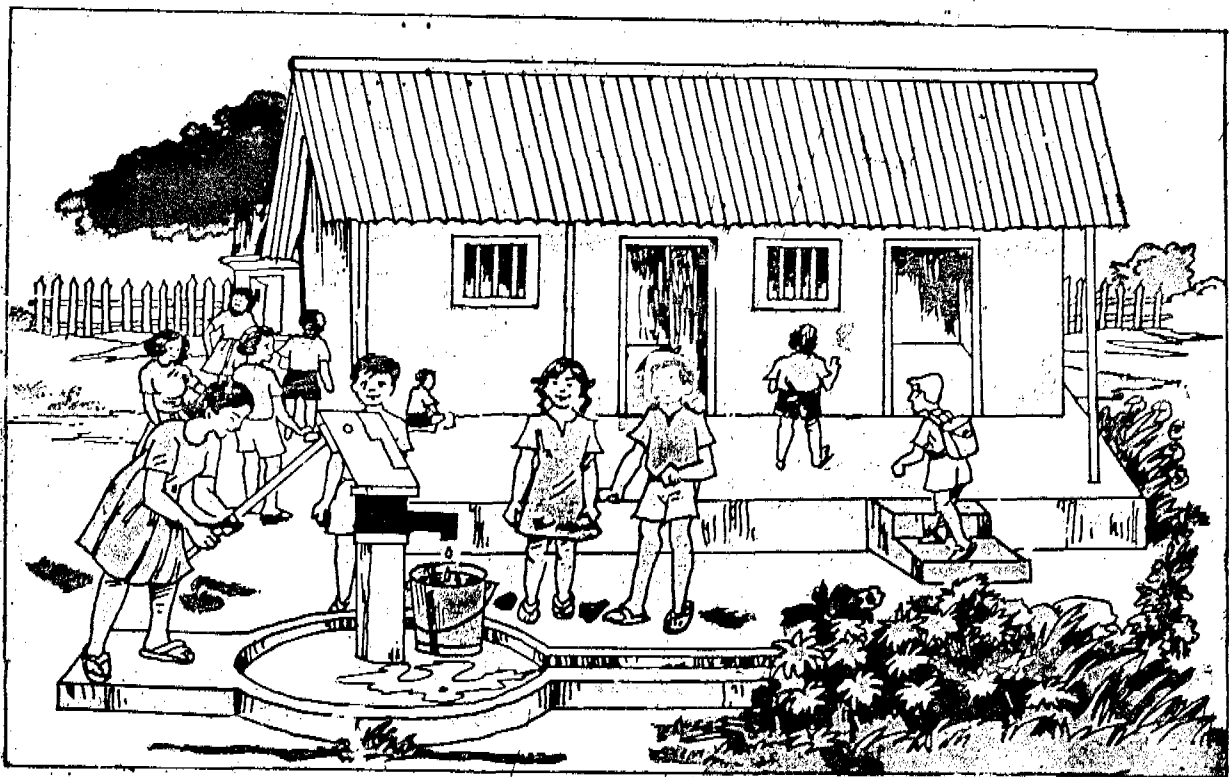


EDUCATION OF CLEANLINESS & SANITATION IN SCHOOL

(HAND BOOK FOR PRIMARY SCHOOL TEACHERS)



DEPT. OF TEACHERS EDUCATION & SCERT, BHUBANESWAR

DEPARTMENT OF RWSS

In Colaboration with

DEPT. OF HUMAN RESOURCE DEVELOPMENT, BE

422-1NOR95-18981



EDUCATION OF CLEANLINESS & SANITATION

IN SCHOOL

(HAND BOOK FOR PRIMARY SCHOOL TEACHERS)

DEPT. OF TEACHERS EDUCATION & SCERT, BHUBANESWAR

DEPARTMENT OF RWSS

In Colaboration with

DEPT. OF HUMAN RESOURCE DEVELOPMENT, BBSR.

Published by : **DPTE. OF TE & SCERT, ORISSA
BHUBANESWAR**

In Collaboration with : **UNICEF, BBSR**

Prepared by : **Dr. Sreebatsha Lanchhan Jena
Dr. Narendra Prasad Das
Dr. Pratap Chandra Acharya
Dr. Shabari Vatacharya
Sri Niranjan Jena
Er. Mayadhar Panda**

Reviewed by : **Dr. Mohit Mohan Mohanty
Er. Purusottom Mallick**

Edited by : **Dr. Chitta Samanta**

Translated by : **Dr. Saroj Kumar Das M.A., Ph.D.**

Printed at : **RAJASHREE PRINTERS
N-2/187, IRC Village
Nayapalli, Bhubaneswar**

WHY THIS ATTEMPT IS MADE ?

An international organisation called Population Crisis Committee which is based in Washington, has framed a Human suffering Index taking into consideration the diseases, child death, lack of safe drinking water, sanitary arrangements, health care etc. in different countries.

According to this index, India is placed at a very high position, that means more people than commonly expected become weak and suffer from diseases because of the lack of healthy and sanitary conditions of living. Along with this, the rate of infant-death in India is higher than other countries. It is revealed from a report in 1996 that while the rate of infant-death is 59 per thousand in the Asia and Pacific regions, it is 75 in India. From a report of the World Health Organisation it is known that in India -

- 80% of the diseases attack only due to the lack of safe drinking water and sanitation and children suffer from these diseases more.
- Nearly 25 lakh infants within one year of their birth and nearly 15 lakh children within the age group of one to five die of diarrhoea every year. The main reason for such deaths is lack of safe drinking water and proper sanitary facilities.
- The children who suffer from malnutrition and diarrhoea for a prolonged time, do not have proper mental growth. Unfortunately, it is a matter of great concern that Orissa has a high place (second) in the list of states having high infant deaths.

If people maintain cleanliness individually or in a community and become conscious of the purity of drinking water, the terrible hazards narrated above can be safely avoided. For this, there is no need to spend large sums of money or human energy. The only thing necessary is a consciousness among the learner, his parents and the community regarding the basic rules of sanitation and cleanliness and a favorable attitude to adopt it and a need for turning it into a habit.

If we remain healthy and disease-free we will feel smart and energetic to work. On the other hand, a child suffering from a disease loses all mental and physical strength to work. He doesn't find any interest in study and consequently becomes irregular in attendance. Therefore, it is seen that there is a direct relationship between the student's enrolment, retention, educational achievement and his health. From this point of view, when plans and programs are framed for the universalisation of primary education, the first thing to be taken into consideration is the child's health and cleanliness.

Although the facilities of sanitation is more among the urban people than the rural people, the reason for the loss of health cannot be determined on regional basis. Nor can the reason of weak health be low income. In most cases, the lack of consciousness regarding the rules of health care and the lack of good sanitary habits are found among students. Therefore, attempts must be undertaken to provide the students with information to raise their level of consciousness, to create favourable attitudes and to habituate them to adopt hygienic habits in their day-to-day life. While refurbishing the curriculum and the textbooks according to the National Education Policy 1986, many useful chapters on health and hygiene have been incorporated into them. But the above mentioned goal cannot be achieved through

textbooks or teaching in the classroom. If we can involve learners in programs of health and sanitation inside and out of the school, it will be possible for them to acquire good habits in this regard.

The school has a very important role to play in framing favorable attitudes in learners and in cultivation of good habits with regard to health, cleanliness and sanitation. But that is not enough. If similar consciousness and favorable attitudes are also not generated within the parents and all the members of the community, then it becomes very difficult to get it into practice. Therefore, the main aim of the chapters incorporated here is to create an appropriate atmosphere through programs among the learners, their parents and members of the community.

WHAT IS THERE IN THIS BOOK ?

By health we mean taking care of one's body and its well being. If we remain disease-free and smart, then we can claim to have good health. The primary necessity of good health is food cooked in a hygienic manner and pure water. Along with this it must protect us from the attack of germs which get into our body through air, water, food and the environment. Keeping our body, clothes, food materials and the environment around us clean comes within the area of hygiene. For maintaining the hygiene of a place, clearing of the dirty water, draining of the dirty water and making arrangements for clean water is absolutely necessary. All these areas are a part of sanitation. Keeping all these in view, six topics have been written basing on development of the hygienic and sanitary conditions of the individual, family and the community.

- Personal hygiene
- Care of food materials at home
- Care of drinking water
- Draining of used water
- Healthy practices of defecation and urination.
- Discarding garbage and the waste of animals

Two different books have been written catering to the different intellectual attainments of the students of the primary and secondary levels and the difference in training of the teachers of the two levels.

While training teachers in this direction each chapter has been divided into six main areas.

1. **Reason** : What's the importance of the topic
2. **Rationale** : What teachers can do after discussion of the underlying ideas.
3. **Basic ideas** : What basic ideas are to be framed about the topic

4. **Work for Learners :** What work can be done by learners at home, in the school and in other places.
5. **Work for Teachers :** Through which program the teachers can guide during the usual teaching hours and on special days.
6. **Evaluation of the programme and assessment :** To frame an idea about the time and method of evaluation and monitoring of the progress of the learners.

Great emphasis has been placed on achieving the goals of cleanliness through practical programs instead of intellectual discussion.

It should be remembered that the list of programs is not complete. Other programs can be carried out taking into consideration the atmosphere, the interest of the learners and the available resources. The main aim of this attempt is to make teachers conscious in this regard, to enable them to frame appropriate programs and get it translated into practice.

HOW THE DISCUSSION SHOULD TAKE PLACE ?

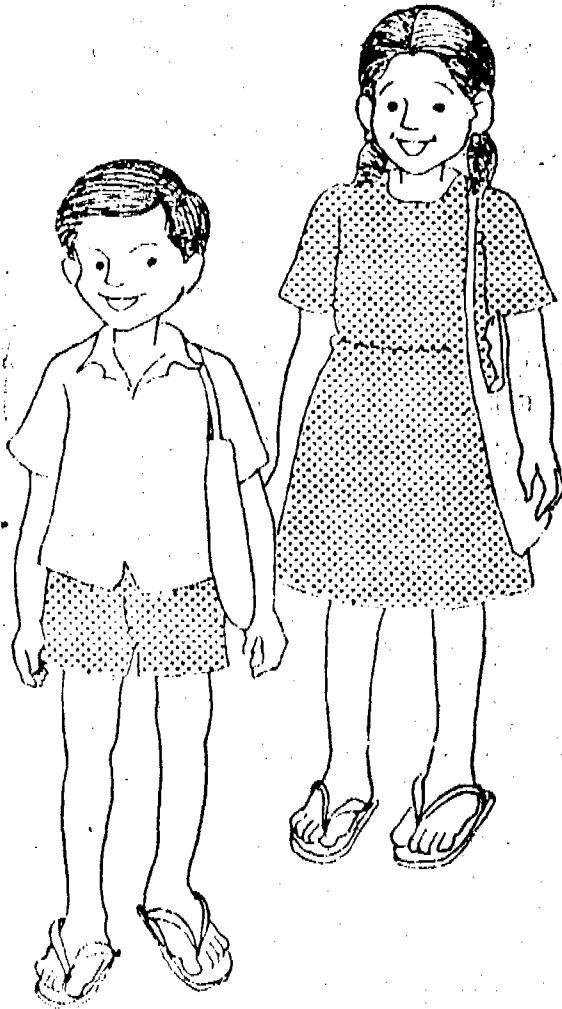
A far reaching aim of circulating the ideas of health care and cleanliness through learners to the family and community has been envisaged here. Therefore, the sphere of discussion has been limited to four stages. How these can be done and within whom, has been given briefly below.

1. **Teacher - student / relationship :** Discussions can take place in the classroom, in the school and during different programmes outside the school.
2. **Student - student / relationship :** The students can discuss among themselves intimately while implementing a programme.
3. **Student - parents / guardians relationship :** The students can discuss with their parents while doing several works of the day - to - day life.
4. **Teachers - Parents \ guardians \ Community relationships :** The teachers can discuss with others formally or informally through Teacher - Parents association, School Advisory Body, Village - committees etc.

Great emphasis has been placed on the development of the psychomotor along with the cognitive for the development of favorable attitudes and habits in regard to health, cleanliness and sanitation. How the behavioral changes and the change in habits can be brought about with appropriate knowledge in that area, is the main point of emphasis here.

