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RESEARCH ARTICLE

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URGENT NEED OF POPULATION CONTROL IN INDIA: WHY ARE WE ALWAYS AVOIDING THIS ISSUE?

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ABSTRACT

India's population is projected to reach 1,428,627,663 individuals by 2023, accounting for 17.76% of the global population. Overpopulation in India can lead to negative consequences such as strain on resources, environmental degradation, overcrowding, healthcare and education, unemployment, underemployment, poverty, public services and infrastructure, increased healthcare burden, food security, social tensions, gender imbalances, and health challenges. The need for a population control bill in India is a contentious issue, with supporters arguing it is necessary to address various challenges associated with the country's large and growing population. Arguments in favour include resource scarcity, economic burden, and healthcare and education. Population control laws and policies vary significantly from country to country, reflecting diverse demographic, cultural, and political contexts. To implement population control laws or related policies in India, policymakers must carefully design and implement measures that balance various factors, including individual rights, cultural and social considerations, and demographic challenges. Population is the resource of labour force. The larger the size of population, the larger will be the labour force. Labour alone cannot produce anything. If other resources required for production are and available in sufficient quantity then a labour force is productive assets for a country. If other resources are not available in sufficient quantities, then large labour force can become an obstruction to faster economic growth. Some countries particularly the developing countries have fast growth rate of population. Population is the means as well as ends of economic development. They are an asset if in adequate strength and prove to be a liability if excess in strength. Population has crossed the optimum limit in India and has become a liability. So problem of population explosion in India has proved to be a big hindrance in the success of economic planning and development. Population explosion is adversely affecting the standard of living. Overpopulation creates the problems like unemployment, shortage of food, low per capita income, problem of capital formation, high pressure, social problems, economic insecurity, social insecurity, increases pressure on land and environment degradation. Population has become the most serious issue of the world today, due to increasing population, problems like pollution and global warming are also taking a big form. Many governments around the world have taken strict steps for population control, but still the population is increasing continuously. Controlling population is the biggest challenge of today's era. However, the countrymen should come forward and cooperate in population control by using discretion instead of law. However, when such a demand for population control arises, they are given a religious colour, the country's limited resources, employment opportunities and in view of poverty, it has become necessary to find a universal solution in this matter.

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INTRODUCTION

India's population control is widely debated as the need of the hour to prevent severe strain on national resources, combat unemployment, and elevate living standards in the country.

Advocates for strict population policies point to the rapid depletion of natural resources, widespread poverty, and the challenge of providing adequate civic amenities. India hosts over 17% of the world's population but possesses a disproportionately small fraction of global resources.

High population growth makes job creation difficult, putting immense pressure on educational and healthcare infrastructures. Experts advocate for better access to contraceptives and reproductive healthcare over strict punitive laws. India currently boasts a massive youth population, which can be an economic boon if properly skilled and employed. However, if job creation fails to keep pace with the growing workforce, the demographic dividend can quickly become a socio-economic liability. We observe World Population Day on July 11th. Overpopulation has become one of the most important challenges for countries across the world, including India. It refers to a situation where the number of people is more than the available resources, leading to pressure on food, water, land, and basic services. Rapid population growth strains job opportunities, leads to environmental degradation, and worsens poverty and inequality. Overpopulation affects sustainable development and quality of life, making it a significant social and economic challenge. Excessive population has various adverse effects including undue pressure on natural resources. More people mean more consumption which in turn means more exploitation of fixed and exhaustible resources. Although rapid population growth does not necessarily cause poverty, there is a clear connection between high fertility rates and poverty. In developing countries with high fertility rates, life expectancy and per capita income (two important indicators of well being) typically remain low. Whatever measures are taken to combat overpopulation in India, it remains clear that overpopulation is a pressing issue with far-reaching implications on the environment, poverty and health. When it comes to food security, population has become a liability for India — with only 2.4 percent of the world's total land area India has to support 17 percent of the world's total population. One of the underlying causes of malnutrition is poverty and poverty is far from being eradicated. The government has large food security and anti-poverty programmes but there are critical gaps in terms of inclusion and exclusion errors. Population explosion refers to the rapid increase in the number of people in an area. It is a situation where the economy of the country cannot cope up with the rapid growth of the population. Furthermore, in simpler words, it is a situation where the economy can not provide proper facilities to its people. Evidently, the largest contributing countries to population explosion are the poorer nations and are termed as developing countries. Hence, we can say that population explosion is inversely related to the development of the area. Population explosion has become the mother of evils in our country because too much population is trapping people in a web of poverty and illiteracy that further escalates the problem. Any time of the day, whether it is a metro station, airport, railway platforms, highway bus stop, shopping mall, market, or even a social or religious gathering, there is always a swelling crowd of people in India. Simply put, when there is a decrease in the death rate of the population of a country, a decrease in the child mortality rate, but an increase in the birth rate and life expectancy, then due to the combined effect of all these, there is a very rapid increase in the population. This situation is called population explosion.



