

Chapter 2

Population

Population

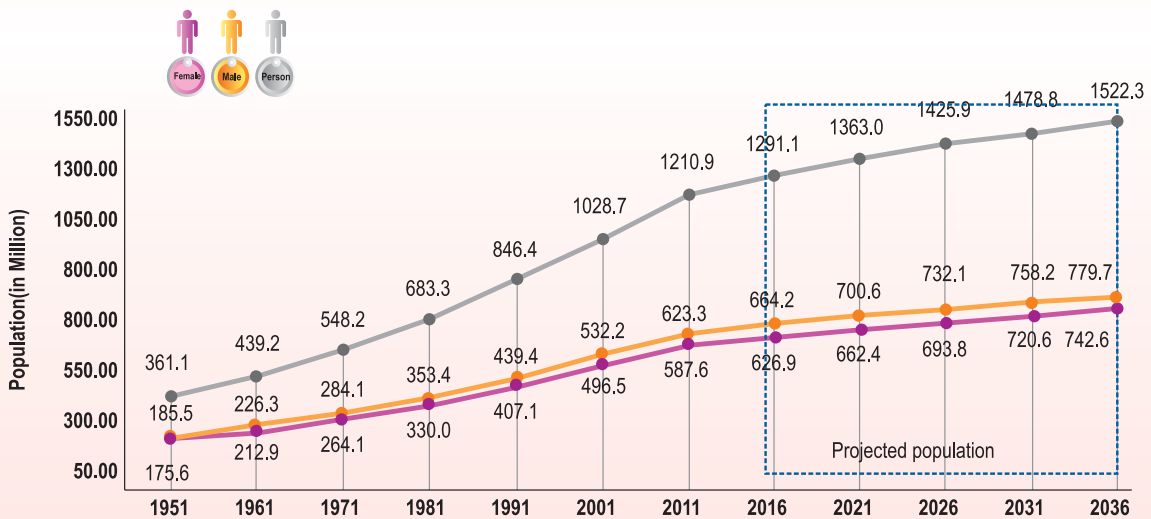
2.1 Population

India's large population serves as a significant asset. With a potential young demographic, the country has immense potential to drive innovation, productivity, and global competitiveness. Strategic investments in education, skills, and healthcare can transform this demographic advantage into long-term prosperity. Women play a crucial role in this dynamic, and socio-economic development not only enhances workforce participation and economic growth but also strengthens India's ability to harness its population dividend. Achieving gender equality is not just a matter of social justice; it is a fundamental driver of India's demographic advantage and long-term prosperity.

2.2 Population Trends and Dynamics

India's total population has grown significantly, rising from approximately 361 million in 1951 to 1211 million in 2011, with projections indicating stabilization around 1522 million by 2036 (Table 1.1). The average annual growth rate has been on a steady decline, from a peak of 2.2% in 1971 to approximately 0.6% in 2036 (Table 1.1) as per projected population. The female population constituted 48.5% of the total population in 2011, with projections indicating a marginal increase to 48.8% by 2036. Corresponding, the male population, which accounted for 51.5% in 2011, is projected to decline slightly to 51.2% by 2036 (Figure 2.1).

Figure 2.1: Trend in Population (in Millions)



*: Projected figures

Source: Population projection based on Report of the Technical Group on Population Projections, July 2020, National Commission on Population, MoHFW

Table 1.1

The female population has consistently grown over the decades in both rural and urban areas. In 1951, the rural female population was 146.7 million, while in 2036, it is projected to reach

456.7 million, indicating a significant rise. The urban female population was 28.9 million in 1951 and is projected to grow to 285.9 million by 2036. (Table 1.1 and Figure 2.2 (a) and Figure 2.2 (b)).

