DATE:

S/100

Shifting the Paradigm: From Overpopulation to Population Management"

→ **Brainstorm:**
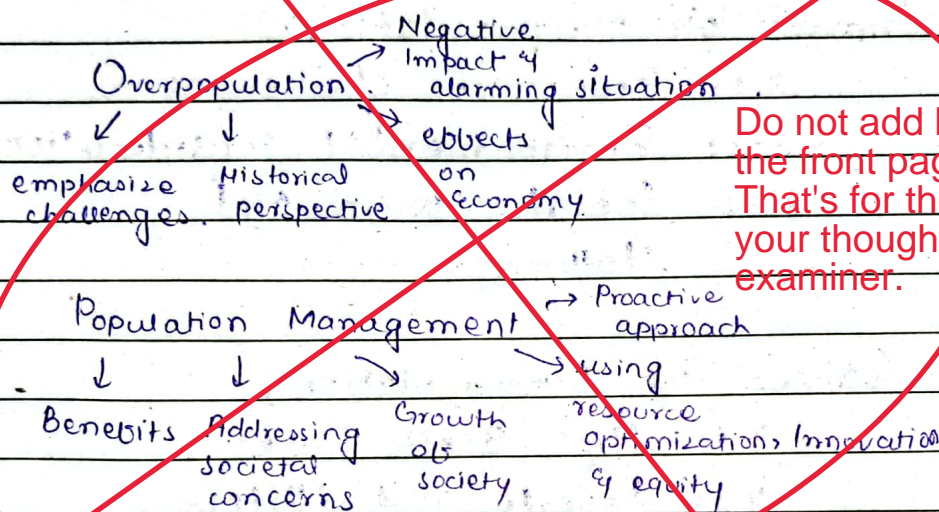
Overpopulation → Negative Impact y alarming situation
↓ ↓ → effects on economy

emphasize challenges. Historical perspective

Population Management → Proactive approach → using resource optimization, Innovation y equity

Benefits Addressing societal concerns Growth of society

⇒ **Outline:**

1- **Introduction:**
    1.1: Hook
    1.2: General Statement
    1.3: Thesis Statement

2- **Historical Perspective:**
    2.1: Beginning of the concern
    2.2: Lessons learned from Past

3- Impact of overpopulation:-

3.1: Economics challenges

3.2: Environmental considerations

3.3: Social strain and challenges

4- Causes of Overpopulation :-

4.1: High Birth Rates

4.2: Poverty and illiteracy

4.3: Immigration and lack of Policies

5- Population Management as a Solution to Overpopulation:

5.1: Education and ~~awareness~~

5.2: Government Policies

5.3: Economic Empowerment

5.4: Infrastructure development and resource optimization

5.5: International Coorporation

6. **Potential Hindrances:**
   - 6.1: Cultural and Religious resistances
   - 6.2: Economic dependence on Children
   - 6.3: Political and policy challenges

7. **Comparative analysis:**
   - 7.1: Global and Regional perspectives
   - 7.2: Need for change in perspective

8. **Conclusion:**

" The Essay "

There is a famous saying of Thomas Malthus. He said, " The constant effort toward population, which is found even in the most vicious societies, increases the number of people before the means of subsistence are increased". As the population of the world has surpassed 8 billion, the narrative is shifting from the fear of over-population to the proactive management

[Examiner's margin notes in red:]

This is a completely irrelevant and unstructured outline. The examiner is not going to read your essay beyond this point. Basic grammar and structure are being evaluated.

Opening statement not relevant to the context.

The narrative is not shifting already. The topic says "Shifting the Paradigm" means you have to shift it.

Irrelevant

of resources, development and sustainability. This transformation highly emphasizes the "need" to balance population growth with equity and innovation and forbids to solely focus on numbers. As the world is facing challenges in shifting the focus on effective management of population and resources, there are some effective strategies adopted by the developed countries to better cope with this issue. On the other hand, developing countries such as Pakistan are still facing hurdles, and obstacles in effective management of population. While overpopulation has traditionally been viewed as a global crisis, shifting the focus to population management offers a sustainable and equitable solution by overcoming social, economic and environmental constraints using education, innovation and policy reforms as potential solution.

Humans have been inhibiting the world for more than 200,000 years. During most of that time, their population have remained below one billion mark. It was in the year 1927, that the population reached

two billion, but it only took 33 years to reach 3 billion in 1960 and further 62 years for this mark to reach 8 billion in 2022. The concern started arising when population ~~crossed~~ exceeded the capacity to provide adequately the earth's resources for all inhabitants. There were many cases in history when societies faced challenges due to poor management of population causing deaths or ^near threat to ~~the~~ lives. ~~due to One~~ Such example is of India during 18th and 19th century. Overpopulation combined with colonial policies prioritizing export crops over local food production, led th. to devastating famines i.e Great Bengal Famine (1943). Similarly, after WWII, china experienced rapid population growth which outpaced economic develop- -ment. On response to that situation, chinese government introduced the controversial One-child Policy in 1979, which caused.

long-term issues like gender imbalance & aging population. However, humanity did take lesson from these experiences and focused over carefully planned population control measures with consideration for long-term demographic consequences.

