Question No. प्रश्न संख्या

# U.P.S.C.

GS I

Q. Discuss the main objectives of Population education and point out the measures to achieve them in India in detail. (10 m / 150 w)

Population Education refers to a process where individuals are made to understand and be aware about the population dynamics: size, growth, density and structure.

## Objectives of Population Education

1. To make citizens responsible about their reproductive choices.
   - This is to be done by making them understand the influence population dynamics have on: economy, society, environment, etc

2. Shape reproductive choices now to:
   (i) Avoid demographic disaster
   (ii) Elevate standard of Living of Population
   (iii) Inculcate idea of small family norm to maintain population at replacement level (2.1).

3. Develop scientific temper and rational thinking with respect to sexual & reproductive health.

4. Bringing about behavioural changes with respect to health knowledge, attitude & practices.

Crisp intro defining Pop. Education

Boxed heading aids structure

Obj. 1 and 2 overlap; merge them

Add data: India TFR 2.0 (NFHS-5)

Replacement level 2.1 cited

Add NCERT/UNESCO aims, equity, gender

✓ Q1 - 4.5/10

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for practice use only सिर्फ अभ्यास के लिए

measures to achieve them in India

1) Institutional

(i) Through school and university education
- Inclusion in curriculum.

(ii) Through Gram Panchayats (Grassroots)
- Incentivise small families.
eg: Initiatives like 'Hum Do, Hamare Do'

(iii) Role of ASHA workers & Anganwadis
- provision of free contraceptives
- reproductive health awareness camps ✓

2) Government

(i) Update National Population Policy as per current trends
↳ inturn shaping policies & schemes design.

(ii) Popularise National Family Planning Programme

(iii) Strengthen National Health mission with safe abortion techniques, multiple contraceptives & prioritising maternal health.

3) media & civil society organisations (CSOs) ✓
(i) Role in women empowerment through awareness & promoting autonomy in decision making.
(ii) street plays by CSOs.

snehAI & e-sanjeevani are the digital tools developed ~~to further~~ population education, that will help India in it's endeavor to rationalize it's 1.4 billion growing population.

Hum Do Hamare Do is a slogan only

Name NPP 2000, Mission Parivar Vikas

Add a way forward: gender, youth

e-Sanjeevani is telemedicine, not PE

ASHA and Anganwadi role is apt

Institutional/Govt/C... grouping

# OVERALL REMARK

4.5 / 10

Q1 - 4.5 / 10

## WHY THIS SCORE

- Generic points; few schemes, data or committees named
- Conclusion weak; no evaluation of how effective the measures are

## STRENGTHS

1. Clear definition intro: 'size, growth, density and structure'
2. Measures grouped into Institutional, Government and Media/CSO, with ASHA and Anganwadi roles
3. Neat underlining and boxed sub-headings, with the replacement-level figure 2.1 cited

## AREAS TO IMPROVE

1. Add specific data: TFR 2.0 (NFHS-5), NPP 2000, Mission Parivar Vikas
2. Separate objectives into individual, societal and national levels instead of overlapping points
3. Mention challenges briefly (son preference, early marriage, regional gaps) and a way forward
4. Write the conclusion as a 2-line forward-looking para linked to the demographic dividend

## MORE NOTES

- p2: Conclusion: short para, forward-looking

## ACTION FOR NEXT ANSWER

- For each point, add one scheme, data point or report name
- Plan a 2-line conclusion before you start writing

Super Simplified · Dr. Gaurav : 7027779142

# MODEL ANSWER

(how a topper would write it)

Population Education is a planned educational process that builds awareness of population dynamics (size, growth, structure) and their impact on society, economy and environment. With India at about 1.4 billion people and TFR at 2.0 (NFHS-5), it shapes informed, responsible choices.

## Objectives

- Build awareness of population-resource-environment links, so citizens see growth as a developmental issue.
- Promote responsible reproductive behaviour: small family norm, delayed marriage, spacing of births.
- Develop scientific temper on sexual and reproductive health, and dispel myths and son preference.
- Raise quality of life and women's autonomy, to reap the demographic dividend.

## Institutional measures

- Integrate population and life-skills content in school and college curricula (NCERT Population Education Programme, NEP 2020).
- ASHAs and Anganwadis counsel on contraception and spacing under the National Family Planning Programme.

## Policy and health measures

- Implement NPP 2000 and Mission Parivar Vikas in high-fertility districts; expand the contraceptive basket (Antara, Chhaya).
- Strengthen maternal and adolescent health through NHM, RKSK and Janani Suraksha Yojana.

## Media, civil society and technology

- Use street plays, radio and SHGs for behaviour change, as with PFI's 'Main Kuch Bhi Kar Sakti Hoon'.
- Use digital tools like the SnehAI chatbot for adolescent reproductive health awareness; empower girls through education and delayed marriage.

Population Education pathway:




## Way forward / Conclusion

Population Education works through persuasion, not coercion, and fits the ICPD approach of rights-based choice. Linking it to girls' education and health services will help India stabilise its population and turn its youth into a demographic dividend.

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# HOW TO PRESENT IT BETTER

1. Keep the intro short and move straight to objectives. Merge overlapping objectives.
2. Close with a 2-3 line para tied to the demographic dividend and SDGs, not a tool mention.
3. Underlining is good. Add data points (TFR, NFHS) and named schemes.
4. Spacing is good and the length fits 2 pages.
5. Diagram: Add a small flowchart after the objectives: Awareness -> Attitude change -> Responsible choices -> Stable population.