



# MPSC

## State Civil Services

**Maharashtra Public Service Commission  
(Preliminary & Main)**

**General Studies**

**Paper 3**

**Human Resource Development and  
Human Rights**



# MPSC

## HUMAN RESOURCE DEVELOPMENT AND HUMAN RIGHTS

S.No.	Chapter Name	Page No.
1.	Population	1
2.	Education	21
3.	Health	97
4.	Human Resource Planning	136
5.	Unemployment	137
6.	Human Rights	147
7.	Rural Development	165
8.	Child Development	192
9.	Women Empowerment	203
10.	Different Welfare Schemes	207
11.	International and Regional Organisation	229
12.	Consumer Protection Act	239
13.	Social Norms	244

## Population

India has the second-largest population in the world. With a current population of about 1.3 billion, population growth control continues to be on every government's agenda. In this article, you can read all about the National Population Policy, 2000, as well as, about previous such policies and measures announced by the government in this direction. This is an important topic under the national population policy, 2000

### **National Population Policy, 2000**

The National Population Policy (NPP), 2000 is the central government's second population policy. The NPP states its immediate objective as addressing the unmet needs for contraception, healthcare infrastructure, and health personnel, and providing integrated service delivery for basic reproductive and child healthcare.

- The medium-term objective of the NPP 2000 was to reduce the Total Fertility Rate (TFR) to replacement levels by 2010.
- The TFR was to be 2.1 children per woman.
- 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 environmental protection."

### **Important features of National Population Policy**

- The NPP reinforces the vision of the government to encourage voluntary and informed choices and citizens' agreeability in order to achieve maximum benefits from reproductive health services.
- Making school education free and compulsory up to the age of 14 years and also reducing the dropout rates of both boys and girls.
- Decreasing the Infant Mortality Rate (IMR) to under 30 per 1000 live births in the country (to be achieved by 2010 as prescribed when the NPP was brought out).
- Reducing the Maternal Mortality Rate (MMR) to under 100 per 1 lakh live births (to be achieved by 2010 as prescribed when the NPP was brought out).
- Achieving universal immunization for all children against vaccine preventable diseases.
- Encouraging delayed marriage for girls (preferably before 18 years and above 20 years).
- Achieving 80 percent institutional deliveries and 100 percent deliveries by trained persons.

- Attaining 100% registration of pregnancies, births, deaths and marriages.
- Making available universal access to information/counseling, and services for fertility regulation and contraception with a huge range of choices.
- Containing the spread of AIDS, boosting better coordination between the management of reproductive tract infections (RTI) and sexually transmitted infections (STI) and the National AIDS Control Organisation (NACO).
- Preventing and controlling communicable diseases.
- Integrating Indian medicine systems (AYUSH) in reproductive and child health services.
- Vigourously furthering the small family norm.
- Bringing about a convergence of all related social programmes so that family planning and welfare becomes a people-centric programme.

The NPP 2000 is different from the previous population regulation programmes in that here, for the first time, the population problem was seen in combination with child survival, maternal health, women empowerment and contraception issues.

**Also read: Population Control: Policy Imperatives: RSTV - Big Picture**

### **Evolution of India's Population Policies**

Even before independence, attempts were made to come up with recommendations and solutions to India's burgeoning population problem. The efforts both pre- and post-independence are mentioned below.

- **Radha Kamal Mukherjee Committee (1940):** In 1940, the Indian National Congress appointed a Committee headed by a social scientist Radha Kamal Mukherjee to suggest solutions to arrest the population which has started increasing rapidly after 1921. The committee recommended self-control, generating awareness of cheap and safe birth control measures, discouraging polygamy, among others, as measures to bring down the rate of population growth.
- **Bhore Committee:** The Health Survey and Development committee under Sir Joseph Bhore recommended 'deliberate limitation of family' as a measure to control the population growth. This committee was set up in 1943 and submitted its report in 1946.
- India became one of the first developing countries to come up with a state-sponsored family planning programme in the 1950s.

- A population policy committee was established in 1952. However, the policies framed in the early fifties were largely arbitrary and so not successful.
- In 1956, a Central Family Planning Board was set up and its focus was on sterilisation.
- In 1976, GOI announced the first National Population Policy. Some of the measures to check the population growth as part of this policy include:
  - Increased the minimum legal marriageable age for boys and girls to 21 and 18 respectively.
  - Providing monetary incentives for employing birth control.
  - Improving women's literacy levels through formal and informal channels.
  - Population was made a criteria in deciding the quantum of central assistance to states.
  - Using the different forms of media to popularise family welfare programmes.
  - Introducing population education into the formal education system.
- During the Emergency period (1975-77), coercive measures were used to reduce the population growth. There were mass forced sterilisations. This, however, backfired as it discredited the entire family planning programme of the government.
- In 1977, after the Emergency ended, the new government discarded the use of force in family planning and the family planning programme was renamed as the family welfare programme.
- The National Health Policy was adopted in 1983 which emphasised 'securing the small family norm through voluntary efforts and moving towards the goal of population stabilization'.
- A Committee on Population was appointed in 1991 which submitted its report in 1993 in which it recommended the formulation of a National Population Policy to take a 'a long-term holistic view of development, population growth, and environmental protection' and to 'suggest policies and guidelines [for] formulation of programmes' and 'a monitoring mechanism with short- medium- and long-term perspectives and goals'.
- Accordingly, an Expert Group headed by Dr. MS Swaminathan was set up to create the draft national population policy.
- The National Population Policy finally came into force in 2000.

