

Population Explosion Problem in India-Causes, Effects and Solution

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Abstract — India is experiencing a fast population growth, with its population projected to surpass China's by 2027. The country's population is expected to reach 1.45 billion by 2025 and 1.7 billion by 2050. According to 2011 census, we had reached more than 1.21 billion population in India. Population explosion is the biggest obstacle in the way of economic development of any country. This unprecedented growth poses significant challenges to India's resources, infrastructure and environment.

Key issues include:

- Strain on resources like water, food and energy
- Increase pressure on infrastructure, including housing transportation and healthcare
- Rising unemployment and poverty rates
- Environmental degradation of loss of biodiversity
- Impact on education and health care system

To address these challenges, India needs to implement effective population control measures, such as-

- Improving assets to family planning, education and services.
- Enhancing women's empowerment and education
- Increasing investment in healthcare and education infrastructure
- Promoting sustainable development and resources management practices.

If left unaddressed, the population explosion in India could have severe consequences for the country's economic social and environmental stability.

Keywords: Population Explosion, Quality, Campaign, Family Planning, Birth Rate Etc.

I. INTRODUCTION

Population explosion in India is a pressing concern that threatens the country's economic, social and environmental stability. With a staggering 1.38 billion people, India accounts for 18% of the world's population. The growth rate of 1.2% per annum puts immense pressure on resources, infrastructure and the environment. This leads to increase poverty, unemployment and inequality.

To address this issue, the government must enhance family planning services, improve education and promote sustainable development. Encouraging responsible parenthood and investing in urban planning are crucial. Additionally, initiative like the national population policy and the family planning program should be strengthened. The consequences of connection will be severe. India's resources will be deflected and its environment b will deteriorate further. The country's economic growth will slow and social tension will rise. It is essential that the government, NGO's and individual work together to address this critical issue.

By adopting a multi-faceted approach, India can mitigate the effects of population explosion and ensure a sustainable future for its citizens.

II. LITERATURE REVIEW

A. Some solutions of population explosion proposed by the government and other organizations

- 1) National population policy (2000): Aimed at achieving a population growth rate of 1% by 2010.
- 2) Family planning program: Provides access to contraception and reproductive health services.
- 3) Education and awareness: Campaigns to promote this more family size and responsible parenthood.
- 4) Incentives: Case incentives for families with fewer children.
- 5) Urban planning: Incentives to promote infrastructure and services in cities.

Government provides medical card to cover all the family members) for those family which contains minimum six member, not provide to those family having less than six members.

B. NGO and Private Sector Solutions-

- 1) Family Planning Services: Organizations like Marie Stops and Pathfinder provide reproductive health services.
- 2) Education and Awareness: Campaigns by organization like population foundation of India.
- 3) Community Engagement: Local initiatives to promote responsible parenthood.
- 4) Economic Empowerment: Microfinance schemes for women.
- 5) Healthcare Infrastructure: Private hospitals and clinics providing reproductive health services.

C. International Corporation-

- 1) United Nation Population Fund (UNFPA): Provides technical and financial assistance.
- 2) World Health Organization (WHO): Supports reproductive health programs
- 3) International Planned Parenthood Federation (IPPF): Provides family planning services

D. Individual Action-

- 1) Responsible Parenthood: Making informed twice about family size
- 2) Education: Empowering women through education
- 3) Family Planning: Using contraception and reproductive health services
- 4) Community Engagement: Participating in local initiatives.
- 5) Advocacy: Supporting population control policies.

E. Technological Solutions

- 1) Digital Health Services: Online reproductive health services
- 2) Mobile Health Application: assets to family planning information
- 3) Data Analytics: Tracking population growth and health trends

F. Policy Reforms-

- 1) Population Control Laws: Implementing law to regulate family size
- 2) Text Incentives: Tax benefits for families with fewer children
- 3) Education Reforms: Incorporating population education in a school curriculum
- 4) Health Care Reforms: Improving assets to reproductive health services

These solutions require to multi-faceted approach involving government, NGOs, private sectors and individuals to address the complex issue to population explosion.

Addressing India's population growth requires a multi-faceted approach. Here are some solutions –

1) Education and awareness-

- Educate people, especially in rural areas, about family planning, birth control methods and the benefits of a smaller families.

2) Family planning-

- Improve access to contraception and reproductive healthcare services.

3) Improving women-

- Enhance women's status, education and employment opportunities to enable them to make informed choices about family size.

