in view of rigidity in enforcement of targets by field functionaries and an element of coercion in the implementation of the programme in 1976-77 in some areas, the programme received a set-back during 1977-78.

As a result, the Government made it clear that there was no place for force or coercion or compulsion or for pressure of any sort under the programme and the programme had to be implemented as an integral part of "Family Welfare" relying solely on mass education and motivation. The name of the programme also was changed to Family Welfare from Family Planning. In the VI Plan (1980-85), certain long-term demographic goals of reaching net reproduction rate of unity were envisaged.

The Family Welfare Programme during VII five year plan (1985-90) was continued on a purely voluntary basis with emphasis on promoting spacing methods, securing maximum community participation and promoting maternal and child health care. The Universal Immunization Programme (UIP) was launched in

1985 to provide universal coverage of infants and pregnant women with immunization against identified vaccine preventable diseases and extended to all the districts in the country. The approach adopted during the Seventh Five Year Plan was continued during 1990-92. For effective community participation, Mahila Swasthya Sanghs(MSS) at village level was constituted in 1990-91.

MSS consists of 15 persons, 10 representing the varied social segments in the community and five functionaries involved in women's welfare activities at village level such as the Adult Education Instructor, Anganwari Worker, Primary School Teacher, Mahila Mukhya Sevika and the Dai. Auxiliary Nurse Midwife (ANM) is the Member-Convenor. From the year 1992-93, the UIP has been strengthened and expanded into the Child Survival and Safe Motherhood (CSSM) Project. It involves sustaining the high immunization coverage level under UIP, and augmenting activities under Oral Rehydration.

Therapy, prophylaxis for control of blindness in children and control of acute respiratory infections. Under the Safe Motherhood component, training of traditional birth attendants, provision of aseptic delivery kits and strengthening of first referral units to deal with high risk and obstetric emergencies were being taken up. To impart new dynamism to the Family Welfare Programme, several new initiatives were introduced and ongoing schemes were revamped in the Eighth Plan (1992-97).

Realizing that Government efforts alone in propagating and motivating the people for adaptation of small family norm would not be sufficient, greater stress has been laid on the involvement of NGOs to supplement and complement the Government efforts. Reduction in the population growth rate has been recognized as one of the priority objectives during the Ninth & Tenth Plan period. The strategies are: i) To assess the needs for reproductive and child health at PHC level and undertake areas specific micro planning. ii) To provide need-based, demand-driven, high quality, integrated reproductive and child health care reducing the infant and maternal morbidity and mortality resulting in a reduction in the desired level of fertility.

Contraceptives The National Family Welfare Programme provides the following contraceptive services for spacing births: a) Condoms b) Oral

Contraceptive Pill c) Intra Uterine Devices (IUD) Whereas condoms and oral contraceptive pills are being provided through free distribution scheme and social marketing scheme, IUD is being provided only under free distribution scheme. Under Social Marketing Programme, contraceptives, both condoms and oral pills are sold at subsidized rates.

In addition, contraceptives are commercially sold by manufacturing companies under their brand names also. Govt. of India does not provide any subsidy for the commercial sale.

COPPER-T Cu-T is one of the important spacing methods offered under the Family Welfare Programme. Cu-T is supplied free of cost to all the States/UTs by Govt. of India for insertion at the PHCs, Sub-centres and Hospitals by trained Medical Practitioners/trained Health Workers. The earlier version of Cu-T 200 'B' (IUDs) has been replaced by Cu-T 380-A from 2002-03 onwards which provides protection for a longer period (about 10 years) as against Cu-T 200 'B' which provided protection for about 3 years only.

Emergency Contraceptive Pill (ECP) This programme was introduced under Family Welfare Programme during 2002-03. The emergency contraceptive is the method that can be used to prevent unwanted pregnancy after an unprotected act of sexual intercourse (including sexual assault, rape or sexual coercion) or in contraceptive failure. Emergency Contraceptive is to be taken on prescription of Medical Practitioners.

Terminal Methods Under National Family Welfare Programme following Terminal/ Permanent Methods are being provided to the eligible couples.

A) TUBECTOMY i) Mini Lap Tubectomy ii) Lapro Tubectomy Laparoscopic sterilization is a relatively quicker method of female sterilization.

B) VASECTOMY i) Conventional Vasectomy ii) No-Scalpel Vasectomy It is one of the most effective contraceptive methods available for males. It is an improvement on the conventional vasectomy with practically no side effects or complications.

This new method is now being offered to men who have completed their families. The No-Scalpel Vasectomy project is being implemented in the country

to help men adopt male sterilization and thus promote male participation in the Family Welfare programme.

Family Welfare Schemes

The Ministry of Health and Family Welfare has a number of schemes to cover the under-privileged sections of society and help them with maternity, post and neonatal healthcare and family planning. These include the Janani Suraksha Yojana, Rehabilitation of Polio Victims and several financial assistance schemes for surgery and other health problems. Counseling centres are also available across the country as part of the government sponsored family welfare schemes.

Some of the Important Family Welfare Schemes Are Listed Below:

- **National Family Welfare Programme:** India launched the National Family Welfare Programme in 1951 with the objective of "reducing the birth rate to the extent necessary to stabilise the population at a level consistent with the requirement of the National economy. The Family Welfare Programme in India is recognised as a priority area, and is being implemented as a 100% centrally sponsored programme.

