



Cleanliness and its Importance

What is Cleanliness?

Cleanliness means the state of being free from dirt, germs, foul smell, and harmful substances.

It is a virtue and an essential habit that should be followed in daily life.

Practicing cleanliness helps in:

- Maintaining good physical and mental health
- Promoting hygienic living
- Creating a safe and pleasant environment

Areas of Cleanliness

- i. Personal cleanliness
- ii. Home cleanliness
- iii. Workplace cleanliness
- iv. Public and environmental cleanliness

Cleanliness should begin from our homes, then extend to the neighborhood, city, and the entire country.

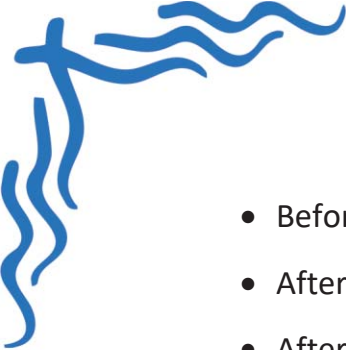
IN Clean India Movement – Swachh Bharat Abhiyan

- Initiated by Prime Minister Shri Narendra Modi.
- Aimed to promote hygiene and cleanliness across India.
- Encourages citizen participation in keeping streets, cities, and villages clean.

Steps to Maintain Cleanliness

A. Keeping Ourselves Clean

- i. Take a bath daily to stay fresh and germ-free.
- ii. Brush your teeth twice a day to maintain oral hygiene.
- iii. Wear clean and washed clothes every day.
- iv. Wash your hair regularly to avoid bad odour and dandruff.
- v. Wash hands with soap and water:



- Before and after meals
- After using the toilet
- After handling pets

vi. Use deodorant or anti-perspirant to stay fresh and control body odour.

B. Keeping Our Environment Clean

- i. Clean your home and surroundings regularly.
- ii. Dispose of garbage in allotted dustbins.
- iii. Avoid littering in public places and streets.
- iv. Say NO to single-use plastic items (straws, plates, bags).
- v. Reduce the use of chemicals and pesticides.
- vi. Compost food waste and use local produce.
- vii. Carry reusable shopping bags instead of plastic.
- viii. Plant more trees to improve air quality and reduce pollution.

Why is Cleanliness Important?

- Prevents diseases and infections.
- Promotes healthy living and well-being.
- Boosts mental peace and productivity.
- Reflects discipline and responsibility.
- Contributes to a cleaner, greener, and healthier Earth.

Quick Summary Table

Aspect	Cleanliness Measures
Personal Cleanliness	Bathing, brushing, clean clothes, hand washing, hair washing, using deodorant
Environmental Cleanliness	Cleaning surroundings, proper waste disposal, reducing plastics, tree planting
National Movement	Swachh Bharat Abhiyan – A campaign for a Clean and Healthy India