

CHANGING PARADIGMS OF POPULATION CONTROL: A COMPETITIVE ANALYSIS OF RURAL-URBAN CONTINUUMS OF INDIA

Abid Siraj, Dr Usha Vaidya, Dr Bharti Gaur

Research Scholar,
Rabindranath Tagor University, Bhopal, MP-India
Email:- abidsiraj@hotmail.com

Department of Humanities and Liberal Arts, Rabindranath Tagor University, Bhopal, MP-India
Email:- usha.vaidya@aisectuniversity.ac.in

Independent Researcher and Trainer, Kota, Rajasthan-India
Email:- bhartimanishgaur@gmail.com

Abstract

India has a large population and is second only to China in terms of the number of people living there. The population of China is expected to reach roughly 1409 million in 2022, while India's is projected to reach about 1419 million. In developing nations, voluntary birth control measures are insufficient; hence governments should use mandatory standards. The National Family Health Survey (NFHS-5) collected information from 2019 to 2021, only two years before the NFHS-4 did the same (2015-16). The categories mentioned above of information have been gathered from the 2001 and 2011 Indian censuses. SPSS was used to analyze the data, and comparisons were established using the year of implementation as a standard. Minimum population of 5,000; minimum population density of 400 persons per square kilometer; and at least 75% of the male labor force engaged in occupations other than agriculture. The National Family Health Survey (NFHS-5) was used to generate population and urbanization data for India from 2001 to 2011. The government of India does a census every ten years to learn more about its citizens, spending habits, cultural practices, and demography. It has been a priority since the 1971 census results to compile information on cities, particularly those with populations of 100,000 or more. The urban population has increased faster than the rural one (2001-11).

Keywords: NFHS Survey, Urbanization, Population Growth, Census,

INTRODUCTION

India's top priorities are decreasing the population and raising living standards. The government's population policy needs to be planned, implemented, and supervised by a State Population and Social Development Commission. In developing nations, voluntary birth control measures are insufficient. Hence governments should use mandatory standards. An incentive measure is a policy that provides a financial benefit to a family for limiting the size of their nest to a manageable number of children. People will focus more on their families, and less on their careers as the economy improves, leading to a decline in the overall population. India has a culture of voluntary contraception.

India has a large population and is second only to China in terms of the number of people living there. By 2045, as stated in the National Population Policy 2000, the population is expected to have stabilized. However, the UN study "Population Challenges and Development Goals" from 2005 presents a bleak picture of India's future.

According to the United Nations' 2015 edition of World Population Prospects, India's population is expected to reach 1419 million in 2022, while China's is expected to reach 1409 million. Despite the total fertility rate (TFR) declining from 3.6 in 1991 to 2.3 in 2013, India still needs to attain the replacement threshold of 2.1 births per woman.

Everyone in the country must follow the National Population Policy 2000. Several measures have been adopted as part of the Family Planning Programme as a direct result of the government's efforts to execute this policy, resulting in a substantial decrease in India's population growth rate.

(i) From 1991 to 2001, the country's decadal growth rate was 21.5%, but it declined sharply to 17.7% between 2001 and 2011.

(ii) The Total Fertility Rate (TFR) in India decreased from 3.2 in the years before the implementation of the National Population Policy, 2000, to 2.3 in 2013, as reported by the Registrar General of India's Sample Registration Survey (SRS) of 2013.

The shifting demographics of India are providing a significant boost to the country's economy. The following are areas where a further study of the economic effects of India's aging population might be enlightening. If the

government takes the proper policy steps, India may maximize the economic advantages of its aging population. Demographic factors influence the growth and development of economies like India's. Stagnation in economic growth is possible if people do not seize the possibilities presented by population shifts.

By the year 2030, India's population may have surpassed China's. By 2045, according to India's National Population Policy, the country's population is expected to have stabilized. The population is projected to reach 2.49 billion by the turn of the century if the trend of declining specific growth rate continues. To maintain manageable levels of people, stricter population planning measures must be implemented.