Figure 2.2 (a): Gender-wise Trend in Population (Rural)

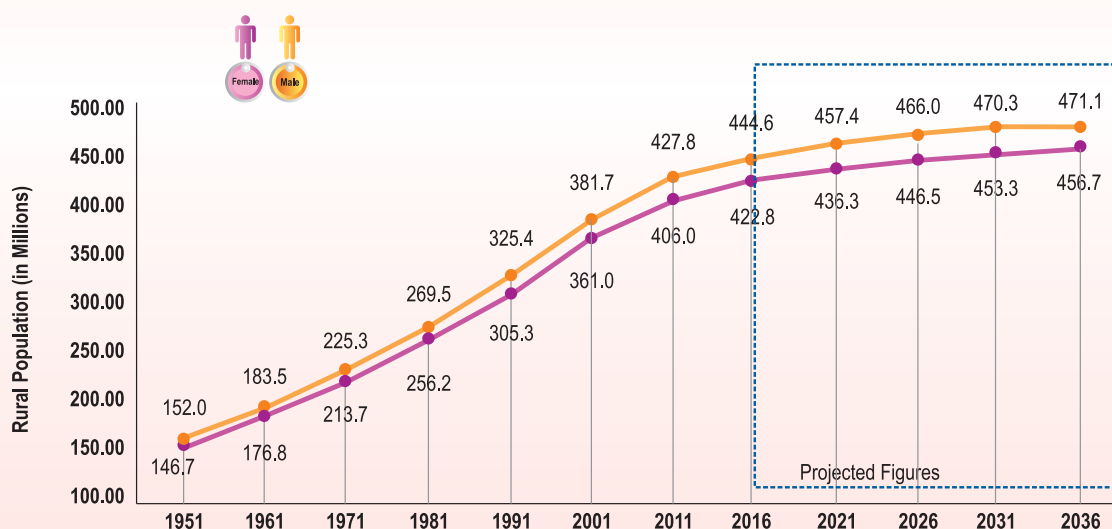
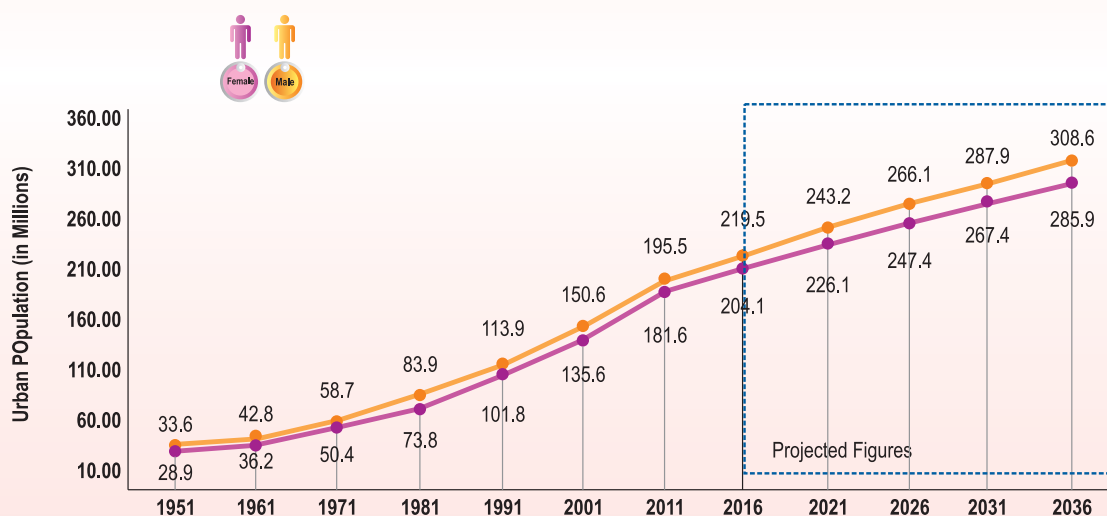


Figure 2.2 (b): Gender-wise Trend in Population (Urban)



*: Projected Figures

Source: Population projection based on Report of the Technical Group on Population Projections, July 2020, National Commission on Population, MoHFW

