

Lesson -2

Hygiene and Maintenance

Just think what will happen, if your house, school and surroundings are not clean and heaps of garbage are piled up here and there, flies and mosquitoes are in abundance. Obviously, diseases will breed and life will be full of sorrows. You will have well understood that the cleanliness and maintenance of the things is very important. Mahatma Gandhi said, "**Cleanliness is next to Godliness.**" Now the question arises, how to keep the house, surroundings and school clean. Our Prime Minister Shri Narinder Modi started a cleanliness campaign on 2nd October, 2014, the occasion of Gandhi Jayanti, it got a great response from all over the country. We need to be aware of this. As it is important to maintain good health in human life, equally important is to maintain the cleanliness of special places e.g. our house, surroundings, school and playground. If garbage collects there, many dangerous diseases spread there. On the other hand, if these important places are cleaned properly, we can get rid of these diseases and make our life healthy and happy. Routine habit of cleanliness brings discipline in our life. Children can play an important role in making a clean society. This is possible only if all young and old persons of the house abide by this. It will be good, if from the very childhood the children adopt the habits of maintaining cleanliness.

Cleanliness of the house : We spend maximum time of life at home. It is necessary that home should be clean. Every human being can enjoy life by living in a neat and clean atmosphere.

We should take care of the following things to keep the house neat and clean.

1. There should be proper arrangement for the outflow of the dirty water to keep the house safe from moisture and fungus etc. Sunlight and air should be sufficiently available in all parts of the house. There should be latticed windows and doors. They should be kept closed always.
2. Kitchen is a vital part of the house. Kitchen and the utensils, hearth/ gas stove used in the kitchen should be cleaned daily. The eatable food should always be kept covered because flies, worms and cockroaches poison the uncovered food. Stale vegetables, stale food, rotten fruits spread diseases if kept in the kitchen. They should be dropped in the garbage tin with a lid, outside the house. This garbage should not be kept for a long time even outside the house. There should be a chimney for the outlet of smoke in the kitchen.
3. Children should not scatter the peels here and there while eating vegetables and fruits etc. They should be put into some utensil and then thrown into the bin.

4. Some children have the bad habit of spitting and rinsing of mouth. This not only spreads filth, but also produces germs which spread diseases. The children should get rid of these bad habits.
5. Pesticides should be sprayed in whole house, especially in gutters from time to time. In this way flies, mosquitoes and cockroaches will not remain in the houses. Remember, the pesticides to be sprayed should be permitted by the department of health.
6. Proper care should be taken of the cleanliness of the bathrooms. The floor of the bathroom should not remain wet. Soap, shampoo and oil should not be let drop on the floor. It causes the risk of our falling. There should be proper arrangement of outlet of the drains of the house and human waste.
7. Clean your bedding before sleeping.
8. Place for studies of children should always be clean. Children should always clean their study table, chair, books and bags properly.
9. There should be separate place for keeping pet animals in the house. There should be proper arrangement for the outlet of their waste.
10. Wipe your shoes before entering the house.
11. The floor of the house should be washed daily with mixture of clean water and phenyl.
12. Place footmat on thresholds of the houses. They should be cleaned frequently. Cleanliness of carpets

and 'darees'(thick woven floor sheet) spread in the our houses is very necessary.

Maintenance of the house : After the cleanliness of the surroundings of the houses and schools, it is necessary to maintain things used in these places. All the objects of the house should be at proper places, so that there is no difficulty in finding them. Things placed at proper places also look good. They add to the beauty on one hand, save us from many accidents on the other hand. In winter we should manage the summer clothes and in summer the winter clothes at home according to the season.

We should sprinkle insecticide on wooden furniture, windows and doors etc. to make them safe from woodworms. The iron articles which get rusted should be painted from time to time. The glass made things used in the houses, knife, scissors, screw driver, needle, nail cutter, blade, insecticide made to protect wheat, medicines for the sick at home, phenyl, bottle of acid etc. should be placed separately and at safe places, so that they remain out of reach of small children.

