

# **WORLD POPULATION DAY**

*Theme: "A world of 8 billion: Towards a resilient future for all - Harnessing opportunities and ensuring rights and choices for all"*

## **History of World Population Day**

In 1987, Five Billion Day was celebrated in order to acknowledge the date on which the world population has reached an estimated of five billion people, which happened to be on July 11. Hence, the annual date for World Population Day.

World Population Day was established in 1989 by the Governing Council of the United Nations Development Programme (UNDP). The inspiration behind this day was to peak public interest in celebration of 'Five Billion Day' on July 11, 1987.

**Did you know?**

**The first World Population Day was observed on July 11, 1990 in India**

## **Objectives of World Population Day**

- To empower and protect teenagers and young adults
- To provide a detail knowledge to people about sexuality and delay marriages, till they are responsible enough to look after the family
- To educate youth on how to avoid early pregnancies and to take safety measures
- To raise awareness among women about various complications related to early pregnancy and childbirth
- Educate about STD (Sexually Transmitted Disease) to get prevented from various infections
- Educate people to remove gender stenotype from society
- To make sure about access to equal primary education to both girls and boys
- To make an easy access of reproductive health services as part of the primary health for each couple



## **Effects of Over Population**

**Unemployment:** India being the second populous country in the world, it becomes difficult to generate employment and the number of illiterates increases every year. Due to rise in unemployment, young youths often resort to petty thefts and other criminal activities.

**Child Labor:** When families are impoverished, forced to live under poor conditions with low level of income and lack of job diversity. They have no other option but to make their children work instead of studying. Therefore, there is an increase rate in child trafficking and child labor in factories/industries in India. This has also stripped all the fundamental rights of the children.

**Climate Change:** Due to alarming increase in population, it has exacerbated climate effects. Climate change plays a vital role in malnutrition among children as well. Climate change reduces agricultural yields and nutritional value of staple crops. High consumption and growing population are inextricably linked to global warming and climate change. India stands to be one of the most significantly affected by climate change.

**Inequitable Income Distribution:** Over population in India has now led to unequal distribution of income. Thus, there is a wide gap of income between rich and poor.

**High Cost of Living:** Due to increase in population, demand and supply continue to expand. It has now raised the cost of daily commodities like food, shelter and healthcare. This has led to people to pay more to survive and feed their families.

## **Measures taken to Control Population Growth in India**

### **Social Measures**

**Minimum age of marriage:** The problem of child marriage is highly prominent in certain countries with high population like India. A marriage at a tender age leads to a long span for giving birth. In India, minimum age for marriage is 21 years for both genders. This law should be strictly followed in order to decrease child birth.



**Raising the status of women:** Discrimination towards women is still prevalent. They are still confined to rearing and bearing of children. So, women should be given more opportunities to develop socially and economically.

**Spread of education:** Spread of education changes the outlook of people. Educated men prefers to delay marriage and adopt small family norms. Educated women often avoid frequent pregnancies and thus help in lowering birth rate.

**Adoption:** Couples who could not bear children are advisable to adopt children instead of surrogacy. It would be a beneficial to adopt an orphan child. Government should also provide incentives for adopting.

**Social Security:** More people should be covered under social security schemes. So, that they will not depend upon others during old age, illness or unemployment, that way they will be less desired to bear children.

### **Economic Measures**

**More employment opportunities:** People living in rural areas have disguised unemployment. So, efforts should be made to migrate unemployed people from rural side to urban side. When their income is increased, they will improve their standard of living as well.

**Providing incentives:** Incentives has proven to be most effective policy measures in combating most developed issues including population. Providing a health, educational or even financial incentives can be a highly effective population measure. There are certain incentive policies like paying certain money to people with not more than two kids or single kid. This policy has proven to be a useful measure.

**Did you know?**

**The projected World Population as of 2022 is 7,868,872,451 an increase of 74,235,487 from 2021**



## Other Measures

**Medical facilities:** One big drawback of developing country is that of limited and highly centric medical facilities. Rural people, in order to ensure at least one of their children survive, give birth to more kid thus contributing to population growth. If provided with optimum medical facilities population rate will almost certainly decline.

**Legislative actions:** In order to achieve a decrease in population family planning and use of contraception should be made mandatory instead of optional. Strict legal action is required for child marriage, education, abolition of child labor and family planning should to reap significant benefits from it.

**Spreading awareness:** Government and non-government organization can carry out an awareness program and educate people about population growth and how they can prevent it. They can educate them that they will be not be able to provide good nutrition, education or medical facilities to their children if they have too many children. Over population is also the reason for illiteracy and malnutrition.

**Did you know?**



As per the Aadhar statistics the Nagaland is 2,189,297 (2.19 million) as compared to last census (2011).



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