



People as a Resource

People are the most valuable resource of any country. Natural resources become meaningful only when people make use of them. A nation's growth depends on its population being healthy, educated, and skilled.

 Human Resource – The people of a country who are educated, healthy, and trained to contribute to development.

However, human resources are not distributed evenly across the world. People differ in age, gender, education, income level, and health. These differences impact how population is used and how productive it can be.

 Example: Pradhan Mantri Kaushal Vikas Yojna (2015) aimed to train 1 crore youth to make them employable.

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Population Distribution

 Population Distribution – The way people are spread out over the Earth's surface.

More than 90% of the world's population lives on just 30% of the land. Distribution is very uneven:

- Densely populated: South and Southeast Asia, Europe, Northeastern North America
- Sparsely populated: Deserts, mountains, polar regions, and equatorial forests

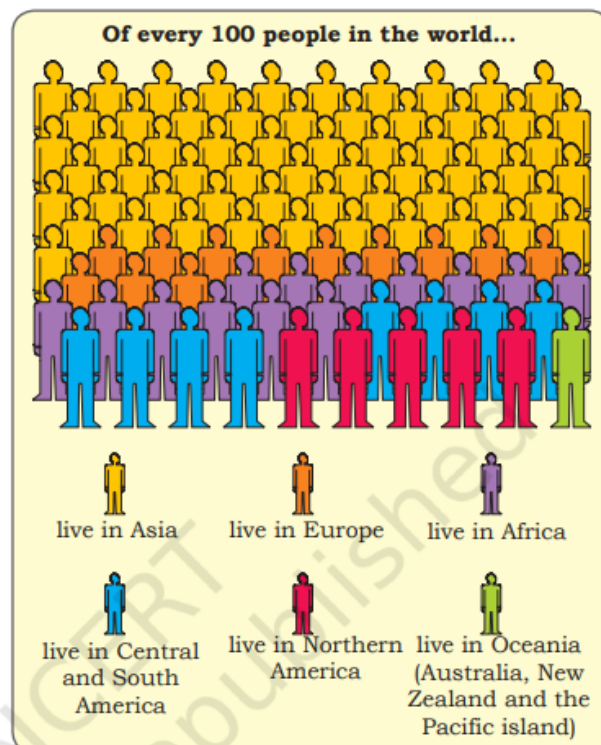
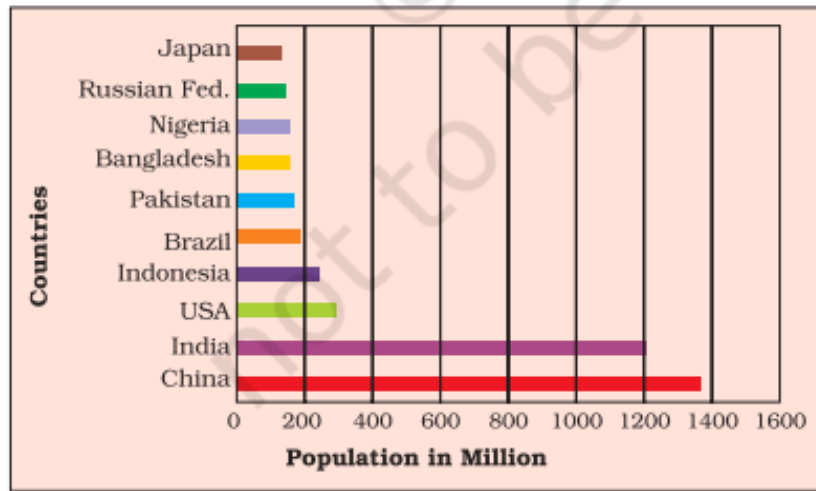



 Fig. 5.1 – World population by continent




 Fig. 5.2 – Most populous countries

Almost 60% of the world's people live in just 10 countries, all with populations over 100 million.

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Population Density

 Population Density – The number of people living per unit area, usually per square kilometre.

Global average: 51 people/km²

India's average: 382 people/km² (one of the highest in the world)

Some places feel crowded even with few people, while others feel empty due to large space. So, size of land matters too.

