

A. NCERT TEXTBOOK QUESTIONS

Q.1. Find out what could be the reasons of uneven distribution of population in India. (Page 54)

RECAP	NOTES
SPARSE POPULATION Rugged terrain + unfavourable climatic condition	Ans. 1. Rugged terrain and unfavourable climatic conditions are primarily responsible for sparse (<i>less</i>) population in some areas.
HILLY AREAS <ul style="list-style-type: none"> Hilly, dissected and rocky nature of the terrain moderate to low rainfall fertility of the soil 	2. Hilly, dissected and rocky nature of the terrain, moderate to low rainfall , shallow and less fertile soils influence population in hilly areas.
NORTHERN PLAINS Flat plains with fertile soils abundant rainfall	3. Flat plains with fertile soils and abundant rainfall have led a large number of people to settle in the densely populated Northern Plains.

Q.3. Find out what could be the reasons for such (sex ratio) variations. (Page 58)

RECAP	NOTES
Sex variation → SOCIAL MAKEUP OF INDIA	Ans. The reasons for sex ratio variations in the states of India is the social makeup of India.
GENERALLY <ul style="list-style-type: none"> favouring male child female foeticide dowry problems – female a burden 	1) The people here have remained in favour of male child leading to female foeticide (<i>illegally killing a female foetus</i>) and dowry problems which makes people think of female children as a burden.
KERALA <ul style="list-style-type: none"> educated people – follow matriarchal society (<i>a woman who is head of a family or tribe</i>) rules sex ratio in Kerala is 1058 females per 1000 males. 	2) In states like Kerala there are well educated people who also follow matriarchal society (<i>a woman who is head of a family or tribe</i>) rules and sex ratio in Kerala is 1058 females per 1000 males.
HARYANA <ul style="list-style-type: none"> Female child is looked upon Many cases of female foeticide 	3) In Haryana female child is looked down upon and most female foeticide cases

<ul style="list-style-type: none"> has sex ratio of 861 females per 1000 males. 	occur here. Thus it has sex ratio of 861 females per 1000 males.
--	--

Q.2. Answer the following questions briefly.

(i) Why is the **rate of population growth** in India **declining** since 1981?
 Short Q.19. Why is the rate of population growth in India **declining since 1981**?
 Give any **three reasons**. [2011 (T-2)]

LONG Q.2. Describe three methods to show how the population of a nation **CAN BE PLANNED**. (Change tense to future tense – eg can be introduced, focusing more on career and education will result in late marriage and delayed child bearing)

RECAP	NOTES
BIRTH CONTROL MEASURES Accessible Affordable Rural and urban areas	The rate of population growth has been declining as a result of greater use of birth control measures which is now accessible and affordable to all sections of rural and urban population.
FAMILY PLANNING Motivational family planning campaign Mass media Limiting family size	Motivation programmes like advertisement of family planning campaign of “ HUM DO HAMMARAY DO ” through mass media like newspapers, radio, television, films helped to make people conscious about need of limiting family size.
LATE MARRIAGES + DELAY CHILD BEARING focus on education and career	Late marriages and delayed child bearing due to focus on education and career especially with the improvement in the quality of life, particularly education of females in the country.

LONG Q.3. What is the **importance of family planning**? Discuss how it can **help the country**.

Ans.

Comprehensive + successful = PP Highly populated country - INDIA	1. Family planning is a comprehensive and successful method of population planning in a highly populated country like India..
improve individual health + welfare Government of India -1952.	2. Recognizing that the planning of families would improve individual health and

