How to Overcome the Problems of Urbanization: A Study for Solution

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Abstract

Rapid mushrooming of squatter settlements on land pockets may be seen as usual fallout of urbanization. The factors identified for the formation and growth of squatter settlements are poverty, absence and inadequacy of urban planning, migration, and many other disadvantages. In developing countries, rapid urbanization is accompanied by diverse health problems including psychiatric complaints and disorders like anxiety, depression, insomnia, fatigue, irritability and poor memory that account for 90 per cent of all mental disorders causing behavioral problems in offspring and impede recovery from co-morbid physical ailments. The need to preserve the environment in order to maintain a nation's social and economic advancement has come to light more and more in recent years. The aim of the study is to explore the solutions already taken or to be taken due to urbanization in India. This study is descriptive in nature based on secondary sources approaching the issues: A few actions have previously been done; A few actions still need to be done; some success stories are described here as an illustration. In this portion many we have discussed some steps which have already been taken and some steps have to be taken and some success stories are also shown. The challenges posed by growing urbanization have led to a crisis situation. We need to manage our population and provide our villages with civic amenities and basic infrastructure in order to control overcrowding in the towns and cities. Health risks and the worst kind of destruction might result from this. Controlling the urban population is necessary to accomplish this. Urbanization affects every facet of daily existence. Urbanization has also a beneficial effect. People coexist in urban areas, especially metropolitan areas, from vastly different cultural backgrounds. Through exchanging ideas and learning about one another's cultures, people break down the barriers that once divided them. The result is the blending of cultures.

Keywords: Planning, Migration. Squatter Settlements, Civic Amenities, Basic Infrastructure

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INTRODUCTION

Rapid mushrooming of squatter settlements on land pockets may be seen as usual fallout of urbanization. The factors identified for the formation and growth of squatter settlements are poverty, absence and inadequacy of urban planning, migration, lack of economic development of city, shortfall in existing housing stock, political reasons, refugee influx and other miscellaneous spatio-demographic reasons [3].

In developing countries, rapid urbanization is accompanied by diverse health problems including psychiatric complaints and disorders like anxiety, depression, insomnia, fatigue, irritability and poor memory that account for 90 per cent of all mental disorders causing behavioral problems in offspring

and impede recovery from co-morbid physical ailments. Those who suffer most from common mental disorders include women, those between 15 and 49 years old and low income populations.

Socio environmental factors and common mental disorders have been found to be strongly correlated, and urban environments have been linked to numerous potential risk factors for these morbidities [1]. As per the availability of data in the Indian economy, we can state that there has been steady increase in the size of county's urban population in the last 100 years. Between 1901 and 2011, the country's urban population increased by more than ten times, from 25.85 million to 377.10 million. In terms of the maximum number of people living in cities, India is currently the second-largest country worldwide. With the exception of China, her urban population is larger than that of every county worldwide [2]. Just 10.84% of Indians resided in cities at the start of the 19th century (1901), but by the turn of the 20th century (2001 and 2011), that percentage had risen to 27.78% [4].

The need to preserve the environment in order to maintain a nation's social and economic advancement has come to light more and more in recent years. This awareness was demonstrated in June 1992 at the Rio de Janeiro Earth Summit, where over one hundred heads of state adopted Agenda 21, a global action plan that aimed to integrate environmental imperatives with developmental aspirations. This awareness was increased in 1997 with the Special Session on Environment held by the U.N. General Assembly. Air pollution is a serious environmental issue in cities that can lead to heart disease, lung cancer, chronic and acute respiratory illnesses, ventilator malfunction, and even death.   Three things can contaminate water in India: industrial pollutants, agricultural runoff, and domestic sewage. The lack of access to sanitary facilities and clean drinking water is the biggest environmental issue and health risk to the public in India, both rural and urban. Because of the recent decades' rapid industrialization and population growth, there has been a notable increase in the generation of waste from homes, cities, and industries. Mumbai produces 0.20 tonnes of solid waste per person, Delhi 0.44 tonnes, and Chennai 0.29 tonnes.   The biggest factor contributing to land degradation is soil erosion.