How and where urban traits first appeared?

We may attribute the growth of cities to three leading causes.

- Climate, terrain, and the availability of natural resources all contribute to what is known as the "environment," or the extent to which they can provide man's basic material needs.
- Technology is the efficiency with which artificial tools and innovations can use the world's natural resources. It takes advanced technology to sustain a large, settled population with a steady supply of food and other necessities.
- Social structure, or the degree to which an individual's worldview and set of social norms are consistent with the standards of his community.

That significant societal changes are occurring more swiftly today than at any other time in history is an observation confirmed mainly by social scientists. Modern society has undergone and is still undergoing profound structural changes due to several critical social movements. One such transformation is urbanization. After grasping these ideas, you will better get what it means to talk about urbanization.

Industrialization - Urbanization is now ingrained in today's society. This second category goes beyond simple industrialization. Industrialization refers to a shift in economic and social practices. The rate of urbanization may have increased with the onset of industrialization. The urbanization rate may have accelerated due to the emergence of industrialization.

Westernization inherently carries with it a lot of value judgments and debate. In the Indian context, it typically refers to a way of life and a set of beliefs imported from the Western Hemisphere. This may be the case in Indian cities where most residents have not embraced the western culture. Thus, the developed western nations have served as a model for urbanization.

Modernization measures technological progress, how it is used in practice, and how well it integrates with other developments. Reduced need for human effort through the introduction of automated processes is a critical component of modernization. However, it also represents a departure from more conventional ways of life by indicating novel ways of thinking, feeling, seeing, and doing. Though often associated with urbanization, modernization may also occur outside such settings.

"Urbanization is characterized by the shift of people from small settlements concerned largely or completely with agriculture to other places that are typically bigger and whose activities are principally centered upon Government, commerce, manufacturing, or associated concerns," writes the Encyclopaedia of Social Sciences. Consequently, we may say that such apparent features as;

- Population movement from rural to urban places;
- The population swells in a single location, indicative of a new mode of living;
- Other than agriculture, there is a wide range of jobs to choose from, and within those fields, people are free to move up and to the side.
- A distinct housing arrangement and economic structure that does not rely on farming.

Characteristics:

The psychological differences between city and country life are often cited as defining features of the two environments. To keep his ideas to himself and keep up with the pace of city life, the urban guy typically has to think and talk more quickly. The ability to adopt and abandon impersonal roles, such as when blending in with a throng and using anonymity as a kind of seclusion, is a hallmark of the urbane man. In terms of his appearance, demeanor, and social interactions, he probably thinks much about what is now in style. A person's possessions—their TV, radio, telephone, electric appliances, kitchen design, and the sorts of books and images they display on their walls—can provide clues about their urban lifestyle.

Here are a few of the most prominent characteristics.

1. Ways of Work

The term "industrial" is often used to characterize occupations in urban settings. However, this refers to more than jobs in factories. It is also a product of business, communications, and service. Work in a city or a hamlet may have similarities, but the methods used to complete tasks may vary. The utilization of machinery and the developing of more sophisticated workplace organizational practices are highlighted to boost employee output. More emphasis is placed on selling and purchasing work-by-time units in urban rather than rural areas. Leisure is defined as time spent doing anything other than work; as productivity increases, people have more free time to enjoy life. We may attribute this to city life.

2. Mobility :

Relationships in the urban environment are seldom stable and long-lasting. All established structures and patterns eventually shift, whether abruptly or gradually. Various societal, economic, and cultural forces work to

keep a person confined to the roles assigned to him by his family, community, religion, and profession. Pressures from the outside also force him to adapt and evolve. Moving up in one's field of work to a better-paying position or down to a lower-paying one is an example of social or vertical mobility. He now has a higher social standing than before. Because of this, he may need to find a new place to live that better reflects his elevated position. People relocating to an area increase the demand for jobs there, increasing the number and range of available jobs.