An overcrowded place

What is overpopulation in India? Overpopulation in India refers to a situation where the country's population exceeds the carrying capacity of its resources and infrastructure. With over 1.4 billion people, India faces immense pressure on land, water, housing, healthcare, and education. Rapid population growth strains job opportunities, leads to environmental degradation, and worsens poverty and inequality. Overpopulation affects sustainable development and quality of life, making it a significant social and economic challenge. Addressing it

requires education, healthcare access, and effective government policies focused on population control and resource management.

10 facts of overpopulation in India

- According to U.N. estimates, India's current population of 1.42 billion is projected to reach 1.8 billion by 2050.
- Indians account for nearly one-sixth of the global population and one in three people living in global poverty, according to statistics from Yale University.
- The fertility rate of Indian women has more than halved over the last 40 years, down to 2.2 births per woman. Falling fertility rates are important in that they typically correspond with rising life expectancy and quality of life.
- Around 31 percent of Indians currently live in urban areas, but that number is projected to climb to near 50 percent (830 million people) by 2050.
- Currently, India is home to five megacities; this number is slated to increase to seven by 2030. A megacity is a city of more than 10 million people.
- Delhi is projected to remain the second most populous city in the world in 2030, adding 9.6 million inhabitants in that time.
- While only 300,000 men agreed to vasectomies in 2008-09, more than 5.5 million women agreed to use an intrauterine contraceptive device (IUCDs) to avoid pregnancy. These procedures are sponsored by the government to promote population control.
- The number of married women who regularly use contraceptives has gone up from 13 percent in 1970 to 48 percent in 2009.
- Indians have added almost a decade to their life expectancy in the past 25 years, with average life expectancy up to 69 years.
- India registered 90,000 fewer infant deaths in 2016 as compared to 2015.

THEORIES OF POPULATION GROWTH: -Population growth forms a fundamental ingredient in understanding demographic changes, economic development, and the environment. Understanding these theories enables us to appreciate the dynamics involved in population trends and their consequences on societies and the environment. **Malthusian Theory:** -The Malthusian Theory, proposed by Thomas Malthus in 1798, represents the oldest, yet most influential theory of population growth. The theory of Malthus is an explanation of the basic inconsistency between growth and available resources, hence the belief that, uncontrolled, the pressure of the population would bring about high problems in society. **Boserupian Theory:** -Developed by Ester Boserup in the 1960s, the Boserupian. Boserup's view appears to lead toward human ingenuity combating the problems the rising populations create. According to him, population increase may boost technological advancement, which will counteract the negative effects brought about by overpopulation. **Neo-Malthusian Theory:** Neo-Malthusians postulate that rapid population growth can result in severe problems including depletion of natural resources, environmental pollution and reduction in biodiversity.

