

International Institute for Population Sciences
(Deemed to be University)
Mumbai-400088, India

XXX IIPS National Seminar
on
**Demographic and Health Transition:
Challenges and Opportunities**

Date: December 17-19, 2025
Venue: Thiruvananthapuram (Kerala)

About the Seminar: The demographic and health transition are a shift from high birth and death rates, accompanied by infectious diseases, to low birth and death rates alongside a rise in chronic, non-communicable diseases (NCDs) associated with an aging population. This dual process—falling birth rates and longer lifespans—reshapes population structures, economies, and health systems in unprecedented ways. While this transition generates social, economic, and health challenges, including pressure on health systems, rising healthcare costs, youth unemployment and growing inequalities, it also provides unique opportunities such as the demographic dividend, expanded women's workforce participation, and innovation in healthcare and education.

The increase in the number and proportion of elderly population creates more pressure on social security and pension systems. There is a growing demand for long-term care services and geriatric care to manage the rise in age-related NCDs like heart disease, diabetes, and dementia. Healthcare costs rise due to the expense of treating chronic illnesses, leading to increased household out-of-pocket spending and potential poverty. After an initial period with a large working-age population (a "demographic dividend"), a smaller workforce would have to support a larger number of dependents, including the elderly. Governments must manage an aging workforce and ensure the younger population receives adequate skill development to maintain economic output. Despite a large number of young people entering the workforce, many countries face a lack of employment opportunities, potentially leading to unemployment, underemployment, and social unrest. The pace of the transition can vary significantly within a country, exacerbating inequalities in economic development and access to healthcare and education. A massive rural-to-urban migration can further strain urban infrastructure availability, leading to housing shortages, poor sanitation and the growth of slums. Furthermore, population growth and economic development increases the demand for natural resources and contribute to pollution and unsustainable consumption patterns.

If managed effectively, the transition can offer opportunities for economic and social development. A large working-age population relative to dependents can boost economic growth through increased productivity, savings, and investments. Declining fertility rates can lead to a reallocation of family and governmental resources toward higher-quality education, vocational training, and skill development, resulting in a more productive workforce. A slower rate of population growth can increase the availability of per-capita resources and infrastructure, further enhancing labour productivity and boosting economic competitiveness. With fewer childcare responsibilities, more women are likely to join the formal workforce, which can significantly drive economic growth and foster gender equality. A larger, more affluent workforce can in turn, drive higher domestic demand for goods and services, stimulating various sectors of the economy. A youthful and educated population can be a

catalyst for entrepreneurship and innovation, particularly in a knowledge-driven economy. Addressing the rise of NCDs necessitates a greater focus on public health interventions, preventive care, and health education to promote healthier lifestyles and reduce long-term costs.

India is at the forefront of this transition, facing diverse regional patterns, uneven progress, and unique policy challenges. Against this backdrop, the proposed conference seeks to bring together researchers, policymakers, and practitioners to reflect on the challenges, share experiences, and explore pathways for turning demographic and health changes into opportunities for sustainable and inclusive development.

Objectives of the Seminar

- To examine the nature and pace of demographic and health transitions
- To analyse the social, economic, health, and environmental challenges arising from these transitions.
- To explore opportunities for harnessing the demographic dividend and addressing inequalities.
- To deliberate on policy options and best practices for managing the challenges of aging, NCDs, and workforce transformations.
- To create a platform for dialogue among academia, policymakers, and practitioners to strengthen evidence-based strategies.

Themes

1. Demographic Shifts and Population Structures
2. Epidemiological Transition and Disease Burden
3. Health Systems and Policy Responses
4. Youth, Employment, and Demographic Dividend
5. Gender and Demographic Transition
6. Migration, Urbanization, and Regional Inequalities
7. Social Protection and Elderly Care
8. Education, Human Capital, and Social Development
9. Environment, Population, and Sustainability
10. Governance, Policy Innovations, and Global Lessons

Expected Outcomes

- A comprehensive understanding of the interplay between demographic and health transitions.
- Identification of key challenges and opportunities relevant to India and similar contexts.
- Policy recommendations for addressing aging, NCDs, and inequalities while harnessing the demographic dividend.
- Strengthened networks among researchers, policymakers, and practitioners to advance collaborative solutions.

The demographic and health transition presents a defining moment for societies worldwide. While the challenges are complex, they also offer opportunities for sustainable growth, inclusive development, and improved well-being. This conference provides a timely platform to discuss strategies that can transform these transitions into drivers of progress.

About IIPS

The International Institute for Population Sciences (IIPS) was established in 1956, jointly by the Government of India, the United Nations, and Sir Dorabji Tata Trust as a Demographic Training and Research Centre (DTRC) to serve as a regional centre for teaching, training, and conducting research in the area of population studies for the ESCAP region. Even today, IIPS is the only recognized Deemed to be University of its kind in the world, completely devoted to teaching and innovative research on population related areas. The Institute is under the auspices of the Ministry of Health and Family Welfare, Government of India.

IIPS offers six courses, namely, Diploma in Health Promotion Education (DHPE), Post-Graduate Diploma in Community Health Care (PGDCHC), M.A./M.Sc. in Population Studies (two-year), M.Sc. in Biostatistics and Demography (two-year), M.Sc. in Survey Research and Data Analytics (two-year), and Ph.D. in Population Studies. The Institute also offers an M.A. in Population Studies through Distance Learning.

The Institute organizes short-term courses from time to time for various International and National organizations on population and health issues. The institute regularly conducts nationwide, large-scale population-based surveys in the area of population health. The findings from the survey have been extensively used in shaping national and state-level policies and programs.

Instructions for submitting the abstract and full-paper: We invite original, unpublished research contributions for presentation at the IIPS National Seminar. Authors are requested to carefully follow the guidelines below while preparing and submitting their work.

Abstract Submission: Authors must submit an abstract of not more than 300 words. The abstract should clearly state the research objectives, methodology, key findings, and relevance to the conference theme.

Full Paper Submission: Authors are required to submit a full paper along with the abstract. The full-paper submitted must clearly specify the background, rationale, objectives of the study, data and methods used, analysis, key findings and discussion of the results, along with the name(s) of the author(s), their designation, affiliations/university/institute, and Email ID. One author may submit maximum two papers (either individually or jointly with co-authors). Only original and unpublished work should be submitted. Plagiarism in any form will lead to rejection. All submissions will be peer-reviewed by the Scientific Committee. Acceptance will be communicated to the authors via IIPS website and email.

Abstracts and full papers should be submitted through the IIPS national Seminar web link <https://www.iipsindia.ac.in/content/iipsannual-seminar>. In case of any difficulty in online submissions, you may contact the organizers through an email at nationalseminar@iipsindia.ac.in.

Awards for Best Poster: The poster evaluation committee will select the three best posters. The presenting author must attend the entire seminar to be eligible to receive an award. The first-place poster will be awarded Rs. 15,000/-, the second-best will receive Rs. 10,000/-, and the third-best will receive Rs. 5,000/-.

Financial Support: Accommodation and logistic support will be provided to all the outstation participants. IIPS will reimburse the travel expenses for one presenting author traveling from within India as per Institute norm. However, all participants are encouraged to secure funding to cover their travel, accommodation and registration costs.

Registration Fees

Till 30th November, 2025 : Rs. 2,000/-

After 30th November, 2025 : Rs. 2,500/-

Important Dates

Date of announcement of seminar :	September 15, 2025
Last date for abstract and full-paper submission :	October 15, 2025
Notification of acceptance:	October 31, 2025
Conference dates:	December 17-19, 2025

Organizing Committee

Prof. D.A. Nagdeve (Patron)

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