	welfare , the Government of India initiated a comprehensive family planning programme in 1952.
BASIC AIM reduce birth rate → acceptance of a small family size as an ideal family by the people. providing supplies and services → birth control.	3. The basic aim of family planning was to reduce birth rate through acceptance of a small family size as an ideal family by the people and providing supplies and services for birth control .
WHY we need family planning	
control the growth rate of population	4. Family planning can help to successfully control the growth rate of population in a country.
reduce pressure on our limited natural resources	5. So, it can help to reduce pressure on our limited natural resources .
family size is small → <ul style="list-style-type: none"> • arrange for the education of their children • for proper health care of family members. 	6. When the family size is small , people can arrange for the education of their children and for proper health care of family members.
Nutrition level standard of living improves Health standards literacy rates	7. Nutrition level and standard of living improves . Health standards and literacy rates of the population improves.
Govt X burden	8. The government does not have to take undue burden for arranging health and welfare programmes.
Problems tackled <ul style="list-style-type: none"> • poverty, • unemployment, • malnutrition, • shortage of food supply, • drinking water, • sanitation and • housing 	9. Problems like poverty, unemployment, malnutrition, shortage of food supply, drinking water, sanitation and housing can be tackled with reduction of population size through family planning.

(ii) Discuss the major components of population growth?

SHORT Q.2. Discuss the major components of population growth. OR What are the factors causing changes in the size of population? (CBSE 2010)

Short Q.15. There are three **main processes of change of population**. Explain how these processes change the size of population. [2011 (T-2)]

RECAP	NOTES
Major components → BIRTH RATE, DEATH RATE AND MIGRATION.	1. The major components of population growth are Birth Rate, Death Rate and Migration .
DIFFERENCE IN → birth rate and death - natural increase in population. High birth rate – low death rate ↑population	2. The difference between birth rate and death rate is known as natural increase of population. High birth rate and low death rate will result in high rate of population growth.
ADOPTION OF FAMILY PLANNING MEASURES	3. Adoption of family planning measures leads to decline in birth rate.
BETTER MEDICAL FACILITIES - low death rate	4. Better availability of medical facilities leads to decrease in death rate.
INTERNAL MIGRATION - changes the pattern - different parts of the country.	5. Internal migration only changes the pattern of population over different parts of the country.
INTERNATIONAL MIGRATION – AFFECTS - magnitude and the quality of population	6. International migration affects both the magnitude and the quality of population

(ii) Define **age structure, death rate and birth rate**. (CBSE 2010)

LONG: Q.4. Define the terms, age structure, death rate and birth rate. (V. Important)

RECAP	NOTES
Age structure - number of people in different age groups . Children (0-14 years), Adults (15-59 years) and Aged (60 years and above).	Age structure refers to the number of people in different age groups. The commonly adopted age groups are Children (0-14 years), Adults (15-59 years) and Aged (60 years and above).
TWO MAIN COMPONENT – BR DR POPULATION GROWTH Difference – increase of population	Birth rate and death rate are two main components of population growth and the difference between them gives the natural increase of population in a country.
Birth rate - live births - per thousand persons in a year.	Birth rate is the number of live births per thousand persons in a year.
Death rate - number of deaths - per thousand persons in a year.	Death rate is the number of deaths per thousand persons in a year.

SHORT Q.16. Categorize the population of a nation into three broad categories on the basis of age composition and explain it. [2011 (T-2)]

Ans.

RECAP	NOTES
	The population of a nation is grouped under three categories.
Children (generally below 15 years). - economically unproductive - Require: food, clothing, education and medical care.	- Children (generally below 15 years). These groups are economically unproductive . They require food, clothing, education and medical care .
Working Group (15 to 59 years age). - economically productive and biologically reproductive. - burden of children and aged group.	- Working Group (15 to 59 years age). They are economically productive and biologically reproductive . These group bears the burden of children and aged group .
Aged (Above 59 years) - large unproductive and depends upon the working group.	- Aged (Above 59 years). This group is by and large unproductive and depends upon the working group .

Q.18. What is dependency ratio? Why is dependency ratio higher in India? [2011 (T-2)]

Ans.