Theory of Human Capital: It lays great emphasis on investment in education, health, and skill development to enhance productivity and improve economic growth. **Demographic Transition Model (DTM):** -DTM refers to a model which explains changes in birth and death rates over some time in any country in the process of its economic development. It gets categorized into different stages:

- Stage 1: High birth rate and high death rate result in slow population growth; this characterizes pre-industrial society.
- Stage 2: Birth rates are high, but death rates are falling due to healthcare and sanitation improvement measures; thus, population growth is rapid.
- Stage 3: The birth rate falls, as a result of increased education and ready access to birth control, leading to population slowdown.
- Stage 4: Low birth and death rates result in stable population conditions, where growth is very small or stops.

- Stage 5 (optional): In some theories, a fifth stage is suggested in which birth rates drop lower than death rates; thus, population decline. The DTM describes how economic growth and technological development cause change in population over time.

Causes of overpopulation

- *The decline in death rate*- Due to science and technology in field of science and medicine. with better treatment facilities of any disease.
- *Agricultural Advancement*- Agriculture advancement in 20th century have allowed humans to increase food production using fertilizers, herbicides, pesticides and yield further.
- *Better medical facilities*
- *More hands to overcome poverty*- Families that have been through poverty, natural disaster or are simply in need of more hands to work are a major factor for overpopulation.
- *Technological advancement in fertility treatment*- with the latest technological advancement become possible for couples who are unable to conceive to undergo fertility treatment methods and have their own babies.
- *Lack of family planning*
- *Poor contraceptive use*
- High Birth Rate
- Changing Attitudes toward Family Size: Earlier in India, people used to prefer small families. Now people think that having many kids is good.
- Lack of Education
- Increased Life Expectancy: Now, people in India live longer lives.
- Improved Medical Facilities: Now, better medical care means fewer people die from diseases.
- Improved Food Production: Now, farmers grow more crops due to newer methods. So more food is available.
- Unemployment and Early Marriage: In India, there are fewer job chances for young people. So they marry early and then have more kids.
- Poverty and Economic Dependence on Children: Poor people tend to have more kids. They think kids can work and add to the family income.
- Urban Overcrowding Due to Poor Planning: In India, cities grow very fast, but no long-term planning exists.
- Socio –cultural factors:-Socio-cultural factors such as early marriage, near universality of marriage and strong male child preference also lead to more births.
- Scientific factors:-Scientific factors like advances in medical technology and healthcare services have significantly reduced infant mortality and increased life expectancy.
- Socio-economic factors:-Socio-economic factors like Lack of Education and Awareness with Limited access to education, particularly for women, correlates with higher birth rates.
- The major cause of this population explosion is the difference between the birth rate& death rate.
- A decrease in infant mortality rate
- Continuous illegal migration of people from neighbouring countries like Nepal, Bangladesh is leading to a rise in the population density in India.
- Religion sentiment is another cause of the population explosion. Whether you are in a metro station, airport, railway station, road, highway, bus stop, hospital, shopping mall, market, temple, or even in a social/ religious gathering, we see all these places are overcrowded at any time of the day. This is a clear indication of overpopulation in the country. Even today many people in India consider children to be a gift of God. Some people even see children as related to religion and consider using contraceptives against religion. The combined result of all these comes out in the form of population growth.
- Lack of means of entertainment: There is still a lack of means of entertainment in many villages of the country, due to which

people consider sex as a means of entertainment and keep increasing the family.

- Superstition: Due to lack of education, people do not adopt family planning measures properly. For example, in the rural areas of India, people still believe that due to male castration, the person's strength decreases and he is not able to do hard work.
- Wrong policies of the government: Nowadays the government gives 6 thousand rupees to the people on the birth of 1 child and 6 thousand rupees on the birth of second child also. Now how will family planning be successful in an environment of such policies? According to me, the government should give nutritious food items free of cost instead of giving 6 thousand rupees in cash so that the children are born healthy.