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Factors Affecting Population Distribution

Geographical Factors

- Topography – People prefer flat plains (e.g. Ganga plain), avoid mountains like Himalayas.
- Climate – Moderate climates attract people, not too hot/cold (e.g. not Sahara or Antarctica).
- Soil – Fertile soils support agriculture (e.g. Nile valley, Brahmaputra).
- Water – Rivers and lakes attract population (e.g. Indus valley).
- Minerals – Mineral-rich regions attract workers (e.g. oil in Middle East).


Social & Economic Factors

- Better housing, health, and schools attract people (e.g. Pune)





- Religious or cultural sites pull people (e.g. Varanasi, Vatican City)
- Job availability in industrial areas draws population (e.g. Mumbai, Osaka)

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Population Change

 Population Change – The difference in population over a specific period of time.

Population changes mainly due to births, deaths, and migration.

-  Birth Rate – Number of live births per 1,000 people
-  Death Rate – Number of deaths per 1,000 people
-  Migration – Movement of people in/out of an area
-  Natural Growth Rate – Difference between birth and death rate

Historically, population growth was slow due to disease and poor food supply. After 1800s, better food and health care caused a population explosion.

- 1804 → 1 billion
- 1959 → 3 billion
- 1999 → 6 billion

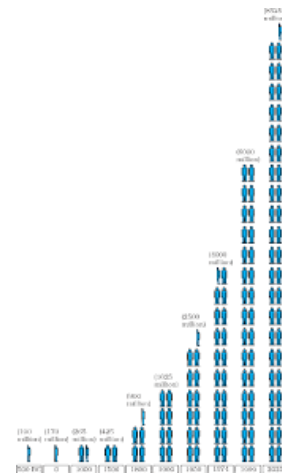




 Fig. 5.3 – World population growth chart

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Migration and Its Effects

-  Emigration – People leaving a country
-  Immigration – People coming into a country

- Countries like USA, Australia grew through immigration
- Countries like Sudan lost population due to emigration

Within countries, people move from rural to urban areas for work and better facilities. This also changes population size.

Patterns of Population Growth

Different countries show different trends:

- Population Increase – Birth rate > death rate
- Steady Population – Birth rate = death rate
- Population Decline – Death rate > birth rate

Examples:

- Kenya: High growth due to high birth rates and falling death rates
- UK: Steady due to both low birth and death rates