## Way Forward

Population problem is not just an issue of lack of awareness or education. It is intrinsically linked to poverty, societal norms and cultural preferences like preference for the male child, larger families, etc. A mere focus on contraception and sterilization will not render the population control measures successful, and so will not the coercive and top-bottom approach help either. The focus must be on a basket of issues such as poverty alleviation, women empowerment, education & awareness, access to reproductive healthcare facilities, changing mindset and societal norms, etc. Also, adequate measures must be taken to take advantage of the demographic dividend of the country so that population is not a burden but a resource in the rapid economic development of the country.



## **Salient features of the National Leprosy Eradication Programme are:**

1. Leprosy Eradication programme is a centrally sponsored scheme of Government of India.
2. NLEP functions under the umbrella of National Health Mission (NHM).
3. NLEP follows decentralized health planning and funds are sent to the states through State Health Societies.
4. Quality of services and sustainability is the main focus.
5. Disability Prevention & Medical Rehabilitation (DPMR) is a priority.
6. Removal of stigma and discrimination is a part of the strategy.

"Sapna" is a concept (mascot) designed and developed using a common girl living in community, who will help spread awareness in the community, through key IEC messages. Sapna can be local school going girl who is willing to be 'Sapna'. There can be any number of Sapnas in a village.

## **Human Development Index (HDI)**

The HDI was created to emphasize that people and their capabilities should be the ultimate criteria for assessing the development of a country, not economic growth alone. The HDI can also be used to question national policy choices, asking how two countries with the same level of GNI per capita can end up with different human development outcomes. These contrasts can stimulate debate about government policy priorities.

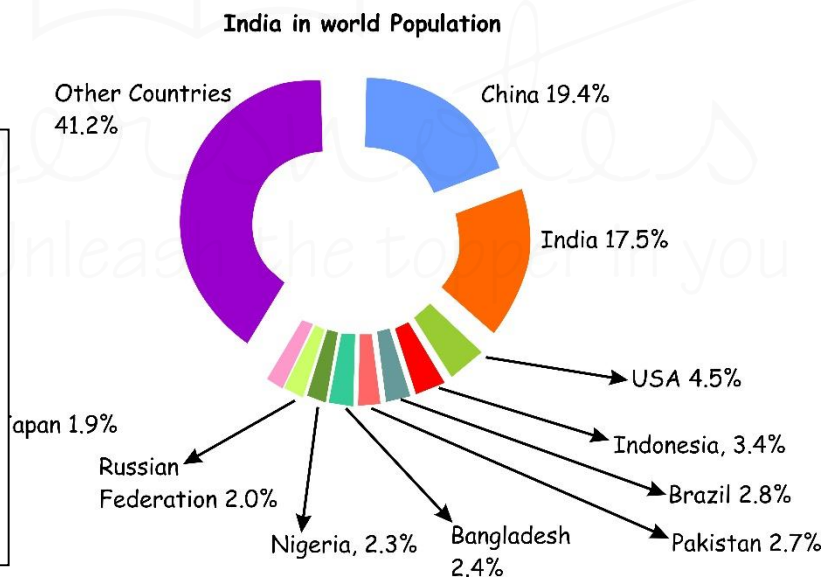
The Human Development Index (HDI) is a summary measure of average achievement in key dimensions of human development: a long and healthy life, being knowledgeable and have a decent standard of living. The HDI is the geometric mean of normalized indices for each of the three dimensions.

The health dimension is assessed by life expectancy at birth, the education dimension is measured by mean of years of schooling for adults aged 25 years and more and expected years of schooling for children of school entering age. The standard of living dimension is measured by gross national income per capita. The HDI uses the logarithm of income, to reflect the diminishing importance of income with increasing GNI. The scores for the three HDI dimension indices are then aggregated into a composite index using geometric mean. Refer to Technical notes for more details.

**POPULATION 2.1 Introduction** India, like many other countries, has come a long way from the initial days of evolution under conditions of high mortality due to famines, accidents, illness, infections and war, when relatively high levels of fertility was essential for species survival. Over the years, better equipped in dealing with diseases and vagaries of nature, it has witnessed significant increase in life expectancy along with steep fall in mortality. Confronted with malthusian growth, changing social mores and spurred by government interventions, the population did respond to steps to reduce fertility, but the continued increase in number of women in reproductive age has led to high number of births each year. Consequently, in the world of seven billion people, India along with China already occupies a place in the Billionaire club and is likely to overtake China by 2025. **Size, Growth and Structure**

**2.2** The second most populous country on earth, India accounts for more than 17 per cent of world population with meagre 2.4 per cent of the world surface area. In contrast, the USA accounts for 7.2 per cent of the surface area with only 4.5 percent