An estimated 130 million hectares of land, or 45% of the total geographical area, experience significant soil erosion as a result of cultivated waste lands, water logging, shifting cultivation, ravines, and gullies. Additionally, the annual loss of soil in India is estimated to be 5310 million tonnes.

In irrigated arid and semi-arid regions, the build up of salts and alkalinity has an impact on agricultural land productivity. A recent estimate puts the extent of water logging in irrigated areas at 2.46 million hectares. In addition, surface water stagnation affects 3.4 million hectares. Chemical inputs such as pesticides and fertilisers are crucial for raising agricultural output. Since the middle of the 1960s, their use has grown dramatically. The use of these chemicals excessively carries a risk. Nonetheless, the application of pesticides and fertilisers is focused on particular crops and regions. The ecological balance and life support system of the planet depend on forests. For the production of food, human health, and other facets of survival and sustainable development, they are indispensable. Although they only make up 2% of the global forest area, Indian forests are essential to the survival of 14% of the world's livestock and 12% of its human population. This is enough to show the extreme biotic pressure they encounter. India's forests have been losing ground for a number of years as a result of competing uses for the land, including industry, roads, irrigation and power projects, agriculture, and so forth.

In order to review and suggest ways to strengthen the current legislative and administrative measures for guaranteeing environmental protection, a separate Empowered Committee was established in 1980. On the advice of this Empowered Committee, a separate Department of Environment was founded in 1980. In 1985, it was elevated to the rank of full Ministry of Environment and Forests. Within the administrative framework of the Government of India, this Ministry serves as the focal point for organising, coordinating, and planning forestry and environmental initiatives.

A January 1994 notification makes environmental impact assessments mandatory for 29 different types of development projects under different sections, including mining, irrigation, power, and industrial.

The Environment Impact Assessment (EIA) Notification underwent modifications in 1997. The Ministry of Environment and Forests is the nodal agency for the management and control of hazardous materials, including waste, microorganisms, and hazardous chemicals. The Environment Information System (ENVIS) was created in 1982 by the Ministry of Environment and Forests as a decentralised information network for collecting, storing, retrieving, and exchanging environmental data. In 1992–1993, a new programme called Paryavaran Vahini was launched with the goal of ensuring active public participation and increasing environmental awareness. Activities linked to environmental protection were conducted with the local population as part of the programme.

The National Environment Awareness Campaign (NEAC) is led by the Government of India's Ministry of Environment and Forests (MoEF). With the aim of raising national awareness of the environment, this campaign was first organised in 1986 and has since become a regular occurrence. It is one of the Ministry's main initiatives that encourages community involvement in environmental management and conservation. The program's primary goal is to raise public awareness of environmental protection issues and transform it into a movement of people who band together and take action to protect the environment. The Ministry chooses the campaign's theme each year. The NEAC is a broad outreach initiative that touches on many facets of society, including the grassroots. The campaign's decentralised strategy has led to widespread public participation at all levels and broad outreach. The Ministry, which collaborates on environmental protection with numerous non-governmental organisations (NGOs), appoints the Regional Resource Agencies (RRAs) at the state level. Despite the large number of participants, the programme remains innovative and feasible due to the adaptable nature of the interactions between the RRAs and the participating organisations. With the assistance of both NGOs and RRAs, the NEAC has overseen a number of highly innovative programmes and helpful resource materials. The performing arts, among other effective mediums, have allowed the NEAC to reach out to a wide audience. It has been discovered that effective mass education methods, as opposed to lectures and seminars, are practical.

OBJECTIVE

The aim of the study is to explore the solutions already taken or to be taken due to urbanization in India.

Methods and Materials

Because it is based on secondary sources, this study is descriptive in nature.

- *Data sources:* The information was gathered from numerous census reports, books, papers, websites, and online journals that were released at various points in time.
- *Data Analysis:* To support the required presentation, a large number of materials that were acquired from diverse sources have been carefully sorted, verified, and organized under the appropriate category.
- *Approaching the Issues:* (i) A few actions have previously been done; (ii) A few actions still need to be done; and (iii) Some success stories are described here as an illustration.