3. *Impersonal Social Relationship*

The city, it is believed, would not be as attractive if it were not for the strangers who frequent it. The outsider has more freedom than he did back in hamlet. It is only possible to know some people in a large group. There should be a careful selection of acquaintances and connections, and all social encounters should be cold and fleeting. While large family networks weaken over time, friendship webs flourish and evolve as new acquaintances are recruited, and others are forgotten. Because of this, city dwellers must accept the impersonal nature of city life if they want to enjoy its benefits.

4. *Family Living and the Individuals:*

The family has historically been the primary economic and social unit in rural areas. In societies with a strong emphasis on the joint family, such as India, an individual's social standing is primarily determined by familial ties. However, in most urban contexts, the person rather than the family unit serves as the primary unit in work, citizenship, and other relations. Unfortunately, the family unit is also losing some of its historical roles, especially those of economic and educational support.

5. *The Man-made Environment :*

The urban landscape has been characterized as mechanical previously. Plants, including trees, grass, and flowers, are carefully chosen and exclusively grown in specific locations. Water pipes, sewage pipes, and gas lines go under the pavement. Transportation routes might be above, below, or even in the air. The lights control the flow of traffic through the roadways. Communication networks are complex and extensive. Being urbanized necessitates knowledge of these infrastructures, which are fundamental to communal existence.

RURAL-URBAN DICHOTOMY

Although urbanization contributes to societal shifts, the process of urbanization itself has significantly evolved throughout time. India has a long history of urbanization, with city dwellers complementing their rural counterparts. The first effects of contemporary urbanization on traditional urbanism emerged during the period of the British administration. It would be instructive to contrast the ties between a hamlet and a metropolis in pre-British India with those that exist now. Several points must be made clear before determining the specifics of such connections. Throughout our discussion of methodological issues, we have assumed that the source of change for the traditional social structure of a village is the difference between rural and urban social forms. However, the opinions that "there is no genuine difference" between the two scenarios call for considerable thought in light of this remark. For example, D.F. Pocock contends that there is no meaningful contradiction or continuity between rural and urban contexts since the village and the city are components of the same civilization. For centuries, the city has been the center of caste politics, and it has been the king's responsibility to ensure that the caste system remains in place. While Pocock is correct in noting that village and town were both integral parts of pre-British India's civilization, there are essential differences between a village's social and cultural life and that of a town that can be attributed to their respective institutional forms and organizational ways. To further demonstrate our point, let us take a quick look back at that time.

In contrast to rural areas, urban areas had many more career opportunities. Initially, farmers, the Jats, and Ahirs became transport contractors in the Mughal metropolis of Delhi. The city was the center of both fluidity and crystallization in caste relations. Under Buddhism, the Kshatriya were positioned at the pinnacle of the vernacular hierarchy, which the Brahmin worldview had previously legitimized.

When comparing urban and rural social structures, formal legal institutions stand out. Communities that were once geographically and culturally isolated are now being brought into the mainstream. However, once India gained its independence, things began to change. As we have seen in the Indian context, urban centers significantly impact rural areas. A social, economic, or religious system, for example, is societal in scope, and even in these nations, individuals from all walks of life partake in a common core culture or what Redfield called the Great society. Cohn argues that the Mughal judicial system, at least in principle, ensured uniformity in the process from the court of the Emperor down to the pargana.

PRESENT STUDY - Need and Importance

Congestion, overcrowding, and a general lack of space are only some challenges that rapid industrialization and urbanization have brought to many nations. These impacts are also felt in India. Various social and demographic challenges are associated with a growing and concentrated population. The necessity for town and city planning has consequently arisen. This research is scholarly and aims to get a better knowledge of city life.

Research on the dynamics of urbanization has concentrated chiefly on the world's largest cities. The demand for urban property has skyrocketed in tandem with the city's population, especially during the last two decades. The economic perspective on urbanization is equally crucial.