National Population Policy:

The National Population Policy, 2000 affirms the commitment of government towards voluntary and informed choice and consent of citizens while availing of reproductive health care services and continuation of the target free approach in administering family planning services.

National Rural Health Mission:

The National Rural Health Mission (200512) seeks to provide effective healthcare to rural population throughout the country with special focus on 18 states, which have weak public health indicators and/or weak infrastructure. The mission aims at effective integration of health concerns with determinants of health like sanitation and hygiene, nutrition and safe drinking water through a District Plan for Health.

- **Urban Family Welfare Schemes:** This Scheme was introduced following the recommendation of the Krishnan Committee in 1983. The main focus was to

provide services through setting up of Health Posts mainly in slum areas. The services provided are mainly outreach of RCH services, preventive services, First Aid and referral services including distribution of contraceptives.

- **Sterilization Beds Scheme:** A Scheme for reservation of Sterilization beds in Hospital run by Government, Local Bodies and Voluntary Organisations was introduced as early as in the year 1964 in order to provide immediate facilities for tubectomy operations in hospitals where such cases could not be admitted due to lack of beds etc. But later with the introduction of the Post Partum Programme some of the beds were transferred to Post Partum Programme and thereafter the beds were only sanctioned to hospitals run by Local Bodies and Voluntary Organisations.

Reproductive and Child Health Programme:

The Reproductive and Child Health Programme was launched in October 1997 incorporating new approach to population and development issues, as exposed in the International Conference in Population and Development held at Cairo in 1994. The programme integrated and strengthened in services/interventions under the Child Survival and Safe Motherhood Programme and Family Planning Services and added to the basket of services, new areas on Reproductive Tract/Sexually Transmitted infections (RTI/STI).

PART B

1) What is the nature of population Education?

Population education is not sex education or family planning education not birth control but helps us to investigate and explore the interaction between population and education.

Population education helps and enables us to be aware of the process and consequence of population growth on the quality of our lives and the environment. The child gets an opportunity to investigate and explore the interaction between the population and their environments, population characteristics, the meaning, the

nature of process. The child also knows the causes and consequences of population increase at the local, national level.

Population education is an educational programmes recently adopted in a country. It is multidisciplinary concept and related to number of subjects. It neither provides nor prescribes any contraceptive education or any other measures to limit the size of the family.

2) How can use maintain the ethuis and aesthetivs in standard of living and the equality of life?

1. Our Customs one wife and one husband system.
2. We two our one child.
3. Small family norms.
4. To promote awareness about population problems and the effects of rapid population growth on development. To educate all young people on population matters, sexual relationships, fertility regulation and family planning so that they can make responsible decisions once they become able to marry and have children.

The following is a list of factors that are used to determine a country's standard of living:

- 1) Household income
- 2) General health of a population
- 3) Life expectancy of the members of a population
- 4) Availability and quality of housing
- 5) Level of crime
- 6) Access to health care
- 7) Access to education
- 8) Access to social services
- 9) Political freedom.
- 10) Social freedom

5. The equality of life

Rapid population growth is a great hindrance in the way of enjoying the better standard of life. Here population education serves as a potent instrument through which people can be made aware about the better quality life through a programme of planned intervention to stop unprecedented the population growth and to ensure better stand of life.

3) Why do we know responsibility of family and individual?

To promote awareness about population problems and the effects of rapid population growth on development. To educate all young people on population matters, sexual relationships, fertility regulation and family planning so that they can make responsible decisions once they become able to marry and have children.

4) Explain Malthus theory.Explain

Thomas Robert Malthus (1766-1834) was the key figure to analyse the population statistics. His formulation on population was a landmark in the history of population theories. He generalized the relationship between population factors and social change.

In his Essay on the Principle of Population (1798) Malthus argued that because of the strong attraction of the two sexes, the population could increase by multiples, doubling every twenty-five years. He contended that the population would eventually grow so large that food production would be insufficient. Human capacity for reproduction exceeded the rate at which subsistence from the land can be increased. Malthus further wrote 'Population when unchecked increases in a geometrical ratio. Subsistence increases only in an arithmetical ratio.'

Malthus contended that the world's population was growing more rapidly than the available food supply. He argued that the food supply increases in an arithmetic progression (1, 2, 3, 4, and so on), whereas the population expands by a geometric progression (1, 2, 4, 8, and so on).

According to him, the population could increase by multiples, doubling every twenty-five years. He said the gap between the food supply and population will continue to grow over time. Even though food supply will increase, it would

be insufficient to meet the needs of expanding population. Moreover, the famine and other natural calamities cause widespread sufferings and increase the death rate, which is nature's check against population.

5) Write the need of research in population control.

Population has become one of the most important issues in socio-economic development worldwide. Population growth directly triggers higher demand for provision of various aspects of human existence including food, healthcare, housing, jobs, infrastructure, access to resources and many other issues.

6) List the measures of control for population control.

STEPS TO CONTROL POPULATION IN INDIA

The Government of India, politicians, policy makers should initiate a bold population policy so that the economic growth of the country can keep pace with the demands of a growing population. Major steps which have been already implemented but still need to be emphasised more to control population. Increasing the welfare and status of women and girls, spread of education, increasing awareness for the use of contraceptives and family planning methods, sex education, encouraging male sterilisation and spacing births, free distribution of contraceptives and condoms among the poor, encouraging female empowerment, more health care centres for the poor, to name a few, can play a major role in controlling population.