Table 1.1

Population

However, India is undergoing a demographic transition towards an aging population, as evidenced by the increasing share of elderly individuals (aged 60 and above). As a result, dependency ratio may shift, placing a greater burden on the working-age population to support the elderly. As depicted in **Figure 2.3 (a)**, India's population pyramid was historically broader at the lower age groups. However,

projections for 2026 (**Figure 2.3 (b)**) and 2036 (**Figure 2.3 (c)**) show a shrinking base, a bulging working-age population, and a growing concentration in higher age groups. This shift may be attributed by declining fertility rates, leading to a decrease in the young population and an increasing socio-economic responsibility on the ageing demographic.

Figure 2.3 (a) Age group-wise percentage of Male and Female Population 2011

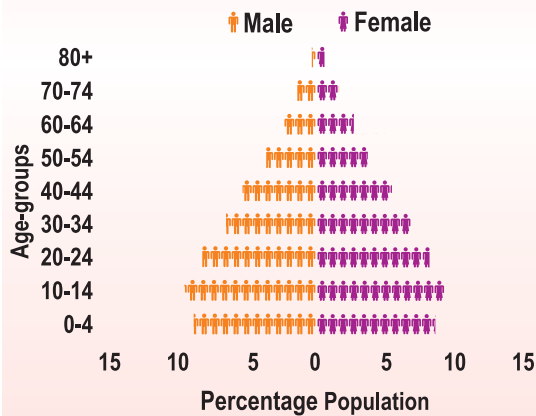


Figure 2.3 (b): Age group-wise percentage of Male and Female Population 2026*

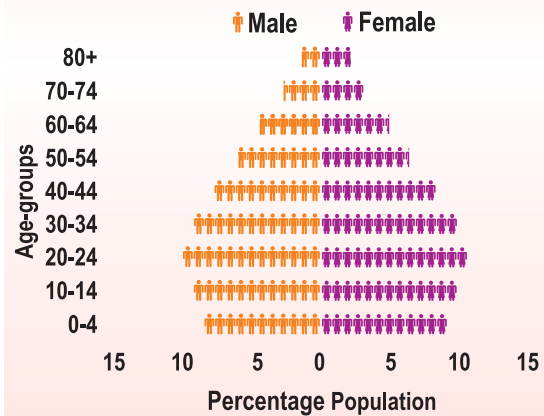
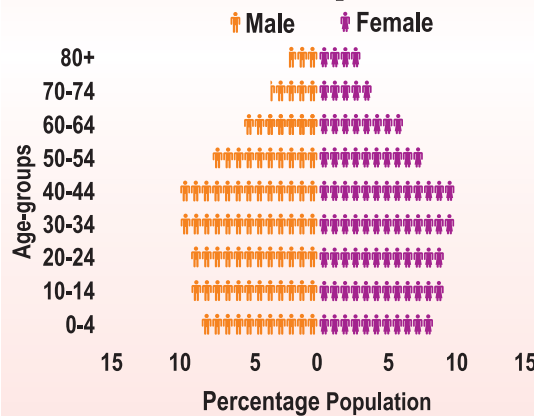


Figure 2.3 (c): Age group-wise percentage of Male and Female Population 2036*



*: Projected Figures

Source: Population projection based on Report of the Technical Group on Population Projections, July 2020, National Commission on Population, MoHFW

Table 1.2

2.3 Sex Ratio

Sex ratio has been defined as the number of females per 1000 males in the population; it is expressed as 'number of females per 1000 males' (ORGI).

$$\text{Sex Ratio} = \frac{(\text{Number of Females})}{(\text{Number of Males})} \times 1000$$

The Sex ratio at birth is defined as the number of female births per 1000 male birth. Sex ratio has demonstrated a promising upward trend, increasing from 943 in 2011 to a projected 952 by 2036 (**Table 1.1**), reflecting positive gender equality. **Table 1.6** provides data on the sex ratio at birth for major states based on the Sample Registration System, **Figure 2.4** illustrates a notable trend: between 2014-16 and 2018-20, the sex ratio in urban areas has surpassed that of rural areas. This shift may suggest that female migration is increasing alongside urbanization.