LITERARY REVIEW

Five potential pathways to the demographic dividend are outlined in this chapter. More is needed to know how male and female labor contributes to overall economic development. Change and policy interactions are essential to analyze, particularly in governance, trade, and labor market circumstances. Changes in age structure due to external factors like immigration policy or infectious disease mortality, for instance, may be amenable to economic analysis. To better differentiate the causal impacts, future macroeconomic research and the use of microdata might strive. (Bloom, 2012)

This document provides a comprehensive history of the national population strategy and programs. In 1952, India was the first to implement a national family planning initiative. There have been Indian Programmes for more than 50 years. This study analyses the national population policy and program. It presents both the successes and failures of the programs and policies. The programs continue in the same vein, notwithstanding the elimination of the 'target approach. (Srinivasan, 2007)

Despite a lengthy history of urbanization, India is often thought of as a "land of villages." This study argues that focusing on urban and rural development separately has been counterproductive. The article continues by outlining the near-term objectives, which include training for new industries, creative use of technology, and collaborative community development. (Chatterjee, n.d.)

India now has some of the world's leading scholars in the emerging discipline of urban geography. This trend toward more specialization in urban geography emerged in the 1980s and continued into the early 1990s. This variety becomes strikingly apparent when looking at the city from the inside, where the focus is on its people and their customs. The focus of inter-urban studies is on examining macro-level urbanization trends and patterns. This review of recent studies in urban geography in India throughout the 1980s and early 1990s reveals an impressively diverse body of work in this area.

There is widespread consensus that this study area has been one of the most productive in terms of new empirical research and scholarly publications in recent years. However, research shows that only a tiny fraction of geographers put time or energy into creating models. The urban landscape of India is developing rapidly. As a result, urban geographers need to create new methods for assessing these shifts and their effects. Many of the substantive issues discussed in this article need to be more developed, calling for further study. (Thakur & Parai, 1993)

Problem Definition

Controlling rural areas bordering urban ones can be difficult because of the following:

Problem with Classification- We classify as rural areas everywhere that are not census towns or statutory towns. The urban impact can be as high as fifty thousand people in these areas. A population perspective must be taken into account when formulating policy.

Traffic and housing- Overcrowding on the roads, clogged sewers, inadequate housing, and the emergence of slums and squatters are all consequences of these communities' rapidly expanding populations.

Therefore, to secure accountability from the government, we need to reclassify our distinction between urban and rural districts. It is crucial to improve job opportunities in these areas while expanding infrastructure to accommodate a growing population so that people do not have to travel to metropolitan centers that are already at capacity to find work.

METHODOLOGY

Research Design

The National Family Health Survey (NFHS-5) collected information from 2019 to 2021, only two years before the NFHS-4 did the same (2015-16). Data collection began in 1990 and will continue until the 2021 census to compare the different indicators. Multiple analyses were conducted for this study.

Two types of research are conducted:

- (1) Research-based on Urbanization and urban expansion studies in India, and
- (2) Research-based on secondary data, such as Census and NFHS-5 data.

Sampling Process

Population Growth

The differential equation for exponential growth is given as follows:

$$dN / dt = rN \quad (1)$$

where r is the individual growth rate, N is the population at time t , and dN/dt is the instantaneous rate of increase. Once N is plugged into the equation, we get,

$$N = N_0 \exp(rt) \quad (2)$$

N_0 represents the total number of people in the world at the outset. When we subtract the particular natality rate from the specific mortality rate, we get the specific growth rate. We refer to the "intrinsic rate of natural increase" as the growth rate that can be achieved when resources are not a limiting factor. The assumption behind exponential population growth is that the rate of increase is constant across the period under consideration. In the previous century, India's population exploded almost exponentially.

$$N = 192.04 * 10^6 \exp(rt), \quad (\text{correlation coefficient} = 0.9740, p < 0.001)$$

Census Definition of Urban

A town or village generally serves as the primary settlement. This distinction between rural and urban regions is acknowledged in all censuses across the globe, and statistics are often provided separately for each.