A student craves for an ideal while attaining changes in thought and action. The teachers can be ideal examples before the students by themselves remaining clean and adopting healthy habits. It is hoped that all the teachers will remember this while teaching about the care of health.

PERSONAL CLEANLINESS



It is said 'Health is Wealth'. A healthy and a disease-free child is an important asset of the society and the country. The all round improvement of a child can be made through proper education and health-related programmes. The rate of child-death is very high in our country compared to other countries. In India, the rate of child death is high in Orissa, Bihar and Uttar Pradesh. Among the reasons for this high rate of child death is the ignorance of personal hygiene. If children and all their family members become careful of their personal cleanliness, it will not only reduce the high death-rate but also can help us in developing a healthy and a strong society. A disease-less healthy state helps in the development of mental capacity. That means, if a child is healthy and disease-free, then he develops his capacity to learn more. His study never gets hampered. Therefore, it is said that a healthy body is the house of a healthy mind. The child's personal cleanliness helps him in fighting several diseases while keeping his own health intact. Therefore, the child's personal health is a great responsibility not only of the parents but also of the teachers.

To take care of one's own outer limbs and to keep clean the dress one wears, is a good habit. The seed of this habit is first sown at home. Later it is strengthened through education in the school and through various related programmes. Therefore, great importance should be attached to the personal hygiene of the child in the school and also at home.

RATIONALE BEHIND THIS CHAPTER

After discussion of the underlying ideas.....

- | | |
|--|--|
| <ol style="list-style-type: none">1. The teachers must realise the relationship between the personal cleanliness of students and its relationship with their health and then try to get these ideas working among the students.2. They should be certain that each student takes proper care of different parts of his body like eyes, ears, tongue, face etc.3. They should supervise that every student develops very good and | <p>hygienic habits of washing their hands properly before and after taking food. They should take steps to consolidate their good habits.</p> <ol style="list-style-type: none">4. They should encourage students to wear clean dresses both at home and in the school.5. They should encourage good sanitary habits regarding the use of the lavatory, like washing properly after using the lavatory. |
|--|--|

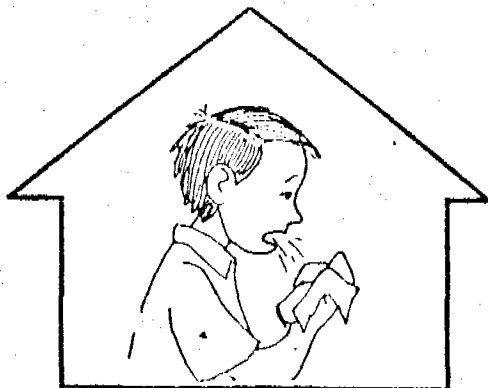
PRIMARY CONCEPTS

- You should clean your teeth and tongue at least once every morning. It is good to clean your teeth with a brush and toothpaste or with a twig of a Neem, Sahada, or Karanga tree. After eating also one should clean one's teeth. If we do not clean your teeth, then our teeth will give a foul smell, You will suffer from toothache and your teeth will also get spoiled.
- If you don't cut your nails regularly, a lot of dirty things will accumulate below it and it will create disease, once they go into your stomach. At times, other parts of your body gets bruised by long nails.
- You should take your bath regularly, otherwise you will suffer from several skin diseases.
- When you walk with your bare feet on soil, the larvae of several types of worms get into your body and this causes roundworms in most students. Therefore one should use sandals while using a latrine / lavatory. Young children have the habit of eating without washing their hands. The dirt in your hand gets into your stomach in this way and create diseases. Therefore you should wash your hands properly before eating anything.
- You should make the habit of passing stool every morning just after leaving your bed. You should wear sandals/chappals on your legs when you go to the lavatory and you must clean your hand properly with soap or with ash (not with soil) after that.
- If your dress is not clean, then many diseases attack you and you might suffer from skin disease. Therefore you should wear dresses cleaned by soap or soda and it will keep you in a happy state of mind.
- You must comb your hair properly and also keep it clean to avoid lice and dandruff to settle down. These live on your blood. If you keep your hair clean then lice cannot get in. You will look smart after combing your hair.
- You should not insert pieces of chalk, pebbles, safety-pins, pins and pencils into you eyes, nose or ears. This can create great harm to you eyes, nose and ears and can create diseases.



FOR THE LEARNERS

AT HOME



- Students should brush their teeth using a toothbrush or a Neem or Sahada twig and clean their tongue after leaving the bed. It is also a good habit to brush your teeth before going to bed.

- Students should take bath using oil in their bodies. They should rub their bodies properly.

- They should wash and clean their hair everyday and comb it properly.

- They should wear clean clothes after washing them with washing powder or soap everyday.

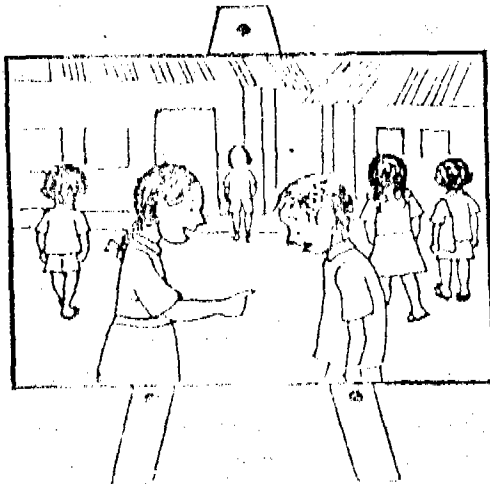
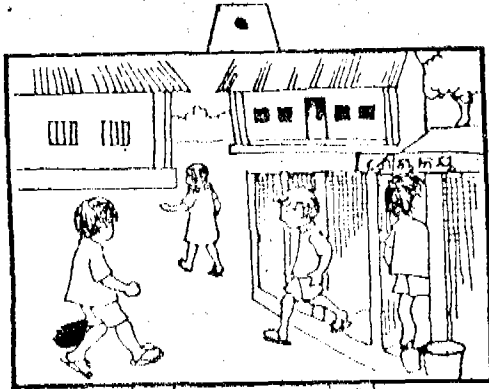
- While using the lavatory or going out they should wear chappals/ sandals.

- They should clean their hands properly before eating or serving food to anyone.

- Students should clean their hands and legs properly with soap after returning from the lavatory. Nail should be cut at regular intervals by a nail cutter to avoid dirt getting accumulated in the nail and they don't grow big. Food should be eaten when it is hot. All food items should be stored under cover.

WORK FOR LEARNERS

AT SCHOOL



- Students should urinate only in the urinal of the school and they should clean the urinal with water after they urinate. They should see that the urinal does not stink.
- They should come to the school wearing clean dresses and either shoes or chappals on their legs.
- They should not eat the dirty food sold by the hawkers outside the school gate.
- They should not move hither and thither while eating the tiffin brought from home.
- They should not insert sticks, chalks, safety-pins or pebbles into their eyes, nose or ears while they are in school.
- A spittoon made of an old tin or any broken pot and filled with sand must be placed in front of each class, so that students can spit in it. It must be cleaned regularly. Students should eat their food during the school-break time washing their hands properly. Each student should make others conscious of the rules of cleanliness and maintain it too.

WHAT TEACHERS CAN DO ?



- Teachers can meet the parents of the students in informal meetings and teach or advise them about their child's personal health and cleanliness.



- They should make the students understand the merits of personal cleanliness and how this helps in maintaining good health. They should encourage good habits in children.

- They should supervise whether students spit hither and thither or in the spittoon specially made of a broken tin and sand for them.



- Teachers should demonstrate to the students how to use a nail-cutter. They should also demonstrate how to use a handkerchief when one sneezes or coughs.



- Teachers should make the learners understand clearly the demerits of inserting pins, safety-pins, sticks, pebbles, pencil etc. Into their ears, nose or eyes. They should supervise that students do not do things like this.

- Teachers should nominate a health minister and a food minister from among the students and should see that they work to their satisfaction.

- | | |
|--|--|
| <p>1. To consolidate the habits of cleanliness of students.</p> <p>2. The teachers should hold parents-
teachers meetings at quick intervals
or at least once a month and meet
parents individually or in groups.</p> <p>3. Investigation and supervision of the
proper use of the school's lavatory by
the learners.</p> <p>4. The students of the senior classes
should be employed to supervise the
cutting of nails and combing of hair of
the junior students.</p> <p>5. Putting a ban on buying and eating of
polluted food.</p> <p>6. To clean hands and mouth before and
after taking food</p> | <p>1. Everyday, before and after the prayer,
the teachers should himself or by the
health minister of the school try to
supervise the cleanliness of the
students. They should also try to
evaluate whether there is
development in cleanliness because
of these preventive measures.</p> <p>2. The parents should provide
information regarding the personal
hygiene of their children. Along with
this at the primary level, in class three,
four or five, proper encouragement
should be given to maintain health
notebooks and those notes should be
evaluated.</p> <p>3. This can be done through out the year
in an informal manner. The teacher
himself or through students can make
an assessment of it.</p> <p>4. This can be done everyday or once a
week. The students who dont cut their
hair or do not keep clean must be
identified and proper care must be
taken of these students.</p> <p>5. Steps should be taken to identify the
students who buy impure food from
roaming hawkers during the noon-
time leisure hour and to encourage
such students to discontinue that
bad habit. Steps should be taken not
to allow these roaming hawkers to
enter the school campus or roam
about near by.</p> |
|--|--|

CARE OF OUR HOUSE AND OF FOOD ITEMS

If our house and its environment remain dirty, then people living in this house suffer from several diseases. Students living in such environment also acquire unhealthy habits. To change these habits great efforts are taken in the school which are justified by scientific reasons. For that reason, many programmes are run to keep sanitary condition in the school intact along with regular teaching. But if the house where a lot of people live is not kept clean, the good habits of cleanliness learnt in the school are not continued.

It is not possible to teach all the members of a family directly. Therefore messages regarding keeping the living room clean, keeping the surrounding clean and how to take proper care of the food they consume can be conveyed to the family members through the students and many useful programmes could also be undertaken.

Food items should not only be carefully stored, great caution must also be taken while eating it. This habit of cleanliness should be cultivated both at home and in the school. If this can be done then students will remain conscious of cleanliness both at home and in the school.



RATIONALE BEHIND THIS CHAPTER

After discussion of these ideas the teachers can do the following

1. The parents and guardian of the students will give more attention to keeping their house and its surroundings clean.
2. They can enable the learners to keep their surroundings clean and make them capable of using the methods of cleanliness. They could employ various means for this.
3. They can help in taking measures to remove the garbage and used water.
4. They can help the learners in being conscious of keeping food items clean and taking fruitful measures for making the family members act accordingly.
5. They should make learners conscious of the harmful effects of the food sold within unhygienic condition and should see that it is properly maintained by the learners.
6. They should be sure that students really adhere to the rules of hygiene while taking food and after it.

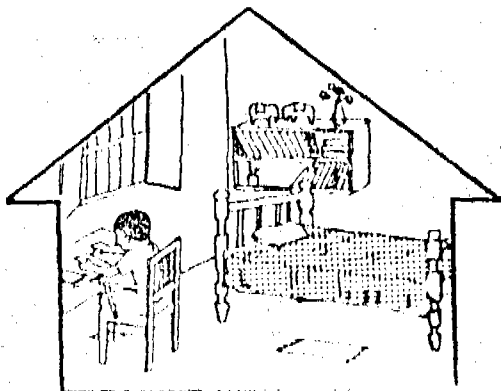
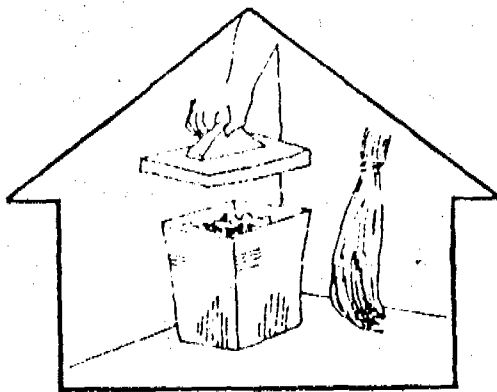
BASIC CONCEPTS

- If the house is full of dirt or garbage, then mosquitos, flies, cockroaches and mice will increase their number. These also become carriers of different diseases.
- If the rooms are dark and fresh air does not circulate properly, People living in these unhealthy atmosphere suffer from various diseases.
- If garbage is thrown all around the house they get putrefied and create bad smell. Mosquitos, flies and other germs increase their member in these.
- The dirty water which remains after taking bath or cleaning utensils or cooking should not be allowed to accumulate around the house. These stagnant dirty water helps mosquitoes to increase in number.
- The food we eat is polluted in various ways. Such as, if we don't wash the vegetables and fruit before using them; or if food items are not properly stored or covered ; or if food is served in dirty utensils or in dirty hands or if food items get putrified or stale, etc.
- If we take these polluted food we will suffer from various diseases and we might even loose our good health.
- Unripe fruit should be eaten after washing it in water, otherwise germs will get into our bodies.



