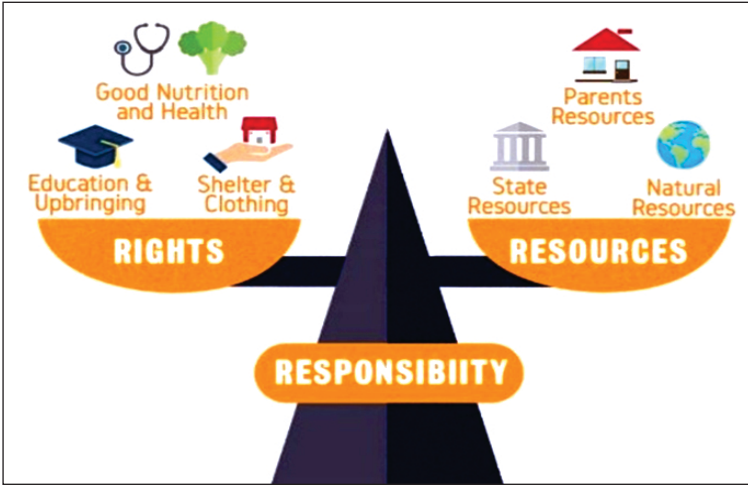


NATIONAL NARRATIVE ON POPULATION - توازن



| اسلامی تعلیمات | اسلامی تعلیمات | اسلامی تعلیمات | اسلامی تعلیمات |
|---|---|---|---|
| پیدائش میں توازن قائم رکھنا | زچہ کی صحت اور محفوظ متنا | ماں کے دودھ کے متعلق | بچوں کی پرورش اور تعلیم و تربیت |
| اسلام کے مطابق خاص حالات میں بچوں کی پیدائش میں مناسب وقفہ اختیار کیا جاسکتا ہے۔ بشرطیکہ وہ جائزہ اور ماں کی صحت پر اثر انداز نہ ہوتا ہو۔ | نبی کریم صلی اللہ علیہ وآلہ وسلم | قرآن حکیم | حدیث نبوی ﷺ |
| | ما أنزل الله من داء إلا أنزل له شفاه | وَالْوَالِدَاتُ يُرْضَعْنَ أَوْلَادَهُنَّ حَوْلَيْنَ كَامِلَيْنِ لَعْنُ أَرَادَ أَنْ يُنْفِخَ الرِّضَاعَةَ۔ (البقرة: 233) | کوئی باپ اپنی اولاد کو اس سے بہتر تحفہ نہیں دے سکتا کہ اس کو اچھے آداب سکھائے یعنی بہترین تعلیم و تربیت کا اہتمام کرے |
| | جس اللہ نے بیماری نازل کی ہے اس نے اس کی دوا بھی نازل فرمائی ہے | حدیث | حضرت علی رضی اللہ عنہ |
| | | قرآن حکیم میں صاف طور پر حکم دی گیا ہے کہ ماں اپنی اولاد کو پورے دو سال اپنا دودھ پلائیں گی | علموہم وادبوہم |
| | | | اپنی اولاد کو علم سکھاؤ اور آداب بھی |

Pakistan's progress on most health, education, and demographic indicators has slowed down according to the Population Census 2017 and the Pakistan Demographic and Health Survey (PDHS) 2017-18. These trends signify a worsening of existing inequalities and imbalances, threatening the country's shrinking resource base as well as its future viability and stability. The situation warrants urgent corrective actions at all levels of State and society.

As a key measure, Pakistan must lose no further time in joining the countries of the region and the Muslim world in achieving a rate of population growth that is sustainable. This will have to be much lower than the current (1998–2017) high growth rate of 2.4%. In this regard, a National Task Force constituted by the Supreme Court has already identified eight broad sectors and thirty-three specific recommendations for implementation by Provincial Governments, Regions and the Federal Government. These recommendations have been endorsed by the Supreme Court & approved by the Council of Common Interest (CCI) chaired by the Prime Minister of Pakistan.