Here are the (census-2011) minimum requirements for classifying a place as urban:

- (i) A region overseen by a municipal or cantonal authority or a committee for the area has been notified.
- (ii) The following inclusions meet the following three requirements:
 - Five Thousand People Required At Least
 - Seventy-five percent of the male labor force is not involved in agriculture.
 - 400 people per square kilometer minimum population density

Rural encompasses everywhere that is not an urban core. The majority of the people living in these outlying regions work in agriculture.

Standard Urban Areas (SUA)

To more accurately tabulate urban statistics, the 1971 Census introduced the concept of the Standard Urban Area. The building blocks of any city are:

- (i) At least 50,000 people must live inside the city limits to be considered a "city."
- (ii) The surrounding areas, which may include both urban and rural administrative entities, should have strong social and economic linkages to the city itself, and
- (iii) In the next two to three decades, the whole area will likely experience urbanization.

The plan is to provide comparative data for a defined urbanization zone over three decades. These views replaced the Town Group ideology prevalently during the 1961 census. The urban aggregation was made up of unconnected settlements that still depended on one another for survival. Criticism at a conference of the International Geographic Union in November-December 1968 led to the invention of the concept of Standard Urban Area for use in the 1971 Census since the boundaries of the towns themselves altered and the intervening regions were left out of consideration, rendering the figures for such town groups unequal from Census to Census. If data for this Standard Area were made available in the following two or three censuses, it would provide a far more accurate picture for analyzing urbanization around large metropolitan centers.

Urban Agglomeration

An urban agglomeration may consist of a single city and its OGs or two or more cities that are physically close together, with or without their OGs. A group of municipalities with a combined population of at least 20,000 in the 2001 Census cannot be considered an Urban Agglomeration unless it also contains at least one statutory town. Some other settings have also been regarded as such extra combinations to constitute urban agglomerations, provided that they meet the primary criterion of contiguity.

Collection Of Data

Data gathering and analysis plans may be created to demonstrate effective population management. Like other descriptive studies, this research aims to provide a picture of what it is like to be a member of a particular group, community, or set of circumstances, in this case, the urban population of a specific geographical area. Analytical in nature involves scaling down from the big picture to examine details. The categories mentioned above of information have been gathered from the 2001 and 2011 Indian censuses.

The National Family Health Survey (NFHS)-5 provided the data utilized in this study. Five of these polls date back to 1990. Before conducting a survey, the NFHS collects data from the previous three years. These three years were selected to minimize issues associated with shifting births from more recent to older ones, limit sample variance, and gather the most up-to-date information possible. SPSS was used to analyze the data, and comparisons were established using the year of implementation as a standard. Data availability and degree of trustworthiness are crucial in determining the success or failure of any research endeavor. Since the present study relies on previously collected data, its accuracy cannot be guaranteed.

Secondary data were used for this analysis, as was previously noted. We also know that this supplementary information might come from either private or public sources. Personal records include things like life narratives, letters, and diaries. Public papers, on the other hand, include legislative debates, recorded speeches,

census reports, and yearly reports. In India, there is a plethora of information available in print. The majority of these come from federal and state governments. Following are some places in India where you may get data relevant to urban studies.

- Books and reports based on census data.
- Systematic, Nationwide Polls
- Indian institutions devoted to urban studies.

Census in India

The Indian government requires a census to be taken every ten years to get a complete picture of the country's population and its many facets, including demographics (such as growth or decline), economics (such as income and employment), and culture (such as language and migration). As of the 1971 census, data tabulation on cities, especially those with populations of 100,000 or more, is prioritized. Cities having population of one million or more received their separate reports.

RESULTS

The population of India is now 1.21 billion, up 181 million from a decade ago. That growth has halted is unprecedented during the last century. The population is estimated to be 623.7 million males and 586.5 million females, making up 17.5% of the world's total, according to data from the 2011 Census. China has the largest population in the world, accounting for 19.4 percent.

Table.1 Population Profile _ Census 2001 – 2011
Population, decadal growth rate, sex ratio, child sex ratio.