WORK FOR LEARNERS

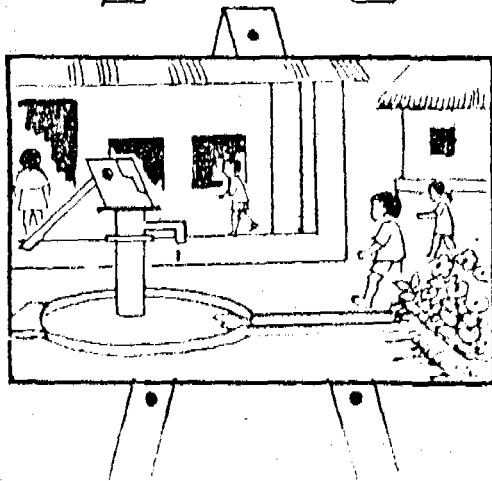
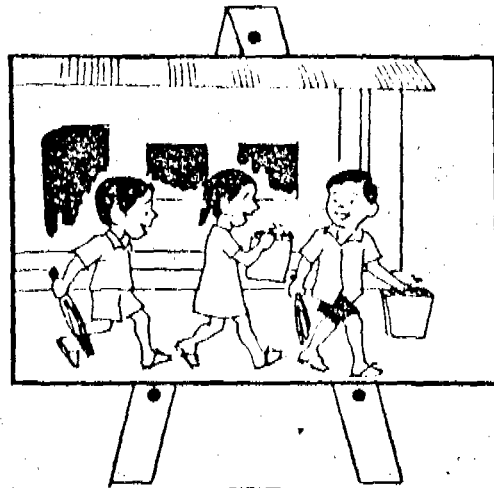
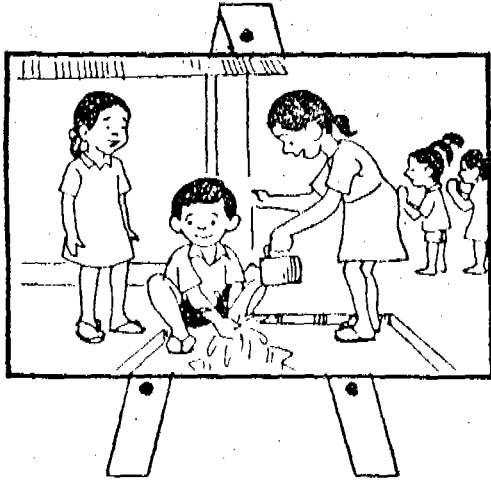
LEARNERS AT HOME



1. They should clean the garbage at least twice, once in the morning and once in the evening and throw the garbage in a compost pit or the Municipal dustbin. They should help others in this matter also.
2. They should keep a tin or a cardboard box or even a wooden box in a particular place in the house or outside the house and use it as a dustbin.
3. They should develop the habit of collecting the garbage from the dustbin and throwing them in the compost pit and also encourage other family members to do so.
4. They should not allow the dirty water coming from the bathroom or the place where utensils are cleaned or people wash their hands to stagnate in one place. They should see that the water is drained out to the vegetable garden or the Municipal drain. They should also encourage others to make drains.
5. They should keep all the things in the house in the right place like books and dress materials. They should help others in doing the same thing.
6. They should frame the habit of eating fruit like cucumber, carrot and radish etc. which are taken raw, only after washing them properly. They should encourage their family members to clean all the vegetables before cutting them for cooking.
7. They should see that all cooked food is always kept under cover.
8. They should not take putrefied or stale food.
9. They should not eat the dirty food sold in open by the roaming howkers.

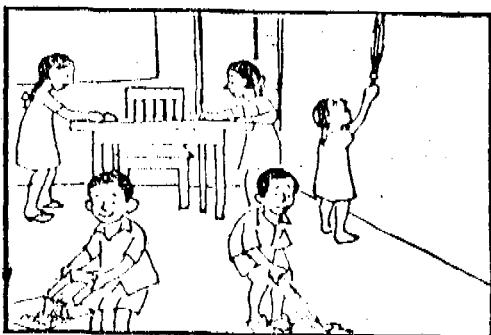
WORK FOR LEARNERS

IN SCHOOL



- The students should clean their classroom, verandah and areas surrounding it before the bell for prayer and throw the garbage in a compost pit. They should clean their hands properly after doing it.
- They should clean the area surrounding the school at least once a week.
- They should make a list of instrument used for cleaning and should learn to make broom, dustbins etc. They will collect other instrument necessary for cleaning.
- They should learn to build compost pits and also how to use it properly.
- They should not throw torn papers, useless things and left-out food here and there and should make a habit of throwing them in the dust-bin kept inside the classroom or nearby. Such dust-bins can be made of old tins, cartoons or wooden boxes.
- They can decorate the classroom and create a happy atmosphere.
- If dirty water is stagnating around the school well then they will make drains to drain out the dirty water.
- They should realise the demerits of eating food sold in the open and avoid eating them.
- They can help in observing cleanliness during the mid-day meal or feast in the school by keeping the food in hygienic places and containers.

WHAT TEACHERS CAN DO ?



■ The teachers can hold informal talks with parents or hold guardian - teacher forums to convey the idea of cleanliness to their families and can encourage the parents to help in consolidating the ideas of cleanliness learnt at school.

■ They can make students understand the bad effects of accumulated garbage on their health and can take up specific plans for its removal. For example, the digging of compost pits and its use, the drainage of dirty water and its utilisation in the garden, etc.

■ They should encourage students to decorate their classrooms and hold decoration competitions.

■ They can organise mass cleaning campaigns on national days and can hold pageants for cleanliness.

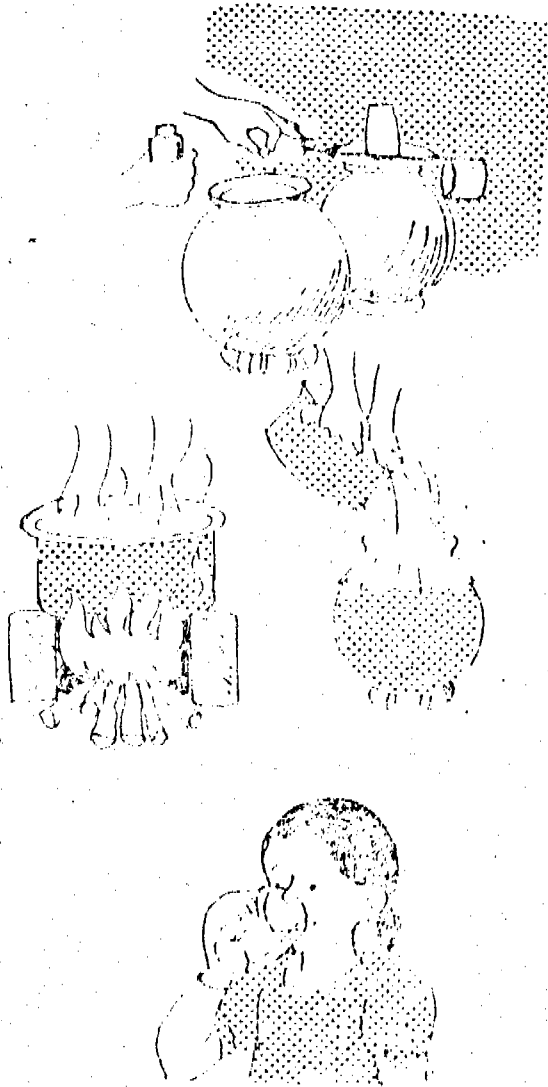
■ They can encourage students to increase their habits of keeping food items clean in the school and at home.

■ They should encourage students not to eat anything from roaming hawkers.

SUPER VISION OF THE PROGRAMME AND ASSESSMENT

PROGRAMME	TIME OF SUPERVISION & ASSESSMENT
1. To call teacher - parents meetings. To talk informally with parents at the market place or anywhere in the village.	1. At the beginning of the year and at least four times (once in three months) the teacher should call teacher - parents meetings. They should assess the actual cleanliness after each meeting and then should think of further progress.
2. To create a habit of keeping the house and its surroundings clean.	2. The assessment can be done by casual visits to the houses of students and getting information regarding their cleanliness from others.
3. Arrangement for discarding garbage, the use of dust-bin and compost-pits and arrangement for draining the waste water.	3. Before the prayer when the classroom is being cleaned an assessment of the learner's interest in such matters and supervision and observation of the above mentioned methods can be done.
4. Cleanliness in use and storage of food items.	4. Supervision can be done during the mid-day meals and feasts and picnics. Assessment of these habits can be done effectively at this time.
5. Buying of polluted food and its consumption.	5. Identifying students who buy food from roving hawkers and help in changing this habit.

TAKING CARE OF DRINKING WATER



- Two - third of our body contains water. The necessity of water in our body is filled by drinking water. Therefore, if the drinking water is impure, it goes to our stomach and causes several diseases. Drinking water is mainly collected from rivers, canals, ponds, wells, tube - wells or from the tap supplied by the municipality. The general public is not very conscious of the purity of those waters. Moreover there are chances of this water getting impure while collecting or while storing the water at home and while using it. Most of the diseases related to children and stomach diseases will disappear to a great extent, if we make the habit of drinking pure water.

- We should be conscious of the reasons why water gets polluted, how it can be made pure and what precautionary measures can be taken while using it. It will be easy for the students to remember if we can explain with examples how water is available and how it gets polluted. Then they can utilise this knowledge in their day - to -day lives.

- We can train students from a very young age to be aware of impure water and we can make them habituated in drinking pure water. Teacher can take a very effective role in this regard.

RATIONALE BEHIND THIS CHAPTER

After discussion of these ideas the teachers can do the following.

1. Teachers can make students see the demerits of taking impure water and can make them understand the ways in which water can be made pure.
2. They should discuss with the students the different methods of making water pure. They can also make the students capable of judging the relative purities of water brought from nearby wells, tube- wells and ponds.
3. They can make students collect pure water and store it in the classroom and can teach them how to use the water hygienically.
4. They should encourage students to inspect the water used in their houses, in hotels and in community feasts.
5. They should encourage the students to show the reasons for impurity in water which they have acquired from their our experience.
6. They should make students capable in knowing the reasons for impurity in water at the personal, institutional and the level of the community.

BASIC IDEAS

- If we take impure water then various diseases of the stomach like dysentery, diarrhoea, typhoid, cholera, etc. take place. If proper care is not taken of the water we drink, these diseases become dangerous.
- The water of the wells and the tube-wells dug deep into the soil provide pure water.
- The water of ponds, canals and wells of lesser depth gets easily polluted. Therefore the safest drinking water is that of a tube-well.
- If we defecate on the banks of a river or a canal or throw garbage at a nearby place they are bourn into the water by rain water or wind. Moreover the water of a pond gets polluted if we take bath, clean our clothes and clean the household animals in that water.
- The water of the river is polluted by the dirty waters of the drains and the toxic waste products of factories.
- While extracting water from a well or a tube-well the inner and outer side of the container must be cleaned properly. We should not dip our fingers in the water. Because all the dirt in our hands and fingers pollute the water. For this a container with a long handle must be utilised to extract water.
- It is good to use earthen pots for storing water. They keep the water cool. For cleaning the water in an earthen pot a pinch of bleaching powder or the seeds of drum-sticks and 'katak' can be used. Chemicals should not be added when water is stored in a metal container. When the water settles down it should be taken after boiling it.
- Water must be kept in a shady cool place or a place with a roof above, either at home or at the school. This container must be kept at a height to keep it out of reach of dogs, cats and small children.
- Water should be boiled for half an hour and then cooled. This cool water should be stained and then only it becomes free from germs and is fit for drinking.
- The place from which water is collected like a well or a tube-well must have its surrounding area clean. Waste water should not stagnate around it. If water stagnates it seeps through the soil and pollutes the water.

