



# Let's Clean Together

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The students and teachers were celebrating Gandhi Jayanti on 2nd October in the school. Nitika took an active part in cleaning the school to celebrate Gandhi Jayanti under the '**Swachh Bharat Abhiyan**' or '**Clean India Mission**'. She along with all her friends pledged to keep their school neat and clean. They went for:

1. General cleaning of floors and appliances (like fans and blackboards) of the entire school complex including toilets, kitchen and general storage rooms
2. Dusting of desks and benches
3. Cleaning the water logging of the entire building
4. Removing garbage from the school complex



Neat and clean school

After the completion of cleaning work, Nitika saw that the school is looking very beautiful.

When Nitika reached home, she narrated the entire incident to her mother and also promised to help her cleaning their house.

Our parents feel happy when we help them.

We also feel the joy of helping our parents in cleaning our house.

## Swachh Bharat Abhiyan

'Swachh Bharat Abhiyan' or 'Clean India Mission' was launched on 2nd October, 2014 in the country as a national movement. The national campaign aims to achieve the



Using the dustbin



Cleaning furniture

vision of a 'Clean India' by 2nd October, 2019. A clean and hygienic India would be the best tribute Indians could pay to Mahatma Gandhi on his 150th birth anniversary in 2019.

Students and people from different sections of the society have come forward and joined this mass movement of cleanliness. Organising frequent cleanliness campaigns to spread awareness about the importance of good health and hygiene through play and music is widely carried out across the nation. All are spreading the message of '**Cleanliness is next to Godliness**'.

After working under 'Clean India Mission', we all should be more responsible in keeping our home and surroundings clean by focusing on sanitation and maintaining a hygienic environment.

## Waste

Every day, we throw many things in our dustbin. For example, after eating a banana, we throw the peels in the dustbin. Similarly, a large number of packaged products, such as chocolates, biscuits, milk, pulses, oil, rice and so on are packed in paper wrappers, plastic bags, cardboard cartons, tin boxes and many other kinds of packing materials. After using the products, we throw the packing materials in our dustbins. These things become 'wastes' for us. **Wastes are materials that:**

1. **are no longer needed**
2. **have become useless**
3. **are meant to be thrown away**

Waste can be **solid** (fruit and vegetable peels), **liquid** (used soapy water) or **gaseous** (gases released by vehicles). Solid waste is commonly called **garbage**.

## Sources Of Waste

We use new technologies to improve our standard of living, but they also result in the production of a large amount of wastes. Waste is usually produced in our homes, offices, industries, farms and hospitals.

## Harmful Effects Of Waste

We need to remove garbage regularly because it produces many harmful effects. Some harmful effects of garbage are as follows:



Garbage needs to be removed.

1. Garbage, if not removed regularly, makes our surroundings **dirty** and **ugly**.
2. Organic wastes, such as fruits and vegetable peels, animal dung and leftover food, give a **foul smell**.
3. Garbage dump becomes a **breeding ground** for flies and mosquitoes. These organisms spread diseases like stomach infection and dysentery.
4. Drains often get choked with garbage, especially plastic bags.
5. Overflowing sewage may contaminate drinking water.
6. Gaseous wastes from vehicles are extremely hazardous to our health.

In some cities and towns, municipalities provide separate dustbins for collecting two kinds of garbage. Usually, one is blue coloured and the other is green coloured.

- The **blue dustbin** is for collecting **non-biodegradable** waste materials such as plastic, metals and glass. These materials can be recycled and used again. The non-biodegradable waste does not decompose.
- The **green dustbin** is for collecting **biodegradable waste** materials such as kitchen waste and other plant and animal waste.



Green dustbin is for collecting biodegradable waste materials. Blue dustbin is for collecting non-biodegradable waste materials.

Biodegradable waste rots completely by the action of microorganisms when buried in the soil. So, this waste can be converted into useful compost by the process called **composting**.

## How To Reduce Generation Of Waste

It is important for us to reduce the generation of waste. This can be achieved by practising the three R's — reduce, reuse and recycle.

### Reduce

**We can reduce the amount of waste by consuming and throwing less.** For example —

1. Do not buy a new school bag, lunch box or pencil box when you already have a perfectly usable one.
2. Carry your own cloth bag while shopping to avoid the use of polythene bags.
3. Use metal or china plates and cups instead of disposable plastic or paper ones.