India's strengths in the global world in various fields cannot be ignored, whether in science & technology, medicine and health care, business and industry, military, communication, entertainment, literature and many more. Experts are hopeful that by increasing public awareness and enlisting strict population control norms by the Government will definitely lead the way for the country's economic prosperity and control of population.

Population of India is quite large and rapidly increasing. One percent growth rate means an addition of 1 crore people every year but actually speaking 2 crore persons are being added every year. So effective population control measures is the need of the hour. We know that birth rate is mainly responsible for rapid population growth.

Hence measures which can reduce the birth rate should be adopted. These measures can be classified into 3 heads.

Measure of Population Control

A. Social Measure:

Population explosion is a social problem and it is deeply rooted in the society. So efforts must be done to remove the social evils in the country.

1. Minimum age of Marriage:

As fertility depends on the age of marriage. So the minimum age of marriage should be raised. In India minimum age for marriage is 21 years for men and 18 years for women has been fixed by law. This law should be firmly implemented and people should also be made aware of this through publicity.

Raising the Status of Women:

There is still discrimination to the women. They are confined to four walls of house. They are still confined to rearing and bearing of children. So women should be given opportunities to develop socially and economically. Free education should be given to them.

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3. Spread of Education:

The spread of education changes the outlook of people. The educated men prefer to delay marriage and adopt small family norms. Educated women are health conscious and avoid frequent pregnancies and thus help in lowering birth rate.

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4. Adoption:

Some parents do not have any child, despite costly medical treatment. It is advisable that they should adopt orphan children. It will be beneficial to orphan children and children couples.

5. Change in Social Outlook:

Social outlook of the people should undergo a change. Marriage should no longer be considered a social binding. Issueless women should not be looked down upon.

6. Social Security:

More and more people should be covered under-social security schemes. So that they do not depend upon others in the event of old age, sickness, unemployment etc. with these facilities they will have no desire for more children.

B. Economic Measures:

The following are the economic measures:

1. More employment opportunities:

The first and foremost measure is to raise, the employment avenues in rural as well as urban areas. Generally in rural areas there is disguised unemployment. So efforts should be made to migrate unemployed persons from rural side to urban side. This step can check the population growth.

2. Development of Agriculture and Industry:

If agriculture and industry are properly developed, large number of people will get employment. When their income is increased they would improve their standard of living and adopt small family norms.

3. Standard of Living:

Improved standard of living acts as a deterrent to large family norm. In order to maintain their higher standard of living people prefer to have a small family. According to A.K. Das Gupta those who earn less than Rs. 100 per month have on the average a reproduction rate of 3.4 children and those who earn more than Rs. 300 per month have a reproduction rate of 2.8 children.

3. Urbanisation:

It is on record that people in urban areas have low birth rate than those living in rural areas. Urbanisation should therefore be encouraged.

C. Other Measures:

The following are the other measures:

1. Late Marriage:

As far as possible, marriage should be solemnized at the age of 30 years. This will reduce the period of reproduction among the females bringing down the birth rate. The govt. has fixed the minimum marriage age at 21 yrs. for males and 18 yrs. for females.

2. Self Control:

According to some experts, self control is one of the powerful methods to control the population. It is an ideal and healthy approach and people should be provided to follow. It helps in reducing birth rate.

3. Family Planning:

This method implies family by choice and not by chance. By applying preventive measures, people can regulate birth rate. This method is being used extensively; success of this method depends on the availability of cheap contraceptive devices for birth control. According to Chander Shekher, "Hurry for the first child, Delay the second child and avoid the third."

Recreational Facilities:

Birth rate will likely to fall if there are different recreational facilities like cinema; theatre, sports and dance etc. are available to the people.

5. Publicity:

The communication media like T.V., radio and newspaper are the good means to propagate the benefits of the planned family to the uneducated and illiterate persons especially in the rural and backward areas of country.

6. Incentives:

The govt. can give various types of incentives to the people to adopt birth control measures. Monetary incentives and other facilities like leave and promotion can be extended to the working class which adopts small family norms.

7. Employment to Woman:

Another method to check the population is to provide employment to women. Women should be given incentive to give services in different fields. Women are taking active part in competitive examinations. As a result their number in teaching, medical and banking etc. is increasing rapidly. In brief by taking, all these measures we can control the growth of population.

7) Explain the essential qualities of teacher of population education.

ROLE OF TEACHER

- The teacher should be a great reader, interested in getting information and keep his knowledge up to date.
- He should have spirit of Inquiry and spirit of scientific investigation
- He should suggest different sources of information to the student and cultivate in them the habit of reading books
- He should be expert in the art of asking questions and should have friendly attitude towards his pupils
- He should encourage students to ask questions
- He should encourage mental activity in the children
- He should maintain democratic atmosphere in the classroom
- He should be able to create democratic atmosphere in the classroom

- He should be able to devise problems of inquiry for different categories of pupils.
- He should be patient enough to observe the activities of learners.

8) **Describe the different strategies of teaching population education.**

Strategies are the blueprints of courses of action. In population and adolescence education, certain strategies have been suggested by the NPEP. The following areas need to be concentrated upon to build the course of action.