RECAP	NOTES
Ratio: <u>dependent age (below 15 years and above 60 years)</u> economically active ages (15–59 years)	The ratio of people of dependent age (below 15 years and above 60 years) to people of economically active ages (15–59 years) is called dependency ratio.
Higher because 1) High BIRTH RATE : population OF children are more 34.4% children + 2) Low death rate 6.9 % aged ARE DEPENDENT ON working population (58.7%).	The dependency ratio is higher in India because 1) Due to high Birth rate the population is more in India therefore a larger number of children (34.4 per cent) are found dependent upon the working population (58.7%).

	2) And due to low death rate working population 6.9 % aged ARE DEPENDENT ON working population
They NEED food, clothing, education and medicare PROVIDED by working population.	The economically unproductive population needs food, clothing, education and medicare which has to be provided by the working population.

LONG Q.7. Why is **the study of age composition of population important**? Write a brief note

Ans : Write three broad categories on the basis of age composition and explain it + dependency ratio

ADD : why we need to study

WHY

Determines role of consumer and producer	1) A person's age determines his role as a consumer and producer in the economy.
Notable determinant Of Population's social and economic structure.	2) As such, the study of age composition of the population is important it is a notable determinants of the population's social and economic structure.
Framing programmes for 1) Population policies 2) Education 3) Health and welfare programmes	3) The framing of programmes for population policies and education and health and welfare programmes is influenced by it.

(iv) How is migration a determinant of population change?

RECAP	NOTES
Internal migration - population change - across regions and territories	Internal migration determines population change across regions and territories within the country.
Significant migration – rural to cities	In India there has been a significant migration from the rural areas to the cities.

Magnitude - sex ratio and age composition.	Apart from magnitude , migration also brings about change in terms of sex ratio and age composition.
Rural areas migration - men	The migration from rural areas comprises only men.
Therefore - a) the sex ratio – village - decline	As such, the sex ratio in village registers a decline and so does the age composition.
b) able-bodied men in villages - REDUCED	The number of able-bodied men in villages is reduced as a result of the rural-urban migration.

Q.3. Distinguish between population growth and population change.

Ans. Population growth is different from population change.	
Population growth is determined by the birth and death rates .	Population change, on the other hand, is determined by the birth and death rates and also by migration

NCERT Q.4. What is the relation between occupational structure and development?

SHORT Q.1. What are the relationships between occupational structure and development?

SHORT Q.17. What is meant by Occupational Structure? Explain the Occupational structure of India. [2011 (T-2)]

RECAP	NOTES
WHAT IS OS ? Distribution - working population–occupation reflects the level of development of a country	1. The distribution of the working population according to the occupations they are engaged in, is referred to as the occupational structure . It reflects the level of development of a country.
Primary agriculture, forestry, fishing, animal husbandry, mining and quarrying Secondary manufacturing industry, building and construction work Tertiary transport communication, trade and commerce, and services	2. Occupations are generally classified as primary (agriculture, forestry, fishing, animal husbandry, mining and quarrying), secondary activities which include manufacturing industry, building and construction work etc. and tertiary activities include transport communication, trade and commerce, and services.

Development → occupational structure of the population.	3. Development is related to occupational structure of the population.
As DEVELOPMENT ↑se People → secondary occupations	4. As development takes place more people move into secondary occupations
HIGHLY DEVELOPED SOCIETIES - High percentage of people → tertiary occupations	5. In highly developed societies , there are a high percentage of people involved in tertiary occupations.
INDIA 64 %– agriculture 13 % – secondary 20 % - tertiary Shift to industrialization and urbanization from agriculture	Write about India if only asked In India, about 64 percent of the population is engaged only in agriculture . The proportion of population dependent on secondary and tertiary sectors is about 13 and 20 per cent respectively. There has been an occupational shift in India in favour of growing industrialisation and urbanisation.

SHORT Q.5. What are the advantages of having a healthy population?

Ans. A healthy population ensures **higher productive efficiency**. **Absenteeism is low** where the workers are healthy.

