

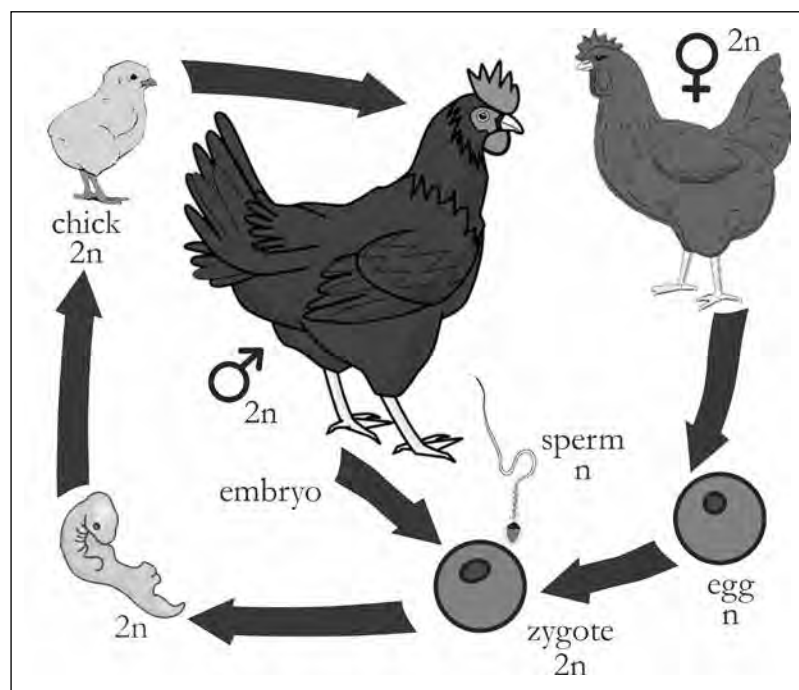
## Sex Education and Population Control

There are discussions on the subject of sex education off late. When we talk about it, people look questioningly at us. The discussion is about, 'whether sex education should be given or not and if yes then how should it be given?' In the childhood, boys and girls play together. As they grow, playing becomes less and it stops. As the children grow, some physical changes take place in them. This is called as 'attaining puberty.' Due to certain hormones, particular physical changes, mental or psychological changes take place. This period is quite difficult. They are aware of the physical changes and don't know its meaning. The attraction of opposite gender develops. As they are unaware of this, they get confused. Always they do not get the answers of their questions. They commit mistakes and sometimes they have to pay heavy price for that. Till date, this subject is untouched and regarded as a taboo to speak openly. If these teenagers are given sex education in a proper way, the psychological suppression may be released. They will get ready to accept the changes in them. They will become confident youth. A good generation will come into existence and there will be control on the growth of population.

The reproduction and its related things are most complex in case of homosapien or man among all the animals. Man is a mammal. There are other mammals also. In mammals there are two genders,

male and female, being called as man and woman. In all the animals and birds, a female creates egg and a male creates sperm. When sperm comes in contact with an egg, it fertilizes, in short a foetus is created. In mammals and human, foetus grows in the womb of a female and after a particular period she gives birth to a baby. Some animals and birds lay eggs and hatch them and then young ones come out of the eggs. In aquatic animals, like fish fertilisation takes place outside the body. Female leaves eggs and male leaves sperm and the egg is fertilized outside the body and a young one is born. Excluding human being, all the animals and birds have a particular period for reproduction. During this period males get attracted towards females. Their sexual life is limited up to that period only. In birds this period is known as period of laying eggs. Perhaps in case of man there is no such particular period. In any period of the year a foetus can be formed and a baby is born. This leads to the need of population control and sex education.

Man is an intelligent animal, although developed due to intelligence, yet backward and orthodox in case of sex-education and population control. Today we read many cases of sexual atrocities. An old woman



or a small girl also falls prey to it. An incident of gang rape happens every day somewhere. Not only women and girls, boys also fall prey to it. Sometimes this is done by women on men. Animals don't wear clothes. They move naturally. A human wear clothes and pretend to be civilized but behavior regarding sex is such that other animals on earth may be called more civilized. In case of plants, we can prepare another plant by doing press grafting on one plant. There are androecium and gynoecium in some flowers. The reproduction process in plants take place in the stages as a flower, fruit, seed and a plant grow from the seed again. Thus plants are complete. This difference of male-female is in human beings, animals and birds. Birds and animals have a particular period for reproduction. But the sexual instinct of man has no restrictions. Some restrictions can be imposed on his behavior through sex education.