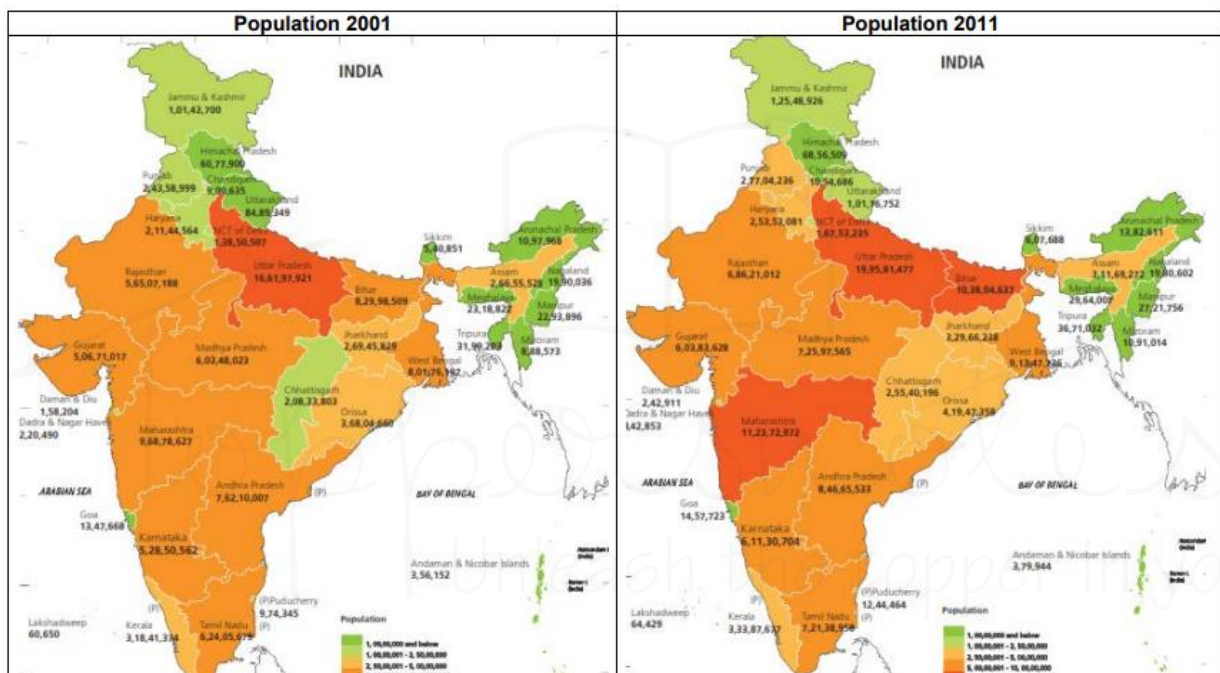
India in world Population in 2011, the population of India at 1210.8 Million, almost equal to combined Population of USA, Indonesia, Brazil, Pakistan Bangladesh & Japan put together- the Population of these six countries totals 1214.3 millions.



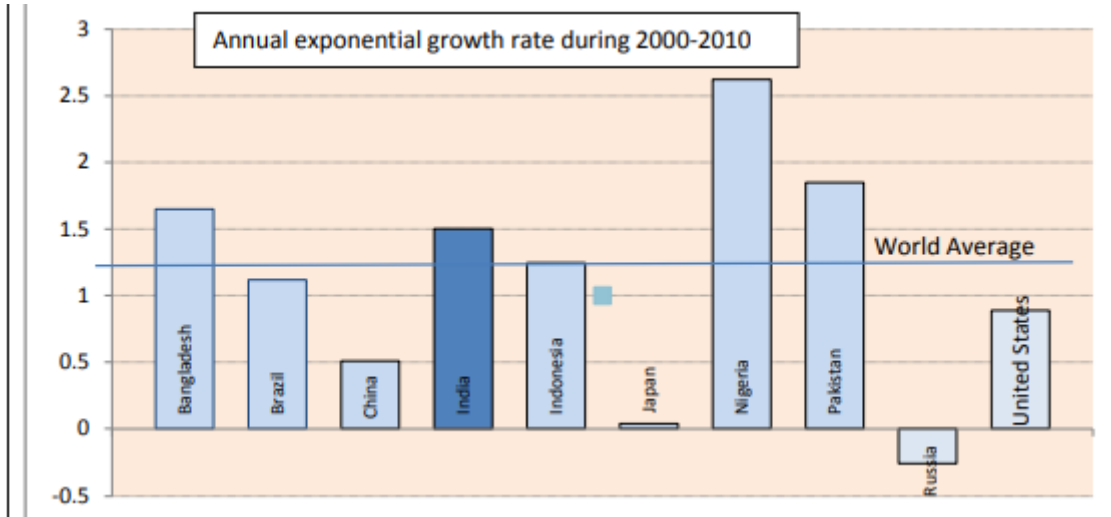
The population of India increased by more than 181 million during the decade 2001-11. The absolute addition is slightly lower than the population of Brazil, the fifth most