LONG: Q.9. Discuss the advantage of having a healthy population. (Important)

Ans.

important component	1) Health is an important component of population composition.
Quality of the population depends → good health.	2) The quality of the population depends upon their good health .
Healthy population: <ul style="list-style-type: none"> physically strong and mentally active, economically more productive contribute towards the economic prosperity of a country. 	3) A healthy population is physically strong and mentally active, economically more productive and contribute towards the economic prosperity of a country.
Work hard + support family	4) Healthy people can work hard and earn enough to support their family members.
Reduce poverty Improve standard of living	5) This reduces poverty and raises standard of living of the population.
Socially active	6) A healthy population is socially more active.

more thinking and reasoning power remove social evils	7) They have more thinking and reasoning power , so they can remove social evils and lead to social progress.
government can concentrate on development projects instead of health care programmes → sick and diseased people.	8) The government can concentrate on development projects rather than diverting large share of its resources on health care programmes for the sick and diseased people.
contributive towards <ul style="list-style-type: none"> • economic, • social, • cultural and • political development 	9) Thus, healthy population is contributive towards economic, social, cultural and political development of a country

Q.6. What are the significant features of the **National Population Policy 2000**?
OR Write any **three goals / objectives of National Population Policy 2000**. (CBSE 2010)

SHORT Q.14. When was National Population Policy implemented? Give its significant features. OR What is (NPP) National Population Policy? Why was NPP initiated by the government? [2011 (T-2)]

LONG: Q.5. What are the main features of the National Population Policy 2000 ? (CBSE 2010)

RECAP	NOTES
	National Population Policy (NPP) was implemented in the year 2000..
	The National Population Policy 2000 provides a policy framework which aims at :
REDUCING INFANT MORTAL RATE Below 30 per thousand live births.	(i) reducing infant mortal rate to below 30 per thousand live births.
<ul style="list-style-type: none"> • IMPARTING FREE AND COMPULSORY SCHOOL EDUCATION up to 14 years of age. 	(ii) imparting free and compulsory school education up to 14 years of age.
<ul style="list-style-type: none"> • PROMOTING DELAYED MARRIAGES FOR GIRLS 	(iii) promoting delayed marriages for girls and
<ul style="list-style-type: none"> • UNIVERSAL IMMUNIZATION OF CHILDREN 	(iv) Achieving universal immunization of children against all vaccine preventable diseases.
<ul style="list-style-type: none"> • FAMILY PLANNING PROGRAMME • ADOLESCENT'S POPULATION WELFARE 	(v) In addition, the policy also focuses on adolescent's population welfare and Family planning programme.

B. SHORT ANSWER TYPE QUESTIONS (3 MARKS)

Q.3. What is a **census**? Why is it important for a country to conduct censuses periodically? (CBSE 2010)

RECAP	NOTES
official listing of population - periodically	A census is an official enumeration (listing) of population done periodically.
Counting - every tenth year	The counting is conducted usually every tenth year.
The data collected – compiled in a book – process - census	The data collected regarding every aspect of population is then compiled in a book and the whole process is called the census.
USES	The various uses of a census are as follows :
COMPREHENSIVE SOURCE - demographic, social and economic data	(i) It is the most comprehensive source of demographic, social and economic data.
INFORMATION – <ul style="list-style-type: none"> • population size and distribution • planning the development of various regions 	(ii) It provides us information regarding population size and distribution . So it helps in planning the development of various regions .
COMPARISON OF CENSUS REPORTS identifying the trend helps in resource planning	(iii) The comparison of census reports of various decades helps in identifying the trend of population growth. This helps in resource planning.
LEVEL OF ECONOMIC AND SOCIAL DEVELOPMENT identified FROM occupational structure and literacy rates	(iv) The level of economic and social development of a country can be identified from the occupational structure and literacy rates provided in the census.

NCERT Q.4. What are the **reasons for the decrease in death rate** in India after independence? (Important)

LONG Q.1. What are the main **causes of rapid population growth** in India? Explain any three. (CBSE 2010)

Ans.