India	Population 2011			Population Growth Rates		Sex ratio		Child sex ratio	
	Perons	Male	Female	1991 - 2001	2001 - 2011	2001	2011	2001	2011
	1210569573	623121843	587447730	21.3	17.7	933	943	927	919

Since independence, only in the last ten years has urbanization outpaced rural growth (2001-11). The population data from 2011 provides unmistakable evidence of this pattern. About 2,500 brand-new towns and cities arose in only ten years. This is astonishing when you consider that the total number of new towns built in the whole century (1901-2001) was around the same (table 2). However, cityscapes did eventually undergo a discernible shift. Over this century, the proportion of people living in cities of varying sizes flipped utterly. Multiple iterations of India's National Family Health Survey (NFHS) have been done, each covering a large enough sample of the country's population to be statistically significant.

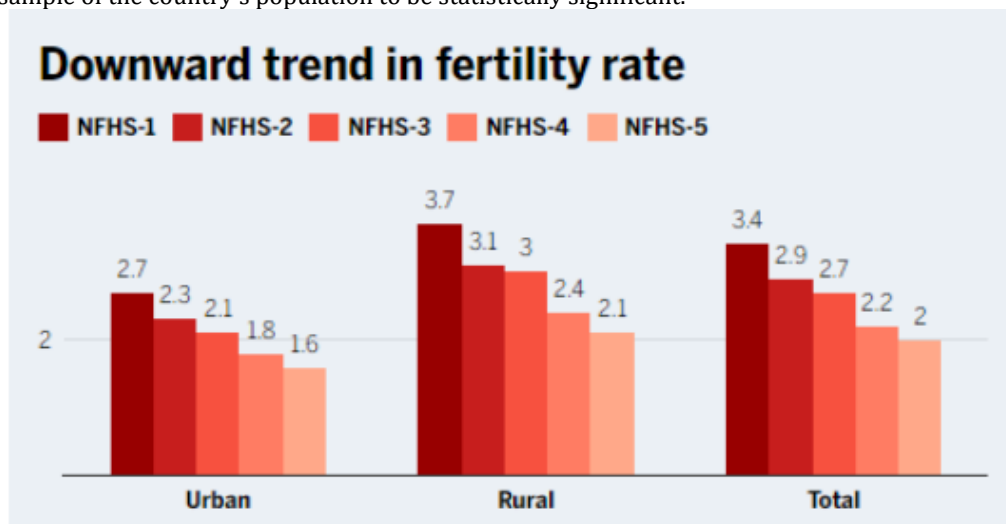


Fig.3 Reduced population growth as a result of falling fertility rates.

As its name implies, the primary purpose of the National Family Health Survey (NFHS) is to gather and communicate objective, comparative statistics on health, family well-being, and other news.

What we know for sure about NFHS-5 (2019-21) against NFHS-4 (2015-16)

The Ministry of Health and Family Welfare has released the Rural Health Statistics (RHS) report for fiscal years 2020-21. Public health institutions in each State/UT may have access to valuable data regarding their facilities and people.

- Results from India's recent population control attempts have been encouraging. Between NFHS-4 and -5, the national average of children per woman, often known as the Total Fertility Rate (TFR), decreased from 2.2 to 2.0.
- The country's percentage of women using modern birth control methods has increased from 54% to 67%. In almost every country and region, more and more women are choosing modern birth control methods. From 13 percent to 9 percent, the proportion of persons with unmet needs concerning family planning has decreased considerably. Only around 4% of Indians now deal with the effects of insufficient spacing, although this was formerly a far more significant issue.
- The percentage of expecting mothers who went to an ANC in their first trimester rose by 13 points between the NFHS-4 and NFHS-5 surveys. From 2015–16 to 2019–21, there was a considerable jump from 51% to 58% of mothers receiving at least four ANC visits.
- Between 1979 and 2015, the proportion of births in India in hospitals or other care facilities increased considerably, from 79% to 89%. In the United States, around 87% of births happen in hospitals, rising to 94% in major cities.
- Seventy-six percent (NFHS-5) of children vaccinated between 12 and 23 months old were considered fully protected. The NFHS-4 figure was 62%, so this is an improvement.