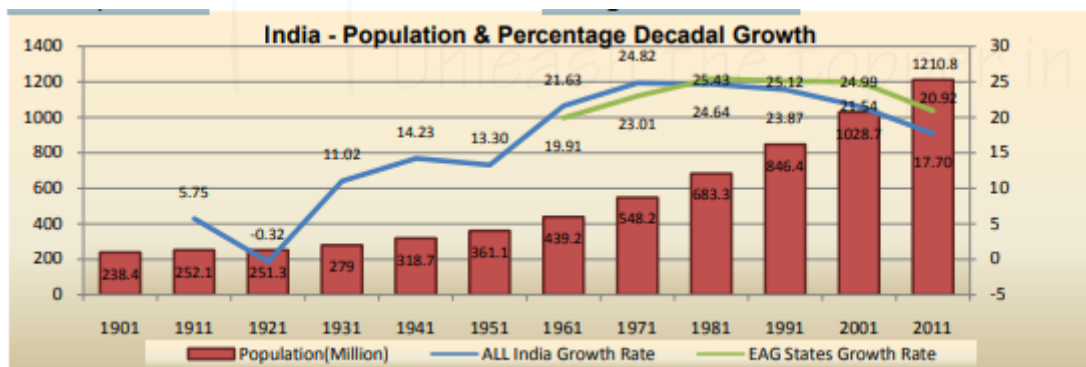
2.3 The state wise population distribution as per the recent census 2011 indicates that UP continues to be the most populous state with about 200(16 per cent of total population) million people. States of Maharashtra and Bihar (9 per cent of the total population each) have made the transition to more than 100 million population category. Twenty States and Union Territories now have a population of over ten million. On the other extreme, there are five States and Union Territories in the country that are yet to reach the one million mark. Maps below indicate the population spread based on provisional totals (1210.2 million), which has since been revised to 1210.8 million.



Population Growth 2.4 As per UN estimates, World population grew at annual rate of 1.23 per cent during 2000-2010 with developing countries like India registering a higher growth rate. The population of developed countries like Japan & USA grew at a slower pace with Russia even witnessing a decline in population. China registered a much lower growth rate (third lowest in top ten most populous countries behind Russia & Japan, in fact much lower than USA). It is now estimated that India will overtake china as the most populous country by 2025-30 despite the fact that the growth rate has slowed down even in case of India. Decadal growth rate in case of India was 17.7 % compared to 21.5 % in the previous decade.

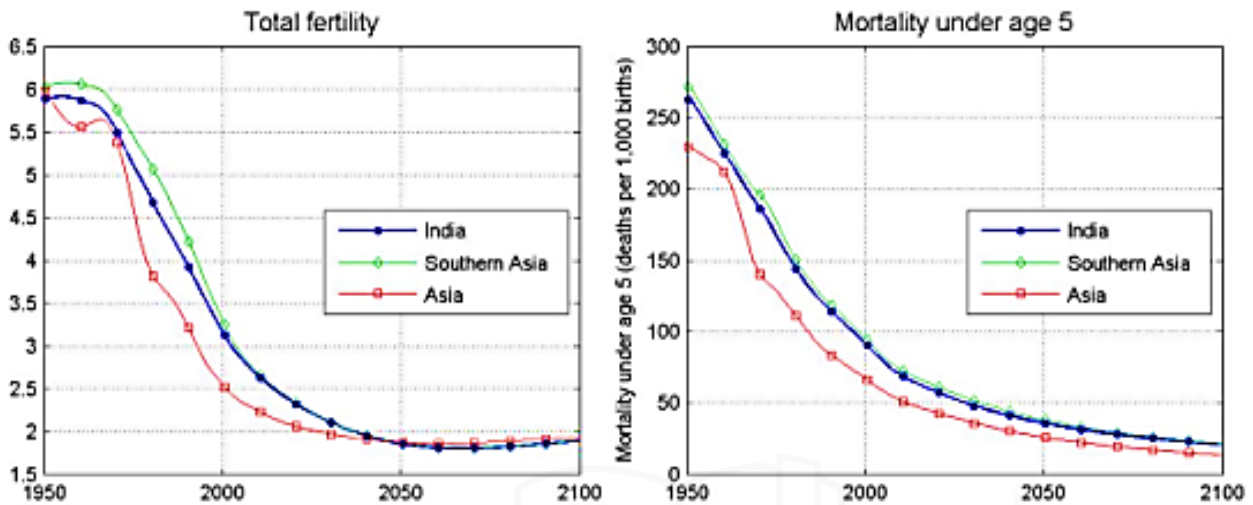


2.5 India, at present, is at stage three of the four stage model\* of demographic transition from stable population with high mortality and fertility to stable population with low mortality and fertility, with some of the states/UT's already into stage four. Percentage decadal growth rate of population has been decaling since 1971-81 at all India level. However, significant fall in case of EAG States (Empowered action group states: UP, Uttarakhand, Bihar, Jharkhand, MP, Chhatisgarh, Rajasthan & Orissa) has been noticed for the first time during 2011 census.