RECAP	NOTES
-------	-------

INDIA's population ↑sed 236 million - 1901 361 million - 1951 1,028 million (approximately 1.03 billion) March 2001. India is the second most populous country - China	India's total population has increased from 236 million in 1901 to 361 million in 1951 to 1,028 million (approximately 1.03 billion) as on March 2001. India accounts for 16.7 per cent of the world's population. India is the second most populous country in the world after China.
Main cause ↪ rate of growth ⇨ rapid decline ➤ death rate.	The main cause of the rate of growth of Indian population since independence has been the rapid decline in death rate.
	The main reasons behind this decrease in death rate after independence are as follows.
medical facilities improvement of public health	(i) Better medical facilities and improvement of public health.
Prevention ➤ infectious diseases ➤ vaccines	(ii) Prevention of infectious diseases with the help of vaccines.
Controlling of epidemics ➤ health measures and better sanitation.	(iii) Controlling of epidemics through health measures and better sanitation.
Infant mortality ➤ family planning and child care programmes.	(iv) Decrease in infant mortality due to family planning and child care programmes.
better hospitals + modern medical practices ⇨ treatment of ailments	(v) better hospitals, modern medical practices in treatment of ailments.
rapid industrialization and urbanization ↑sed opportunities <ul style="list-style-type: none"> • livelihood • raised the nutritional level • living standard. 	(vi) Also, rapid industrialisation and urbanisation since independence have increased the opportunities for livelihood and raised the nutritional level and living standard.

Q.5. What is meant by **sex ratio? Give two reasons for **low sex ratio** in India. (CBSE 2010)**

Q Why there is more death amongst females

Ans.

RECAP	NOTES
number of females per 1000 males in the population.	Sex ratio is defined as the number of females per 1000 males in the population.
933 in 2001	The sex ratio in India was 933 in 2001. T

sex ratio in India males > females	The sex ratio in India is skewed (<i>sudden change in direction/position</i>) with the number of males exceeding the number of females.
UNFAVOURABLE to females	It has always remained unfavourable to females .
	The main reasons behind this are :
Unequal social treatment	1. Unequal social treatment.
Discrimination	2. Discrimination against girl child.
<ul style="list-style-type: none"> • Low literacy rates • lack of social awareness. 	3. Low literacy rates and lack of social awareness.
early marriage + large number of death ⇒ child birth	4. Evil effects of early marriage and large number of death during child birth.
Insufficient attention and care <ul style="list-style-type: none"> • girls after birth, • during adolescent period and • motherhood. 	5. Insufficient attention to and care of girls after birth, during adolescent period and during motherhood.
Poverty – prefer male – to earn	6. Poverty of the people leads to preference for male child as they become bread earners.
more death among females ⇒ sex ratio	All of the above result in more death among females and affects the sex ratio.

Q.6. Discuss the reasons for **very low population in Arunachal Pradesh**.

Ans.

RECAP	NOTES
AP - extreme north-eastern state of India, ➤ low population of 10.97 lakhs.	1. Arunachal Pradesh, the extreme north-eastern state of India, has very low population of 10.97 lakhs.
population density of only 13 persons per sq. km	2. The state has a population density of only 13 persons per sq. km.
hilly and forested	3. Most of the state is hilly and forested.
Climate - harsh + low average temperature.	4. The climate is harsh with low average temperature.
Rugged terrain and unfavourable climatic conditions = sparse population	5. Rugged terrain and unfavourable climatic conditions has resulted in sparse population in this state. As a result, the population density of the state is also very low.

Q.7. Discuss why the **knowledge about population growth is important?**

Ans.