Overpopulation or improper management of population in this regard can cause several strains on a society. It can be so economic challenges or social constrains. In case of economic challenges, a society or country can face the issues of Unemployments, Insufficient health-care, education and housing. Rapid population growth without sufficient industrial or agricultural infrastructure can weaken a country's economy drastically. Moreover, a need for rapid urbanization also arisis, that too can lead to social challenges which can cause growth of informal settlements, overwhelmed healthcare system and increased crime rates. Beside economic and social challenges, environment also faces high constraints. Population growth leads to deforestation for farming, agriculture and urban expansion. This disrupts biodiversity and contributes to climate change as well.

To overcome the above stated challenges, too there is a need to look.

[Margin annotations in red:]
Directly address the argument in the topic sentence

Irrelevant to the topic. Also incoherent. Too many point in one paragraph. One subheading = one paragraph.

One paragraph can only have one idea.

for the root cause of these problems and address them properly. High birth rates, often resulting from cultural, religious or economic factors, are a primary driver of over population. One such case One example of such case is sub-Saharan Africa, that has some of highest fertility rates globally, with many countries averaging over five children per woman. The factors that are driving force behind this cause, are lack of family planning services, cultural norms that value large families for social security. Moreover, limited education, particularly for women, leads to early marriages and high fertility rates. Another leading cause is the unregulated immigration combined with inadequate population management policies can exacerbate over-population in certain regions. Such as, in Pakistan, unregulated migration from rural areas to cities like karachi, Lahore and Islamabad has created urban overcrowding. The absence of effective population management policies further worsens infrastructure strain.

Though these causes can pose significant challenges globally, effective population management can mitigate the impacts arised from these challenges.

When addressing overpopulation, it's crucial to take an approach of providing empowerment. while mobi'. The combined efforts of spreading knowledge about family planning, and debunking widely held myths about contraception will measurably change the trajectory of world's population. In the 1990s, Iran implemented a nationwide family planning program, including mandatory pre-marriage counselings and easy access to contracep- -tives, this cause initiative caused the fertility rate to drop from 5.6 children per woman to 2.1 in 5 years j period. Proactive government policies can incentvise smaller families and help in allocation resource effectively to manage population growth. While controversial, one child policy of china in 1979, prevented an estimated 400 million births. Moreover, economic empowerment, particularly for women, reduces dependency on large families as a source of income. Programs like Benazir Income Support Program of Pakistan has been a great initiative to empower women financially. Another solution is investing in infrastructure and optimization of resources, as they can reduce the strain caused by high popu- -lation density. A lesson can be taken

from Singapore's urban planning, where despite high population density, they ensured high quality of life through strategic infrastructure develop- ment. Though a better approach can to implement these practices can be the collaboration between nations, where they can help share best practices, techno- logy and resources to address overpopulation globally. UNFPA supports greatly in this cause by supporting countries in impleme- nting family planning and productive health programs. Nations like Rawanda have achieved significant fertility through UNFPA support initiatives.

Like every deep rooted problem, that gains strength due to hindrances and obstacles, the issue of overpopulation also get's strength certain factors that are potential hindrances in the way of achieving sustainable growing society. Deeply ingrained cultural and religious believes often oppose family planning immitiatives, viewing them as contrary to traditional or spiritual values. In many parts of Nigeria, religious leaders promote large families as a sign of blessing. Similarly in Pakistan, the council of Islamic Ideology has occasionally opposed control population control measures.

However, one possible solution can be to collaborate with religious leaders or higher ups of the society to dispel misconceptions. Another rising concern is that in low-income countries, children are often viewed as economic assets who contribute to household income, or provide security for parents in old age. Aside from the obstacles at rural level, weak governance, lack of prioritization and inconsistent policies often undermine population control efforts. Coercive measures damage trust in the government and population population programs, setting back family planning efforts for years. The 2018 Population action plan of Pakis--tan also lacks effective implementation due to limited funding and political will.

Globally, overpopulation is managed through a mix of educations, economic reforms and technological advancements. There has been various cases where different methods were applied to achieve the reduction in population varying from china's one-child policy to Iran's family planning programs. These policies are reforms resulted in balance between population and resources, however to avoid public backleash, many amendments were also made over the course of time-

-period, Pakistan also faced unique challenges. programs like lady Health workers (LHW), where women were trained to deliver health care & family planning services in rural areas, caused success in improving the level of success. Scaling up such programs and adopting the methods used by successful societies can lead to achieving a balanced and sustainable country. Moreover, A shift is also needed from coercive or control-based measures to inclusive, rights-based approaches. To achieve long-term sustainab--lity, focusing on addressing roots causes such as poverty, illiteracy and gender inequality can be helpful. However managing overpopulation requires collective responsibility involving government, civil societies and Individuals. Pakistan should engage with UNFPA and WHO more, to access resources for population.

Overpopulation is not merely a demographic issue but a profound societal challange that requires a holistic approach. By learning from global success stories and tailoring solution to regional contexts, nations like Pakistan can effectively address their population challenges. Through education, economic empowerment and sustainable policies, the goal of balanced

You can use Pakistan as example but not base your points on it

Population growth can be achieved, ensuring a better quality of life for future generations.