Figure 2.4: Sex ratio at birth for bigger States (2014-16 to 2018-20)



Source: Sample Registration System, O/o RGI
Table 1:6

Population

तालिका 1.1: स्वतंत्रता के बाद जनसंख्या, लिंगानुपात और जनसंख्या की औसत वार्षिक वृद्धि दर में रुझान

Table 1.1 : Trend in Population, Sex Ratio and Average Annual Growth Rate of Population of Post Independence India

(Population In Millions)

वर्ष Year	ग्रामीण जनसंख्या Rural Population			शहरी जनसंख्या Urban Population			कुल जनसंख्या Total Population			औसत वार्षिक वृद्धि दर Average annual Exponential growth rate				
	लिंगानुपात Sex Ratio		व्यक्ति Person	लिंगानुपात Sex Ratio		व्यक्ति Person	लिंगानुपात Sex Ratio		व्यक्ति Person	लिंगानुपात Sex Ratio		व्यक्ति Person		
	पुरुष Male	महिला Female		पुरुष Male	महिला Female		पुरुष Male	महिला Female		पुरुष Male	महिला Female			
1951	151.99	146.69	298.64	33.58	28.87	62.44	860	185.53	175.56	361.09	946	1.24	1.26	1.25
1961	183.50	176.79	360.30	42.79	36.15	78.94	845	226.29	212.94	439.23	941	1.98	1.93	1.96
1971	225.32	213.73	439.05	58.73	50.38	109.11	858	284.05	264.11	548.16	930	2.27	2.15	2.22
1981	269.50	256.15	525.65	83.88	73.80	157.68	880	353.37	329.95	683.33	934	2.18	2.23	2.20
1991	325.42	305.26	630.65	113.94	101.83	215.77	894	439.36	407.06	846.42	926	2.18	2.10	2.14
2001	381.67	360.95	742.63	150.55	135.57	286.12	900	532.22	496.51	1028.74	933	1.92	1.99	1.95
2011	427.78	405.97	833.75	195.49	181.62	377.11	929	623.27	587.58	1210.85	943	1.58	1.69	1.63
2016*	444.64	422.80	867.44	219.54	204.09	423.63	930	664.18	626.89	1291.07	944	1.27	1.30	1.28
2021*	457.41	436.25	893.66	243.21	226.13	469.34	930	700.62	662.38	1363.00	945	1.07	1.10	1.08
2026*	465.98	446.47	912.45	266.09	247.36	513.45	930	732.07	693.83	1425.90	948	0.88	0.93	0.90
2031*	470.26	453.28	923.54	287.89	267.35	555.24	929	758.15	720.63	1478.78	951	0.70	0.76	0.73
2036*	471.07	456.66	927.73	308.63	285.93	594.56	926	779.70	742.59	1522.29	952	0.56	0.60	0.58

Source: Office of the Registrar General of India.
* Report of the Technical Group on Population Projections, July 2020, National Commission on Population, MoHPW.
† Notes: Sex ratios have been calculated as the proportion of females to 1000 males.
Average annual Exponential growth rate has been calculated using the formula $(1/n)^* \text{Ln}(T)$ This year population / Population as reported n years back; n: No. of years
2001 population exclude the estimated population of Paomata, Mao Maran and Parul sub-divisions of Senapati district of Manipur.
The population is as on 1st March of the year.