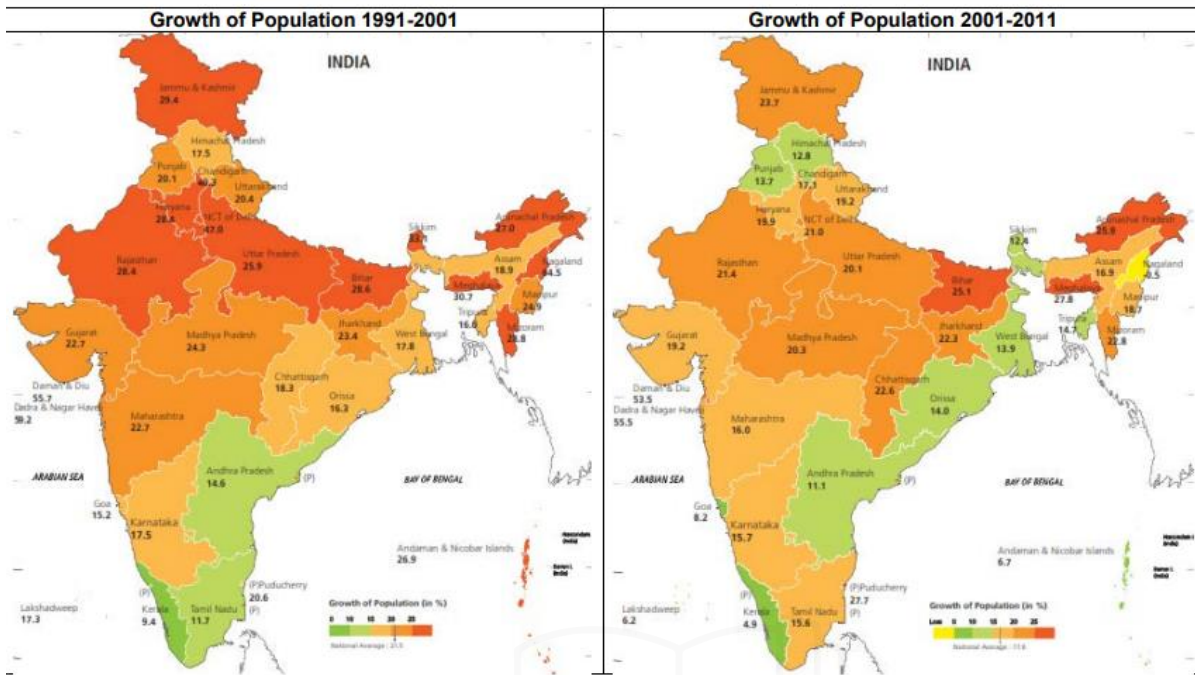


2.6 Since both fertility & mortality have fallen significantly (Graph below) & the population still continues to grow, though at a slower pace (graph at pre page), India, presently reflects characteristics of stage three countries in the parlance of demographic transition. As per SRS Reports, birth rate in 2013 decreased marginally to 21.4 from 21.6 in the previous year, with decrease observed in both rural (23.1 to 22.9) & urban areas (17.4 to 17.3). Bihar, Madhya Pradesh, Rajasthan & UP (including Chhatisgarh & Jharkhand) continue to have birth rates above national average. Death rate on the other hand has remained at 7 (2012-13 comparison) leading to marginal decrease in natural growth rate of population (from 14.5 per

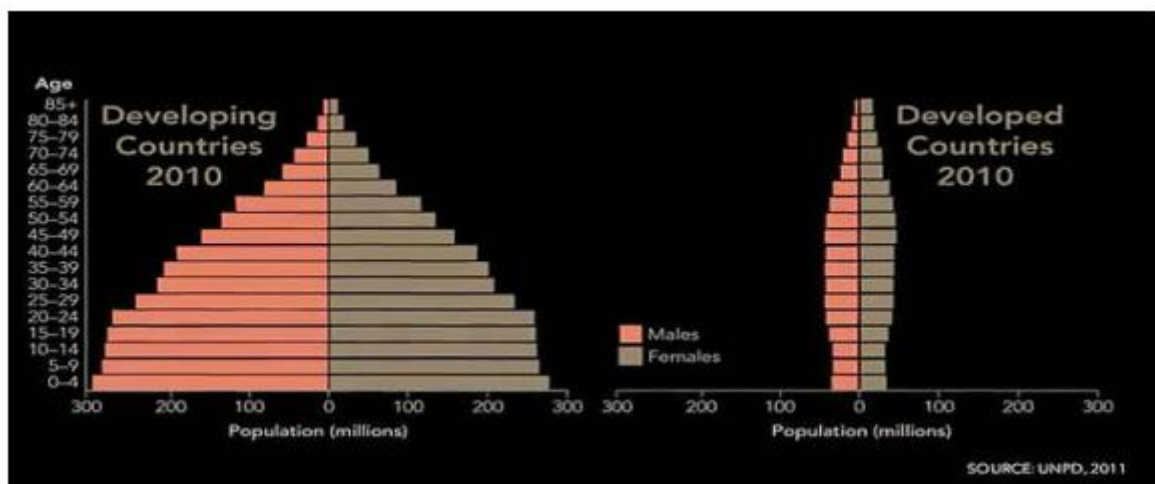
thousand in 2012 to 14.4 per thousand in 2013). Infant mortality rate has also declined from 42 to 40 during the period.