- Needs and problems of adolescence
 - Myths and misconceptions about sex matters
 - Knowledge about STD / HIV / AIDS
 - Impact of increasing population
 - Protection of environment
- a) The strategies have been broadly categorised between two major divisions - action- intensive strategies and problem-specific strategies.

They are as follows:

Action — Intensive Strategies

In this section the strategy concerning action has been explained.

Integration of new concerns of population and development in school syllabus and textbooks.

- **Sustainable development:** Here, by development we mean harmonious and integrated growth of both people and environment. In it, human population grows to the limit the natural environment remains at its existing level. In this reference, we may refer to the concept of carrying capacity of ecology. They all use natural resources for their food, cloth and shelter. They also use it for their further growth and development. It also presupposes a definite number of persons that a particular ecological system could support. This number of people to be supported by the ecology is called the carrying capacity of that ecology.

- Gender equality and equity: It means both male and female should be treated equal in all departments of life. For this purpose, proper attitude should be developed among students and also among general population including parents and teachers, so that they may open judicious channels for growth and development of female child.
 - Changing structure and role of family: "there has been a complete metamorphosis of structure and function of the social institution, family. It should be highlighted in the curriculum.
 - Under-served population group: This group should be properly taken care of
 - Adolescents
 - Elderly people
 - Adolescent education elements. It refers to various components that may have to be included in the education of adolescents under population education programme.
 - Process of growing up
 - HIV/AIDS.
 - Drug abuse
- b) Activities to be included with syllabus revision of school and teacher education: As stated above, the strategy for population education is broadly divided into curricular and co-curricular areas. In curricular areas, the project activities and their various dimensions may have to be included in the curriculum.
- c) Organisation of co-curricular activities:
- District-centred approach
 - Focus on demographically critical areas
 - Various kind of activities to be organised

Problem - Specific Strategies

In this section, those strategies will be identified that will be taken up during population education which are directly related to some of the problems facing the society. Some of the characteristic strategies may be related to the following problems:

- a) **Problem of Declining Child Sex Ratio:** The fascination for male child is still at top of parental desire. It has imbedded in our cultural ethos. The sex determination of foetus has disturbed the sex balance in many parts of the country. It is really a matter of concern. To make the adolescents (future parents) aware of this phenomenon, . it will be made an integral part of the population education programme of the state.
- b) **Problem of Sustainable Development:** In the earlier sections, the problem of sustainable development has been highlighted. It is needless to point out that 'development' presupposes growth but 'with social justice '. 'Sustainable development is development that meets the needs of the present without compromising the ability of future generations to meet their own needs.
- c) **Problem of Urbanisation and Migration:** Urbanisation may be understood as the process of converting more areas into urban. moving towards the cities, opting for other occupations than agriculture, and the cumulative efforts put in this direction. It is characterised by not only change in occupation from agriculture to any other (non-agriculture) and changing the living pattern and behavioural responses accordingly. Urbanisation has assumed a global character.

Urbanisation is the result of migration from rural bases. The process of changing residence from one country to another, or from one part of a country to another part is called migration. The following are the consequences of migration:

- i) Creation of slums
- ii) Shortage of public transport system
- iii) Non-availability of required infrastructure•
- iv) Lack of educational facilities
- v) Degradation of health-related facilities

- vi) Increase of population
- vii) Increase in anti-social activities.

The students should be made aware of all these problems associated with urbanisation and migration through programmes of population education so that they may take appropriate stand when they become adults.

Hight Priority to Skill Development: It is not the reading and passing the examinations that would bring behavioural changes; rather, it is developing appropriate skills that would bring behavioural changes in a person. With this chain in mind, it has been decided that through population education some essential skills have to be developed among adolescents in school system. The skills relating to the Adolescent Reproductive and Sexual Health (ARSH) are key to population education.

PARTC 5X2=10

9) Write a causes and an effect of population growth.

CAUSES OF OVERPOPULATION

The following are the causes for overpopulation.

i. Decline in the Death Rate

The fall in death rates that is decline in mortality rate is one fundamental causes of overpopulation. Owing to the advancements in medicine, man has found cures to the previously fatal diseases. The new inventions in medicine have brought in treatments for most of the dreadful diseases. This has resulted in an increase in the life expectancy of individuals. Mortality rate has declined leading to an increase in population.

Owing to modern medications and improved treatments to various illnesses, the overall death rate has gone down. The brighter side of it is that we have been able to fight many diseases and prevent deaths. On the other hand, the medical boon has brought with it, the curse of overpopulation.

ii. Rise in the Birth Rate

Thanks to the new discoveries in nutritional science, we have been able to bring in increase in the fertility rates of human beings. Medicines of today can boost the reproductive rate in human beings.

There are medicines and treatments, which can help in conception. Thus, science has led to an increase in birth rate. This is certainly a reason to be proud and happy but advances in medicine have also become a cause of overpopulation.

iii. Migration

Immigration is a problem in some parts of the world. If the inhabitants of various countries migrate to a particular part of the world and settle over there, the area is bound to suffer from the ill effects of overpopulation. If the rates of emigration from a certain nation do not match the rates of immigration to that country, overpopulation makes its way.

The country becomes overly populated. Crowding of immigrants in certain parts of the world, results in an imbalance in the density of population.

iv. Lack of Education

Illiteracy is another important cause of overpopulation. Those lacking education fail to understand the need to prevent excessive growth of population. They are unable to understand the harmful effects that overpopulation has.