Results And Discussions

The following Steps have already been taken.

The 74th Amendment to the Constitution: This provision, which became operative in 1993, gave top priority to the construction of roads and bridges, urban amenities, and land use regulation.

The 2006 National Urban Transport Policy: The main objective of the 2006 National Urban Transport Policy is to provide an affordable, comfortable, safe, fast, dependable, and sustainable

urban transportation system to meet the needs of the growing number of city people with regard to work, education, recreation, and other essentials. encouraging integrated land use and transportation planning in all communities, especially for the most impoverished urban populations, to shorten commute times and offer access to social necessities like work and education.

National Urban Renewal Mission, or NURM, 2005: Building economically productive, efficient, equitable, and responsive cities is the main goal of the JnNURM. Urban Infrastructure and Governance (UIG) and Basic Services for Urban Poor (BSUP) are the two sub-missions that make up the JnNURM. The goal is to plan the development of cities, including peri-urban areas, outgrowths, and urban corridors; to accelerate the flow of investment into urban infrastructure services; to secure connections between the creation and maintenance of assets for the long-term sustainability of projects; and to renew and redevelop inner city areas. The mission frequently strives towards urban service universalization in order to ensure that urban people may receive these services.

Rajiv Awas Yojana: The purpose of the two-year Rajiv Awas Yojana pilot project, which was launched in 2011, is to create a "slum free India." Still, it went on until 2022. It applied to all the slums in the city, educated or not. It also extended to city dwellers who were homeless and lived on pavements. For the first time, information on slum dwellers—who are becoming more and more common in India due to the country's fast urbanization—was acquired for the 2011 Census. According to the study, roughly one in six urban Indian households (17.4%) are in a slum, and that cities with a population of one million or more are home to more than one-third (38%) of all slum households worldwide.

The twelfth five-year plan (2012–2017) not only called for the consolidation of JNNURM but also envisaged a greater role for it in urban changes. The twelfth plan is composed of the following JNNURM elements:
1. Urban infrastructure governance (UIG)
2. The Yojana Rajiv Awas (RAY)
3. RAY does not cover the rehabilitation of urban slums.
4. Building capacity
5. The following elements that are preventing the program's success have also been recognized by the strategy:
   a. Not incorporating urban planning into mainstream activities.
   b. Only partially reforming and implementing projects slowly.
   c. Taking a long time to acquire land for projects.
   d. waiting for approval from many authorities [8].

An overview of metro trains: These were a part of the earlier mentioned projects in Bangalore, Delhi, Kolkata, etc. The cabinet also approved a plan for Namma Metro, Bangalore Metro's second phase. The government has also conducted a number of feasibility studies in Tier-II and Tier-III cities. Many localities are now able to pursue metro projects in accordance with the new urban policy.

India's first monorail: Eight years after the Maharashtra government first proposed it, India's first monorail will open to the public. Now, India will run monorails, following in the footsteps of countries like Germany, China, Japan, Australia, and Malaysia.

Idea of a smart city: "One hundred Smart cities" were to be funded by the 2014 budget and would be used as modernization projects for mid-sized towns and satellite cities of bigger cities. Although the term "smart city" is not well defined, it refers to the use of information and communication technology (ICT) in an innovative, cyber, digital, e-governed, intelligent, and informed manner. Intelligence must be there when it comes to governance and service delivery. E-governance (via the MRD's e-panchayat initiative, the Digital India program, the National e-governance plan, and the National Optical Fiber Network) may be one of its aspects. It took into account:

1. Always improving design and management
2. Climate-focused development
3. Development with mass transit in mind
4. Human-centered technology applications (m-health, e-learning)
5. For the impending urbanization, bottom-up planning is feasible.
6. Creative PDS limitation
7. Diverse in terms of economic and social dimensions.

Swachh Bharat: Clean urban landscapes have the potential to increase tourism, diversify the economic backgrounds of city dwellers, and generate revenue for the Urban Land Bank (ULB).

