



Government of India
Ministry of Minority Affairs



Swachh Bharat



National Institute of Public Cooperation
and Child Development

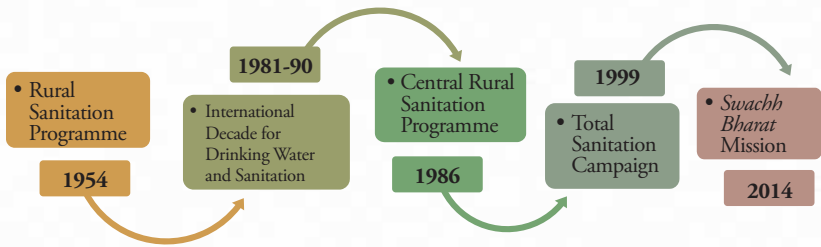


This booklet contains information on the following topics:

- *Swachh Bharat* Mission
- Household and Environmental Sanitation
- Solid Waste Management
- Waste Water Recycling
- Personal Hygiene

Swachh Bharat Mission

Individual health and hygiene is largely dependent on adequate availability of drinking water and proper sanitation. Consumption of unsafe drinking water, improper disposal of human excreta, improper environmental sanitation and lack of personal and food hygiene have been major causes of many diseases. Sanitation programmes in India are being implemented since 1954 as can be seen below:



With the vision of a clean and healthy nation, *Swachh Bharat* Mission was launched on 2nd October 2014. It focuses on inculcating healthy habits with regards to water, hygiene and sanitation that will empower each individual to become an agent of change.

The aim is to achieve *Swachh Bharat* by 2019, as a befitting tribute to the 150th birth anniversary of Mahatma Gandhi. The mission has been divided into two sub-missions: *Swachh Bharat* Mission (*Gramin*) and *Swachh Bharat* Mission (Urban). Objectives of each sub-missions are given below.



Swachh Bharat Mission (Urban)	Swachh Bharat Mission (Gramin)
<ul style="list-style-type: none"> • Make people aware of healthy sanitation practices by bringing behavioural changes in people. • Eradicate the system of open defecation. • Convert insanitary toilets into pour, flush toilets. • Cease manual handling of garbage. • Link people with sanitation and public health programmes. 	<ul style="list-style-type: none"> • Improve quality of life by promoting cleanliness, hygiene and eliminating open defecation. • Motivate Communities and PRIs to adopt sustainable sanitation practices. • Encourage appropriate cost effective technologies for ecologically sustainable sanitation. • Development of community managed sanitation systems for solid & liquid waste management.

Household and Environmental Sanitation

- Household and environmental sanitation includes the measures undertaken to keep home and environment safe and healthy to live in.
- It can be ensured by proper waste disposal, clean water supplies, food safety controls and personal hygiene.



Household and Environmental Sanitation Tips

- Keep your household and nearby areas clean by daily sweeping and dusting.
- Avoid stagnation of water around house and hand pumps to prevent breeding of mosquitoes.
- Use insect and mosquito repellants to prevent bites.
- Dispose off household waste water safely by making a soak pit or a channel to the kitchen garden or the field.

Household Cleanliness

- Prevent or reduce indoor air pollution e.g., use smokeless *chulhas*, LPG, bio gas.
- Plant more trees in your surroundings.
- Use Public Transport, car pools as much as possible.
- Do not pollute water bodies near you.
- Do not litter in public places.
- Do not defecate in open.
- Avoid using plastic covers or bags. Use cloth bags for shopping.

Reduce Atmospheric Pollution

- Switch off the lights and fans when not in use.
- Use green energy devices based on solar energy such as solar lights, solar cookers solar water heaters.
- Use star labled and energy efficient products like Compact Fluorescent Lamps (CFLs), Light Emitting Diodes (LEDs) etc.

Energy Conservation

- Household garbage should be collected in a garbage bin and disposed into a compost pit or community bin.
- Use colour codes separate bins/bags for wastes green colour : wet waste (kitchen waste, peels, egg shells etc.) blue colour : dry recyclable waste (plastic, aluminium foil, bottles, cans etc.) and red colour: reject waste (biowaste like diapers, bandages, sanitary napkins)
- These bins should be covered as germs can spread by flies, cockroaches, rats and mice, which thrive in refuse such as food scraps and peelings from fruits and vegetable.

Waste Management

Personal Hygiene

- Personal hygiene involves practices performed by an individual to care for one's bodily health and wellbeing by keeping oneself clean.
- It focuses on keeping the body and body parts neat and clean.
- Safe hygienic habits include good practices like proper hand washing before and after eating, cleaning a child and safe faeces disposal.

Tips for Personal Hygiene

1. Hair

- Wash hair regularly.
- Comb your hair everyday.
- Inspect your hair for lice that may keep you itchy.