4. Take as much food on your plate as you can eat.
5. Use ink pens instead of ball-point pens.

## Reuse

**Reusing of items is another method of reducing waste.** For example —

1. Plastic jars in which we get food items like pickles, jam and so on, can be reused later on for storing things like salt, spices, sugar and pulses.
2. Mats, ropes and dusters can be made from old clothes.
3. Old clothes and furniture should be donated to the poor so that they can be reused.
4. Reuse old newspapers to make carry bags or old charts to cover your books, notebooks and files.
5. Make a dustbin from the empty cardboard boxes used for packing.
6. Make decorative articles from the wrappers of chocolates and other similar products.

## Recycle

**Making useful things from waste material is called recycling.** For example —

Old newspaper can be recycled to make tissue paper and cardboard. Materials like glass, metal, plastics and paper are collected, separated and sent to recycling industries, where they are used to make fresh glass, metal, plastic and paper products. We know that paper is made from wood pulp. By recycling used paper, we can save many trees. The mineral resources of any country are precious and exhaustible. Metal waste can be melted in recycling industries to make fresh metals, that can be used to make new products.

You must have seen your parents selling old newspapers, magazines, used books and notebooks, plastic bottles, glass containers and metal objects to a junk dealer (*kabadi-wala*). The junk dealer separates all these items for recycling. You can also recycle paper by yourself. By recycling, you can make new paper from the old, used and discarded paper.



Dealing with a junk dealer

Tick (✓) the correct option.

1. Swachh Bharat Abhiyan was launched on  
(a) 26th January, 2015  (b) 2nd October, 2014   
(c) 2nd October, 2015  (d) 2nd October, 2013
2. Non-biodegradable waste is collected in  
(a) red dustbin  (b) blue dustbin   
(c) green dustbin  (d) purple dustbin



## A Beginning

During summer vacation, Nitika went to her uncle's village with her parents to spend some days with her uncle's family. Her uncle, aunt, cousin brother and his wife (*bhabhi*) lived in a *kachcha* house. They were very happy to have Nitika as their guest. Nitika noticed that her *bhabhi* is covering her head with a veil (*ghunghat*), before her father-in-law (Nitika's uncle).



Nitika with her uncle's family



Nitika's bhabhi covering her head with a veil (*ghunghat*)

Nitika asked her *bhabhi* why does she has *ghunghat*. Her *bhabhi* said that it is a tradition in the village for every women to cover her head with her *sari*. This is to show respect to her elders. After sometime, Nitika asked, "Where is the toilet?" Her *bhabhi* said, "There is no toilet in our home. You have to go to a field in the open for defaecation." Nitika refused to go out in the open for defaecation. Nitika's father asked her uncle's family if the ladies were asked to put *ghunghat*

in and outside the homes, then how could they go for defaecation in the open. This is not a good thing. Nitika's father explained all the harmful effects of open defaecation, why should toilets be built and how the government is providing financial assistance for the construction of toilets. After listening to this, Nitika's uncle immediately called the labourers and started the construction of a toilet in the backyard of the house. When the other villagers saw the construction of a toilet in Nitika's uncle's home and learned its importance, they also started the construction of toilets at their places.

Open defaecation is a human practice of defaecation (removing faeces) outside in the open instead of using toilets. People go to open fields, near the bushes and water bodies and forests for defaecation.

### Reasons For Open Defaecation

1. People often do not have toilets in their houses or in the areas where they live due to lack of awareness.
2. Sometimes, people do have toilets in their areas but their condition is so poor. The toilets are broken and not well lit. Sometimes, they may not have water or have many insects. So, people do not like to go in such toilets and prefer to defaecate in the open.

### Adverse Effects Of Open Defaecation

1. Open defaecation causes health hazards. Bacteria and worms often come in contact with a healthy person through infected water, contaminated food and flies. They cause various diseases like diarrhoea, intestinal worm infections, typhoid and cholera.
2. Open defaecation leads to water pollution and has adverse effects on our environment.