THE FOLLOWING STEPS HAVE TO BE TAKEN TO OVERCOME THE PROBLEMS RAISED DUE TO URBANIZATION

Overpopulation
One of the main issues for facing urban environments is overpopulation. As the population of cities grows, the problems caused by overcrowding begin to worsen. Increasing educational resources is one of the most effective ways to counteract excessive urbanization, as fighting overpopulation begins with education. People who live in overcrowded cities soon develop health problems. Pollution levels rise sharply when there are many people living in a small area. Constructing cities with the environment in mind is the only method to reduce these impacts. To help lower the high rates of population growth, key stakeholders in urban areas must offer family planning and effective medical health clinics through campaigns and counseling. In order to curb diseases and population growth, family planning-focused medical health clinics should be made available throughout the metropolitan area.

Sustainable Development
When defining "urbanization," sustainability is crucial. There are many unsustainable cities in the world. Rather than accepting the construction of high-priced homes and low-income slums, we ought to concentrate on developing cities that serve all people. Eventually, people will start moving from rural to urban areas in order to keep urbanization sustainable. Although we are powerless to stop this societal mobility that occurs naturally, we can take measures to make it more sustainable.

Job Opportunity
Increasing employment opportunities for the growing population is one strategy to make urban environments sustainable. Businesses can increase employment by taking advantage of their surroundings. Encouraging travel and improving living environments increases job options for people. By facilitating access to education, schools can produce a workforce with a higher level of qualification. It is crucial to maintain the comfort of city dwellers. When they grow restless, criminality begins to proliferate. Future planning is necessary if urbanisation is to continue. Constructing sustainable cities is a good place to start, but companies also need to figure out how to increase employment for locals.

City Planning
Newly urbanised cities can take a cue from smart cities and the technologies they use to power their cities in response to urban activity. Future-ready technology can relieve many of the congestion issues that urban populations face by fostering a more efficient transportation ecosystem. Cities will need to take into account technology that offers parking solutions to reduce the number of cars driving around on the roads in order to further reduce traffic congestion and pollution. Cities can collaborate with businesses, hotels, and hospitals to develop a practical solution for parking and traffic problems. City planners must also think about how to economically prepare for and adjust to changes in population growth control or urban expansion. Planners should make use of green transportation, recycled water, and renewable energy sources. For the foreseeable future, local governments must give greater consideration to city planning in order to ensure the prosperity of their populations.

Eco-friendly City

Constructing ecologically friendly and sustainable cities so that people can live in secure and clean environments, governments should enact legislation granting environmentally sound cities access to smart growth strategies. Building sustainable cities with better environmental conditions and secure housing for all urban residents is the goal. In addition, governments ought to promote an economy built on sustainable practises, such as investing in environmentally friendly public transportation, renewable energy sources, recycling and environmental campaigns, sustainable industries, green infrastructure, pollution control, and water reclamation and recycling.

Government Relief Programmes

Population pressure causes less developed areas to display severe consequences, such as unmanageable poverty, high rates of illiteracy, and child abuse. Because of a lack of funding and a lack of leadership experience in enacting reforms, government agencies in these areas may become powerless to launch successful reform initiatives.

Providing Necessary Services and Create New Jobs

Urban stakeholders are responsible for making sure that everyone living in urban areas has access to enough of the basic social services that they need, such as food, technology, clean water, health care, and sanitation. In order to enable people to make a living and pay for the upkeep of the services, the goal is to develop and provide jobs and wealth-building opportunities. The costs of energy, public transportation, basic healthcare, basic education, communication systems, and technology can all be decreased with the help of subsidies. To mitigate the adverse impacts of swift urbanisation while simultaneously preserving natural ecosystems, private investments ought to be promoted to make better use of available resources and generate employment opportunities. The development of tourism and the wise use of natural resources can boost employment opportunities for city dwellers. Grants and subsidies may also be given to private and foreign investors in ecologically friendly development initiatives that promote employment growth [10].