तालिका 1.2: अनुमानित जनसंख्या का आयु-समूहवार प्रतिशत वितरण

Table 1.2: Age- Group wise Percentage Distribution of Projected Population

Age-Group	2011	2016*	2021*	2026*	2031*	2036*
	Male					
0-4	10.0	9.5	8.6	7.8	7.0	6.5
5-9	10.5	9.3	8.9	8.1	7.5	6.8
10-14	10.8	9.8	8.7	8.5	7.8	7.2
15-19	10.3	10.1	9.3	8.3	8.2	7.6
20-24	9.3	9.6	9.5	8.8	8.0	7.9
25-29	8.3	8.6	9.0	9.0	8.4	7.7
30-34	7.4	7.6	8.1	8.5	8.6	8.1
35-39	6.8	6.8	7.1	7.6	8.1	8.3
40-44	6.0	6.2	6.3	6.7	7.2	7.8
45-49	5.1	5.5	5.7	5.9	6.3	6.9
50-54	4.2	4.6	5.0	5.3	5.5	6.0
55-59	3.4	3.7	4.2	4.6	4.9	5.1
60-64	2.8	2.9	3.2	3.7	4.1	4.4
65-69	2.2	2.3	2.4	2.7	3.2	3.6
70-74	1.7	1.7	1.8	1.9	2.2	2.7
75-79	0.9	1.2	1.2	1.3	1.4	1.7
80+	0.5	0.7	0.9	1.1	1.3	1.5
Female						
0-4	9.8	8.9	8.2	7.5	6.8	6.2
5-9	10.2	9.1	8.4	7.7	7.1	6.6
10-14	10.4	9.5	8.6	8.0	7.4	6.9
15-19	9.8	9.7	9.0	8.2	7.6	7.2
20-24	9.2	9.1	9.1	8.5	7.8	7.4
25-29	8.5	8.5	8.6	8.7	8.1	7.5
30-34	7.7	7.9	8.0	8.2	8.3	7.9
35-39	7.0	7.1	7.4	7.6	7.8	8.0
40-44	6.1	6.5	6.7	7.0	7.2	7.5
45-49	5.1	5.6	6.0	6.3	6.6	6.9
50-54	4.1	4.6	5.2	5.6	5.9	6.3
55-59	3.5	3.7	4.2	4.8	5.3	5.6
60-64	3.0	3.1	3.3	3.8	4.4	4.9
65-69	2.3	2.6	2.7	2.9	3.4	4.0
70-74	1.8	1.9	2.1	2.2	2.5	3.0
75-79	0.9	1.3	1.4	1.6	1.8	2.0
80+	0.6	0.8	1.2	1.5	1.8	2.1
Total	100.0	100.0	100.0	100.0	100.0	100.0

स्रोत / Source: *Report of the Technical Group on Population Projections, July 2020, National Commission on Population, MoHFW