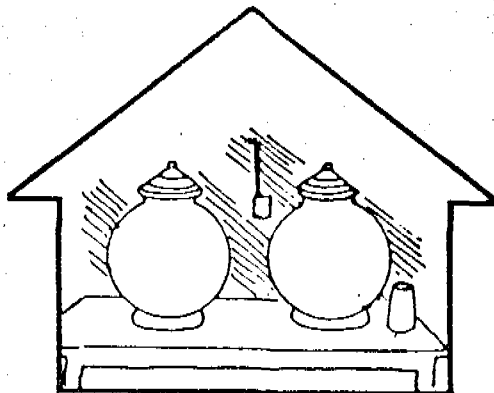


WORK FOR LEARNERS

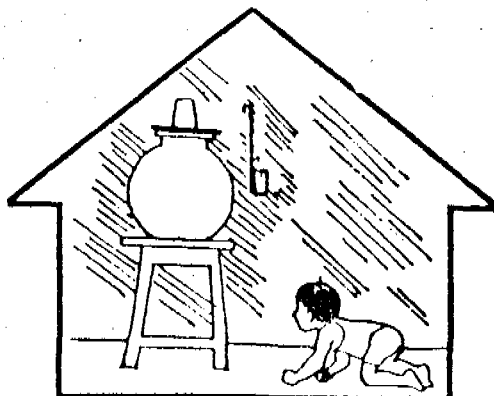
CHILDREN AT HOME :



- Children should acquire habits of cleanliness during drinking water, like - cleaning the glass before drinking, container with a long handle to draw water, replacing the lid after drinking etc. They should encourage others to do so.



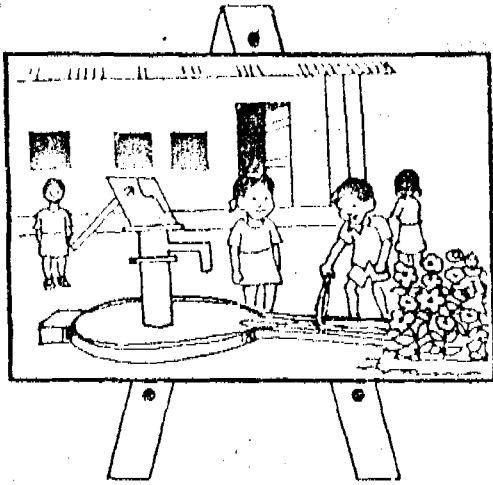
- They should see that the earthen pots for storing water and the area around it remains clean.



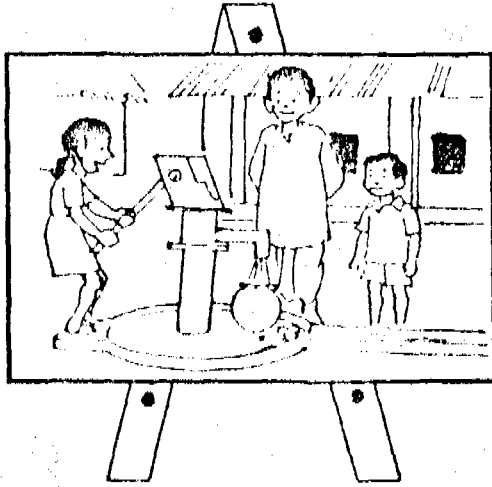
- The water container must be kept at a height, so that domestic animals, birds and small children cannot reach it.

WORK FOR LEARNERS

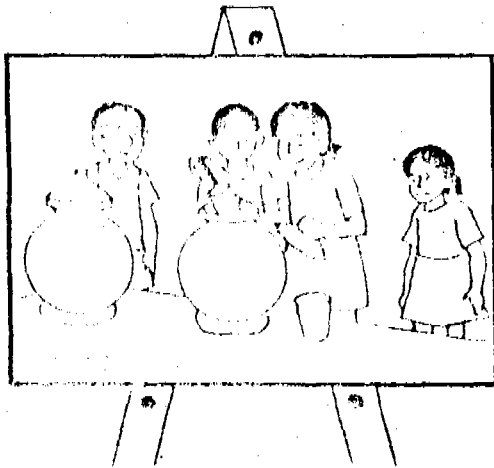
LEARNERS AT SCHOOL :



- The learners should help in cleaning the area around the tube-well of the school and also be vigilant that waste water doesn't stagnate around the tube-well.



- The students of class four and five must draw water from the well, or the tube-well and must store it in earthen containers.



- The students of the upper classes must see that all the students of the school use hygienic habits while drinking water.

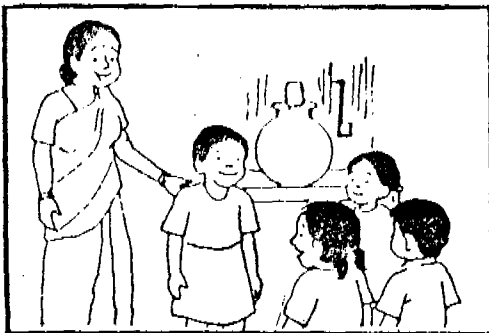
WHAT THE TEACHERS CAN DO



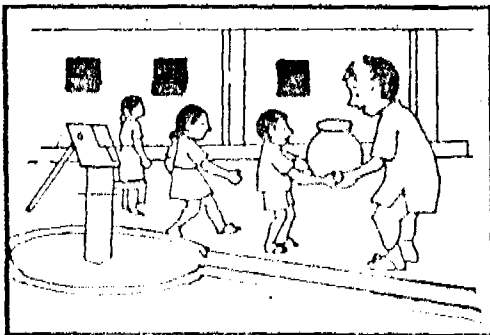
- The teachers should make arrangements to show the students the different places from where water originates. They should also show them how drinking water gets polluted. They should also show them the origins of pure and impure water.



- They should clean the drinking water used in the school by using beaching powder and chlorine tablets and should help students of the upper classes in learning and experiencing this process of cleaning.



- If there are no well or tube -well in the school, they should take the help of the higher authorities in digging a well.



- They should help students of the upper classes to collect and store drinking water.
- They should supervise the drinking habits of the students. They should identify students with good and hygienic habits to encourage their classmates in acquiring good drinking habits.

SUPERVISION OF THE PROGRAMME AND ASSESSMENT

PROGRAMME

1. The bad effects of drinking impure water and discussion regarding making it clean.
2. Supervision of all the sources of water.
3. The collection, preservation and use of drinking water.
4. The use of water during the celebration of important days.

TIME FOR SUPERVISION & ASSESSMENT

1. Assessment can be done through questions and answers during the period meant for health and physiological study.
2. The last period of a class can be allocated for the study of physiology and hygiene. This can also be done in the period of work experience. During supervision the teachers should enable the students to see the reasons for water pollution. They should evaluate when students of the upper classes give a report either verbally or in writing.
3. To collect water every day before the prayer. To divide students into groups and distribute responsibility among them. To supervise while the water is collected and used and to supervise the work of others through the monitor.
4. Students should provide accounts of pure drinking water and its use on special days either verbally or in writing. Assessment will be done after critically analysing them.
5. Assessment can also be done by inspecting drinking habits of children informally.

SIMPLE TREATMENT OF DIARRHOEA

Diarrhoea attacks people, mostly children, who lack proper sanitary habits and don't take pure water. Nearly ten lakhs children below the age of five die of this diarrhoea. When diarrhoea attacks the body of the patient gets dehydrated and he becomes weak very soon. The skin becomes loose and he loses consciousness.

The easiest treatment of diarrhoea is to provide the patient with more and more liquid food and save him from dehydration. Therefore, whenever any body suffers from diarrhoea give him more and more the water of Dal and rice, lemon sherbet, green coconut water etc. several times.

Also give the patient to drink repeatedly, the water mixed with ORS (Oral Rehydration Salt). Each packet of ORS can be added to five glasses of water.

DRAINAGE OF WASTE WATER

It is seen that water gets stagnated near the well or tube-well, near our house or at other places also. Water usually stagnates beside the well or the tube-well after we take bath or clean our clothes there. If there is no arrangement for the drainage of this water, the water remains stagnant there. The water coming out of the kitchen or the bathroom or the place where utensils are cleaned stagnates outside to lack of drainage arrangements. Therefore the areas around the house remain polluted. Mosquitoes and other germs grow in this dirty water. Consequently, the environment gets polluted and people suffer from various diseases because of mosquitoes and germs. We can save ourselves from such a malady by not allowing this dirty water to remain all around our houses. If we drain this dirty water to the garden or vegetable garden then we can save air and soil pollution. The drain used for this purpose should be cleaned regularly. Otherwise, not only will the mouth of the drain be obstructed, it will also create the same problem as the original problem of stagnation of water. How to make small children conscious of their problem, has been intimated to the teachers in this chapter.

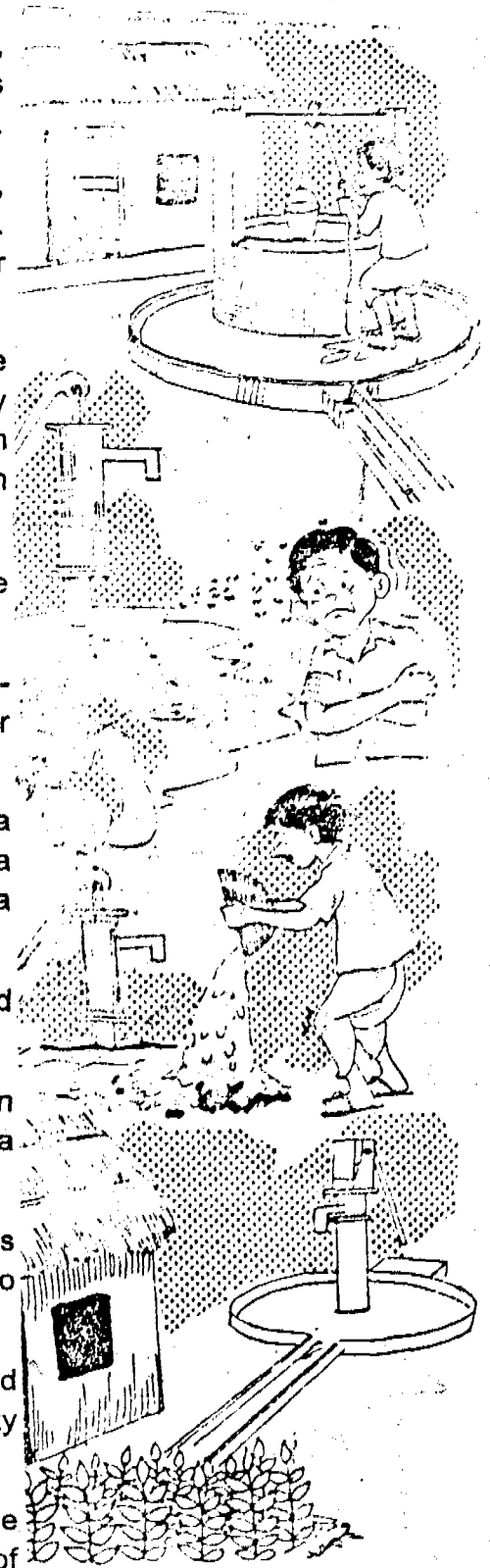
RATIONALE BEHIND THIS CHAPTER

After discussion of this topic the teachers can

- | | |
|--|---|
| <ol style="list-style-type: none">1. Make the students realise the importance of draining out dirty water.2. Make the students take adequate measures to drain out dirty waste water from the school and their houses.3. Take up programmes to make the students realise or be conscious of the demerits of stagnated water. | <ol style="list-style-type: none">4. Make students able to dig drains to drain out dirty water at home and in the school.5. To encourage students to propagate the same idea among the people of their neighbourhood, in their villages and in nearby slums. |
|--|---|

BASIC IDEAS

- If water gets stagnated near the well, tube-well, municipal tap, in the backyard or on the streets, it makes the road damp and muddy and creates a lot of problems.
- If water stagnates, in any place for a long time, mosquitoes start increasing their numbers there. Consequently, the dangers of malaria, and Dengue fever increases.
- If water stagnates various germs take birth and increase their number and they mix with the water of wells by seeping through the damp soil. If water is drawn from this well and drunk, then people suffer from stomach diseases like dysentery, cholera, diarrhoea etc.
- If water stagnates in one place, different items of garbage mix with it and stink.
- If a cemented platform is built all around the well or tube-well or public tap, then there is no fear of stagnant water seeping through the soil and mixing with the water.
- If it is not possible to build a cemented platform then a lot of soil can be deposited all around the well in a slanting fashion so that extra water can slide down to a far-off place.
- Water from this cemented platform can be directed towards the garden or to a sock-pit through a drain.
- The water coming from the kitchen or the bathroom can also be directed to the garden or the soak-pit through a drain.
- The dirty soap-water full of foam is not good for the plants in the vegetable garden. Therefore, it is advisable to drain this type of water to the soak-pit.
- In the urban areas, the dirty water of a household should be directed to the main sewerage system of the city through a drain.
- If all the low lands in the school campus or around the house is leveled with soil, then there is no chance of water stagnating any where.