Beggars

Effects of overpopulation: Overpopulation puts pressure on a country's resources, services, and overall quality of life. It affects the environment, creates social and economic challenges, and makes it harder for governments to provide essential facilities to everyone. These effects are often interconnected and impact daily life in many ways.

- Uneven relationship between resources and demography
- Degradation of environment- with the overuse of coal, oil, and natural gases, it has started producing some serious effects on our environment.
- Conflicts and wars- conflicts over water are becoming a source of tension between countries which would result in wars.
- Rise of unemployment- unemployment is a major cause of overpopulation.
- Pandemic and Epidemic- Overpopulation lead to unhygienic living conditions, malnutrition and inaccessible, inadequate or non extant health care for which poor are more likely to be exposed to infectious diseases.
- Malnutrition, Starvation and famine



A child, victim of malnutrition

- Water shortage, sewage treatment, inadequate rainfall- Overpopulation is a major issue that creates immense pressure on the world's fresh water supplies.
- Extinction- the impact of overpopulation on the world's wildlife is severe.
- Faster climate change
- Housing Problems: Overcrowded cities and rising slum areas.
- Strain on Healthcare & Education: Overloaded hospitals and schools.

- Higher Cost of Living: Increased demand leads to rising prices.
- Infrastructure Stress: Traffic congestion, poor sanitation, and weak public services.
- Inadequate Infrastructure: Roads, public transport, schools, and hospitals become overcrowded and inefficient. Population explosion gives rise to a number of social problems. It leads to migration of people from rural areas to the urban areas causing the growth of slum areas. People live in most unhygienic and insanitary conditions. People need to be told and made to understand the consequences of having too many children. Government and non-government institutions can carry awareness campaigns informing people how they will be unable to provide good nutrition, education or medical facilities to their children if they have too many. Population is also a reason for illiteracy and diseases and malnutrition and the negative effects of it are required to be communicated to the general public to expand their reasoning and understanding.
- Poverty: Population growth has led to increased competition for jobs and housing, which has contributed to poverty and income inequality.
- Social conflicts: Creating social harmony amongst different social groups be it castes or faiths is essential to keep conflict at bay.
- Strained on resources: India's population growth has put pressure on the country's natural resources and infrastructure, such as roads, transportation, and housing.
- Healthcare and Education: With the increasing population, the limited resources for healthcare and education are stretched, leading to a lack of access to quality healthcare and education for many people.
- Food security: India's population growth has led to increased demand for food, putting pressure on the country's agricultural sector and raising concerns about food security.
- Migration: Population growth and poverty have also driven many people to migrate from rural areas to cities in search of better economic opportunities, leading to overcrowding and strain on urban infrastructure.
- Manpower utilisation: The number of jobless individuals is on the rise in India due to economic depression, slow business development and expansion activities.
- Resource over-utilisation: Land areas, water resources, forests are over exploited.
- 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.
- Inequitable income distribution: In the face of an increasing population, there is an unequal distribution of income and inequalities within the country widen.
- Environmental Consequences of Overpopulation in India: - Deforestation for land and housing, Overuse of natural resources, Loss of biodiversity
- Pollution and Climate Change: -Air pollution increases respiratory diseases, Water bodies are polluted, Climate change impacts become more severe
- Consequences Of Overpopulation in India on Infrastructure: - Traffic congestion, Shortage of housing, Overburdened public transport
- Pressure on Healthcare and Education: -Hospitals lack proper facilities, Schools face high student-teacher ratios, Poor quality in public services
- Demographic Consequences of Overpopulation in India: -High dependency ratio due to growing young and elderly population, Gender imbalances in some states, Rural-to-urban migration leading to regional disparities
- Consequences Of Overpopulation in India on Employment and Poverty: -Family planning programs and awareness campaigns, Schemes for women empowerment and education, Urban development missions like Smart Cities
- Consequences of population explosion in India: -Pressure on Resources, Poverty and Inequality
- Unemployment and Underemployment
- Urban Slums and Informal Settlements: Rapid population growth has led to the proliferation of urban slums and informal settlements in cities.
- Strained Social Services: The population explosion in India places immense strain on social services such as healthcare and education.
- Political and Governance Challenges: Managing the needs and demands of a rapidly growing population presents significant political and governance challenges.
- Struggle for Water Resources: India already faces water scarcity challenges, and the population explosion exacerbates this issue.
- Food Insecurity: Population growth poses challenges to food security in India.
- Social Disparities and Marginalization: Population explosion in India can exacerbate existing social disparities and marginalization.
- Economic consequences: -Overpopulation exerts immense pressure on the economy.
- Overpopulation creates obstacles to providing adequate nutritional and medical care.
- Shifts in Population Structure
- Results of a Demographic Dividend
- India's new population structure provides the nation with even more human capital.
- Consequences of Population Explosion: -Pressure on the country's resources, decline in the standard of living of the people, vicious cycle of poverty, affected the development of the country

