Swachh Bharat
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.

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<tr>
<th>Swachh Bharat Mission (Urban)</th>
<th>Swachh Bharat Mission (Gramin)</th>
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<tr>
<td>• Make people aware of healthy sanitation practices by bringing behavioural changes in people.</td>
<td>• Improve quality of life by promoting cleanliness, hygiene and eliminating open defecation.</td>
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<td>• Eradicate the system of open defecation.</td>
<td>• Motivate Communities and PRIs to adopt sustainable sanitation practices.</td>
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<td>• Convert insanitary toilets into pour, flush toilets.</td>
<td>• Encourage appropriate cost effective technologies for ecologically sustainable sanitation.</td>
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<td>• Cease manual handling of garbage.</td>
<td>• Development of community managed sanitation systems for solid &amp; liquid waste management.</td>
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<td>• Link people with sanitation and public health programmes.</td>
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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.
- Disposed 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 labeled and energy efficient products like Compact Fluorescent Lamps (CFLs), Light Emitting Diodes (LEDs) etc.

Energy Conservation
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 vehicle 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

**Clean Self**
- Daily cleaning of body parts.
- Wearing clean clothes.
- Washing hands at critical times like before and after meal and after using toilets.

**Clean Food**
- Wash food before cooking and chopping.
- Cook food in clean utensils using clean water.
- Keep cooked food covered.

**Clean Water**
- Using clean water for food and drinking.
- Keeping water containers clean and covered.
- Using ladle or taps for drawing water.

**Clean Toilets**
- Daily cleaning of toilets.
- Availability of water inside and outside the toilet.
- Proper ventilation of the toilets.

**Clean Surroundings**
- Daily clearing of indoor and outdoor area.
- Proper disposal of waste.
- Use of dustbins.
- Use sanitary toilets.

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