WORK FOR THE LEARNERS

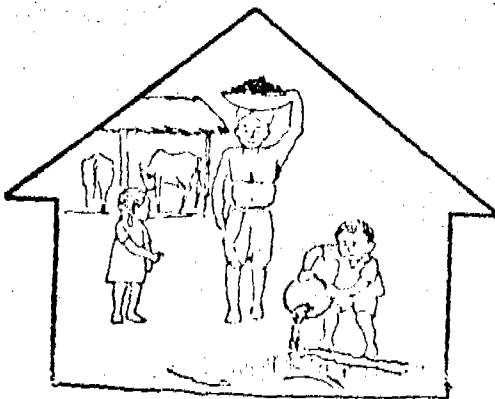
LEARNERS AT HOME



- They should be vigilant that waste water does not get stagnant anywhere around their houses.



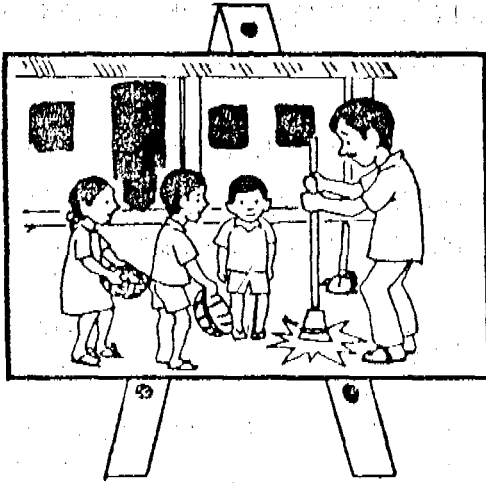
- If there is no facility or arrangement for the dirty water to be properly channelised then they should take the help of their family members in getting the dirty water channelised.



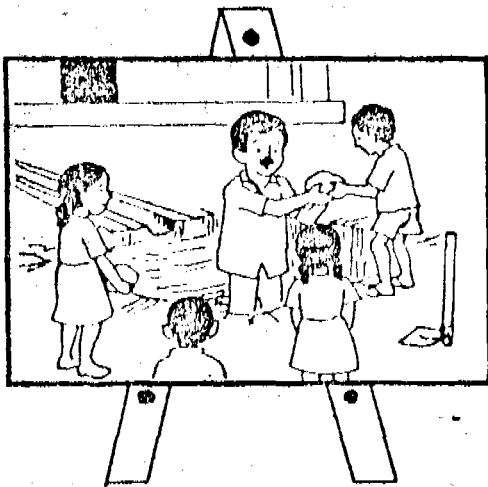
- They should clean the gutter or drain which starts from the cemented area around the well and leads to the soak-pit of the garden.

WORK FOR THE LEARNERS

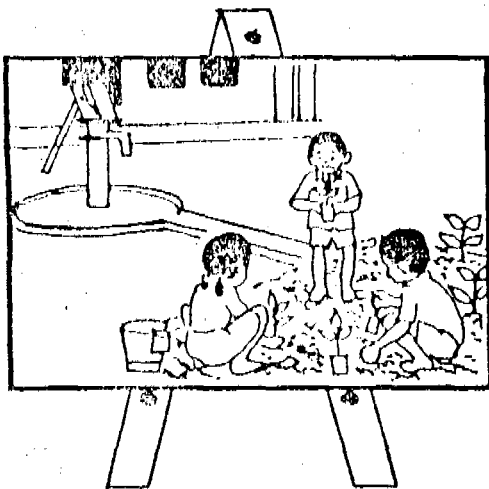
LEARNERS AT SCHOOL



- Students should identify low areas inside the school campus where water usually gets stagnant and try to level those areas taking the help of teachers and others.

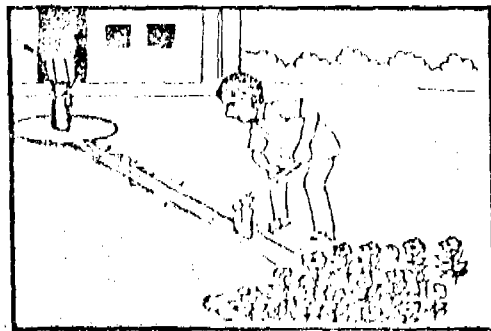


- Students reading in higher classes must build the soak-pits with the help of their teachers.



- The students should plant plants or trees nearer to the soak-pits. The waste water will help in the proper growth of the plants. It will also help in preserving our environment.

WHAT TEACHERS CAN DO



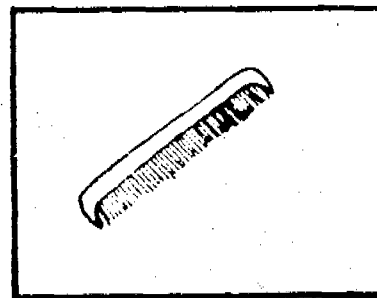
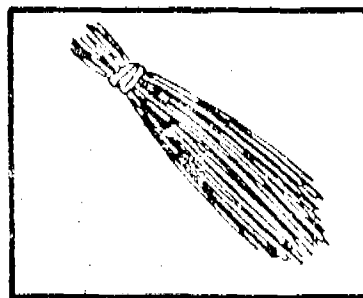
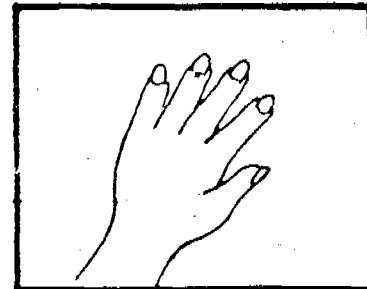
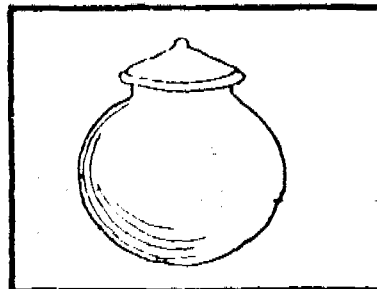
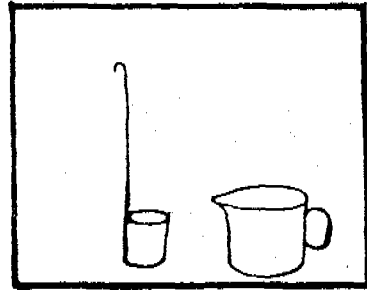
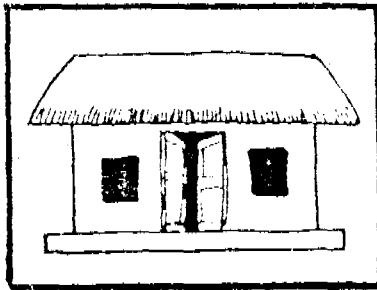
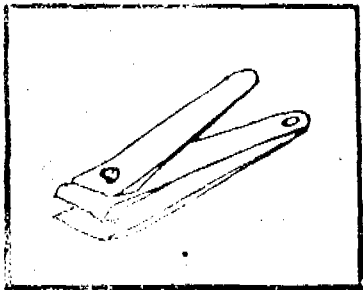
- The teachers can make the students understand the demerits of stagnant water and can make the students capable of taking steps in this regard.
- They can frame programmes to drain out dirty water from the area around the school's well or tube-well. They can help the students as well as the administration in doing tangible things in this area.
- They should encourage the students to dig a drain from the main source of water in the school to the garden and should help the students in this regard.
- They should make the students plant trees inside the school campus and should make arrangement for irrigating the plants with this waste water.
- Along with draining the waste water, they can burn leaves of 'neem' tree and throw the ashes at the places where water has stagnated. This will kill the larvae of mosquitoes. They can also make arrangements for spraying kerosene and sprinkle DDT in these areas.
- They should ask each student to give an account of the places where dirty water has stagnated around their locality. He should discuss with the students regarding the remedial measures which can be taken.
- He must discuss the matter in the parents / teacher meeting and should seek the help of the community in taking remedial measures around the students' house and in the school also.

SUPERVISION AND ASSESSMENT

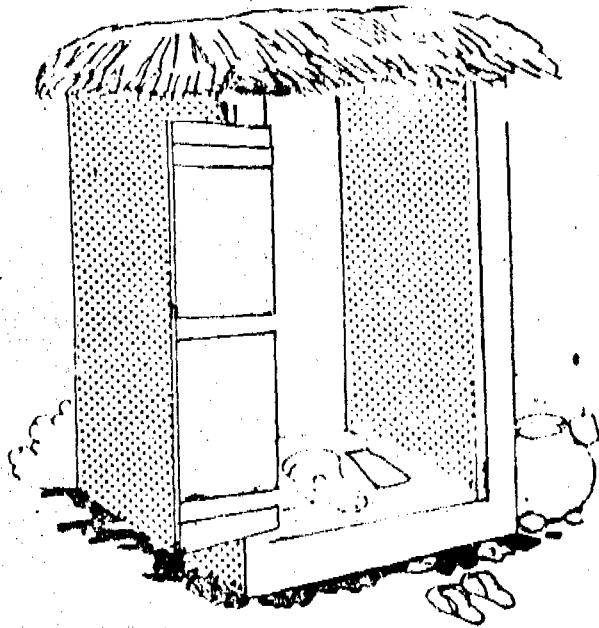
PROGRAMME	TIME FOR SUPERVISION AND EVALUATION
<ol style="list-style-type: none"><li data-bbox="188 373 783 449">1. They will get the area around the main source of water clean.<li data-bbox="188 632 783 785">2. The students of the upper classes with the help of the students of the lower classes will make the low-lying land level and will construct soak-pits.<li data-bbox="188 932 783 1008">3. To get trees planted within the school campus.	<ol style="list-style-type: none"><li data-bbox="815 386 1410 583">1. The teachers should make the students understand regarding this in their work-experience class or in the last period and will assess the work of the students accordingly.<li data-bbox="815 638 1410 877">2. The teacher will assess the interest of the students in doing work by supervising their work. He will also try to evaluate how much knowledge the students have acquired in this regard through question-answer sessions.<li data-bbox="815 932 1410 1129">3. Proper assessment of the student's interest can be done in these matters during the observation of special days or during the recess hour or even in the work-experience class.

A GAME FOR CHILDREN

Draw the following pictures on cardboard's of 5" X 7" size. Shuffle these cards. Ask the students to divide them into four pairs and narrate the relationship between the cards of a pair. For example, a pair like hair and comb, house and room etc. To make these pairs four marks will be awarded, that is one mark per pair. If the learner can narrate the relationship between the cards of a pair, he will get one additional mark per pair. If all these can be done within a minute then 2 more marks will be awarded. That means, the game is for 10 marks.



FRAMING HYGIENIC HABITS OF DEFECATION AND URINATION



It is a very bad habit to defecate and urinate hither and thither. By this, not only the environment gets polluted, but also several diseases spread. The air, water and soil is polluted when people defecate here and there instead of a fixed place. By defecating in open fields, the bad smell mixes with the air and pollutes the air. Moreover, when people walk on those open fields with their bare legs, the larvae get into their stomachs through their legs and create several diseases of the stomach. Similarly, when people defecate on the banks of a river, canal or pond, it gets mixed with the water being carried down by rain water and pollutes the water. When people use that polluted water, they suffer from several diseases. Therefore, by defecating here and there because of an unhygienic habit, the environment is polluted and we suffer from several diseases. Therefore, small children must make a habit of defecating in a fixed place and within sanitary circumstances from an early age. The role of the teachers is paramount in making children acquire good habits at the primary level. How it can be successfully acquired is the main idea behind this chapter.