4) Economic incentives-

- Offer incentives for a smaller-families, such as tax benefits, subsidies or cash rewards.

5) Urban planning-

- Develop sustainable urban planning to accommodate growing population in cities.

6) Resource management-

- Efficiently manage resources like water, food and energy to support the population.

G. Population control policies-

- Implement and enforce policies like the two-child norm, incentives for sterilization or restrictions on government benefits for large families.

Years	2025	2026	2027	2028	2029	2030	2031	2032
Concieve Child Yes/No	No (1)	Yes	Yes	Yes	No (5)	Yes	No (7)	Yes

B. Key points of Plan 157–

- Encourage birth spacing at a certain time intervals e.g. 1st years, 5th year and 7th years
- Providing a special government facility to the family who follow this rule.
- Providing counselling and education services
- Provide special medical facilities to women who get pregnant accidentally

H. Healthcare-

- Improvement assesses to quality healthcare, especially in rural areas, to reduce infant mortality rates and promote healthy living.

I. Skill development-

- Invest in skill development and job creation to address unemployment and support a growing population.

1) Data-driven approach-

- Use data analytics to track population growth, identify trends and inform policy decisions.

Implementing the solution requires collaboration among government, NGO's and individuals to address India's population growth effectively.

J. Effect of Over Population-

- 1) Reduction in resources- there are a number of peoples and resources divide among all.
- 2) Increase in environment destruction
- 3) Increase in employment problem
- 4) Increase in poverty
- 5) Social and relation conflict
- 6) Climate change

III. METHODOLOGY AND EXPERIMENTATION

A. Population Problem in India with Its Solution

An effective campaign "Plan-157(Kushwaha scheme) should be implemented to control the birth rate by encouraging birth space by establishing and implementing a policy.

Special government facilities should be provided to those families who follow this plan. According to Plan-157, family who desires child must follow Plan-157. Families should not be allowed to conceive for a child and considered Nil years as per (Plan-157), whether a woman gets pregnant accidentally in Nil years then, her child abortion to be done along with systematic various medical treatments in any maternity hospitals (including private hospitals) under the aegis of provided government facilities subsume free of cost)

Here, in the given table, we are supposing that if we implement Plan-157 of Kushwaha Scheme for 2025, the source year must be taken from 2024.

This means increasing the birth spacing at the certain time intervals.

C. Benefits of this campaign-

- Population control
- Promote family planning
- Improve health of mother and children
- Reduce poverty and unemployment
- Increase education and employment opportunity

D. For successful implementation government should-

- Run comprehensive awareness campaign
- Provide counselling and education services at community level
- Strength health services
- Provide economic incentives

1901	236.2	Stagnant
1911	252.2	Population
1921	51.3	
1931	279.0	steady growth
1941	318.7	
1951	361.4	
1961	439.2	Rapid high
1971	546.9	Growth
1981	683.81	684 million
1991	843.9	High growth with
2001	1027.0	Signs of slowing down

IV. RESULT AND DISCUSSION

There are a number of planning discussed and planned by Government, NGOs and the individual like one child policy but if we plan the one child policy in India like China, what happened? each and every people wants to male child for their future, they believe that the development of family depends on the male child. This policy was banned in China in 1915 it was a failure policy. A number of plans developed by the people, individuals, scientist and Government, NGO's but there is no any change in the history of India.

Corporate wants cheap labour, they want max. growth in the population for the favour of their company because when the population increase the unemployment also increases labour will be cheap and community will be less.

I'm very confident and sure to provide the policy of Plan-157(Kushwaha Scheme) in India or the other country to check and the control the population in country. India is my experimental country where number experiment is going on. Other country also follows the Plan-157 in their country, because this is not the problem of my country, it is the problem of all universe, so everyone has to developed the solution of this problem and control according to 157 policies. I definitely wants and know the relation of individual and the policies between the country and the people this is the very new I want to see policy which control the population of all the countries either India or other.

V. CONCLUSION

Population is the burning topic in all over the world because the development and growth of country depends on the population and land. Resources are very limited. Unlimited growth of Population provides very bad result to country. Government and peoples, all are searching the solution to get rid of population explosion. I also develop some ideas to control the population in India or in all over the world. Result must be good for the future of India when government apply the "157 policies" in India accompanied with two child Policy, it gives better results. If we apply the one child policy in India like China the increase in female foeticide because maximum family wants to the male child.

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