Cleanliness of the surroundings : As we maintain the cleanliness of the house, cleanliness of our surroundings is equally important. The filth enters our houses if our surroundings are not kept clean. We cannot get rid of the diseases by keeping only our houses clean.

We should take care of the followings things to maintain the cleanliness of our surroundings :

1. Do not tether animals and cattle outside the houses. There should be separate place for them. The

environment gets polluted with their dung and waste. Their disposal is necessary.

2. The roads of the streets in colonies should be metalled. If there are pits, they are filled with the rain water. This stagnant water further spreads diseases and filth. The drains outside the homes should be covered. If these drains are uncovered, they should be cleaned daily. Residents of the colonies should co-operate with one another to make the streets and drains metalled and co-operation can be taken from the concerned department also to get them repaired.
3. If smoke or dirt is produced around your house for some reasons, it can enter your house, which is harmful for our house. There should be exhaust fans to avoid this.
4. Garbage of the house should not be thrown in the streets or on the roads. There should be a bin outside the home. This garbage should be lifted daily. If it is not lifted, the concerned department should be given a complaint, so that our surroundings remain clean.
5. Planting saplings or trees on empty spaces around our houses decreases pollution and the environment becomes pure.

Maintenance of the surroundings : It is our duty to maintain our surroundings also. Sometime children mischievously break the public street lights/bulbs in the streets. Children should play in the playgrounds or parks instead of playing

in the streets of the locality; so that window panes of the houses are not broken with a ball's hit. The concerned department should be informed on breaking of streets and roads.

Cleanliness of the school : School is a temple of learning. Children spend about 6 to 8 hours every day. If the environment of the school is not pure, proper study will be difficult there. So, it is our foremost duty to keep the school clean. We should take care of the following things to maintain the cleanliness of the school-

1. Classrooms should be big and airy. There should be proper arrangement of light in the classrooms.
2. There should be no dust or dirt in the classroom of the children. The study tables and chairs should be clean. Children should clean their tables and chairs properly before sitting. Toilets should be cleaned proper daily. There should be proper arrangement of the sweepers to keep the school clean.

Teachers and children should bring this to the notice of the school head if there is no cleanliness in the classroom.

3. Pure drinking water should be provided.
4. The meals provided by the school should be pure and balanced.
5. Children should come to school in neat and clean uniform. Teachers should also check the children's clothes and cleanliness.

6. Plants and trees should be grown to make the school environment pure. Children should take care of the plants and garden of the school.
7. Instead throwing the waste papers here and there, children should drop them in dustbins. Peels of the pencils should be thrown into the dustbin.
8. A teacher should daily assign the duty to a student to observe the cleanliness for some time so that the children adopt the good habits of maintaining cleanliness. These values prove very useful for the students.
9. Cleanliness of the playground is also very necessary. The children should pick all the stones, pebbles and glass pieces from the play ground, so that no accident takes place. Playgrounds should be levelled flat. These should not be uneven, otherwise children may face problems in playing.

Maintenance of the school : Every child should take care of the school and its objects. Children should not spoil the walls by drawing lines on them. Furniture of the schools should not be damaged. They should not damage the fans, tubelights in the classroom, they should rather protect these things. They should switch off the electric buttons. They should turn off the taps after drinking water. They should not pluck the flowers of their garden of the school. They should protect these plants and flowers and beautify the school. Books in the school library should be placed properly in separate boxes according to the subjects. Students should

not tear the pages from the books, newspapers and magazines. They should observe silence while sitting in the library.

Besides this, the sports goods, N.C.C band, different things of the school laboratory etc. should be placed properly on the fixed places.

EXERCISE

1. Why is cleanliness necessary for our house?
2. How can the cleanliness of the house be maintained?
3. Which things should be borne in mind for the cleanliness of the surroundings of the house?
4. What role can be played by the students in maintaining the cleanliness of the school?
5. How can the objects of the house be maintained?
6. Which things should the children keep in their mind to maintain the objects of the school?

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