CONSEQUENCES OF OVERPOPULATION

The consequences of overpopulation in India have been a matter of serious concern for decades. With a population of over 1.4 billion, India is the most populous country in the world. The rapid growth has resulted in multiple social, economic, and environmental challenges. Overpopulation refers to a situation where the number of people exceeds the carrying capacity of resources. The consequences of overpopulation in India are visible in urban congestion, poverty, unemployment, environmental degradation, and pressure on infrastructure.

- Economic Consequences of Overpopulation in India-Rising unemployment due to lack of sufficient jobs, Low per capita income and poor living standards, Increasing burden on government resources
- Social Consequences of Overpopulation in India: -Growth of slums in urban areas, increase in crime rates, Decline in quality of education and healthcare services



A crowded railway station



A crowded hospital

Solution to overpopulation

- *Better education*
- *Making people aware of family planning*
- *Population Stabilization*
- *Tax benefits or Concession-* people having one child should be benefited by exemption from paying taxes as this would encourage others to have one child.
- *Knowledge of sex education-* It is one thing we people don't talk about. This should be spoken to people and imparted proper knowledge of the biology of human body.
- A law is required immediately: Parents with more child should be punished.
- All subsidies from the family to be removed.
- If belonging to reserved class than reservation should be revoked
- Shouldn't be allowed to participate in any elections
- Additional 10% tax over and above existing tax slabs for life
- Another effective solution to the consequences of overpopulation in India is encouraging the use of contraceptives and spreading awareness about small family norms.
- **Rural Development:** -Rural development reduces migration to cities and minimizes regional inequalities.
- **Need Future Outlook on Consequences Of Overpopulation in India:-**In India relies on empowering citizens through education, gender equality, and accessible family planning rather than forced policies. By improving living standards, reducing child mortality, and providing economic opportunities, families naturally opt for smaller sizes.
- **Women's Empowerment:** -Female Literacy: Educating girls is the single most effective tool for lowering fertility rates, Workforce Participation: Encouraging women to join the formal workforce shifts priorities away from early marriage and large families, Lowering Infant Mortality: Many rural families have more children to ensure a few survive. Improving basic maternal and child healthcare eliminates this fear.
- Raising the Marriageable Age
- **Economic Development and Incentives:** -Poverty Reduction: As people's economic status improves, their mindset shifts toward the quality of life, leading them to have fewer children. Government Benefits: Offering incentives, such as scholarships, housing, or tax benefits, to families with one or two children encourages smaller family norms. Economic support: -Also, improving economic conditions can reduce the perceived need for larger families.
- **International collaboration:** -Finally, Concrete steps need to be taken on a national and international levels to combat the adverse effects of overpopulation, so that sustainability of natural resources can be ensured for future generations.



Three child policy

MEASURES TO POPULATION CONTROL

- It also disincentivizes those who violate the 3-child norm by cutting back on promotions or consideration for Government jobs/Benefit schemes and also barring them from contesting in local bodies.