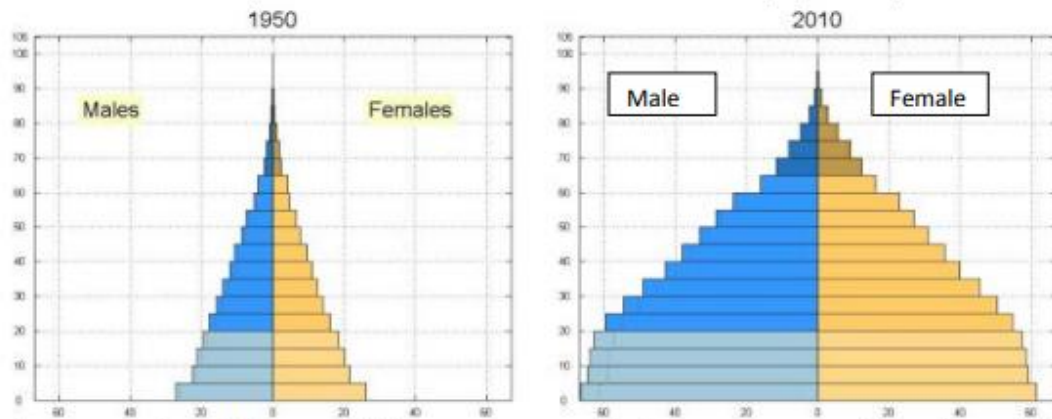
Population Growth- Inter State Comparison: 2.7 The EAG group (UP, Uttarakhand, Bihar, Jharkhand, MP, Chhatisgarh, Rajasthan & Orissa indicative of general trend) accounting for about forty three to forty six percent of India's population since 1951 for the first time, during 2011, saw decline in the growth rate ( Graph India- Population & Percentage Decadal Growth ). Amongst EAG states , best performance was seen in case of Orissa followed by Uttarakhand with growth rate in Orissa falling below national level during 2001-11, even though steepest decline was observed in case of Rajasthan followed by UP. Bihar continues to have the highest growth rate. Compared to 1991-2001, only Chhatisgarh has shown an increase in growth rate in case of EAG states. 2.8 Amongst non EAG states Tamil Nadu & Pondicherry have shown increase in growth rate during 2001-11 as compared to previous decade. Amongst non EAG states steepest fall (6.7 percent points) during 2001-11, compared to previous decade has been observed in case of Maharashtra. Among the more populous Non EAG states, growth rates of Gujarat, Haryana, Delhi & Jammu Kashmir are higher than the current national average.



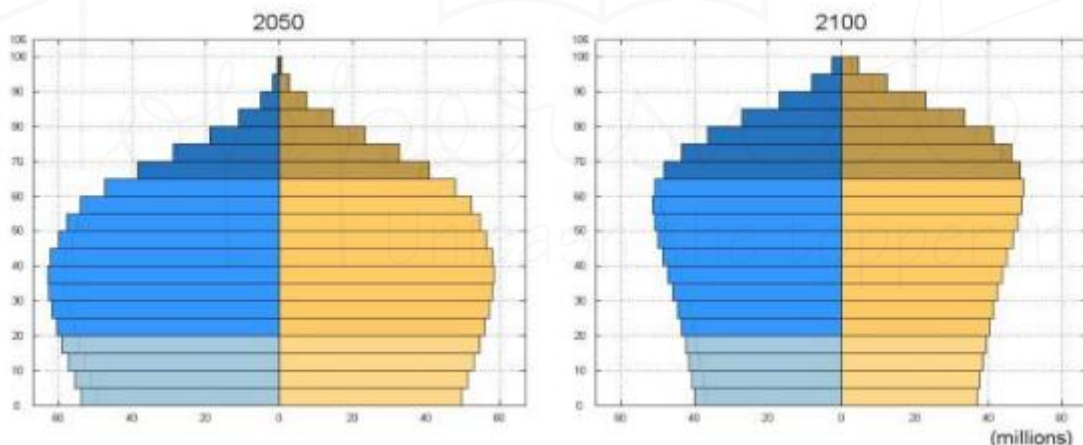
Population Structure: 2.9 Population Pyramids represent complex changes in age structure of the population. In developed countries, the shape is almost cylindrical instead of a pyramid because of the high life expectancy, low fertility and relatively low population in reproductive age group. In these countries, advantages of stable population are challenged by higher dependency ratio since the working age population is less. 2.10. In contrast to the above, population of most of the developing countries including India consists of large proportions of children and persons in reproductive age group. For now and the near future, population projections for India augur well since it will have a large segment of population in the working age group, with considerably decreased dependency ratio putting it in a position to reap demographic dividend.



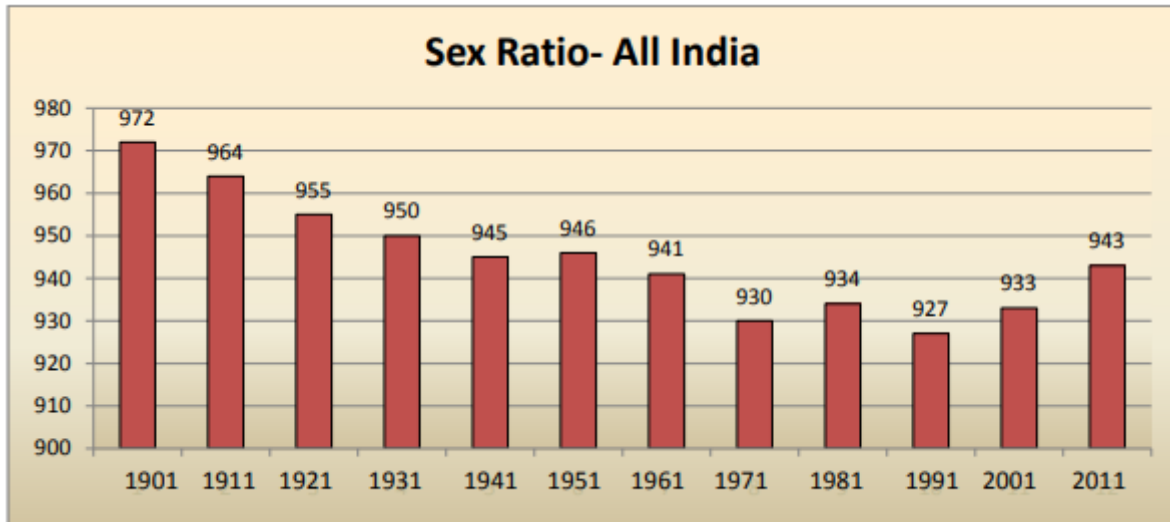
**Population by Age Group and sex (millions)**  
 (Dotted line indicate excess male/female population)