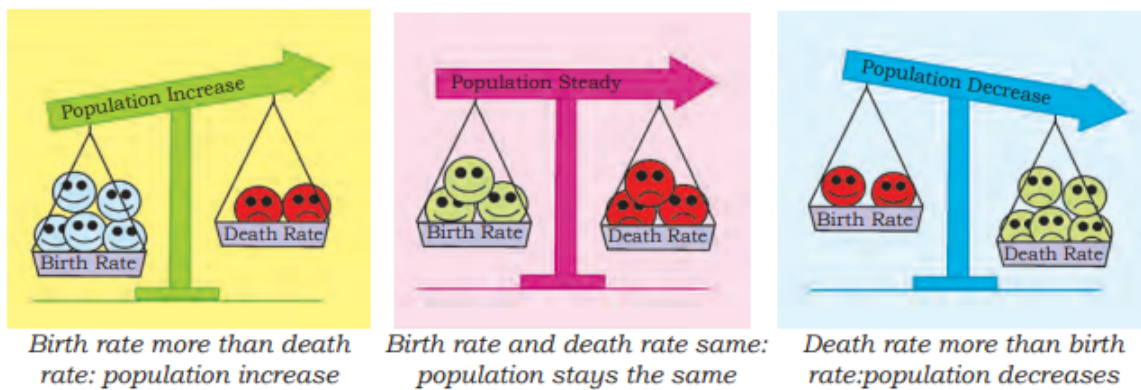


 Fig. 5.4 – Population balance illustration

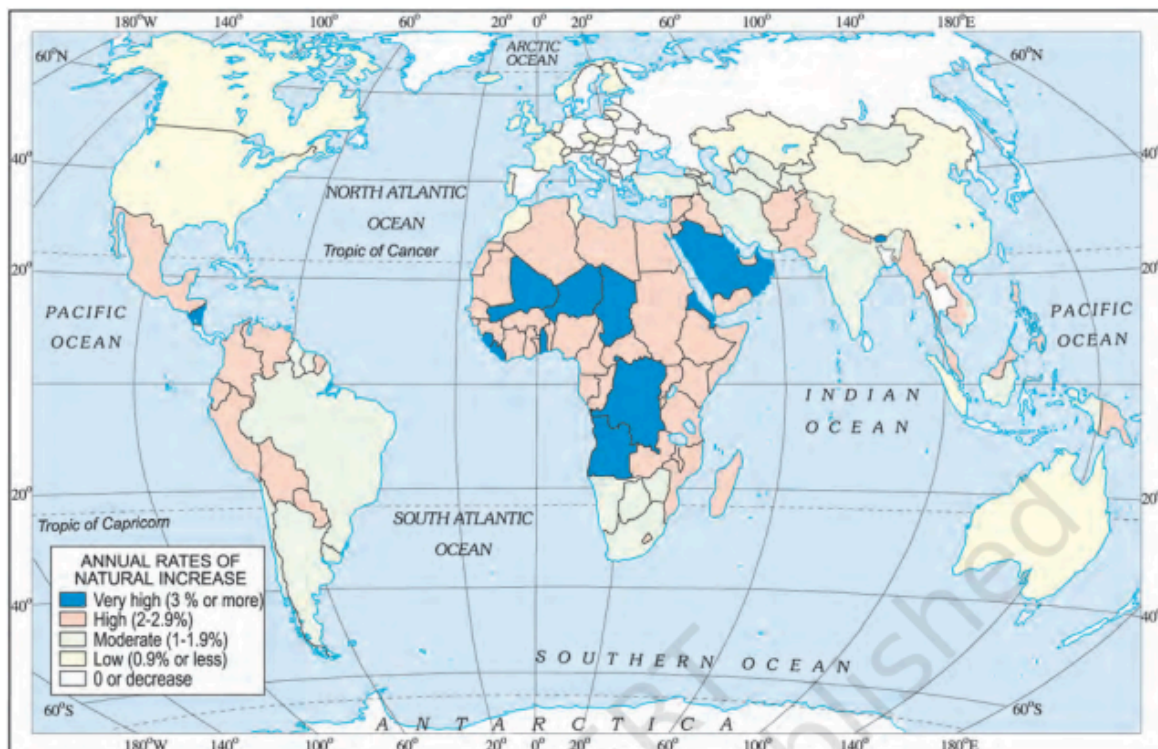



 Fig. 5.5 – Map of population growth patterns


Population Composition

 Population Composition – The structure of population in terms of age, sex, education, income, and occupation.

This helps understand what kind of workforce a country has. Some work in offices, others in farms, schools, or hospitals.

Each person plays a role. Even homemakers and artists are part of human resource.

Population Pyramid

 Population Pyramid – A diagram showing the age and sex structure of a country's population.

- Base → children (0–14 years)
- Middle → working population (15–64 years)
- Top → elderly (65+ years)