Urban Environment Policyand Environment Awareness

Since the urban environment is man-made rather than natural, humankind is the primary source of solutions. In this context, sensible urban environment policies can be recommended. Rethinking urban land-use plans and sparing agricultural land near urban areas are important considerations for urban planners. The idea of "green cities" ought to be implemented. Instead of just enforcing a "tree-tax," urban authorities should provide incentives or tax breaks to residents of cities to encourage the effective planting of trees near their homes. For regional development, the growth of small and intermediate towns needs to be prioritised more. Every industrial unit should be required to conduct an environment audit. The divide between urbanises and ruralises should be closed through the promotion of rural-urban coexistence. Policies pertaining to urban environments must promote harmony across a range of domains in addition to controlling urbanisation. In general, air and water pollution, the deterioration of shared property resources, the threat to biological diversity, the disposal of solid waste, and poor sanitation are India's top environmental issues. Other major causes of the nation's environmental problems include transportation, input-intensive agriculture, urbanisation, industrialization, and increasing deforestation.

Strategy for Regional Development

We should choose underdeveloped areas for development if we wish to establish balanced regional development with a healthy environment. A key component of regional development is the advancement of agriculture combined with urbanisation and industrialization. Given the limited availability of natural resources, a sensible and all-encompassing regional pattern for their economic exploitation—that is, the biological and water resources found in soils and landscapes—should only be established at the regional level. An ecologically sound forest policy should forbid the conversion of forested areas into uses other than forestry. Plans for integrated area development and social forest

development ought to be implemented well. The "Renewable Resources Use" for Regional Development should be emphasised. For development that maintains ecological balance, we should use a multifaceted approach to regional planning. An ecologically, economically, and sociologically sound integrated regional planning approach should be used to increase the productive and beneficial roles that agriculture and forests can play. It is required to coordinate with the National Planning Policy [8].

EXAMPLES OF SUCCESSFUL, DISTINCTIVE, AND CREATIVE URBAN DEVELOPMENT MODELS

"Kudumbshree" model: a social empowerment programme that was started by the Keralan government in 1998 with the goal of eliminating absolute poverty from the state through coordinated community action led by Local Self Governments. It is currently one of the biggest initiatives for the empowerment of women in the nation. With 41 lakh participants, the project serves over 50% of Keralan households. The Kudumbashree project, which was founded on the three essential pillars of microcredit, entrepreneurship, and empowerment, has been successful in meeting the fundamental requirements of underprivileged women, giving them a more respectable living and a brighter future. Kudumbashree literally means "family prosperity" (shree) (Kudumbam).

Chhattisgarh PDS model: Information systems are now being managed by the state government. In order to facilitate the quick distribution of grains, Fair Prices Shops (FPS) and sales and stock data were first computerized. Applications for mobile devices, such as SMS alerts for interested beneficiaries, were made available, improving the availability of information regarding food grains taken out of go downs and delivered to ration stores. People in Raipur have the freedom to select the fair price store of their choice, make smaller purchases rather than relying solely on a single transaction, etc. The ration card's portability between stores contributed to an increase in customer satisfaction.

Solid waste management in OKHLA: Safe disposal of garbage, recycling of waste products, and energy generation from wastes are all concerns of waste management for every urban centre. The Timarpur Okhla Municipal Solid Waste Management project is India's first commercial waste-to-energy facility, with the goal of generating enough electricity to power 6 lakh homes from one-third of Delhi's rubbish. In 2013, it became the first in the nation to receive carbon credits from the United Nations Framework Convention on Climate Change.

Metro of Delhi: The metro in Delhi is among the best in the world. It has the newest communication and train control system available to guarantee dependability and safety in train operations. It has UN carbon credit points for its energy-efficient measures.

Policing of Community for Security: Community Policing for Students is based on the Kerala Student Police Cadet model, a school-based youth development programme that teaches high school students civic virtues like civic awareness, respect for the law, discipline, empathy for the weaker members of society, and resistance to social evils. The Kerala model, designed for all government, government-aided, and private unaided schools, teaches children through classroom activities and numerous camps staffed by local police officers who provide them with frequent instructions on specific topics. The idea behind community policing is to work with the local police to solve issues in the community by upholding the law, preventing and identifying crimes, bringing the region back to peace and order, and lowering crimes against women and other vulnerable groups. Some of the main duties of "community policies" include finding strangers and other suspicious individuals and reporting them to the police, helping local police patrol areas at night when there is a high crime rate, making sure that crime-related information reaches the police on time, and promoting communal harmony through group efforts, especially during festivals, religious processions, and public events [9].