Basically our culture tells us, that man and woman are equal. They together make the society. For this we have the concept of *Ardhanarineshwar* that means *Shiv* and *Parvati* are one and the same. When we say that, 'Behind every successful man there is a woman', or 'behind a successful woman, there is a man'; means, 'a man is incomplete without a woman and a woman without a man.' When they come together, they are complete. We keep '*Shiv-ling*' in a holy place, worship it. It means that we should know about the holiness of the inter course and accept it as openly as other animals. This thought is taught to us in our culture with the help of many symbols. This should be taken into consideration.

Nature has rewarded the male body strength, voice, bravery and discipline. The thought behind it is, a male should attract a female. But it is opposite in the case of man. In humans, a woman has received the gift of beauty. She attracts a man. I personally feel that the one, who has done this, has committed a mistake. The consequence of this mistake is beauty business. It is natural to have a woman in the advertises of beauty cosmetics for women. But we see women in the advertises of product meant for man. Whatever the commodity be, it is promoted by a female. Nobody is ready to view this seriously. This is a wrong trend. In the advertisement of men's shaving cream, he has a clean shave with a blade, but the advertisement does not become complete, unless a woman is shown touching his clean shaved cheek. If the advertisement is about deodorant, after a man uses it, we see women going after him. By showing women, materialization of her

beauty is made. It may be necessary for the business. But through this medium, sensuality is provoked knowingly or unknowingly. With reference to sex, some illusive ideas are formed and the minds of youth are disturbed. This is not correct.

Today advertisement show liquor – cigarette as the means of sex. This is illusive and dangerous to health. We know this, but many people destroy their lives by falling prey to such advertises thinking the things shown are true. Posters of different advertisements of medicines increasing sexual power, medicines on some sex-related diseases are stuck in public places, public toilets. Are these medicines genuine? Has anybody checked it? Who gives them permission to stick the posters? The percentage of people having sex-related problems is 1% then why is the publicity done 100%? Such affected people should be given information in an authorized clinic. They should be treated there. What is the need of doing publicity? Basically such advertisements are done to take advantage of ignorance of people regarding sex. Fear is created and many people fall prey to this fear. This is not correct. It can have serious effects on the minds of adolescent children. This ignorance can be removed through scientific sex education and the serious consequence of the illusive advertisement can be avoided.

Today sexual attraction is stressed on the minds of teenagers through the media like cinema, drama, music albums, T.V. programmes, Video, Internet etc. They are getting attracted towards them. They are living on the illusive ideas of sex. These can have adverse effect on their future life. Today the attraction towards sexual relations has been seen even in the children of tender age. Incomplete knowledge is more dangerous than ignorance. In the age of getting educated, the children are getting distracted. In *brahmacharyashrama*, instead of concentrating on education many young boys and girls live together. Especially the fad of dating in the foreign countries has come to India also. Through different media, sexuality is provoked. No one thinks of what are its effects on the future generations. Excess of sexual agitations has resulted into the deadly disease of AIDS. Many have fallen prey to this disease in the last thirty years. Other sexually transmitted diseases are also a risk and needs control. Sex-education can be useful for it.

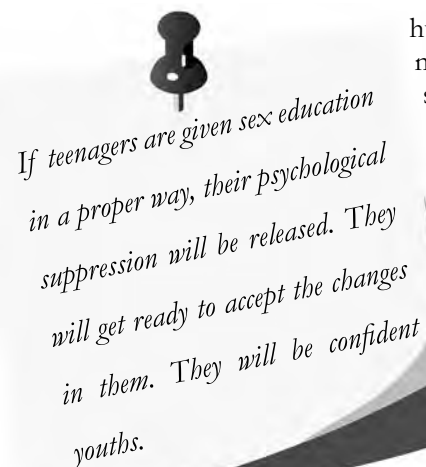
Small things can be done for control. Separate schools and colleges for the boys and girls should be encouraged. They should be given proper sex-education. The basic aim of man or other animals is continuation of the species. The genes we get from our ancestors and some of them

are carried to the next generation. This is through reproduction. It is our responsibility to make next generation more civilized. Our conduct should be good, cultured, if we have to create cultured civilized generation. Mating process can become easier through sex-education. If we control the mind and body, it may be useful to make a person's mind peaceful by letting the sexual feeling wane away. It can be finally useful to make next generation with good thoughts.