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तालिका 1.3: स्वतंत्र भारत में राज्यवार लिंगानुपात									
Table 1.3 : State-wise Sex Ratio in post Independence India									
राज्य/ केंद्र शासित प्रदेश	1951	1961	1971	1981	1991	2001	2011	पिछले 10 वर्षों में सुधार (%) Improvement over last 10 years (%)	State/ Union Territory
अंडमान और निकोबार द्वीप समूह	625	617	644	760	818	846	876	3.5	Andaman & Nicobar Islands
आंध्र प्रदेश	986	981	977	975	972	978	993	1.5	Andhra Pradesh
अरुणाचल प्रदेश	NA	894	861	862	859	893	938	5.0	Arunachal Pradesh
असम	868	869	896	910	923	935	958	2.5	Assam
बिहार	1000	1005	957	948	907	919	918	-0.1	Bihar
चंडीगढ़	781	652	749	769	790	777	818	5.3	Chandigarh
छत्तीसगढ़	1024	1008	998	996	985	989	991	0.2	Chhattisgarh
दादरा और नगर हवेली	946	963	1007	974	952	812	774	-4.7	Dadra & Nagar Haveli
दमन और दीव	1125	1169	1099	1062	969	710	618	-13.0	Daman & Diu
दिल्ली	768	785	801	808	827	821	868	5.7	Delhi
गोवा	1128	1066	981	975	967	961	973	1.2	Goa
गुजरात	952	940	934	942	934	920	919	-0.1	Gujarat
हरियाणा	871	868	867	870	865	861	879	2.1	Haryana
हिमाचल प्रदेश	912	938	958	973	976	968	972	0.4	Himachal Pradesh
जम्मू और कश्मीर	873	878	878	892	896	892	889	-0.3	Jammu & Kashmir
झारखंड	961	960	945	940	922	941	948	0.7	Jharkhand
कर्नाटक	966	959	957	963	960	965	973	0.8	Karnataka
केरल	1028	1022	1016	1032	1036	1058	1084	2.5	Kerala
लक्षद्वीप	1043	1020	978	975	943	948	946	-0.2	Lakshadweep
मध्य प्रदेश	945	932	920	921	912	919	931	1.3	Madhya Pradesh
महाराष्ट्र	941	936	930	937	934	922	929	0.8	Maharashtra
मणिपुर	1036	1015	980	971	958	974	985	1.1	Manipur
मेघालय	949	937	942	954	955	972	989	1.7	Meghalaya
मिज़ोरम	1041	1009	946	919	921	935	976	4.4	Mizoram
नागालैंड	999	933	871	863	886	900	931	3.4	Nagaland
ओडिशा	1022	1001	988	981	971	972	979	0.7	Odisha
पुडुचेरी	1030	1013	989	985	979	1001	1037	3.6	Puducherry
पंजाब	844	854	865	879	882	876	895	2.2	Punjab
राजस्थान	921	908	911	919	910	921	928	0.8	Rajasthan
सिक्किम	907	904	863	835	878	875	890	1.7	Sikkim
तमिलनाडु	1007	992	978	977	974	987	996	0.9	Tamil Nadu
त्रिपुरा	904	932	943	946	945	948	960	1.3	Tripura
उत्तराखंड	940	947	940	936	936	962	963	0.1	Uttarakhand
उत्तर प्रदेश	908	907	876	882	876	898	912	1.6	Uttar Pradesh
पश्चिम बंगाल	865	878	891	911	917	934	950	1.7	West Bengal
भारत	946	941	930	934	927	933	943	1.1	India

स्रोत / Source : Census of India, 2011, Office of the Registrar General of India.

तालिका 1.4 : विकास योजना के संदर्भ में विभिन्न आयु-वर्गों में राज्यवार लिंगानुपात

Table 1.4 : State-wise sex ratio in various age-groups in the context of developmental planning

2011

राज्य/ केंद्र शासित प्रदेश	प्रारंभिक बचपन	आर्थिक रूप से सक्रिय	वृद्धावस्था	State/Union Territory
	Early Childhood	Economically Active	Old Age	
	(0-6)	(15-59)	(60+)	
अंडमान और निकोबार द्वीप समूह	968	856	792	Andaman & Nicobar Islands
आंध्र प्रदेश	939	995	1119	Andhra Pradesh
अरुणाचल प्रदेश	972	918	917	Arunachal Pradesh
असम	962	956	971	Assam
बिहार	935	921	877	Bihar
चंडीगढ़	880	800	926	Chandigarh
छत्तीसगढ़	969	981	1159	Chhattisgarh
दादरा और नगर हवेली	926	694	1185	Dadra & Nagar Haveli
दमन और दीव	904	522	1331	Daman & Diu
दिल्ली	871	861	989	Delhi
गोवा	942	951	1200	Goa
गुजरात	890	914	1132	Gujarat
हरियाणा	834	888	1015	Haryana
हिमाचल प्रदेश	909	988	1062	Himachal Pradesh
जम्मू और कश्मीर	862	891	912	Jammu & Kashmir
झारखंड	948	943	994	Jharkhand
कर्नाटक	948	966	1108	Karnataka
केरल	964	1106	1226	Kerala
लक्षद्वीप	911	928	971	Lakshadweep
मध्य प्रदेश	918	918	1063	Madhya Pradesh
महाराष्ट्र	894	918	1114	Maharashtra
मणिपुर	930	1006	1004	Manipur
मेघालय	970	994	1075	Meghalaya
मिज़ोरम	970	978	998	Mizoram
नागालैंड	943	935	875	Nagaland
ओडिशा	941	986	998	Odisha
पुडुचेरी	967	1037	1255	Puducherry
पंजाब	846	914	985	Punjab
राजस्थान	888	930	1102	Rajasthan
सिक्किम	957	868	813	Sikkim
तमिलनाडु	943	1008	1051	Tamil Nadu
त्रिपुरा	957	952	1040	Tripura
उत्तराखंड	890	991	1039	Uttarakhand
उत्तर प्रदेश	902	922	921	Uttar Pradesh
पश्चिम बंगाल	956	940	1010	West Bengal
भारत	918	944	1033	India