They are unaware of the ways to control population. Lack of family planning is commonly seen in the illiterate lot of the world. This is one of the major factors leading to overpopulation. Due to ignorance, they do not take to family planning measures, thus contributing to a rise in population.

Viewing the issue of increasing population optimistically, one may say that overpopulation means the increase in human resources. The increase in the number of people is the increase in the number of productive hands and creative minds. But we cannot ignore the fact that the increase in the number producers implies an increase in the number of consumers. Greater number of people requires a greater number of resources.

Not every nation is capable of providing its people with the adequate amount of resources. The ever-increasing population will eventually leave no

nation capable of providing its people with the resources they need to thrive. When the environment fails to accommodate the living beings that inhabit it, overpopulation becomes a disaster.

Causes of Over Population

The two main common causes leading to over population in India are

- The birth rate is still higher than the death rate. We have been successful in declining the death rates but the same cannot be said for birth rates.
- The fertility rate due to the population policies and other measures has been falling but even then it is much higher compared to other countries.

The above causes are interrelated to the various social issues in our country which are leading to over population.

Early Marriage and Universal Marriage System: Even though legally the minimum age of marriage of a girl is 18 years, the concept of early marriage still prevails and getting married at young age prolongs the child bearing age. Also, in India, marriage is a sacred obligation and a universal practice, where almost every woman is married at the reproductive age.

- 1) **Poverty and Illiteracy:** Another factor for the rapid growth of population is poverty. Impoverished families have this notion that more the number of members in the family, more will be the numbers to earn income. Some feel that more children are needed to look after them in their old age. Also hunger can be cause of death of their children and hence the need for more children. Strange but true, Indian still lag behind the use of contraceptives and birth control methods. Many of them are not willing to discuss or are totally unaware about them. Illiteracy is thus another cause of over population.
- 2) **Age old cultural norm:** Sons are the bread earners of the families in India. This age old thought puts considerable pressure on the parents to produce children till a male child is born.
- 3) **Illegal migration:** Last but not the least; we cannot ignore the fact that illegal migration is continuously taking place from Bangladesh, Nepal leading to increased population density.

EFFECTS OF OVER POPULATION

Even after 67 years of independence, the scenario of our country is not good, due to over population. Some major impacts of high population are as follows:

- 1) **Unemployment:** Generating employment for a huge population in a country like India is very difficult. The number of illiterate persons increases every year. Unemployment rate is thus showing an increasing trend.
- 2) **Manpower utilisation:** The number of jobless people is on the rise in India due to economic depression and slow business development and expansion activities.
- 3) **Pressure on infrastructure:** Development of infrastructural facilities is unfortunately not keeping pace with the growth of population. The result is lack of transportation, communication, housing, education, healthcare etc. There has been an increase in the number of slums, overcrowded houses, traffic congestion etc.
- 4) **Resource utilisation:** Land areas, water resources, forests are over exploited. There is also scarcity of resources.
- 5) **Decreased production and increased costs:** Food production and distribution have not been able to catch up with the increasing population and hence the costs of production have increased. Inflation is the major consequence of over population.
- 6) **Inequitable income distribution:** In the face of an increasing population, there is an unequal distribution of income and inequalities within the country widen.

10) What is spiritual enlightenment?

Enlightenment is the "full comprehension of a situation". The term is commonly used to denote the Age of Enlightenment, but is also used in Western cultures in a religious context. ... Perennialists and Universalists view enlightenment and mysticism as equivalent terms for religious or spiritual insight.

11) State-population Equilibrium.

What is population equilibrium?

Genetic equilibrium describes the condition of an allele or genotype in a gene pool (such as a population) where the frequency does not change from

generation to generation. Genetic equilibrium describes a theoretical state that is the basis for determining whether and in what ways populations may deviate from it.

population equilibrium

The Hardy-Weinberg equilibrium is a principle stating that the genetic variation in a population will remain constant from one generation to the next in the absence of disturbing factors. ... For instance, mutations disrupt the equilibrium of allele frequencies by introducing new alleles into a population.

12.Is the research needed in population education? Justify your answer in as sentence.

Yes, Research is needed in population Education.Because now days world problem is over population is over population .It is create lot of problem in world and India.so now control the over population we need new method how to control the problem of the over population.

12) In what way meeting with parents helps the population education?

Parents of a small family experience less pressure on family budgets, making them to make both ends meet easily, and to make them doing essential shopping without any difficulty by buying quality products.

Better life quality for children

Kids of smaller families get more attention to higher quality from their parents, causing higher achievements. Kids with one or no siblings can perform better in edification, as parents hold a restricted amount of emotional and economic resources these happen to be diluted, meaning their quality diminishes as the number of kid increases.

Educational qualifications of both father and mother has been found to have a positive effect on the development of talent among children.

MAY 2019 POPULATION EDUCATION

1) What is the purpose of integrating population education in the educational system? Discuss the efforts taken in this regard.

Purpose of population education as integral part of education.

Education has a great motivational force to perform for controlling over population. Suitable educational measures need to be adopted to promote desirable changes.