DISCUSSIONS

There was a spike in the number of people living in cities in the first Census taken after independence. After then, for the next two decades, urbanization remained relatively static. A further spurt of decadal expansion occurred between 1971 and 1981. The urban expansion rate has been higher than the rural rate in the past ten years. The 2011 town count is a clear indication of this trend. The last decade of the twentieth century saw the establishment of about 2,500 new towns, a staggering figure when contrasted with the overall rate of urbanization growth during the century (3). Throughout the century, there was a complete reversal in the size distribution and population share across metropolitan centers of different size classes. There is a Pareto-like distribution in its statistics. (Chatterjee, n.d.)

According to the most recent data from the National Family Health Survey, the fertility rate in India has been decreasing for some time (NFHS-5, 2019-21). Compared to the replacement rate of 2.1, at which a mother is replaced by a daughter, the Total Fertility Rate (TFR) has decreased from 2.2 (NFHS-4, 2015-16) to 2.0. How likely are further drops in fertility rates? From an estimated 6 in 1951, the TFR dropped to an estimated 5.2 in 1971, 3.6 in 1991, and 2.4 in 2011. These figures are directly from the 2018 SRS report. TFR lowering may have slowed since the year 2000. Most states had a decrease in TFR between 2015–16 and 2019–21 (Fig 3), and this trend is expected to continue. Moreover, whereas the Andaman and Nicobar Islands and Sikkim have the lowest birthrates in India, Bihar and Meghalaya have the highest. From 3.7 children born to every woman in 1992–1993, the TFR for rural areas dropped to 2.1 in 2019–2021. Urban women also gave birth to fewer children, with the rate falling from 3.0 per 1,000 in 1992–1993 to 1.6 per 1,000 in 2019–2021. The rate of female victimization by male household members is 48% in Karnataka, higher than in any other state except Bihar, Telangana, Manipur, and Tamil Nadu. Domestic violence is 2.1% lower in Lakshadweep than in any other form.

C. Chandramauli, India's Registrar General and Census Commissioner, said in front of Home Secretary Gopal K. Pillai that the ten years between 2001 and 2011 were the first to add fewer people than the prior ten years for the first time since 1911 to 1921. India is divided into 29 states and seven union territories, the largest being Uttar Pradesh (home to 199 million people) and the smallest being Lakshadweep (population: 1.4 million).

CONCLUSION

The National Family Health Survey (NFHS-5) collected information from 2019 to 2021, only two years before the NFHS-4 did the same (2015-16). There are the following (census-2011) requirements for classifying a location as urban. It must have a population of at least 5,000, with a density of at least 400 people per square kilometer, and at least 75% of its male working population must be employed in sectors other than agriculture. This distinction between rural and urban regions is acknowledged in all censuses across the globe, and statistics are often provided separately for each. Population and urbanization statistics for India between 2001 and 2011 were compiled from the NFHS-5, which is part of the country's national census system. The present investigation is analytical, progressing from broad to specific levels of analysis to draw general conclusions. Every ten years, the government of India conducts a census to gather data about the country's populace's demographics, economy, and culture. As of the 1971 census, data tabulation on cities, especially those with populations of 100,000 or more, is prioritized. It is only in the last ten years that urbanization has outpaced rural growth (2001-11).

Multiple iterations of India's National Family Health Survey (NFHS) have been done, each covering a large enough sample of the country's population to be statistically significant. The Ministry of Health and Family Welfare has released the Rural Health Statistics (RHS) report for fiscal years 2020-21. From 54% to 67%, the

overall prevalence rate of contraceptive use in the nation has increased. Once widespread, inadequate spacing in India has now been reduced to affecting just around 4% of the country's residents. The vaccination rate among children aged 12–23 months was over 75%. The NFHS-4 figure was 62%, so this is an improvement.

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