स्रोत/Source : Census of India, 2011, Office of the Registrar General of India.

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तालिका 1.5 : पंजीकृत घटनाओं के आधार पर जन्म के समय लिंगानुपात

Table 1.5 : Sex Ratio at Birth based on registered events

राज्य/ केंद्र शासित प्रदेश	2014	2015	2016	2017	2018	2019	2020	State/Union Territory
अंडमान और निकोबार द्वीप समूह	1031	925	987	957	953	965	984	Andaman & Nicobar Islands
आंध्र प्रदेश	955	971	806	935	931	935	939	Andhra Pradesh
अरुणाचल प्रदेश	993	895	964	1047	1084	1024	1011	Arunachal Pradesh
असम	902	885	888	921	904	903	956	Assam
बिहार	868	870	837	NA	NA	NA	964	Bihar
चंडीगढ़	870	898	901	907	909	938	943	Chandigarh
छत्तीसगढ़	934	938	980	968	934	931	940	Chhattisgarh
दादरा और नगर हवेली	890	1001	945	936	923	921	898	Dadra & Nagar Havelli
दमन और दीव	916	924	974	879	877	926		Daman & Diu
दिल्ली	896	898	902	918	929	NA	NA	Delhi
गोवा	947	928	900	910	943	948	947	Goa
गुजरात	886	NA	NA	898	897	901	909	Gujarat
हरियाणा	843	851	865	NA	914	923	916	Haryana
हिमाचल प्रदेश	896	903	910	934	930	918	936	Himachal Pradesh
जम्मू और कश्मीर	914	912	914	909	952	909	967	Jammu & Kashmir
झारखंड	886	879	863	NA	NA	NA	948	Jharkhand
कर्नाटक	926	893	896	949	957	947	949	Karnataka
केरल	948	948	954	965	963	960	969	Kerala
लद्दाख	Included in Jammu & Kashmir						1104	Ladakh
लक्षद्वीप	1043	891	945	914	839	953	957	Lakshadweep
मध्य प्रदेश	908	904	909	NA	902	905	921	Madhya Pradesh
महाराष्ट्र	911	883	904	NA	NA	NA	NA	Maharashtra
मणिपुर	684	686	NA	NA	757	934	880	Manipur
मेघालय	968	975	NA	937	942	927	922	Meghalaya
मिज़ोरम	963	973	964	964	964	975	954	Mizoram
नागालैंड	860	897	967	948	965	1001	953	Nagaland
ओडिशा	880	866	858	930	928	947	941	Odisha
पुडुचेरी	911	939	931	931	941	934	947	Puducherry
पंजाब	880	891	857	890	896	914	925	Punjab
राजस्थान	799	794	806	931	949	916	952	Rajasthan
सिक्किम	968	973	999	NA	NA	NA	NA	Sikkim
तमिलनाडु	834	818	840	932	933	942	939	Tamil Nadu
तेलंगाना	961	834	881	915	924	953	937	Telangana
त्रिपुरा	882	1000	917	962	945	949	974	Tripura
उत्तराखंड	865	862	825	929	956	960	954	Uttarakhand
उत्तर प्रदेश	881	877	885	NA	NA	NA	NA	Uttar Pradesh
पश्चिम बंगाल	897	919	911	NA	NA	941	951	West Bengal
भारत	887	881	877	NA	NA	NA	NA	India