- Accordingly, it would be apt to focus on educating the population on contraceptive measures and ensure safe access to reproductive health. We know that the 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 categories.
- **Social Measures:** -*Minimum age of marriage:* The problem of child marriage is highly prominent, *Raising the status of women:* Women should be given opportunities to develop socially and economically, *Spread of Education:* The spread of education changes the outlook of people, *Adoption:* Some parents do not have any child, despite costly medical treatment. It is advisable that they should adopt orphan children, *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.
- **Economic Measures:** *More employment opportunities:* The first and foremost measure is to raise employment avenues in rural as well as urban areas., *Providing incentives:* Incentives have proved to be an efficient policy measure in combating most development issues including population. Providing a health, educational or even financial incentive can be a highly effective population measure.
- **Medical Facilities:** Rural people, in order to ensure that at least some of their kids survive, give birth to more and more kids thus contributing to the population growth. If provided with optimum medical facilities population rate will almost certainly decline.
- **Legislative Actions:** Not much result can be achieved from these if family planning and use of contraception remains optional instead of mandatory. Strict legal steps are required for child marriage, education, abolition of child labour and beggary and family planning to reap significant benefits from it.
- **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.
- **Spreading awareness:** People need to be told and made to understand the consequences of having too many children.
- **Increasing welfare and status of women:** -Spreading of education, Increasing awareness for the use of contraceptives
- **Encouraging male sterilization-** Free distribution of contraceptives and condoms among the poor
- Increase the number health care centres for the poor-Women should be empowered, Family planning should be promoted.
- Incentive money should be given by the government for joining population control schemes like family planning, Women and daughters should be added to the education system
- **The population control bill:** The bill recommends depriving parents of government facilities for having more than three children. For violation of this, it has been said to implement provisions like removal from government job, deprivation of voting rights, depriving the right to contest elections and form a political party. On the contrary, it has been recommended to give facilities like preference in government jobs to parents having one child. Government jobs, government assistance and subsidies should not be given to those with more than three children. Population explosion is the root cause of 50% of the problems in India. It has been said in the petition that due to population explosion, the right to clean air and drinking water, right to health, right to education and other rights are being affected. Along with this, population explosion has also been held responsible for the increase in crimes against women in this petition.

STEPS TAKEN BY GOVT. TO CONTROL POPULATION

- **Mission Parivar Vikas:** The Government has launched Mission Parivar Vikas for substantially increasing access to contraceptives and family planning services in 146 high fertility districts.

- New Contraceptive Choices & Redesigned Contraceptive Packaging
- A new method of IUCD insertion immediately after delivery
- Compensation scheme for sterilization acceptors
- Clinical Outreach Teams (COT) Scheme
- Scheme for Home delivery of contraceptives by ASHAs at doorstep of beneficiaries.
- Scheme for ASHAs to Ensure spacing in births.
- Scheme for provision of Pregnancy Testing Kits in the drug kits of ASHAs for use in communities.
- Family Planning Logistic Management and Information System (FP-LMIS)
- National Family Planning Indemnity Scheme (NFPIS)
- Ensuring quality of care in Family Planning services
- Appointment of dedicated RMNCH+A counsellors at high case load facilities.
- Improved Demand generation activities through a 360-degree media campaign.



Parliamentarians in the Rajya Sabha during the ongoing Winter Session of Parliament, in New Delhi, Friday, Dec. 9, 2022. (PTI) introduces UCC Bill in RS amid protests.

National Population Policy 2000: The objective of NPP 2000 is to address the unmet needs for contraception, healthcare infrastructure and health personnel and to provide integrated service delivery for basic reproductive and child healthcare. Prerna Strategy: Jansankhya Sthirata Kosh has launched this strategy for helping to push up the age of marriage of girls and delay in the first child and spacing in the second childbirth of children in the interest of the health of young mothers and infants. Prohibition of Child Marriage (Amendment) Bill, 2021: The Bill amends the 2006 Act to increase the minimum age of marriage of females to 21 years.

