Population Geography is the study of the growth, distribution and redistribution of the population within a community, state, economic area or other local area. The geography of population is a recent sprout from the vulnerable trunk of science of geography. Geography relates to the study of man and his habitat. Man, therefore, acts like a thread through almost the whole fabric of geographic thought. Like demography population geography is basically quantitative, it is largely dependent upon statistical data. The quantity and quality of geographic analysis of population has improved on a scientific basis since 1953 when Glenn T. Trewartha undisputedly gained the most important place for having initiated the development of this systematic branch of geography. Population Geography lays emphasis on "spatial" dimension in the distribution, density, structure and composition, mobility and migration, dynamics and growth, demographic processes and other demographic facts.

The South Ganga Plain in Bihar comprises the micro-geographical regions of Bhojpur Plain (Ganga - Son Divide) and Magadh - Anga Plain.

It incorporates four administrative divisions viz. Patna, Magadh, Munger and Bhagalpur, which comprise 16 districts and 90 Police Stations. The area of the Plain is 33,670 square kilometres over which reside 3,11,37,560 (2001) persons or 37.57 percent of the total population of the State of Bihar.
The project has been studied by dividing it into ten chapters. The core chapters are III distribution and density, IV composition of population, V growth of population, VI fertility and mortality, VII migration, VIII Urbanization and IX population and environment.

The work is comprised of 18 neatly and cartographically drawn maps and diagrams, 5 photo-illustrations, besides 15 tables.

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