



**Ek Kadam Swachhata Ki Aur
(A Path Towards Cleanliness)**

- What is Sanitation?
 - The term Sanitation (in context with SBM Gramin) was earlier limited to disposal of human excreta, but now it denotes a comprehensive concept of not only the methods of disposal of human wastes but also various waste that can cause health problems e.g. : animal excreta, solid wastes, domestic wastes water, industrial wastes, agricultural wastes, etc.
 - Sanitation is a way of life.
 - It is the change in behaviour and attitude and keeping ourselves and Environment clean.
- Why Sanitation?
 - To eradicate water borne diseases like diarrhea, dysentery, cholera, typhoid, etc., for general improvement of health.
- What are the methods of Sanitation?
 - Safe disposal of human and animal excreta: Safest way of disposing of human excreta is to use a sanitary latrine (Pit water - seal latrine fitted with pan and trap).
 - Safe disposal of solid and liquid waste: Solid waste through garbage pit at house hold level, Composting and Vermin Composting at Community Level. Liquid waste through drains and soak pit at house hold level and community drain with treatment facility at village level.
 - Safe Drinking Water Supply: All water sources to have proper platforms and drainages around them.
- Personal & Community Hygiene.

<u>We must</u>	<u>Remember</u>	<u>Sanitation at Home & in Schools</u>
<ul style="list-style-type: none"> ▪ Keep our homes, school and village clean ▪ Use dustbin to throw solid waste ▪ Use garbage pit and compost pit for throwing school or village waste ▪ Eat clean and fresh food ▪ Cover the food after cooking ▪ Cook non-vegetarian food properly ▪ Do not eat if flies are sitting on eatables ▪ Throw leftover food in compost pit ▪ Wash hands with soap before cooking, serving and eating food ▪ Wash hands with soap after defecation. 	<ul style="list-style-type: none"> ▪ Open defecation is unhealthy practice. It pollutes the environment. ▪ Flies sit on faces. Faces contain germs and micro organisms which stick on their feet. Flies leave these organisms in our food and hence increase the chances of us getting sick ▪ Faces spread diseases like : Diarrhoea, Polio, Typhoid, Skin diseases, Eye infections. ▪ To remain healthy do not defecate in open and also encourage others not to do so ▪ Use toilet for defecation and urination. Flush or pour water after use. Keep toilets clean ▪ Toilets are safe, provide privacy and are convenient to use especially for old, sick and women 	<ul style="list-style-type: none"> ▪ Use toilets ▪ Keep toilets and urinals clean by pouring water or flushing after use ▪ Keep class rooms clean. Do not throw papers, pencils shaving, broken chalks, broken pencils and rubbers etc in the classroom ▪ Wash hands with soap after using toilet ▪ Wash hands with soap before eating meals ▪ Keep soap near hand washing facility ▪ Mid day meal should be kept covered ▪ Mid day meal should be served in clean utensils ▪ Left over meal should be thrown in compost pit ▪ Avoid eating from food vendors on street outside school.