During the last thirty years or more, research on the concept of region has been concerned with two main problems:

(1) How far should the modification of the physical environment be considered in the limitation of regions?

and

(2) On what criteria must the delimitation of regions of varying orders be based, and how shall they be grouped together?

It is rather difficult to define a 'Region' as it would depend largely on the object, context or criteria. The term Region has acquired various connotations according to the context in which it is used and the purport of the scientist. Sociologists, Economists, Geographers, Politicians, Administrators and a host of others are concerned with the term 'region' but it does not convey the same meaning to each of these groups. To the Geographers, Region is their focus; Region not solely in terms of bones but also in terms of flesh and blood - Region as the home of mankind. The interpretation of Man's adjustment has its core in the area with a distinctive type of environment to which the name 'Region' is applied and though Geography has extensive and vague peripheral fields, yet its goal is the Region - the most recent product of its development. The region, which is the central theme, crystallizes the synthesis of human and physical elements. The distinctive sphere of geography is the region within which framework is played the drama between Man and Environment. The
goal of modern geographical research is the study of the Region, and as geography is the Mother Science, she must draw upon kindred sciences and 'weave the derived facts into the network of its regional framework'. Regions or areas of the earth's surface possessing certain unity of physical or human conditions or both may be drawn up to show the distribution of single physical characteristics, such as climate, structure, or vegetation, or these may be combined to form Natural Regions. The prime aim of the geographer is to interpret the character of human adjustment to the natural environment. Variations of environment which are the outcome of physical features distinguish the natural regions.

Regions can be multiplied for the purpose of description or definition. A Region is a unit of area of the earth's surface unified by some particular characteristic. Mountain regions are unified by their topography; Arctic regions by their climate; agricultural regions by the type of crop and industrial regions by the type of industry. "A Natural Region", Professor Herbertson argued, "should have a certain unity of configuration, climate and vegetation"... The mapping of human conditions has less significance in indicating the natural geographical regions, for the factor of human development has to be taken into account as well as the possibilities of natural environment. Political divisions possessing the more complex and comparatively unstable human conditions must be eliminated from any consideration of natural regions. The theory of Natural Regions has been expounded by J.F. Unstead and P.M. Roxby. The former stressed on human element equally with physical element and employed a synthetic method, that is, building regions from the smallest unit. According to Professor Unstead, a geographic region with the human factor at the nucleus is quite distinct from a natural region with climate
at its nucleus. Professor Roxby introduced the concept of space relations between regions. One of the criticisms, as rightly pointed out by Roxby against Herbertson's scheme is that parity of present climatic conditions is not accompanied by parity of vegetative conditions.

Thus we see that the essential difference between the modern geographic region and that of earlier times is that the modern region has a 'cultural complex' which is particularly difficult to limit as to area because its various cultural elements are interlaced.

Planning of regions are also in vogue: regions possessing intrinsic 'wholeness' and community of interest. In Australia, for example, each state was divided into planning regions for development and decentralisation, on the basis of economic and social unity and community of interest.

For the purpose of teaching Geography both at school and college levels, a region should be defined as one with homogeneous life circumstances, and this can be denominated as "Geographical Region" to use Professor Unstead's terminology as distinct from Herbertson's "Natural Region". Life circumstances are patterned by the action and interaction of both natural (physiography, climate, soils and natural vegetation) and cultural (economic, social, technological and political) landscape factors. With the "Neo-technique ways" Man is reconditioning the physical environment and creating new landscapes. Greenhouses and glass-house cultures are cases in point. But the influence of regional factors is fundamental and the personality of each region is significant and as such, an understanding of these is essential in all humanistic studies.
Thus we see that the Regional Concept is the final goal of Modern Geography, its core and culmination. While all these schemes of regions, showing the distribution of various phenomena, are of importance, the essence of Geography is the explanatory description of human occurrence within composite Natural Regions.