As per results of Census 2011, persons aged 0-6 years accounted for about 13.6% of total population with the proportion in case of males being 13.8% and females being 13.2%. Consequently, the sex ratio in the age group 0-6 years was about 919 (much lower than the overall national average of 943.)



**Sex wise composition:** 2.11 after an all-time low sex ratio (No. of females per thousand males) of 927 in 1991, the sex ratio of India has shown improvement during last two decades. Sex ratio, as per the 2011 census is 943 which is largely comparable to the best performance (941 in 1961) in last fifty years. Several steps, including gender equality awareness campaigns were taken by the government to arrest the trend of declining sex ratio. However, as indicated above, much lower sex ratio of about 919 in case of 0-6 age group, doesn't augur well. Preferences of male child is still prevalent in a large part of the society



2.12 Statewide comparison with all India Averages As per census 2011, the lowest sex ratio among the States has been recorded in Haryana (877), Jammu & Kashmir (883) and Sikkim (889). Among the UTs the lowest sex ratio has been recorded in Daman & Diu (618), Dadra & Nagar Haveli (775) and Chandigarh (818). Comparatively, prosperous states of Haryana and Punjab had sex ratio less than 850 in case of age group 0-6 years.

2.13 Increase/ decrease in sex ratio at state level (as per census 2011 vis-a-vis census 2001) among the major States, Bihar, Jammu Kashmir and Gujarat have experienced a fall in the sex ratio. The decline ranged from 2 points in Gujarat to 9 points in Jammu & Kashmir. Other smaller Union Territories showing steep decline are Dadra & Nagar Haveli (37 points) and Daman and Diu (92 points). Perceptible increase has been observed in the major States such as Uttar Pradesh, Rajasthan, Jharkhand, Orissa, Chattisgarh, Madhya Pradesh, Andhra Pradesh, West Bengal, Maharashtra, Kerala, Tamil Nadu, Punjab and all the States located in the North East. 2.14 It is interesting to note that States having historically low sex ratio such as Punjab, Haryana, Delhi and Chandigarh have shown appreciable increase in the sex ratio in Census 2011 with Chandigarh & Delhi showing an improvement of more than 40 points compared to 2001. Majority of the States identified as gender critical for special attention and intervention as part of the Census 2011 have shown increasing trend in the sex ratio as per the provisional results.

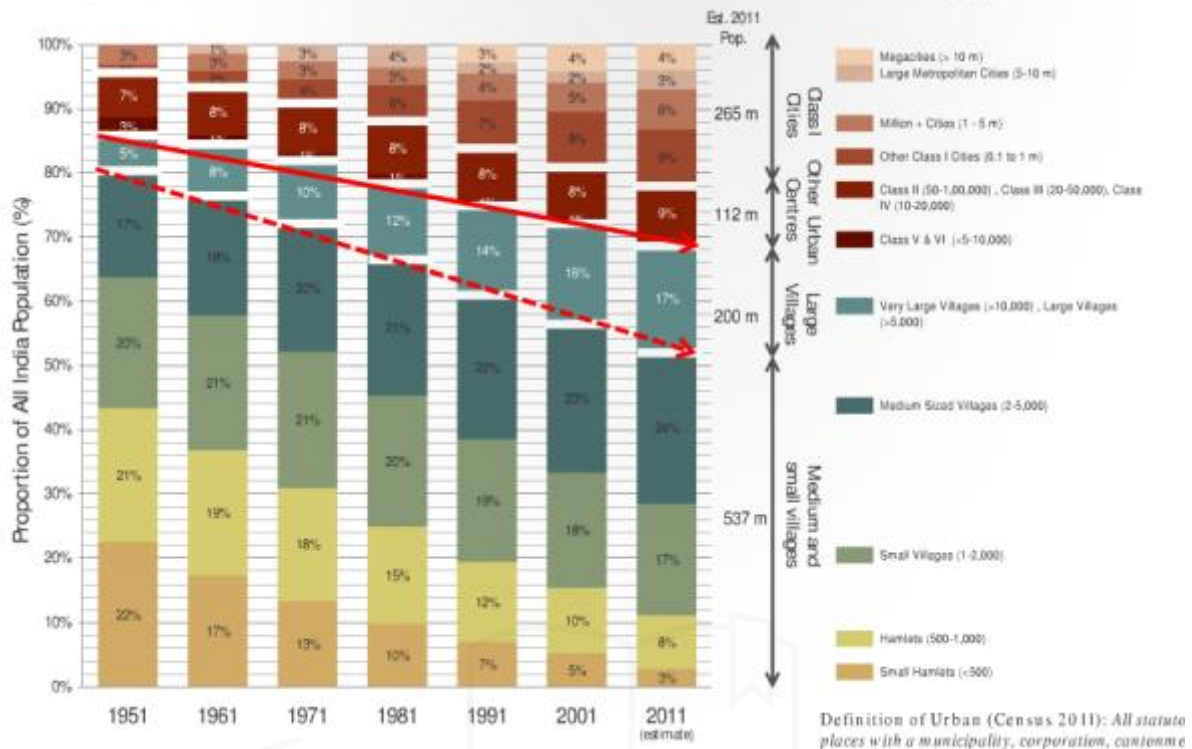
**Population & Issues:** 2.15 Population is interchangeably viewed as resource or a problem depending on the context. Increasing population is concern for developing & underdeveloped nations whereas some advanced nations are battling issues of aging population and population decline. India currently at stage three of demographic transition (low mortality & fertility but high births because of large number of people in reproductive age group due to high fertility of previous generations , with huge population size is being increasingly reckoned as an emerging power in the world on the count of its population size , its favourable structure & robust economy. However, it also requires tackling issues stemming from a burgeoning population. Experience around the world indicates that towards the end of demographic transition (i.e. stage four) countries tend to achieve stable population with high social & economic development .However during the phase of expansion, in a country with high population density like India, malthusian concerns of increasing the means of subsistence with an adequate pace to match the geometric population increase remain valid.