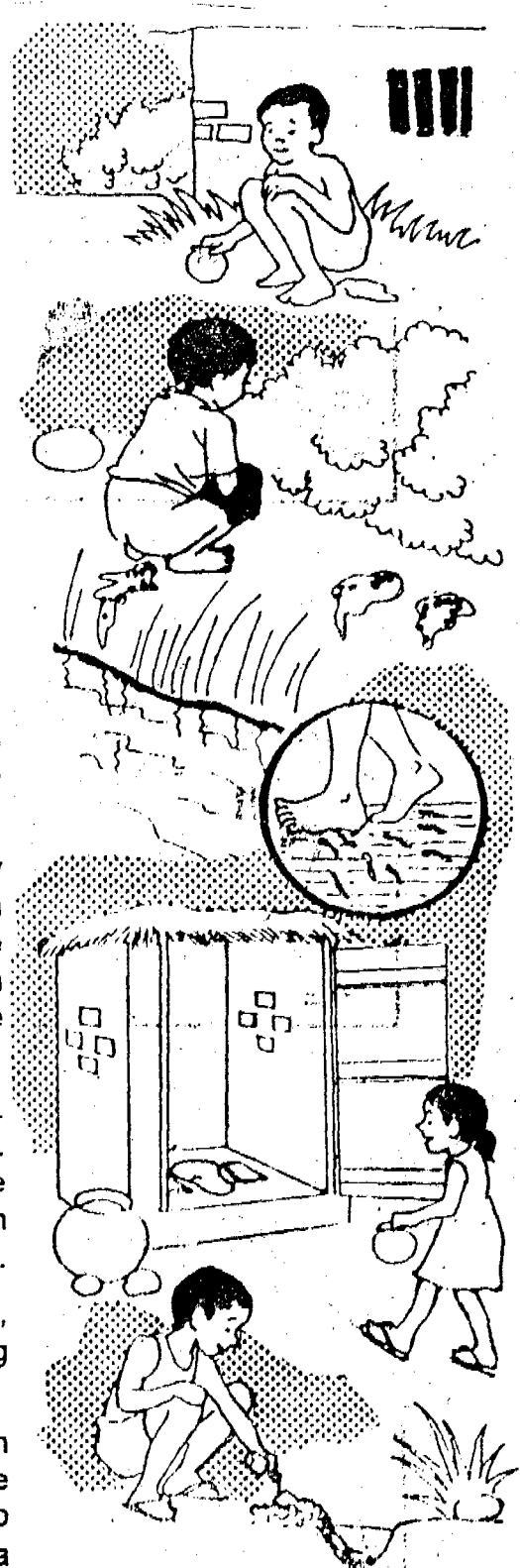
RATIONALE BEHIND THIS CHAPTER

After discussion of the underlying ideas the teachers can.....

- | | |
|--|---|
| ■ Make the students understand how dangerous is the habit of defecating hither and thither for one's health and encourage learners to change their habits. | ■ They should provide alternatives for safe and hygienic lavatories and should supervise whether it is being observed or not. |
| ■ They should enable the learners to understand the necessity of using sanitary lavatories. | ■ They should habituate students with the methods of using a safe and hygienic lavatory. |

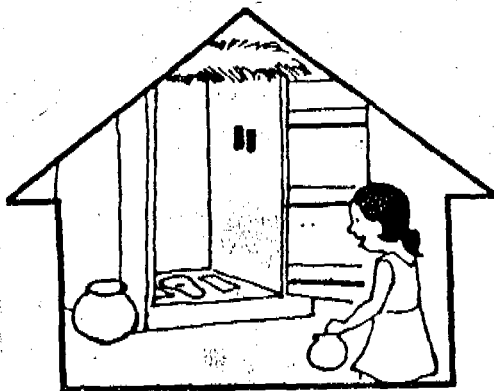
BASIC IDEAS

- Whether in the towns or in the villages, people defecate hither and thither. Very few people actually use a safe hygienic lavatory. This is a habit having health hazards.
- When people defecate on the banks of canals, rivers and ponds, the waste - product is washed into the pure water by rain water and mix with the pure water. All the dangerous elements like germs, larvae, toxic things etc. which are found in human waste, pollute the water. If we drink this dirty water or take bath in it, we suffer from several diseases like cholera, dysentery, typhoid, ringworm, eczema and other skin diseases.
- If we defecate in open fields, its bad smell spreads in all directions and the germs of various diseases mix with the air.
- When we walk with our bare feet on it, the worms get into our stomach through the leg and create several diseases. Therefore, if we defecate in lavatories or adopt alternative means, we can save ourselves from the above-mentioned difficulties.
- It is a hygienic process to defecate in sanitary lavatories. If we use these lavatories the human waste automatically turns into manure. The dangerous germs, worms and toxic substances in them are destroyed and they cannot pollute the atmosphere.
- Water-tight safe lavatories are the safest of all. The bad smell of the feaces cant spread to the air. If we use these safe lavatories, then the environment is not polluted and we dont suffer from diseases like cholera, typhoid or worm-infections.
- We should develop the habits of wearing chappals, washing our hands with soap or ash and cleaning the lavatory with enough water after using it.
- In the absence of safe lavatories, if we dig trench lavatories or holes and cover it with soil, then the atmosphere will not be polluted. It is advisable to burn or throw the feaces of a small child in a lavatory, instead of throwing them hither and thither.

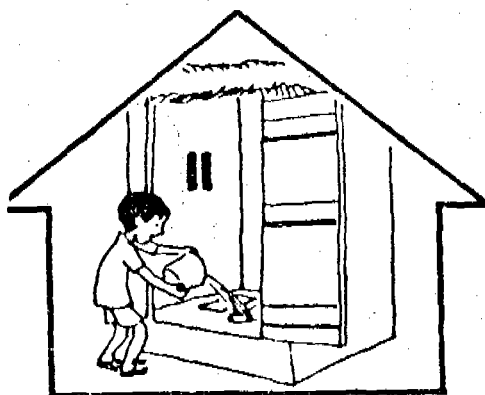


WORK FOR LEARNERS

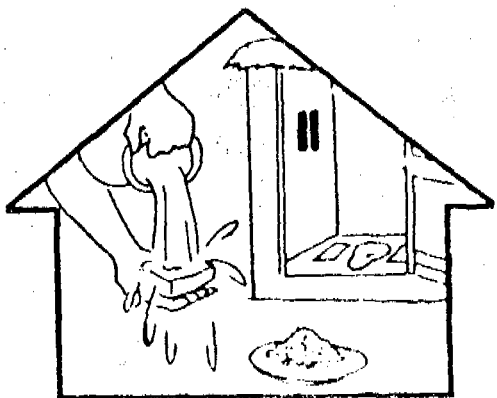
Learners at home



- They should make others understand the merits of a safe lavatory and should also show them what other alternative ways can be adopted in its absence.



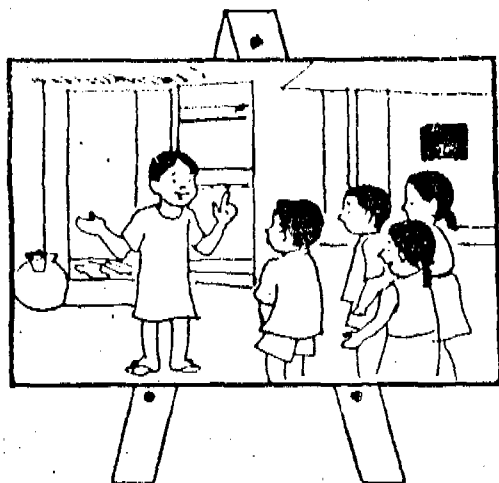
- They should clean the lavatory before and after it's use. They should also clean themselves after passing stool. They should observe whether others are also doing the same to keep the lavatory clean.



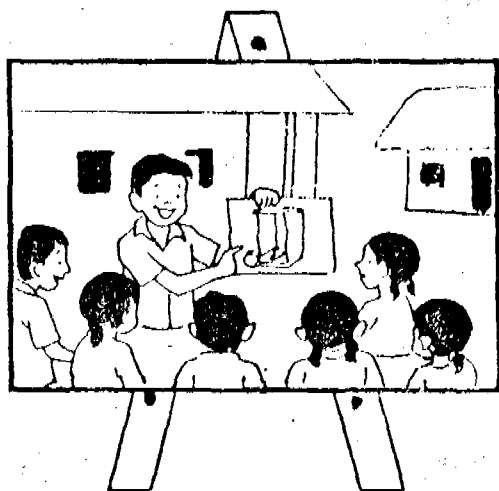
- They should gather information regarding how the lavatory is used by different members of the family and should encourage them to change their bad habits.

WORK FOR THE LEARNERS

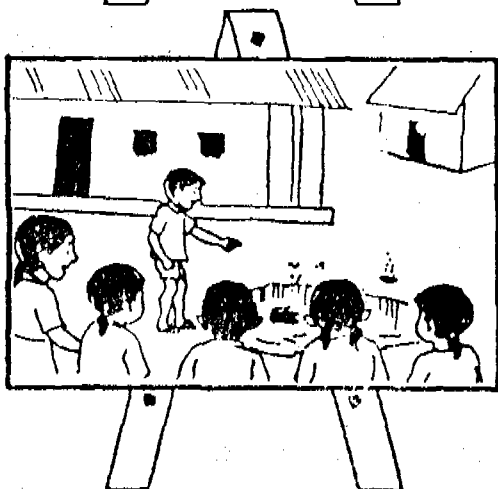
STUDENTS AT SCHOOL



- Students should use the lavatory and should not defecate or urinate here and there inside the school campus.



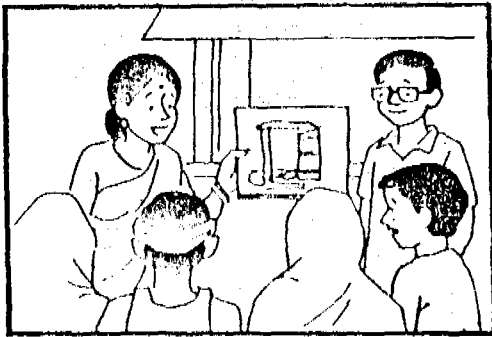
- Senior students must draw pictures of a clean and sanitary lavatory and make the junior students understand its utility.



- The senior students should also make the junior students understand the disadvantages of defecating here and there and also provide a list of diseases from which they can suffer.

- The senior students should make juniors understand the ways in which their school could be kept clean. The idea of cleanliness in the school campus must be discussed with friends and juniors.

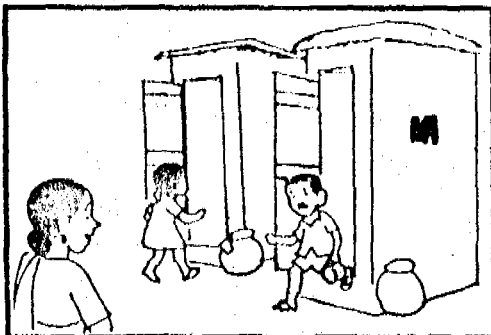
WHAT THE TEACHERS CAN DO ?



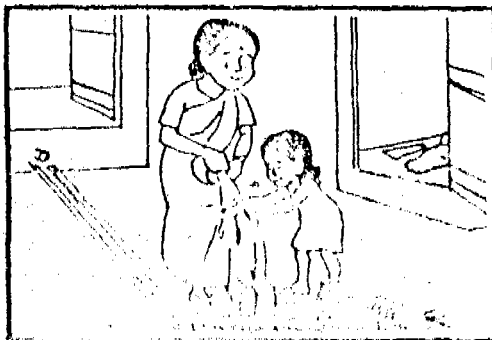
- They can arrange consciousness raising campaigns by the help of local health officers.



- They can arrange for healthy and sanitary lavatories for the students to use



- They should seek the help of others to supervise that nobody defecates here and there and in and around the school.