### Ways To End Open Defaecation

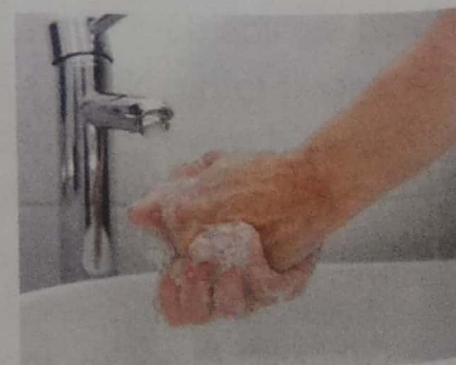
1. Constructing better toilets with more space, light and water supply
2. Keeping the toilet neat and clean
3. Making people aware about the use of toilets and its significance. They must change their habits about open defaecation that causes harmful health hazards.
4. Providing financial assistance on very low and easy terms to enable the poor families to construct toilets
5. The government should construct temporary toilets or public toilets for people who do not have their own houses and live in slums, tents or sheds.

### Healthy Practices

1. It is necessary to wash hands with soap and water



Public toilet



Washing hands with soap

properly after going for defaecation. There are millions of disease-causing bacteria and other microorganisms in the toilet where we go for defaecation. If we do not wash our hands, these disease-causing bacteria enter our body through the food we eat with our infected hands. This can cause diseases like hand-foot-mouth disease and Hepatitis A.

2. Toilet is one room in our home that needs utmost cleaning.

3. Use the following equipment for keeping the toilets and bathroom clean.



Hand-foot-mouth disease



A clean toilet

One day Sujata saw her maid Shanti crying while working in the kitchen. Sujata asked her why she is crying. The maid said that her one-year-old daughter is suffering from high fever. She had left her at home and is worried about her.

Sujata had tears in her eyes. She told her mother about Shanti's problem. Her mother immediately asked Shanti to go home and look after her daughter.

Then Sujata's mother herself started washing the dishes. She also cleaned the house. Sujata helped her mother in completing the work. Sujata's mother was very happy to see Sujata helping her. She said no work should be considered dirty or low. All kinds of labour must be considered respectful. We should appreciate work and the people doing that work. **The respect given to all kinds of labour is called dignity of labour.**



Sujata helping her mother

## People Who Help Us

Many people help us keep our neighbourhood clean. Let us meet the people who help Sujata and her family keep their neighbourhood clean and green.



A sweeper

Maniya is a **sweeper**. He cleans the gutters and drains. He sweeps the roads of the colony. He sprays insecticides during the rainy season to kill mosquitoes. He is not educated but he sends his son to school. He wants him to become a government officer. He is always cheerful.

Jharia is a **garbage picker**. He goes from house to house to collect household garbage. He then throws it into a big

garbage box placed at the end of the road. He sends his daughter Rita to school. He wants Rita to become a doctor.

Kashiram is a **gardener**. He looks after Sujata's garden. He waters the plants. He also removes dry leaves and weeds. He worked hard throughout his life to give his son a good education. Today his son is an engineer. He still works because he loves and enjoys his job.

Sujata's grandfather said that we must give respect to all these helpers. They help us to keep our surroundings clean and healthy.

Imagine what would happen if these helpers do not come to work for a couple of days! Discuss this situation with your parents and teachers.

Sujata's father shows a lot of respect for Maniya, Jharia and Kashiram. He treats these helpers as his equals.

## Treating Everyone As Equal

In India, before independence, low-caste people were made to do menial jobs like sweeping the floor and cleaning the toilets. High-caste people ill-treated them. Low-caste people were considered untouchables. So, they were forced to live outside the village. They were also not allowed to use the wells that were used by high-caste people and pray in temples meant for high-caste people.



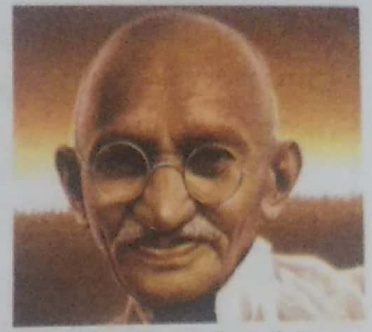
A garbage picker



A gardener



**Mahatma Gandhi**, the **Father of our Nation**, fought against untouchability. He named untouchables as '**Harijans**'. *Harijans* means the '**people of God**'. Gandhiji also worked for the upliftment of *Harijans*. To help them develop self-respect and self-confidence, he often visited their colonies and spent a lot of his time with them. Gandhiji wanted us to honour and respect all occupations.