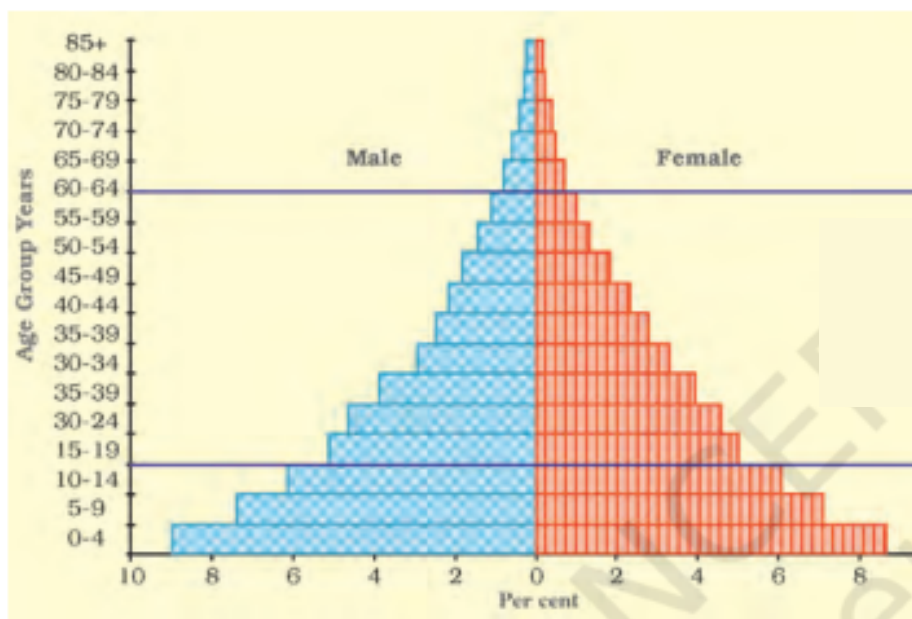


 Fig. 5.6 – Population Pyramid structure

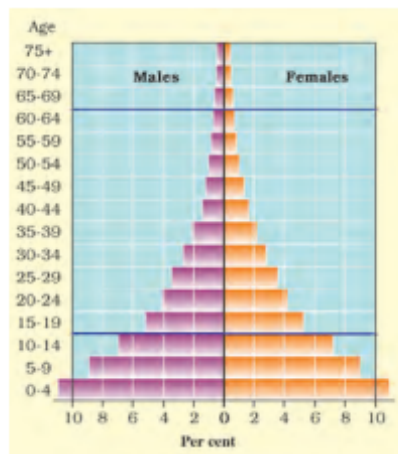


Fig. 5.7 – Kenya's Pyramid: Wide base, narrow top → High birth & death rates

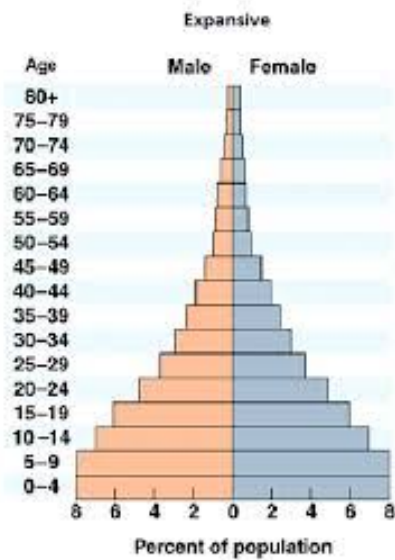


Fig. 5.8 – India's Pyramid: Wide base → Many youth, fewer old people

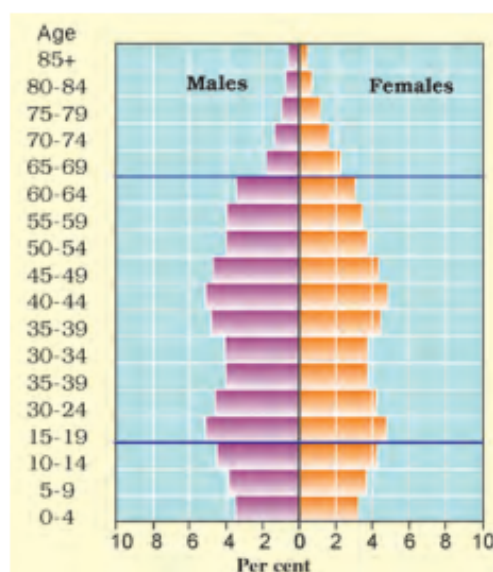


Fig. 5.9 – Japan's Pyramid: Narrow base → Low birth rate, more old people

Conclusion

Young people with energy, skills, and positive outlook are the future of any nation. India has a large young population — this is a great strength. But they need proper education, training, and opportunities to become productive citizens.

Key Definitions

Term	Meaning
Human Resource	Educated and skilled people
Population Density	People per square kilometre
Migration	Movement of people across regions
Birth Rate	Live births per 1,000 people
Death Rate	Deaths per 1,000 people
Natural Growth Rate	Birth rate minus death rate
Population Pyramid	Graph showing age-sex distribution
Population Composition	Structure of population by age, sex, job