RECAP	NOTES
WHAT IS	
BOTH - Producers and consumers of resources.	The population of a country is its most important resource because they are both the producers and consumers of resources .
Work force	They are the work force of a country .
Also means more hands to feed	But at the same time more hands to work also mean more mouths to feed .
Development – population – AVAILABLE resources	The development of a country is determined by its population in relation to the available resources .
Important to know about growth	So it is important to know about the population growth of a country.
WHY WE NEED TO KNOW	
Helps in resource planning	It helps in resource planning .
Govt – idea - requirements of health and educational facilities	It gives the government an idea about the requirements of health and educational facilities within the country.
Economic development	Economic development of a country is also influenced by population growth.
Low population growth = better standards of living	Developed countries population growth is lower , therefore they enjoy a better standard of living .
Countries with high population growth = growing population → burden for the country. Affecting physical and social environment.	While in developing countries with high population growth, the growing population becomes a burden for the country , affecting physical and social environment.

Q.8. How does migration affect the population of a nation? What are the causes of migration?

SHORT Q.13. What is migration? What is the impact of internal migration on the population within the nation? (CBSE 2010)

Ans. Internal migration does not change the size of the population, but influences the distribution of population within the nation. In India, most internal migrations have been from rural to urban areas.

Ans.

RECAP	NOTES
What is Migration Types	Migration is the movement of people across regions and territories . It can be internal (within the country) or international (between the countries).
Migration – important role - composition and distribution	Migration plays a very significant role in changing the composition and distribution of population of a nation .
determinant of population change.	It is an important determinant of population change .
population size + areas influenced	It changes the population size of the nations and the areas influenced by it.
Immigration (in-migration) increases emigration (outmigration) decreases the population	Immigration (in-migration) increases the population of a nation while emigration (outmigration) decreases the population of a nation.
affects population composition – age & sex	Migration also affects population composition in terms of age and sex composition.
<ul style="list-style-type: none"> • better employment opportunities. • better living conditions, for educational and health facilities • natural calamities • to war, partition and political unrest 	Migration takes place due to the following reasons : <ol style="list-style-type: none"> (a) For better employment opportunities. (b) For better living conditions, for educational and health facilities. (c) On account of natural calamities like floods or droughts or epidemics. (d) Due to war, partition and political unrest.

Q.9. Describe the reasons behind the high density of population in Uttar Pradesh and West Bengal.

Ans.

RECAP	NOTES
UP - most populous state of India population density of 689 persons per sq. km.	Uttar Pradesh is the most populous state of India and has a population density of 689 persons per sq. km.
WB - high population density of 904 persons per sq. km.	West Bengal has a high population density of 904 persons per sq. km.
REASONS	The high density of population in these states is on account of the following reasons :
THE GANGA PLAINS → <ul style="list-style-type: none"> ▪ flat terrain, fertile soil and abundant supply of water 	(a) Both the states are located in the Ganga Plains . The Ganga Plains are characterised by flat terrain, fertile soil and abundant supply of water. These

<ul style="list-style-type: none"> ▪ favourable → agriculture + support other means of livelihood 	conditions are favourable for agriculture and support other means of livelihood as well.
The flat land – favourable conditions for settlement <ul style="list-style-type: none"> ▪ setting up of industries + improving infrastructure ▪ Work opportunities + better living conditions 	(b) The flat land provides favourable conditions for settlement , for setting up of industries and for improving infrastructure of the region. Work opportunities and better living conditions attract population.
Climate and abundant rainfall.	(c) Suitable climate and abundant rainfall .
Location of metro cities + big cities Kolkata – WB L, A, K A – UP	(d) Location of metro cities like Kolkata in West Bengal and big cities like Lucknow, Agra, Kanpur and Allahabad in Uttar Pradesh .

Q.10. Distinguish between **immigration and emigration**. (Important)

Ans.

Migration is the movement of people across regions and territories.		
	Immigration	Emigration
Definition	When people migrate into a nation from other nations it is known as immigration or in-migration.	When people migrate from one nation to other nations it is known as emigration or out-migration.
↑ses or ↓ses	Immigration increases the total population of a nation by adding to the existing population.	Emigration decreases the total population of a nation because people move out from the nation.
Why	People immigrate to nations having better work opportunities and better living conditions .	People emigrate from nations in search of better opportunities for survival and livelihood .