स्रोत / Source : Vital Statistics of India based on the Civil Registration System Reports for the years 2014-2020, Office of the Registrar General of India

Note: 1. Figures shown against Jammu & Kashmir UT for the years 2014-2019 are of erstwhile State of Jammu & Kashmir including Ladakh
2. Figures shown against Dadra & Nagar Havelli UT for the year 2020 includes Daman & Diu.
NA:- Not Available.

तालिका 1.6 : सैफल रजिस्ट्रेशन सिस्टम के आधार पर बड़े गर्वों में जन्म के समय लिंगानुपात

Table 1.6 : Sex ratio at birth for bigger States based on Sample Registration System

राज्य/ केंद्र शासित प्रदेश	ग्रामीण						शहरी						कुल						State/Union Territory					
	2014-16		2015-17		2016-18		2017-19		2018-20		2014-16		2015-17		2016-18		2017-19			2018-20				
	923	928	930	938	930	930	888	885	898	917	919	913	916	920	931	926	898	905		918	930	896	915	925
आंध्र प्रदेश	898	918	927	929	923	880	891	905	918	930	896	915	925	928	923	Andhra Pradesh								
असम	912	904	896	893	894	871	865	883	902	897	908	900	895	894	895	Assam								
बिहार	995	985	976	972	970	833	862	881	891	910	963	961	958	956	Bihar									
छत्तीसगढ़	917	926	960	953	972	856	848	841	862	857	857	850	844	865	Chhattisgarh									
दिल्ली	867	865	866	863	882	820	838	865	881	869	848	855	866	870	Delhi									
गुजरात	835	828	840	862	868	824	844	847	871	874	832	833	843	865	Gujarat									
हरियाणा	921	920	932	951	952	852	878	891	902	920	917	918	930	949	Haryana									
हिमाचल प्रदेश	903	919	930	920	918	919	910	917	915	930	906	917	927	918	Himachal Pradesh									
जम्मू और कश्मीर	927	927	932	920	915	882	876	888	902	910	918	916	923	916	Jammu & Kashmir									
झारखंड	965	958	949	941	942	883	879	881	873	871	935	929	924	915	Jharkhand									
कर्नाटक	972	965	967	980	973	946	931	947	955	975	959	948	957	968	Karnataka									
केरल	913	908	914	915	908	957	950	968	973	960	922	916	925	927	Kerala									
मध्य प्रदेश	872	886	878	884	881	882	875	881	877	870	876	881	880	881	Madhya Pradesh									
महाराष्ट्र	959	946	940	935	928	871	881	891	907	907	948	938	933	931	Maharashtra									
ओडिशा	876	874	878	874	874	921	905	908	918	932	893	886	890	891	Odisha									
पंजाब	862	858	874	882	914	838	851	860	869	901	857	856	871	879	Punjab									
राजस्थान	926	919	913	913	902	903	896	903	918	930	915	907	908	915	Rajasthan									
तमिलनाडु	940	922	918	912	903	841	859	875	879	875	901	897	901	899	Tamil Nadu									
तेलंगाना	857	849	851	862	853	832	816	810	812	821	850	841	840	848	Telangana									
उत्तराखंड	871	862	865	881	890	923	938	934	943	960	882	878	880	894	Uttarakhand									
उत्तर प्रदेश	938	943	947	948	941	932	925	923	928	920	937	939	941	944	Uttar Pradesh									
पश्चिम बंगाल	902	898	900	904	907	888	890	897	906	910	898	896	899	904	West Bengal									
भारत															India									

स्रोत : Sample Registration System, Office of the Registrar General of India
* Included in Andhra Pradesh

WE ARE
ALL EQUAL