Remedial action plan

- Policy makers should initiate a clear population policy and enlisting population control norms by the govt.
- Emphasis should be laid to increase the status of women and girls and spreading awareness and education amongst them.
- More health care centres for the poor can play a major role in controlling population.
- Manpower should be exported and migration should be encouraged so as to create employment opportunities and reduce the burden on India's resources.
- Air, water and land are immensely polluted, hence, make people aware to respect these resources and use wisely.

Family planning programme-1952: Sex education was popularized. Sterilizations were conducted and abortion was legalized. Couples were encouraged to go in for sterilization (vasectomy for males, tubectomy for females) after the birth of 2 children. Small family, happy family, healthy family. Why India needs population control bill? -The two main 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. Even though legally the marriageable age of a girl is 18 years, the concept of early marriage still prevails in many sections of the society and getting married at a young age prolongs the childbearing age. Also, in India, marriage is a sacred obligation and a universal practice, where almost every woman is married at the reproductive age. 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 a cause of death of their children and hence the need for more children. Strange but true, Indians still lag behind when it comes to the use of contraceptives and birth control methods. Many of them are not willing to discuss or are totally unaware of them. Sons are the bread earners of the families in India. This age-old thought puts considerable pressure on the parents to have children until a male child is born. Last but not the least, we cannot ignore the fact that illegal migration is continuously taking place from Bangladesh, Nepal and Myanmar is adding to increased population density.

Considerations

- **Three child policy:** Considering all pros and cons three child policy is best suitable for our country. Our country is an agricultural country primarily and industrial country secondarily, hence more labour is needed to do agricultural activities and industrial activities. For providing sustainable labour force, three child policy is best. Within the three-child policy rule, who have one child or two children, they will get govt. facilities on priority basis.
- **Having more than three child is a criminal activity:** Police can come anytime to you & arrest you. Stop all govt. facilities. Isolate from social gathering or programmes. Actually, these types of people do not want progress of our country. For their personal gain and benefit, happiness or recreation, imposing burden on country and countrymen. They are generally very self-supporting (even knowing the grave cause of our country) and anti-national for their doings. At first implement the three-child policy rule & day by day strictly implement the rule, even who is breaking this rule demolish his house. Hard rule is needed to bring realization among countrymen.
- **Proper education is necessary:** Education is the manifestation of perfection and panacea of all social diseases. Upto class-VIII or class-X, make education compulsory for all. Illiterate men are in the true sense burden of society and country. They are the big hurdle of nation's progress. See to developed countries, there 99.99 percent population are educated.
- **Uniform Civil Code (UCC):** One nation, one rule is very urgent need of our country. That proposal is already in our constitution; it is not a new thing. So, implement this rule. A country where above 142 crores of population is there, bring all of them under same umbrella. Who will oppose, show them the way to other country, this country is not suitable for them.
- **Indian Employment Exchange (IEE):** National govt. will establish IEE office. Educated youths & skilled youths will enrol there. IEE will find-out in which country what type of employees/workers are needed & accordingly place them in various countries (e.g. Cuba places their nurses in various countries hospitals).
- **Becoming poor is my birthright:** Govt. introduces many welfare programmes for poor for their development & coming out of the vicinity of poor situation. But, few percent of poor people always try to stay poor, produce many children to catch the govt. facilities more. This is a malpractice. To prevent it, work-based poor development programmes should be introduced day by day like food for work programme (FFW), National Rural Employment Guarantee Act (NREGA) etc. instead of free availability.