1. Community forums and voluntary organizations should discuss the drawbacks of large families and the merits of small families.
2. Children in the elementary stage should also be taught through their courses of study, the merits of small family and demerits of large family and should develop favourable attitude and appreciation for having a small family when they become adults.
3. Boys and girls at the secondary stage should be given the knowledge in a scientific way about the reproductive biology system and the sex-hygiene.
4. Parent-teacher associations can also take the responsibility of educating the families.
5. Schools should assume the responsibility of educating the community and the families and should collaborate with other agencies for the education of the masses for having small families.

2) Critically analyse India's population policy and the state of population control in India with its challenges and prospects.

The state of population control in India

- a) Prevent and control communicable diseases.
- b) Promote small family norms.
- c) India launched the National Family Welfare Programme in 1951 with the objective of "reducing the birth rate to the extent necessary to stabilize the population at a level consistent with the requirement of the National economy."

3) Discuss the importance of nutritional diet.

A healthy diet or balanced diet is a diet (what you eat) that contains the right amounts of all the food groups. It includes fruit, vegetables, grains, dairy products, and protein. A healthy diet is one that includes more foods that come from plants and fewer convenience foods.

Why it's important

Most people know good nutrition and physical activity can help maintain a healthy weight. But the benefits of good nutrition go beyond weight. Good nutrition can help:

Reduce the risk of some diseases, including heart disease, diabetes, stroke, some cancers, and osteoporosis

- 1) Reduce high blood pressure
- 2) Lower high cholesterol
- 3) Improve your well-being
- 4) Improve your ability to fight off illness
- 5) Improve your ability to recover from illness or injury
- 6) Increase your energy level

What is good nutrition?

Good nutrition means your body gets all the nutrients, vitamins, and minerals it needs to work its best. Plan your meals and snacks to include nutrient-dense foods that are also low in calories.

Tips for eating well

- 1) **Eat plenty of fruit** - To get the benefit of the natural fiber in fruits, you should eat fruit whole rather than as juices.
- 2) **Eat plenty of vegetables** - Eat a variety of colors and types of vegetables every day.
- 3) **Eat plenty of whole grains** - At least half of the cereals, breads, crackers, and pastas you eat should be made from whole grains.

- 4) **Choose low fat or fat free milk** - These provide calcium and vitamin D to help keep your bones strong.
- 5) **Choose lean meats** - Lean cuts of meat and poultry have less fat and fewer calories but are still good sources of protein.
- 6) **Try other sources of protein** - Try replacing meats and poultry with fish, beans, or tofu.
- 4) **Enumerate the principles of population Equilibrium.**

population equilibrium

The Hardy-Weinberg equilibrium is a principle stating that the genetic variation in a population will remain constant from one generation to the next in the absence of disturbing factors. For instance, mutations disrupt the equilibrium of allele frequencies by introducing new alleles into a population.

What conditions are required for a population to come into genetic equilibrium?

Five conditions are required in order for a population to remain at Hardy-Weinberg equilibrium: A large breeding population. Random mating. No change in allelic frequency due to mutation.

Is it common for a population to be in equilibrium?

The allele frequencies in a population will remain constant unless one or more factors cause these frequencies to change. Is it common for a population to remain in genetic equilibrium? ... Yes, for some populations and in rare conditions for long periods of time.

What are the 5 principles of the Hardy Weinberg equilibrium?

Key points: When a population is in Hardy-Weinberg equilibrium for a gene, it is not evolving, and allele frequencies will stay the same across generations. There are five basic Hardy-Weinberg assumptions: no mutation, random mating, no gene flow, infinite population size, and no selection.

Why is Hardy Weinberg equilibrium important?

The Hardy-Weinberg model can also be applied to the genotype frequency of a single gene. Importance: The Hardy-Weinberg model enables us to compare a

population's actual genetic structure over time with the genetic structure we would expect if the population were in Hardy-Weinberg equilibrium (i.e., not evolving).

What is population equilibrium?

Genetic equilibrium describes the condition of an allele or genotype in a gene pool (such as a population) where the frequency does not change from generation to generation. Genetic equilibrium describes a theoretical state that is the basis for determining whether and in what ways populations may deviate from it

5) Discuss the reasons for high mortality in rural areas.

Infant Mortality Rate

The present level of IMR (33 infant deaths per thousand live births, for the year 2017) is about one-fourth as compared to 1971 (129 infant deaths per thousand live births). In the last ten years, IMR has witnessed a decline of about 36.7% in rural areas and about 36% in urban areas.

- 1.Diarrheal Diseases
2. Respiratory Infections
3. Other infectious and parasitic diseases
4. Unintentional injuries.
5. Symptoms signs and ill defined conditions
6. Fever of Unknown Origin
7. Malaria
8. Nutritional Deficiencies
9. Congenital Anomalies
10. Neuro-Psychiatric Conditions.
- 11.CHILD MARRIAGE
- 12.Lack of Medical facilities

13. Illiterature.

14. Old customs.

14. Blind ideas.

15. Status of women.

6) Why research is essential in population education?

Need to take stock of researches conducted in the area of population education by preparing inventories was felt, even before NPEP Project took off in 1980. A monograph titled "A Decade of Population Education Research in India" was brought out by NCERT, covering research conducted during 1970-80. One of the important findings which surfaced is that there are no studies related to the teaching-learning process involved in population education nor on the training needs of personnel in the field of population education.

1) Prevent and control communicable diseases.

2) Promote small family norms.