- They should take care that students learn all the good habits related to the use of the lavatory.
- They should see that learners learn good habits like cleaning the lavatory after defecation, cleaning hands with a soap, wearing chappals when entering the lavatory etc. They should get there habits supervised by other students also.

SUPERVISION AND ASSESSMENT OF THE PROGRAMME

PROGRAMME	TIME FOR SUPERVISION AND ASSESSMENT.
<ol style="list-style-type: none">1. Study of the environment2. Investigation of the habits of the students.3. Supervision of the methods of sanitation.	<ol style="list-style-type: none">1. Discussion regarding the most hygienic ways of defecation can be discussed in the period allotted to health and hygiene study. The knowledge of the students can be assessed through questions and answers.2. The teachers will supervise whether students are using the lavatory in the expected manner or not and whether they wash themselves properly after that or not. They should identify the students who defy these rules through information gathered from his classmates and encourage him to change his habits.3. They should supervise the cleanliness of the school lavatory before the school commences and after the school is closed. This can be done by senior students before the prayer. They should encourage students to adopt good habits.

REMOVING GARBAGE AND THE WASTE MATTER OF DOMESTIC ANIMALS

Whatever we throw away as waste product becomes garbage. Useless papers, torn cloth, broken glass pieces, broken plastic materials, polythene bags, ropes coir, rubber, sponge, leather etc. are the things we usually throw away as garbage. We also throw away unused things like, leaves, skin of vegetables, hay, small twigs etc. Similarly a huge amount of waste products are thrown away by the factories, shops, car and cycle repair shops etc. All these combinedly taken becomes garbage.

Domestic animals like cows, goats, sheep, elephants, horses, chicken, ducks also defecate here and there. These also add to the household garbage.

When this garbage gets accumulated in one place they kill many useful bacteria which lives in the soil and help in the increase of harmful bacteria and germs. This garbage also gets putrefied and stinks. Very dangerous gas comes out of it and spoils our atmosphere. Some of this garbage is carried by rain water and it mixes with the clean water of rivers, ponds and fountains thereby making their clean water dirty.

Mosquitoes, flies, mice etc. increase their number in this garbage and cause several diseases. As an example of this we can take the epidemic plague in Surat and the Dengue fever in Delhi.

We can convey the message of sanitation and cleanliness to the family and the community, if we can make the students in the school conscious of it from their early classes. If proper interest in their minds regarding knowing more and new things about sanitation can be generated, then we can preserve our environment properly.



RATIONALE BEHIND THIS CHAPTER

After discussion of the topic the teachers can

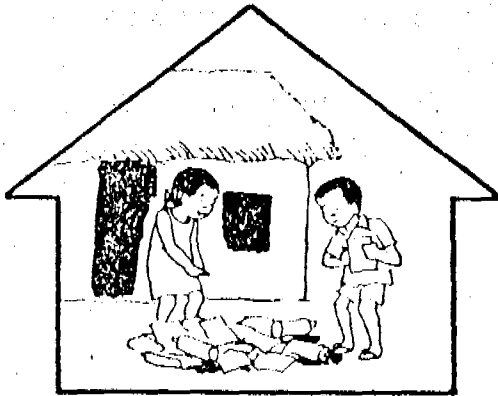
- | | |
|--|--|
| 1. Make the learners capable of identifying the garbage coming from their own homes. | 3. Create a habit within learners not to allow garbage to accumulate in and around their houses. |
| 2. Create a concrete idea in the minds of the young learners regarding garbage and the waste of animals and what harm they do. | 4. Create a habit within learners to remove garbage and to be sure that this is done habitually. |

- The Environment is polluted if garbage is accumulated in one place.
- Some of this garbage gets putrefied and mixes with the soil serving as manure. The skin of vegetable and cowdung is of this type .
- After being exposed to sun, plastic and polythene items break into pieces, but they don't mix with the soil. But these plastic and polythene things can be recycled in factories and new plastic goods can be made from them. Therefore, these goods could be sold to plastic and polythene goods collectors, so that they can reach the factory.
- Some things like human hair, coin, paper, rags etc. take long years to decompose and mix with the soil. Such things should not be thrown here and there, thinking that they will get decomposed soon. These should be burnt and their ashes thrown into the pit.
- If garbage remains accumulated here and there then mosquitoes, cockroaches and flies increase their families in them and also help other germs to increase their families.



WORK FOR LEARNERS

LEARNERS AT HOME :



- They should identify the garbage thrown by their family members and categorize them. They should ask their elders in their family regarding how much time is necessary for certain garbage items to get putrefied and mix with the soil. They should ascertain how far their parent's ideas are correct and note them in their note books.



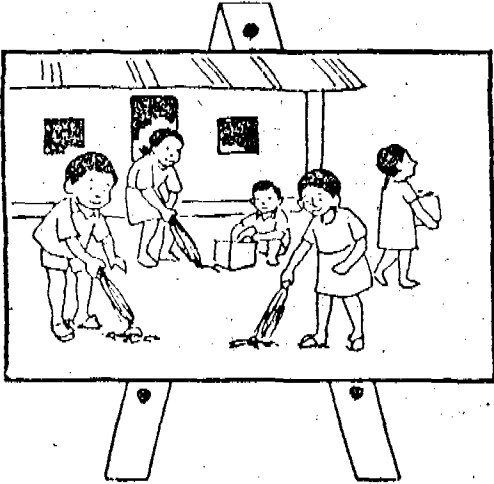
- They should keep items of garbage separate, which will not either get putrefied or mix with the soil. They will sell these to a hawker which doesn't get mixed with the soil. They should note whether the refuse of all the domestic animals are mixing with the soil and also the time of decomposition in their note-books.



- They should advise others to throw the animal waste in specially designed compost pits and also do so themselves.

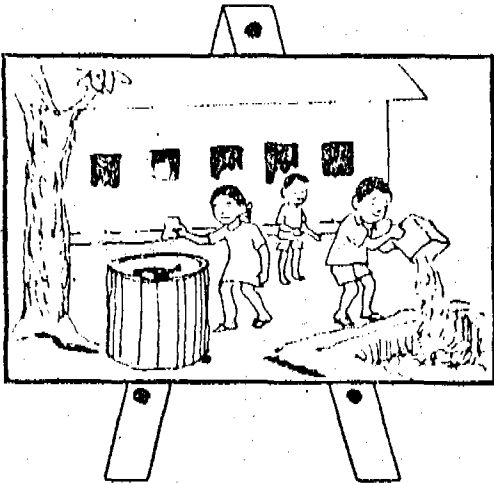
WORK FOR LEARNERS

IN THE SCHOOL

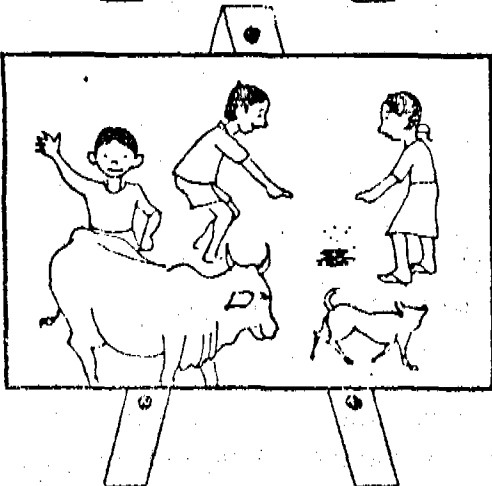


- Students should clean different parts of the school compound in groups, during the period allotted for campus cleaning.

- They should keep dust bins in different places, collect the dirty items and then they should throw them in the manure pit or burn them.

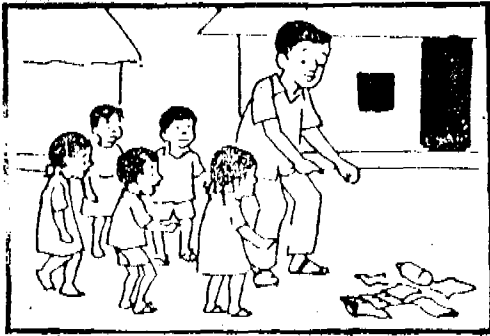


- They should make different pits for different types of garbage.



- They should be vigilant that roaming animals or domestic animals should not get into the school campus and make it dirty.

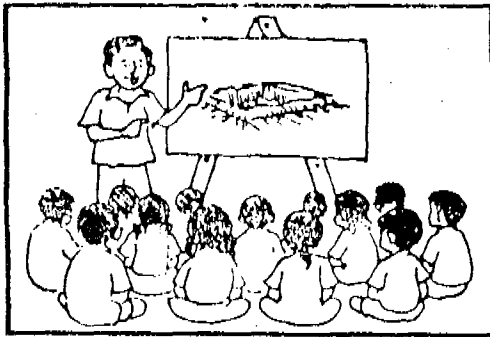
WHAT THE TEACHERS CAN DO ?



- The teachers should help the students in identifying the garbage which gets mixed with the soil easily after getting putrefied. Garbage which don't mix with the soil and those which take a long time to mix with the soil must be differentiated. For this, teachers must conduct small tests to gain a complete knowledge of different types of garbage, for there might be a few wrong concepts regarding them.



- They can teach both the students and their parents about garbage and how it helps in spoiling the environment.



- They can collect different facts about this and narrate them to students . They could bring pictures to display them on the wall.

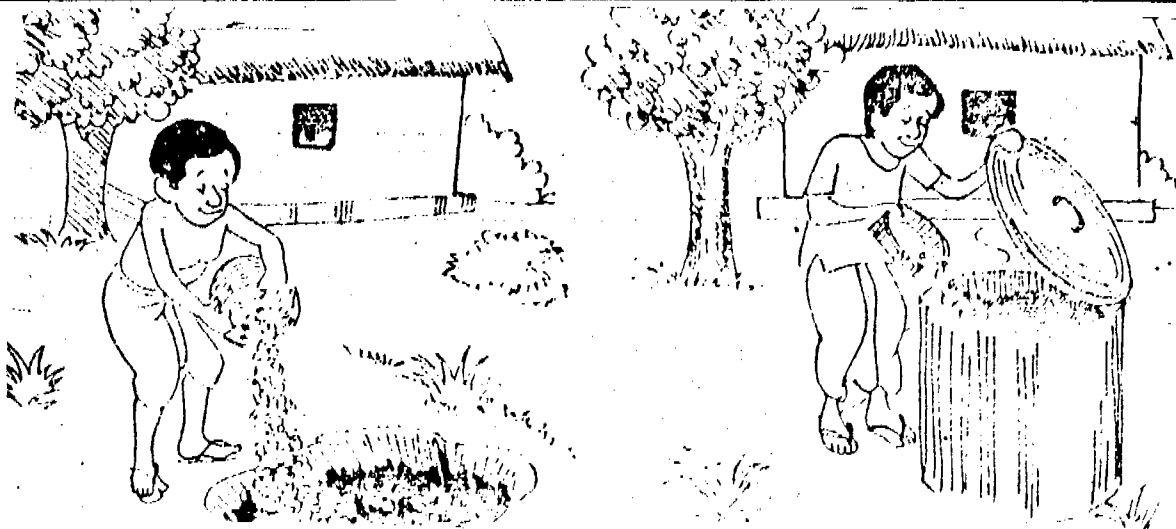


- They can create consciousness among the villagers by approaching the villagers with a group of students and by giving them an on - the-spot knowledge regarding garbage and what can be done with animal waste.

ASSESSMENT OF THE PROGRAMME AND ITS EVALUATION

PROGRAMME	TIME FOR SUPERVISION AND EVALUATION
<p>1. The identification and classification of household garbage</p>	<p>1. A proper evaluation of the collected facts can be done by inspecting the student's note-works at the end of the month and also supervising the student's place of experimentation.</p>
<p>2. To identify and separate the garbage found in the school campus.</p>	<p>2. During the period for campus-cleaning this work can be done effectively to see the students' interest and cooperation.</p>
<p>3. To mark the process of urination and defecation of domestic animals and to see whether they mix with the soil or not. All these must be noted down in their note-books.</p>	<p>3. The note-books of the students could be inspected at least once a week and a proper assessment could be done.</p>

THE BEST WAY OF REMOVING GARBAGE



Remove the garbage in this manner at a distance from your house. Deposit the garbage in a pit. Once the pit is filled with garbage cover it with soil and dig another pit nearby. If there is no place to dig a pit around the house, collect the garbage in a useless tin and then throw the garbage in a pit dug at a distance from the house. Collect the skins of vegetables, extra food items and other waste products in a tin kept in the kitchen. These tins must be cleaned once a day.



