



Better Housekeeping Practices, Sanitation, and Diseases

Importance of Clean Surroundings

Maintaining a clean environment is essential for preventing diseases and promoting overall well-being. Proper sanitation ensures a healthier community by reducing the risk of infections, pest infestations, and pollution.

Classroom Discussion on Cleanliness

A teacher stands at the front of the classroom with a broom in one hand and a poster showing clean and dirty neighborhoods.

- **Teacher:** "Kabir, why is cleaning our surroundings important?"
- **Kabir:** "It keeps the area safe from germs and prevents diseases."
- **Teacher:** "Exactly! And Riya, what can we do to dispose of waste properly?"
- **Riya:** "We should use dustbins and avoid littering."

Ensuring Proper Disposal of Household Waste

Proper waste disposal at home is crucial for maintaining clean water systems and preventing environmental pollution. Below are some guidelines for managing household waste responsibly:

i. Disposal of Cooking Oils and Fats

Cooking oil, grease, and other fats should never be poured down drains, as they solidify and clog pipes, leading to severe plumbing blockages.

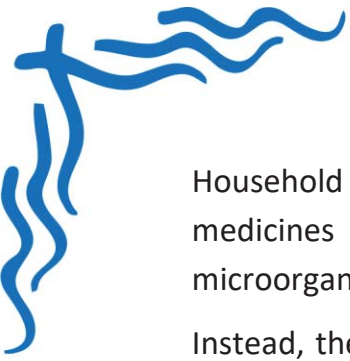
Instead, collect and discard these substances in waste bins. Pouring them into open drains is harmful as it blocks soil pores, reducing natural water filtration and causing waterlogging and contamination.

ii. Handling Solid Waste

Organic waste such as used tea leaves, food scraps, and vegetable peels should not be thrown into drains as they accumulate and block drainage systems.

Such waste should be composted or disposed of in designated trash bins to prevent interference with water flow.

iii. Safe Disposal of Chemicals and Hazardous Substances



Household chemicals like cleaners, grease, paints, beauty products, and unused medicines should never be poured down drains as they destroy beneficial microorganisms in the water treatment process.

Instead, these substances should be taken to hazardous waste collection centers or disposed of according to chemical waste guidelines.

Alternative Methods of Sewage Disposal

To maintain hygiene and prevent exposure to harmful waste, communities must adopt reliable sewage disposal methods. Some common solutions include:

i. Septic Tank

A septic tank is a concrete or steel structure where wastewater flows in, allowing solid waste to settle at the bottom while lighter waste floats on top. Bacteria break down the waste inside the tank, and treated water is released into a drainage field or soak pit.

Septic tanks are commonly used in rural areas or places without access to centralized sewage systems.

ii. Vermicomposting

Vermicomposting is an eco-friendly method of disposing of organic waste using worms such as red wigglers, white worms, and earthworms. These worms break down organic matter like vegetable peels and garden waste, producing nutrient-rich vermicast, which improves soil quality.

Meat, dairy products, fats, and oils should not be included in vermicomposting as they attract pests and slow decomposition.

iii. Landfill

Landfills are large pits where waste is buried in oxygen-free environments, allowing bacteria to break down organic matter and generate methane gas. This gas can be collected and used to produce electricity.

Properly managed landfills are a sustainable waste disposal method, but poorly managed landfills can lead to groundwater contamination and the release of harmful gases.



Sanitation and Its Impact on Health

Maintaining proper sanitation reduces the risk of infections and improves overall public health. Poor sanitation contributes to widespread diseases and environmental degradation.

Effects of Poor Sanitation

Spread of Diseases: Inadequate sanitation leads to water contamination by human waste, increasing the spread of infectious diseases.

Health Risks: Open defecation and improper waste disposal introduce harmful microbes into the environment, causing waterborne illnesses.

Common Diseases Linked to Poor Sanitation

Waterborne Illnesses: Contaminated water often leads to diseases such as:

- Cholera
- Typhoid
- Hepatitis
- Polio
- Diarrhea

Vector-Borne Diseases: Poor sanitation creates breeding grounds for mosquitoes and other vectors, increasing the prevalence of:

- Malaria
- Dengue

Disease Prevention Through Clean Water

Access to Clean Water: Ensuring clean water supplies is crucial for reducing the risk of waterborne diseases and maintaining good health.

Hygiene and Sanitation: Clean water is essential not only for drinking but also for hygiene, cooking, and cleaning. Proper sanitation practices create a healthier environment and improve community well-being.