3) India launched the National Family Welfare Programme in 1951 with the objective of "reducing the birth rate to the extent necessary to stabilize the population at a level consistent with the requirement of the National economy.

4) Reduce death rate.

5) Reduce birth rate, illiterature. unemployment problem.

6) Control over population in India and the world.

7) To unemployment problem.

8) Reduce the birth rate and death rate.

7) Write the need of research in population control.

a) Prevent and control communicable diseases.

b) Promote small family norms.

c) India launched the National Family Welfare Programme in 1951 with the objective of "reducing the birth rate to the extent necessary to stabilize the population at a level consistent with the requirement of the National economy.

d) Reduce death rate.

e) Reduce birth rate, literature. unemployment problem.

1) Lower age at marriage, lower educational level and lower income status are generally seem to be directly correlated with high fertility and mortality.

2) There is a positive correlation between the income and fertility levels.

3) The fertility is higher among the Backward and Scheduled Caste people who are socially and economically weaker sections of the society.

4) Preference for the male child is a common phenomenon.

5) Fertility is lower among illiterate females than it is among females with primary education. Among the higher educated females, the fertility is found to have declined.

6) Rise in age at marriage can help reduce fertility.

7) Educational qualifications of both father and mother has been found to have a positive effect on the development of talent among children.

8)Preference for the male child is a common phenomenon.

Educational qualifications of both father and mother has been found to have a positive effect on the development of talent among children.

8)The total marital fertility rate of "modern couples" both in rural and urban areas is much lower than that of "traditional couples" or when either of the spouses is modern.

9) The practice of family planning is found to be 94% among "modern couples" as compared to 21% among "traditional couples".

10)The socio-economic variables such as education, income and occupation are rather weakly associated with the fertility.

11) The scheduled tribes are found to have high fertility, largely reinforced and accompanied by their low age at marriage, early child bearing and excessive child-lost phenomenon.

12) Scheduled caste couples have smaller families, lower birth order, lesser proportion of infants, and a lower birth rate as compared to the scheduled tribes.

f) Bring out the strength and limitations of a small family norm.

A small family is not only necessary to keep ecological hazards and other economic problems at bay, but it is also essential to guarantee a better quality of life.

A small family promises well-nourished and healthy family affiliates. Furthermore, children in a small family will get more love and concentration from their parents.

Generally, a family is a group, which is made up of two parents and their kids living jointly as a unit. It also consists of all the successors of a common precursor. In general, a family is a social unit of two or more individuals, related by marriage, blood, or adoption and having a common pledge to the mutual relationship.

A family can be classified as joint family, undivided family, nuclear family, small family, etc. A joint family, which is also referred to as an undivided family, is an extended family system prevalent all through the Indian subcontinent, chiefly in India, consisting of several generations living in identical family, all bound by the common affiliation. A nuclear family consists of parents and one or more kids living together.

What is a small family?

A small family (also nuclear family) is a group of people, which is made of parents and one or two kids. Nowadays, most newly wedded couples plan to have only one or two kids when compared with three or more children in olden days. The reasons for this change include a drift toward later marriage, more effective contraception methods, more stress on careers for women, and the growing cost of nurture and educating kids.

Benefits / Advantages of a small family

Dominant civilizing norms habitually influence couples in their option of family size. Depending on the background, this option can be traced to cultural, religious, or socioeconomic reasons, like the necessity for support in old age. However, it is established that a family with two or fewer kids provides several benefits to both the children and the parents. Here are the top 10 benefits of a small family.

1. Better life quality for children

Kids of smaller families get more attention to higher quality from their parents, causing higher achievements. Kids with one or no siblings can perform better in edification, as parents hold a restricted amount of emotional and economic resources these happen to be diluted, meaning their quality diminishes as the number of kid increases.

2. Amplified economic success

Children with fewer siblings are capable of attaining amplified economic success and communal positions. Furthermore, the decision to limit the size of a family can be understood as a strategic option to perk up the socioeconomic success of kids and grandkids in modern societies.

3. Better life quality for parents

Parents are greatly benefitted by a small family. The expenditure, such as of supporting a kid from cradle to university, such as school books, uniforms, trips, provisions, university fees, etc., is greatly reduced. Moreover, fewer kids create a more controllable impact on family finances, thus relieving strain and emotional pressure levels.

4. Less pressure on family budgets

Parents of a small family experience less pressure on family budgets, making them to make both ends meet easily, and to make them doing essential shopping without any difficulty by buying quality products.

5. Maximum level of happiness

The levels of happiness are maximized when the number of kids is limited to two for each family. Those who turn into a parent at their young age, which is

habitually related to having a bigger family, reported descending happiness trajectories, whereas happiness levels were maximized when parents were older and had previously acquired financial and educational resources.

6. Less strain for mothers

Mothers with one or two children experience less strain when compared to those having two or more children. This allows mothers to pay more attention to the welfare of their children.

7. A small family is an ecologically sustainable option

The size of a family plays a vital role in preventing and highlighting climate change. Actually, it may be the solitary campaign for ecologically friendly lifestyles, which really counts. Considering further influences impacts of climate change, such as the loss of certain species, a small family makes even more ecological sense.

8. Smaller families are inclined to have optimistic effects on the life of a woman.

Women are usually responsible for child rearing activities. A smaller number of kids would offer women additional time to develop individually and professionally. Smaller families could boost the empowerment of women, together with men, assuming more responsibility. Moreover, women who bear their first kid at their 30s tend to have fewer kids are better off professionally and economically, as well as in terms of welfare.