Q.11. Why is the **health of people a matter of major concern** for India? Explain any three reasons. (CBSE 2010)

Ans.

Despite considerable achievements, the health situation is a matter of major concern for India :

RECAP	NOTES
per capita calorie consumption - low	(i) The per capita calorie consumption is much below the recommended levels.

Malnutrition	(ii) Malnutrition affects a large percentage of our population.
drinking water and basic sanitation – 1/3 rural	(iii) Safe drinking water and basic sanitation amenities are available to only one-third of the rural population

Q.12. Give any three reasons for the steep rise in the population of India since 1921. (CBSE 2010)

Ans.

RECAP	NOTES
	After 1921, India's population has been constantly increasing.
SOCIAL CAUSES :	Social causes :
• Early marriage	(i) Early marriage of men and women
• literacy	(ii) lack of literacy , particularly among females
• social and religious superstition	(iii) social and religious superstition and rigidity that having children and a male child immediately is a must
ECONOMIC CAUSES :	Economic causes :
• High birth rate and low death rate	(i) High birth rate and low death rate
• Improved medical facilities and low rate of infant mortality	(ii) Improved medical facilities and low rate of infant mortality (<i>death of a child less than one year of age.</i>)
• proper family planning	(iii) Lack of proper family planning techniques.

LONG Q.6. Write a note on the adolescent population of India. (Important) OR Give one health problem which is common among adolescent girls. Explain the needs of adolescents which the National Population Policy 2000 focuses on. (CBSE 2010)

Ans.

RECAP	NOTES
Adolescent - age group of 10 to 19 years	The segment of population within the age group of 10 to 19 years is generally termed as adolescents.

<ul style="list-style-type: none"> would-be adults and workforce Resource of the country for the future. 	They are the would-be adults and workforce and are the most important resource of the country for the future .
One fifth of the total population.	In India one fifth of the total population is the adolescent population.
Nutrition requirements of adolescents higher	Nutrition requirements of adolescents are higher than a normal child or adult.
But in India – diet and nutrition inadequate	But in India, the diet available to adolescents is inadequate and deficient in all nutrients.
Adolescent girls is worse - anaemia .	The condition of adolescent girls is worse . A large percentage of them suffer from anaemia .
unwanted pregnancies STD	They face the problems of unwanted pregnancies and sexually transmitted diseases .
National Population Policy 2000 nutritional requirements + sexual protection	The National Population Policy 2000 realised the importance of greater attention to the adolescents. Besides nutritional requirements , the policy has put emphasis on sexual protection of the adolescents.
PROGRAMMES	The programmes included.
<ul style="list-style-type: none"> delayed marriage and child bearing 	(i) encouraging delayed marriage and child bearing ,
<ul style="list-style-type: none"> prevent child marriage, 	(ii) strengthening legal measures to prevent child marriage ,
<ul style="list-style-type: none"> risk of unprotected sex, 	(iii) education of adolescents about the risk of unprotected sex ,
<ul style="list-style-type: none"> food supplements and nutritional services 	(iv) Providing food supplements and nutritional services .

Q.10. Discuss the advantage of having a higher percentage of young people in a country. (Important)

Ans.

RECAP	NOTES
<ul style="list-style-type: none"> PRIZED RESOURCE for a country 	1) Young people are the most prized resource for a country .
<ul style="list-style-type: none"> highest WORK EFFICIENCY country's WORKFORCE 	2) They have the highest work efficiency and comprise a great part of the country's workforce .
<ul style="list-style-type: none"> ECONOMICALLY MOST PRODUCTIVE contribute greatly to the economic development and prosperity of the country 	3) They are economically most productive and contribute greatly to the economic development and prosperity of the country .