Mahatma Gandhi

He believed in the dignity of labour. Fortunately, untouchability has been abolished in our country. It is now a punishable offence.

### DO YOU KNOW?

Gandhiji always gave utmost importance to the tidiness and cleanliness. Whenever, anyone went to Gandhiji's ashram, he/she was first of all asked to clean the toilets. When he/she completed that work, only then any other work was assigned to him/her.

**We must be kind to all. We must treat the people who work for us as our equals. We must respect persons doing cleaning work.**

### Cleanliness Must Become Our Habit

We should follow the given ways to make cleanliness a habit.

1. We must use dustbins to throw paper, pencil shavings, wrappers of toffees, etc., in our class. We should never throw waste here and there.
2. We must not write on the walls, floor and desk (furniture) of the classroom. We should not make them dirty.
3. We must neither spit nor spread litter everywhere.
4. We must contribute in maintaining cleanliness in our streets, colonies, home and public places.
5. We should participate in street plays that make the people aware about the importance of cleanliness.

#### Our Pledge — Clean India

**Our Decision — Make 'Clean India Mission: A Success and Reality'**

Tick (✓) the correct option.

1. Toilets must not  
(a) be clean and hygienic  (b) be well-lit   
(c) have proper water supply  (d) have insects



2. Who said that everyone must be treated equally?

(a) Mahatma Gandhi



(b) Dr BR Ambedkar



(c) Jotiba Phule



(d) Narendra Modi



## Let Us Revise

1. Swachh Bharat Abhiyan was launched on 2nd October 2014.
2. Waste materials are substances that are no longer needed, have become useless and are meant to be thrown away.
3. Waste can be solid, liquid or gaseous.
4. The waste can be converted into useful compost by the process called composting.
5. Generation of garbage can be reduced by practising the three R's — Reduce, Reuse and Recycle.
6. Open defaecation is a human practice of defaecating outside in the open instead of using toilets.
7. Mahatma Gandhi, the Father of Nation, called untouchables as 'Harijans'.



## Exercise

### Observation and Recording

1. Study the picture given below and tell what it collects. (Picture based question)



- (a) biodegradable waste materials
- (b) non-biodegradable waste materials
- (c) all waste materials
- (d) selected waste materials

2. List three ways by which you can reduce the generation of waste materials.
3. List three ways by which you can keep your school neat and clean.
4. Make a list of those three things that can be reused from the waste materials of your home.

### Communication (Expression/Discussion)

5. How can you help your parents in cleaning home?
6. What are waste materials?
7. What are the harmful effects of waste materials?
8. Give three examples where reusing of old items can reduce the generation of waste materials.

### Classification

9. Match column 'A' with column 'B' by drawing lines.

#### Column A

- (a) Hand-foot-mouth disease
- (b) Gandhi Jayanti
- (c) Vehicles
- (d) Old newspaper
- (e) Green dustbin

#### Column B

- (i) gaseous waste
- (ii) recycling
- (iii) biodegradable waste
- (iv) 2<sup>nd</sup> October
- (v) bacteria

### Explanation/Analysis

- 10. How people have joined the mass movement of cleanliness?
- 11. Why are biodegradable waste materials converted into compost?

### Questioning/Inquiring

- 12. Look at the given picture of a woman having a *ghunghat* and frame any three questions to seek more information about it.



### Experimenting

- 13. Write the steps to form compost in your school's playground.

### Concern towards Justice and Equality

- 14. How does the government help people not having toilets?
- 15. What are the reasons for open defaecation?
- 16. What are the ways to end open defaecation?
- 17. Why is it necessary for everyone to wash their hands with soap and water properly after going for defaecation?

### Honouring Each Other's Work and Appreciating Each Other's Qualities

- 18. Sanitation campaign is to be organised by the student of class 5. Make work-plan for this campaign.

### Activity/Project

- Learn the favourite bhajans of Gandhiji, 'Vaisnav Jan Te' and 'Raghupati Raghav Raja Ram'.
- Discuss the activities that will be organised at your school
  - (a) On Gandhi Jayanti
  - (b) During the Cleanliness Week
  - (c) On Teacher's Day