2.16 On the economic front, GDP (Factor Cost) has grown annually by more than 10.2 per cent during 2001-10, increasing the per capita NNP two fold. During the same period, annual exponential growth rate of food production comes out to be 1.15 percent, still a shade lower than the population growth rate during 2001-11

2.17 Population growth since 1950-51 , as captured by the Census shows an increasing trend of urbanization wherby the pressure on larger cities has increased considerably

Year	GDP at Factor Cost ( Const Prices in Rs. Cr)	Output of Food grains ( Million Tons)	Population ( in Millions)
1950-51	500	100	100
1960-61	1000	150	150
1970-71	1500	200	200
1980-81	2000	250	250
1990-91	2500	300	300
2000-2001	3000	350	350
2010-2011	3500	400	400

Growth of Population, GDP and Food grain Production in India 1950-51 resulting in emergence of slums & other civic infrastructure related issues. The graph below summarizes the changing pattern of population distribution wherein share of urban areas has doubled & that of medium sized villages or below, has decreased from about 80 percent to about 50 percent. For the first time since independence, absolute increase in population is more in urban areas though urban population still accounts for less than a third (31%) of entire population.



- The current birth rate for India in 2021 is **17.377** births per 1000 people, a **1.22% decline** from 2020.
- The birth rate for India in 2020 was **17.592** births per 1000 people, a **1.2% decline** from 2019.
- The birth rate for India in 2019 was **17.806** births per 1000 people, a **1.19% decline** from 2018.
- The birth rate for India in 2018 was **18.020** births per 1000 people, a **1.68% decline** from 2017.

Urban population refers to people living in urban areas as defined by national statistical offices. It is calculated using World Bank population estimates and urban ratios from the United Nations World Urbanization Prospects. Aggregation of urban and rural population may not add up to total population because of different country coverages.

- India urban population for 2020 was **481,980,332**, a **2.32% increase** from 2019.
- India urban population for 2019 was **471,031,529**, a **2.33% increase** from 2018.
- India urban population for 2018 was **460,304,169**, a **2.34% increase** from 2017.
- India urban population for 2017 was **449,795,398**, a **2.34% increase** from 2016.



Rural population refers to people living in rural areas as defined by national statistical offices. It is calculated as the difference between total population and urban population. Aggregation of urban and rural population may not add up to total population because of different country coverages.

- India rural population for 2020 was **898,024,053**, a **0.29% increase** from 2019.
- India rural population for 2019 was **895,386,227**, a **0.34% increase** from 2018.
- India rural population for 2018 was **892,338,114**, a **0.39% increase** from 2017.
- India rural population for 2017 was **888,881,381**, a **0.44% increase** from 2016.
- The current life expectancy for India in 2021 is **69.96** years, a **0.33% increase** from 2020.
- The life expectancy for India in 2020 was **69.73** years, a **0.33% increase** from 2019.
- The life expectancy for India in 2019 was **69.50** years, a **0.33% increase** from 2018.
- The life expectancy for India in 2018 was **69.27** years, a **0.43% increase** from 2017.
- The current infant mortality rate for India in 2021 is **28.771** deaths per 1000 live births, a **3.61% decline** from 2020.
- The infant mortality rate for India in 2020 was **29.848** deaths per 1000 live births, a **3.48% decline** from 2019.
- The infant mortality rate for India in 2019 was **30.924** deaths per 1000 live births, a **3.36% decline** from 2018.
- The infant mortality rate for India in 2018 was **32.000** deaths per 1000 live births, a **4.24% decline** from 2017.