Previously, sex education was given through different media. Considering nature around us, as the teacher, there are many components of it like animals, birds, trees etc. Joint family system prevailed. Marriages, births, pregnancy, death were seen through nature and family, slowly, the life and death along with other things were learnt. Being aware of it through the behavior of sparrows, hens, cocks or understanding through reading, friends, elders and teachers is not enough.

Today the picture of sexual exploitation is seen. It has become a trade. A new trend of sex tourism has started. Some countries have become famous for it. We say that man is doing progress, but on the other side thinking has gone on the lowest level. In spite of intellectual and mental progress a woman is regarded as a thing of enjoyment and human trafficking goes on. This is shameful. It should be stopped. Today the mental deformities, we see are created through this. Hence such things should be stopped. Then our next generation will become healthy and strong.

The society should be made aware of the impacts of population increase with sex-education. We know that *Kauravas* were hundred and the *Pandavas* were five. *Dhritarashtra's* wife *Gandhari* gave birth to hundred sons and *Pandu's* two wives *Kunti* and *Madri* gave birth to five sons. Five *Pandavas* were more brave and achievers than hundred *Kauravas*. It is important to see how capable your children are than how many children are born. If you give birth, to fewer children there is more possibility of them becoming capable. Because if less children are there, you can properly look after them, you can give them good diet and education. You can encourage them and make them good citizens. We know that nuclear power is power that can be used for constructive purposes, if controlled but if we use it without any control, it can lead to explosion, destroying many generations. Likewise sex trade, advertisements, blind believes, politics, negligence of the government, are some things which may lead to population explosion. At one side, population is increasing on a large scale and on the other side capability is decreasing day by day. In every field, people are complaining that they don't get capable persons. Man is not ready to treat other person as a



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human being. In this case it is necessary to reconsider about sex-education and population control.

To have a son to sustain the family name is a tradition. Many girl embryos are killed for the want of the sons. The girl foetus is not allowed. The man-women balance is getting disturbed. If you have only one

daughter don't be upset. People

have become self-centred. If you think of yourself and your family, it is good, but you should also think of the society. Live and let others live. Live for yourself and live for others; this should be your principle. If I eat all the mangoes and cut all the trees, then the next generation won't get any. The same thing is happening in killing the girl embryos.

Man and woman have natural attraction. If parents give undue freedom to the boys and girls it may create a problem. Attention is not paid to them, thinking it as a new generation, such things will go on. Even today dowry deaths take place, love marriages, inter-caste marriages are opposed. Good things should be supported. The wrong things should be stopped by the government without doing politics of caste, religions, culture, province etc.

While including sex-education in the school syllabus, it should be made informative. Information should be given in scientific language using numbers if necessary. 'How many condoms and abortion pills are sold? What medicines are there to increase sexual powers and what is their sale? How many culprits were arrested and punished and how long was the court case?' These numbers explain the condition of sexual status and literacy in the society. There should be improvements in our legal system regarding the court cases of sexual atrocities. Justices giving process should be speedy. The criminals should be punished severely. According to me, those who do such crimes should be made impotent. The agents compelling women to sell their bodies and those who do gang rapes should be punished very severely.

There are many consequences of increased population. There is a stiff competition for food, clothing, shelter, water, electricity, jobs etc. because the means are limited and the number of people who wish to enjoy them is very large. Due to this the system of donation, corruption etc. are increasing. The society has become polluted, exploiting each other. Hence the message of population control should reach the lower strata of the society. The society should be civilized. These problems should be solved at the earliest; otherwise, it will be a great loss to the society.

| Year | Indian Population Census |
|------|--------------------------|
| 1941 | 31.81 crores             |
| 1951 | 36.11 crores             |
| 1961 | 43.92 crores             |
| 1971 | 54.82 crores             |
| 1981 | 68.33 crores             |
| 1991 | 84.64 crores             |
| 2001 | 102.87 crores            |
| 2011 | 121.02 crores            |