SUGGESTIONS

Integrated infrastructure service development should be given special consideration in the cities that fall under the purview of the mission. Green construction principles should be implemented, and links between asset development and asset management should be built through a number of reforms for long-term project sustainability. Rather than falling within the jurisdiction of the municipal commissioner, the office of an empowered mayor should oversee administrative cooperation between municipal departments and with state and federal government agencies. Redesigning urban planning techniques is necessary to integrate transportation and land use planning, standardize land record keeping, and integrate municipal plans into district and regional plans.

1. Positions should be filled by local organizations.
2. It is better to fortify tried-and-true master plans rather than hurriedly modifying city development plans.
3. Populist policies and initiatives should be implemented carefully and without haste.
4. Land development ought to be considered while planning for urban growth.
5. Timely project completion will come from enhanced project management skills.

The urban economy has to develop a strong sector to prevent people from living in overcrowded slums within megacities like Mumbai, Kolkata, Delhi, and Chennai, as job creation in these areas has reached a saturation point [6]. To strengthen the basis of the urban economy, growth efforts and investments should target small cities that have not received much attention in the past. Policy should also address proper urban planning, which involves developmental, operational, and restorative planning.

When it comes to operational planning, improving the city's roadways, transit system, and other infrastructure should come first. Planning for development should give special consideration to the development of freshly annexed urban areas. Restoring historically significant antique buildings to their original state ought to be the aim of restorative planning. Urban planning should aim to achieve the following key objectives: (a) develop a balanced regional and urban plan [7]; (b) give the urban economy a strong economic base; and (c) integrate the rural and urban sectors [5].

CONCLUSION

Urbanization has affected all facets of daily life, including family structure. In rural areas, families are more common than in urban areas, with joint families making up the majority of households. This shift in family structure is directly related to urbanization. In urban areas, particularly in metropolitan cities, people from vastly different cultural backgrounds coexist. Urbanization has also undermined traditional forms of political mobilization based on caste and religious identities. This has a beneficial effect. People tear down the walls that once separated them by learning about one another's cultures and exchanging ideas. It leads to a hybridization of cultures. The challenges posed by growing urbanization have led to a crisis situation not only in India but also in the more developed western economies. In order to stop the expansion of unplanned cities, we need to consider the fundamental causes of this issue, which include the population's rapid growth and inclination towards cities. We need to manage our population and provide our villages with civic amenities and basic infrastructure in order to control these issues. In summary, every single environmental and social factor in cities is severely lacking. India's urban population may become even more miserable if proper action is not taken to stop pollution and to raise standard of living by adding more social amenities.

Health risks and the worst kind of destruction might result from this. Controlling the urban population is necessary to accomplish this. In addition to the finite amount of other biological resources, the city's population increases demand on scarce resources like land, air, and water. Controlling vehicle pollution in cities and towns should be a top priority. Reducing the production of solid waste at its sources should receive immediate attention and should be accomplished through required regulations, fees, tax incentives, education, and voluntary compliance.

Improved trash collection, treatment, and disposal technologies are needed to guarantee efficient solid waste management. In order to maintain a high standard of living in cities and towns, creative economic growth potential is necessary, as the stabilization of the urban population at a level that is appropriate given the available resources and the preservation of environmental quality, which promotes sustainable development. The need to improve urban strategies that encourage resource efficiency should receive serious consideration. It is essential to approach the problem of population expansion in cities and towns in a rational manner.

Urbanization affects every facet of daily existence. Urbanization has also had an impact on family structure. The idea of family life is understood differently in rural and urban societies. While the majority of households in rural society have joint families, most urban families are nuclear, with very few homes having joint families. The urbanization process is directly responsible for this shift in family dynamics.

People coexist in urban environments, especially metropolitan ones, from vastly varied cultural origins. This has a positive outcome. Through exchanging ideas and learning about one another's cultures, people break down the barriers that once divided them. The result is the blending of civilizations.

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