- **Illegal entry to our country:** Stop illegal entry to our country. First need of it, is fencing the border completely by the help of modern technologies. Secondly, who are staying here illegally, detect them, keep in detention centre (keep in a particular place) & deport to their respective countries. It is better to take finger print of all these outsiders (intruders). After deportation, if anybody is again identified here, designate him as terrorist & follow the principle of shoot at site.
- Provide skill-based training to male & female from poor families and develop their money earning attitude.
- **One disease generates many diseases:** Overpopulation or population explosion is a disease which generates many diseases i.e. poverty, unemployment, malnutrition, pollution, stealing, dacoity, crimes etc. So, try to remove main cause, other causes automatically be eliminated. A weed is there; its' name is mutha grass (*Cyperus rotundus*). How many times you will cut its leaves, again it generates leaves, because main cause nut is below surface. So, dig soil, find out that nut & remove, in your land mutha grass problem is solved. Similarly, population control, the main cause solution of it, will solve many problems in society or in our country.
- **Love to country:** Many countries countrymen love their country so much & ready to do anything for country's betterment (especially Japan). We Indians do we love that extent to our country? We do not love so much to our country, if you love so much, then obviously obey the govt.'s population control policy considering country's betterment & future progress. Love to country is not lip service, but it is your activities.
- **Common men's development:** For common men's development of our country, govt. should do these activities on priority basis:- (a) Compulsory education up to class -X (b) Better rail, road connectivity-Every village, every household should be well connected by road, it will bring revolution in national progress (c) Electricity availability to all citizen (d) Provision of safe drinking water (e) Bring every family under health scheme. More population more poverty, more population more corruption, more population more pollution etc. always discourage overpopulation.

In a nutshell, in our country, overpopulation problem can be solved by the following ways mainly-(a) Strict rule & hard punishment (b) provide rewards and benefits who are following three child policy rule (c) compulsory education (d) uniform civil code (e) Very hard control measures on illegal persons from neighbouring countries staying in our country.

CONCLUSION

The consequences of overpopulation in India are wide-ranging, affecting the economy, society, and environment. Challenges such as unemployment, poverty, resource depletion, and pollution highlight the urgent need for effective population control measures. Tackling the consequences of overpopulation in India requires joint efforts by the government, civil society, and citizens to build a sustainable future. India needs comprehensive strategies that include effective family planning programs, investments in agriculture and sustainable resource management, promotion of inclusive and skill-based job creation, improvement of infrastructure, particularly in healthcare and education, and implementation of environmental conservation measures in order to address these consequences. These strategies can be found in India's National Rural Employment Guarantee Act. These initiatives should be linked with social welfare programs that attempt to lift up groups who have been disenfranchised and minimize income disparity in order to ensure fair development for all parties involved. Although the statistics can appear staggering, there is still reason to be optimistic. In India, trends in women's education, fertility rates and quality of life have all shown improvements in recent history.

This is important since improvements in these areas all correspond to decreasing poverty and population levels. Furthermore, since countries with higher levels of income, education and access to health care typically have lower birth rates, experts are beginning to urge the government to focus on the development of these areas. Others are advocating for a government enforced family planning strategy, much like China's one-child policy. There is certainly overpopulation in India, but with awareness of the issue and sustained efforts to combat it, both poverty and population can be brought under control. So, Overpopulation in India is a complex issue which requires comprehensive and sustained efforts to address. By focusing on education, healthcare, economic development, and effective governance, India can work towards stabilizing its population growth. The challenges posed by overpopulation are significant, but with concerted efforts and innovative solutions, India can harness its demographic potential for sustainable development and improved quality of life for its citizens. India continues to face the challenges of a rapidly growing population. As the nation struggles to provide the necessary resources and economic opportunities to support its population, there is a need for efforts that aim to fight poverty in India. On the bright side, India's shifting population structure could be a catalyst for economic growth in India. With investments in job production and education in both urban and rural areas, there's potential for India to capitalize upon its bustling population, rather than allowing it to exacerbate poverty. 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 govt. will definitely lead the way for the country's economic prosperity by controlling population. The Government of India, 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 control population. "The human population can no longer be allowed to grow in the same old uncontrolled way. If we do not take charge of our population size, then nature will do it for us." - David Attenborough

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