Rationale of a National Narrative on Population

The idea of balanced population growth has historically evoked disparate, ambivalent and often negative responses in the country. The endorsement by all concerned of a new "national narrative" is, therefore, the first of the Task Force's recommendations under "Advocacy and Communication." Simply put, a national narrative is an articulation of the beliefs and the aspirations of the people and the nation that unites and compels the nation towards collective action. Such a consensus was reached by most other nations with similar challenges and contexts such as Turkey, Malaysia, Indonesia and Iran several decades ago. As a result, these countries have made enormous progress. In Pakistan, such a narrative is necessary to foster consensus across provincial and regional identities, ethnicities, religious groupings to achieve balanced population growth with



environmentally sustainable social and economic development. The federal and provincial governments shall also have to fulfill their financial commitments given in the CCI recommendations.

Pakistan is a uniquely created, richly diverse nation-state with enormous potential but it currently ranks 150th among 189 countries on the Human Development Index 2017. There is a need to

eliminate preventable maternal and neonatal deaths, ensure adequate nutrition and education for all, provide access to clean water, and eradicate poverty.

Improved conditions for girls and women enable improved lives for all members of the family. Poverty too will be reduced only when girls and women are able to access universal reproductive health care including family planning, adequate nutrition and when their rights are ensured. Unless investments in Human Capital keep pace with population growth, we will only add to the huge numbers of people in poor health, with little or no education and skills, and with bleak prospects of employment especially for women. This is an untenable situation that denies the right of all citizens to a dignified life and threatens national well-being and security.

National Narrative

Parents have the right to freely and responsibly decide the number and spacing of their children to fulfil the

fundamental rights of their children and family by maintaining a Balance/Tawazun between their family size and resources. The Government and society have the responsibility to facilitate parents to achieve this balance by providing universal access to family planning information and services, thereby achieving sustainable development.

Sustainable population growth means growth in which this tawazun is maintained. It must prevail, at the macro level, between essential

human goals and population numbers; the numbers and quality of citizens; natural resources and the people they sustain. At the micro level, tawazun must be attained between the births of children and their mother's capacity to recuperate and breastfeed them; between the size of the families and their capacity to ensure the rights of each member. All eminent religious scholars the world over have endorsed birth spacing as one way to ensure balanced family size.

While family size remains a private choice, separate from the public domain, parents' right to have as many children as they desire must be balanced with their responsibility to ensure that each child is brought up under the care of a healthy mother. Certainly, family planning and birth spacing should be driven by informed choice and free will, and not coercion. But the State is

responsible for fulfilling all citizens' rights to the information and to the services they need in order to make, and act on informed choices.

The narrative aims at balanced population growth to ensure wellbeing, prosperity, safety and security – which is the common aspiration of the people of Pakistan.

The attainment of this imperative goal is possible through three inter-linked principles:

Rights

The first principle recognizes that all citizens of the country have fundamental rights, which are enshrined in all religious teachings,

the Constitution of Pakistan and the international covenants (ICPD, FP2020, SDGs) to which Pakistan is a signatory. This includes the right to adequate shelter, nutrition, health and family planning, education, employment opportunities and gainful livelihoods to improve the quality of life.

Responsibilities

The second principle is the recognition that, to attain these rights, individuals, and parents as well as the State have distinct responsibilities to fulfill. Parents ought to act responsibly and have the number of children they can provide with the basic rights and needs, e.g., nutrition, health, and good upbringing, while the State remains responsible for providing necessary services and resources, such as family planning and health services, quality education, proper housing, and job opportunities.

Balance-Tawazun

The third principle recognizes the need to strike a balance, or tawazun, in all aspects, especially between rights and responsibilities. This implies a tawazun between population growth and available resources and regenerative capacity. "Tawazun" is intrinsic in Nature and commanded in Islam and other faiths as a prerequisite for peace and well-being.

وقفہ ہو جب تین سال
ماں صحت مند، گھرانہ خوشحال

بچوں کی پیدائش میں مناسب وقفہ
صحت مند ماں اور تندرست بچہ

ماں کا دودھ متوازن غذا
ماں بچہ تندرست و توانا



بچوں کی پیدائش میں مناسب وقفہ
صحت مند ماں اور تندرست بچہ

Government of Pakistan
Ministry of National Health Services,
Regulations & Coordination
(Population Programme Wing)