<ul style="list-style-type: none"> helps in increasing the productivity of agriculture 	4) In an agricultural country like India where a large number of agricultural labourers are required, a large young population helps in increasing the productivity of agriculture.
<ul style="list-style-type: none"> help in industrial development active and painstaking 	5) They also help in industrial development as they are more active and painstaking (taking effort).
<ul style="list-style-type: none"> more innovative development of new technologies → advancement of the country. 	6) The younger people are more innovative and contribute to the development of new technologies for the advancement of the country.
<ul style="list-style-type: none"> social and cultural advancement in the country 	7) A higher percentage of young people also means social and cultural advancement in the country.
<ul style="list-style-type: none"> campaign against social evils and bring forward social reforms to do away with vices (bad habit /culture) like child marriage, dowry, discrimination against girl child and illiteracy. 	8) They are the ones to campaign against social evils and bring forward social reforms to do away with vices like child marriage, dowry, discrimination against girl child and illiteracy.
<ul style="list-style-type: none"> biologically most productive – bring in this world future human resources. 	9) The young people are biologically most productive. They bring the future human resources to the world.
<ul style="list-style-type: none"> healthy population and less expenditure on health programmes 	10) A higher percentage of young people in the country also means healthy population and less expenditure on health programmes

Q.8. Discuss the factors responsible for distribution of population in India. (CBSE 2010)

RECAP	NOTES
distribution of population - not uniform	The distribution of population in India is not uniform.
<ul style="list-style-type: none"> Uttar Pradesh - 166 million, Himalayan state of Sikkim has a population of just 0.5 million. half of India's population lives in just five states – Uttar Pradesh, Maharashtra, Bihar, West Bengal and Andhra Pradesh. 	While Uttar Pradesh has a population size of 166 million , the Himalayan state of Sikkim has a population of just 0.5 million . Almost half of India's population lives in just five states – Uttar Pradesh, Maharashtra, Bihar, West Bengal and Andhra Pradesh.
The main factors responsible for uneven distribution of population in India are as follows.	

<p>Climate :</p> <ul style="list-style-type: none"> • favourable climate • high rainfall like the coastal plain and the Northern Plains • have a high population density. <p>REGIONS WITH HARSH CLIMATE → Himalayan region and the Indian desert have sparse population. Rajasthan is huge but has only 5.5 % of the total population of India WHY due to harsh climate (hot, dry less rainfall)</p>	<p>Climate :</p> <ol style="list-style-type: none"> 1. Areas with favourable climate and high rainfall like the coastal plain and the Northern Plains have a high population density. 2. Heavy monsoon rains brings agricultural prosperity in these areas and support a big density of population. 3. On the other hand, regions with harsh (difficult) climate like the Himalayan region and the Indian desert have sparse population. 4. Thus, Rajasthan, the largest state in terms of size, has only 5.5 per cent of the total population of India.
<p>Relief :</p> <ol style="list-style-type: none"> 1. relief features - influenced the distribution of population 2. Northern Plains (flat, fertile terrain) + Coastal plains → higher population densities 3. peninsular states (hilly, dissected and rocky terrain) → have moderate densities 	<p>Relief :</p> <ol style="list-style-type: none"> 1. The varied relief features of the vast country has influenced the distribution of population. 2. As such the Northern Plains with flat, fertile terrain and the coastal plains have higher population densities. 3. The peninsular states with hilly, dissected and rocky terrain have moderate densities. 4. While the mountainous region in the north and northeast have sparse population on account of the rugged terrain.
<p>Soil</p> <ul style="list-style-type: none"> • fertile alluvial → favourable for agriculture → favourable for agriculture. • shallow and less fertile soil → lesser populations. 	<p>Soil : The fertile alluvial soil of the plains are favourable for agriculture and support large populations. Areas with shallow and less fertile soil have lesser populations.</p>
<p>Mineral wealth Mining areas → peninsular plateau attract population.</p> <ul style="list-style-type: none"> • Industrial centres, • ports, • commercial centres, • metro cities have high population densities <p>Opportunities of livelihood and greater facilities.</p>	<p>Mineral wealth : The mining areas of the peninsular plateau attract population. Industrial centres, ports, commercial centres, metro cities have high population densities because of better opportunities of livelihood and greater facilities.</p>