2. Eyes

- Do not allow flies to sit or crawl on the eyes.
- Wash eyes with clean water.
- Use clean cloth for wiping the eyes.



3. Teeth and Gums

- Clean teeth well every morning and before sleeping.
- Rinse your mouth with clean water after eating any thing.



4. Body

- Take bath everyday and dry yourself properly.
- Wash and change clothes daily.
- Clean eyes, ears and genitals regularly.



5. Hands

- Ensure that hands are washed with soap after defecation and before eating.
- Wash your hands after touching any thing dirty.
- Always keep fingernails clean and well-trimmed. Long and dirty nails harbour filth and germs.



6. Use of handkerchief

- Do not spit on the ground. Use a handkerchief to blow nose as Sputum and mucous can spread diseases.
- Cover the mouth and nose with handkerchief when coughing and sneezing.



7. Prevent dirt

- Do not encourage children to play in dirt and muddy water to avoid catching of pathogens and worms from human excreta as a result of open defecation.
- Wear *chappals*/shoes to prevent the contact of bare feet with soil infected with worms from human excreta.



Keep Your Hands Clean

WHY?

- Dangerous microorganisms are widely found in soil, animals, garbage and waste.
- These microorganisms are carried by hands, clothes, utensils etc.
- Slightest contact can transfer them to food and cause foodborne diseases.

HOW?

Hands should be washed properly by rubbing all parts of hand and wrists. Follow the following steps for proper hand washing:



1. Use soap all over your hands.



2. Rub hands palm to palm.



3. Clean the backs of your hands too.



4. Clean between all fingers.



5. Including thumb.



6. Clean under the nails.



7. Rinse hands.



8. Dry hands with clean towel/ cloth.

Critical Times of Hand Washing



Before cooking food



Before and after eating and feeding babies.



After using toilet



After cleaning baby's faeces

After blowing nose

After handling garbage and wastes

Solid Waste Management

Solid waste management involves controlling, collecting, disposing and processing of solid waste.

- Disposal of solid waste can be done by landfills, recycling, composting and conversion to bio fuels.
- In urban setting, the solid waste is managed by Municipal Corporation.

Management of Solid Waste by Municipal Corporations

Collection

From houses, slums, markets, hospitals.

Segregation

Separating bio degradable and non biodegradable waste.

Storage

Proper storage of segregated waste to avoid unsanitary and unhygienic conditions.

Transportation

Transportation vehical should be covered to prevent scattering.

Processing

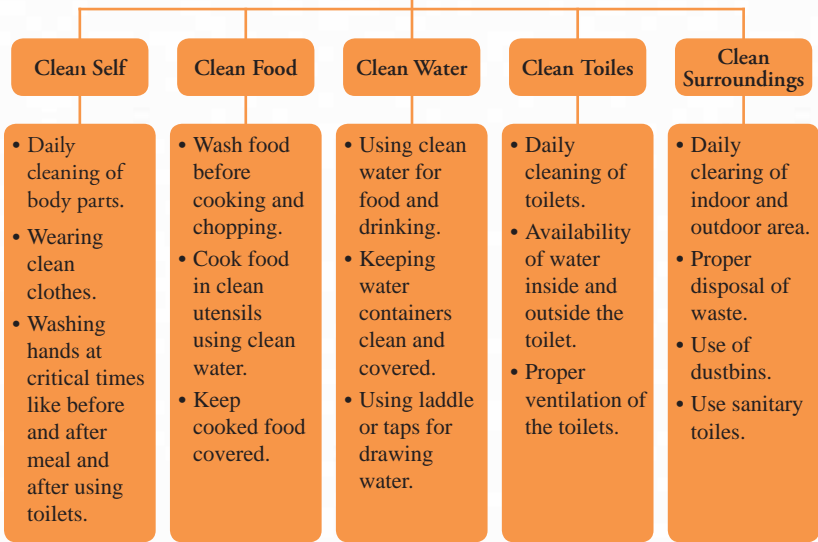
Biodegradable waste: Composting and vermicomposting

Non Biodegradable waste: Recycling of recoverable material

Waste Water Recycling

- Reuse of waste water is helpful in identifying and economically using water sources for increased water demand.
- Waste water reuse:
 - **Household Reuse:**
 - Waste water from washing utensils, shower etc. can be used to water the plants.
 - It can also be reused for toilet flushing and clothes washing.
 - Waste water can also be used, if any construction is in progress.
 - **Urban reuse:**
 - For irrigation of public parks, school yards, highway, residential landscapes, for fire protection and toilet flushing in commercial and industrial buildings.
 - **Agricultural reuse:**
 - Irrigation of non-food crops (fodder and fibre), commercial nurseries, and pasture lands.
 - High quality reclaimed water can be used to irrigate food crops.

Cleanliness in Daily Life



The trainer may refer to the Day 2 Session 1 for details of the topics covered, related activities and annexures in the training module.



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