9. Condensed health risk

Parents are much benefitted with a small family, which include abridged expenses on food, additional time to devote to leisure or work, increased caring attention per kid, and condensed health risk.

10. Higher levels of education

Young individuals are more probable to attain higher levels of education if their family is restricted to one or two kids. While socioeconomic factors are

pertinent, family size has a considerable impact on the encouragement and attention children get at home.

g) What extension activities will you adopt in creating awareness of population?

a) Prevent and control communicable diseases.

b) Promote small family norms.

c) India launched the National Family Welfare Programme in 1951 with the objective of "reducing the birth rate to the extent necessary to stabilize the population at a level consistent with the requirement of the National economy.

d) Reduce death rate.

e) Reduce birth rate, literacy. Unemployment problem.

Extension is an informal educational process directed toward the rural population. This process offers advice and information to help them solve their problems. Extension also aims to increase the efficiency of the family farm, increase production and generally increase the standard of living of the farm family.

10. What is the role of mass media in teaching population education?

Use of Mass Media – Newspaper, Radio, T.V. and A.V aids

Newspaper

Newspaper is the most powerful media device through which we can disseminate information related to “population education”. It is most economic and easily accessible to every common man as internet is available everywhere in the country. Its service is quick and within no time it reaches in the hands of millions of people.

A newspaper is equipped with information related to latest development in Population Education through its various columns comprising editorial, essays comments, letters to the editor, stories, cartoons etc. By the help of this device many aspects of Population Education may be circulated for the benefit of the people. It can also cover foreign countries in relation to population education.

Newspaper disseminates information about population growth. It can also include its impact on Indian society. It can cover news about epidemic diseases, diseases like STD, AIDS, HIV and communicable diseases.

It is a very powerful media which can attract the people to participate in family welfare programmes.

Radio: -

Radio has reached in every nook and corner of society. In every corner of the country people do have radio. It is most convenient and powerful media through which knowledge of Population Education can be disseminated not only to school going children but to masses at large.

1. 3. Personal contact with the teacher is not possible at all.
2. Learners will be passive listeners.

Films:

Previously films were considered as source of entertainment and pleasure but recently they are used to facilitate the learning process. It has been noticed that the teaching through films makes the learning effective and interesting. The learning through films is retained in mind by young children for a longer period because at this age their brains are alert and receptive. Mainly there are two types of films.

1. Documentary films
2. Class room films.

Documentary films:

These films are used to convey conductive information / factual information. These films deal with events, circumstances etc. in a factual way e.g. family welfare, child health care.

Class room films:

These films pattern to the topics which teacher deals with in the class viz fertility and education, WHO Poles, Pulse Polio immunization programme.

Precautions to be adopted while using films:

1. The teacher should give brief introduction of the film prior to display of the film.
2. The film should full fill the objectives of the lesson.
3. The topic of the films should be in accordance with the syllabus.
4. The teacher is expected to give explanatory comments in between the screening of the film.
5. The important aspects of the film may be replaced

10. Discuss the importance of debates in generating awareness.

10. What is the main role of community in promoting health and hygiene?

Individuals within a community have a crucial role in hygiene practices and hold a responsibility to their fellow community members to promote good health and a clean environment. Everyone in the community must wash their hands, safely dispose of feces, and safely handle food and water.

A hygienic community means one which has the following:

- 1) Clean and germ free, non stop drinking water availability.
- 2) Provisions for clean food.
- 3) Clean and standardized waste disposal and management facility.
- 4) Adequate oxygen content in the air.
- 5) Healthy interactions between members.

11) What is Reproductive Health?

Reproductive health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, in all matters relating to the reproductive system and to its functions and processes.

Reproductive health education, including messages to encourage abstinence and promote the use of condoms and contraceptives by those who are

sexually active, is the front line of efforts to prevent pregnancy, AIDS and other sexually transmitted diseases (STDs) among America's adolescents

Reproductive and Child Health Programme:

The Reproductive and Child Health Programme was launched in October 1997 incorporating new approach to population and development issues, as exposed in the International Conference in Population and Development held at Cairo in 1994. The programme integrated and strengthened in services/interventions under the Child Survival and Safe Motherhood Programme and Family Planning Services and added to the basket of services, new areas on Reproductive Tract/Sexually Transmitted infections (RTI/STI).

h) Explain Quality of life Index?

Life expectancy

It is the average age that a new-born infant is expected to attain in a given country. The average life expectancy, over the globe, has risen from 40 to 65.5 years over the past century. In India, life expectancy of males and females was only 22.6 years and 23.3 years, respectively in 1900. In the last 100 years improved medical facilities and technological advancement has increased the life expectancy to 60.3 years and 60.5 years, respectively for the Indian males and females. In Japan and Sweden, life expectancy is quite higher, being 82.1-84.2 for females and 77-77.4 for males, respectively.

i) Discuss the uses of educational approach.

(6) Education:

Education plays an important role in influencing fertility. In countries where the percentage of literates is high, fertility is low. That is why the birth rate is low in developed countries. The educated couple prefers a very small family.

It understands the use and importance of various family planning devices. Moreover, the span of child-bearing is reduced considerably in the case of a girl who receives education for a number of years and marries at a ripe age.