SPECIAL PROGRAMMES IN THE SCHOOL FOR TEACHING CLEANLINESS

A clear-out Programme has been envisaged in these chapters to develop various habits of cleanliness among the students. Following is a brief account of the programs which can be organised to encourage the improvement of habits of cleanliness among the learners and to generate awareness among the general public through the school.

PROGRAMME PLANNER :

A detailed list of the programmes, which are to be undertaken for the development of sanitary and cleanliness habits of the students of the school during one school year, must be framed. Before the commencement of the school year, the Headmaster along with the teachers should chalk out a programme for the entire year for the school. What aim can be achieved in which month, what specific work can be done on which special day should be compiled and should be hung in the classroom as well as in a place where all the students can take note of it. By this, everyone will be conscious of the aim and it will help in achieving these time-bound programmes.

Along with this, a daily routine of the programmes may be compiled and displayed in the school. What the students can do at the beginning of the school and its end can be suggested in it. For example, before the prayer the classroom can be cleaned, the lavatory can be cleaned and the adjacent areas can be cleaned. Similarly at the beginning of the prayer personal hygiene can be inspected and advice regarding specific health problems can be given after the prayer.

OBSERVATION OF SPECIAL DAYS

The observation of special days has a good effect on the learners. While observing the main programmes of the special day, programmes related to sanitation and hygiene can also be added to it. Days like World Health Day, world anti-smoking day, etc. are meant for creating a consciousness among the general public regarding health—care. For that reason, a list of the days which will be observed in the school will be prepared, when the annual programme is made. Following is a list of the days which can be observed in the school.

Afforestation week	:	First week of July
World population Day	:	11th July
Independence Day	:	15th August
Teacher's Day	:	5th September
International Literacy Day	:	8th September
Birth day of Mahatma Gandhi	:	2nd October
Birth day of Gopabandhu	:	9th October
World Food Day	:	16th October
Children's Day	:	14th November
Republic Day	:	26th January
Martyr's Day	:	30th January
National Science Day	:	28th February
Utkal Divas	:	1st April
World Health Day	:	7th April
Modhusudan's Birth Day	:	28th April
World Anti-Smoking Day	:	31st May
World Environment Day	:	5th June

Programmes related to sanitation can be added to the celebration of various special day. Following is a general routine suggested for utilisation.

Morning	6.00	:	Cleaning of the school campus and its surroundings
	6.30	:	Decoration for the programme
	7.30	:	Marchpast (Marching through nearby villages with banners, posters & slogans)
	9.30	:	Personal hygiene (after returning from the marchpast)
	10.00	:	Discussion regarding the specialty of the day (By invited guests)
	12.00	:	Noon-time break
Afternoon	2.00	:	Competitions (Debate, quiz, essay-writing , music etc.)
	5.00	:	Variety Entertainment show (By the students of the school)

On certain days community cleaning and road-side dramas could also be organised. Topics on health and sanitation could be given as topics for debate, quiz and essay - writing. On these topics one-act plays or poetic dramas could also be staged for the variety entertainment programme.

COMPETITION :

By taking part in competition learners can gather knowledge with interest in an indirect fashion. Students can acquire all the information necessary for healthcare through these competitive programs and can also learn how to use the knowledge. Following are some of the competition which can be held in the school.

INTER-CLASS CLEANLINESS COMPETITION

This competition can be held between different classes. Marking the cleanliness among the students of a class and taking an account of their participation in various health-care programmes, monthly, half-yearly and annual competitions can be organised. If the class standing first or second in these competition is awarded prizes in the annual function or on special days, then all the students will be encouraged to maintain cleanliness.

SLOGAN COMPETITION :

To compose slogans of one line or a couplet is a mark of creativity. Competition can be held on writing slogans on health-care and cleanliness and the best composers could be awarded prizes. Students can use these slogans while going on a procession in a village or on the streets of a city.

POSTER COMPETITION :

Students can take part in a poster competition choosing a topic related to health care. These posters could be displayed in the school while celebrating special days.

QUIZ AND DEBATE COMPETITION :

Usually debate and quiz competition are held in schools to increase awareness among the student's. If this is held on a weekly or a fortnightly basis between the classes , it can keep the interest-level of the students high.

DISCUSSION :

Knowledge regarding health-care, cleanliness and sanitation can be acquired through discussions. The school could invite doctors, engineers of the Public Health Department or environmentalists on special days and can organise discussion-circles.

POSTCARD CAMPAIGN :

If it is not possible to change the unhygeinic condition in the school or near the learner's house and if no change is possible by the local people, then we should draw the attention of the appropriate authority . The students of the school can collectively help in this regard . Each of them can write a postcard to the higher authorities narrating their own experiences and demanding remedial measures. If a lot of letters reach the higher authorities, it can help in pressurising them to do the necessary work. By doing this the learners will be conscious of the problem and can solve the problem collectively. For example, if water stagnates in the learner's area and mosquito increase their number and an insanitary atmosphere is created, then through this post-card campaign the matter can be brought to the attention of the Chief Engineer of P. H. Department or the Collector.

RELATION WITH THE COMMUNITY

Without the active cooperation between one's home and the community regarding matters related to cleanliness, it is not possible for the teachers in a school to make learners habituated to good sanitary habits . For this a good relationship between the learner's family, society and the school is necessary. If these three institutions can maintain good cooperation among them for the successful implementation of health-care programmes, then they can bring in improvement among the learners in this regard. In framing such a bond, the role of the Parent -Teacher Association, the school management committee or any voluntary organisation made by the combined efforts of the teachers and the community, is very important. For this at least the Parent-Teach Association or the school management committee should make proper assessment of the programmes of the school.

Apart from these the teachers could meet the parents informally and could discuss problems of education with them.

METHOD OF EVALUATION

There is a great need for continuous evaluation of the progress in behavioural changes in students after teaching any topic. Evaluation is of two types - quantitative and qualitative. Holding examination in mathematics, science and literature and publishing the result in numbers is an example of quantitative evaluation. But cleanliness and hygiene depends on the learner's level of habit-forming. These acquired habits are indicated as desirable or undesirable, good or bad etc. Therefore, in these areas evaluation is qualitative. How the teacher can adopt such qualitative evaluation is given below.

OBSERVATION :

To observe the behaviour of the learners regularly is a part of the observational method. Such observation can be done in two ways. An observation schedule can be prepared for evaluating specific behaviour of the students and it can be filled in after proper observation. By such a type of evaluation, there is a possibility of the students showing the desired behaviour before the teacher instead of their usual behavior. This type of evaluation becomes more authentic when the observation schedule is filled in and evaluation done without the conscious knowledge of the learner.

On the other hand, if the teacher observes the behaviour of the students informally while doing some cleaning programs with the students or while doing some other work and notes it down, then he can do the evaluation work later when he is free.

If the observation of framing good habits is done jointly by the class teacher and the other teacher's then the evaluation of habit forming becomes general and authentic. The teacher should be more active and humanistic in his approach to observation.

EVALUATION BY CLASSMATES :

The teacher usually evaluates students from his own point of view. But such evaluation doesn't become whole, because it is not possible to observe learners all the time and in all walks of life. Moreover, the teacher-student relationship is such that the learner doesn't show his behavior frankly before the teacher in most cases. But the observation of the friends and classmates are done in a more relaxed atmosphere, because of their intimate relationship with them. Therefore, it is necessary to give importance to the observation of classmates.

PRODUCT EVALUATION :

Students prepare posters, write slogans, poems, essays, stories, one-act plays for different programmes related to cleanliness. We can evaluate their level of involvement from their preparation. The learner, who internalises the topic in the most intimate manner, the work done by them becomes better. Therefore, a proper idea of their involvement can be framed by the evaluation of these practical work done by the students.

INSTRUMENT NECESSARY FOR CLEANLINESS PROGRAMS

VERY NECESSARY : (To be arranged by the school) spade , bucket , mug, bamboo, cantons, earthen pots with a wide mouth, its lid, container with a long handle to draw water, glass, soap and ash.

Other necessary items : (To be collected by students) drawing sheet pencil, color-box, sketch pens , gunny bag, tarpaulin,

METHODS OF COMMUNICATION

VISITING PLACES : To create a real picture of any situation, it is always advisable to visit places for acquiring practical knowledge on any topic. These visits have a lasting impression on the minds of the learners. They can realise the actual problem by seeing the problem in their naked eyes. This can help them in finding a solution to the problem. The teaching can be made easy and comprehensible by visiting places related to a topic. For example, how the water of a pond or river is polluted by cleaning cows and buffaloes or by defecating on the banks of a river can be actually shown to the students. The demerits of such practices can also demonstrate what remedial measures can be adopted and discuss these remedial measures with the students.

DEMONSTRATION OF THE PROGRAMME :

While teaching the students about sanitation and hygienic habits, the teacher can demonstrate these by himself remaining clean and by making other students remain clean. For example, the teacher will himself clean his hands with soap before and after taking his food ; he should cut the nails of his fingers and toes regularly and should wear clean clothes . He could take a few students as examples who have cultivated these good habits.

ACTUAL WORK :

After teaching a particular topic if the teacher demonstrates it by actually doing it, then that education has real value. For example, cleaning the school campus and throwing the garbage in the garbage-pit, building soak - pits, tending the garden , planting plants etc. Through actually doing these works the teacher can make students conscious and habituated in good and hygienic habits.

USING AUDIO-VISUAL INSTRUMENT AND DISCUSSION :

The teaching of sanitation can be taught through TV programmes or through visual materials like pictures, posters, etc. based on the topic.

ACTING AND ROLE PLAY

The teachers can make students conscious of sanitary habits by writing one-act plays or short dramas basing on the topic or by himself acting in such plays. Students could also role play in such performances.

DISCUSSIONS :

The range of knowledge of the students can be improved by holding discussions on important topics related to health and by inviting doctors, officers of the Public Health Division, environmental scientists etc.

NEW REGARDING HEALTH :

The teachers can make the students conscious of health hazards by reading out or discussing published news after the prayer or by pasting the newspaper cutting on the notice-board. They can hold discussions after that.

RECORDING AND REPORTING

METHODS OF RECORDING : There is a great need to record student-wise the observation made by the teacher and taking into consideration his classmate's observation and his willingness new to participate in practical and creative matters. Otherwise, while evaluating , many things may not come into the purview of observation. This process of maintaining a record can be done in two ways . The main responsibility of keeping records lies with the class teachers.

First the class teacher should allocate a few pages in a big bound note-book for each student. After observation his behaviour must be recorded according to date and time . They can change the habits of the students by reading these observations once in three months or in six months and by the help of colleagues.

When observation in a second method will be made, it will be entered in a small chit of paper and kept in a big envelope. The name of the student, the date and time of observation and the name of the observer must be written on the chit. The opinion of their parents, classmates and other teachers will also be recorded on the chit of paper and should be kept in the envelope. At the end of the month, the chits will be divided according to students. The opinions will be arranged according to date and they will be studied for evaluation . In some cases, these opinions can be recorded in a note-book.

Method of Reporting.

There is a necessity for the learner, his parents, his teachers and the Headmaster to know about the changes in his behaviour . For this the class-teacher adopts several methods. Some of these methods are indicated below .

VERBAL COMMUNICATION

The teacher can give his opinion verbally in an informal manner in the classroom . He can also give his opinion in parents- teachers meetings verbally. While narrating his observation if he could give creative and practical suggestions to the parents then that could be very effective.

REPORTING IN A WRITTEN FORM :

The teacher can choose ten students every day in the prayer session on the basis of cleanliness and can declare their names and also write their names on the blackboard for the knowledge of other students.

They can indicate briefly in the trimonthly or half-yearly or annual programmes-reports the student's personal cleanliness and his involvement and interest in keeping the environment clean.

They can intimate in writing to those parents whose wards habitually remain unclean and also absent from the school.

The reports regarding cleanliness must be creative. If these reports reflect hate, or become abusive, then it might have a negative effect instead of a good healthy effect.

