

TOPIC:- GANDAGI MUKT MERA GAON





Name:- Lokeshi Singh

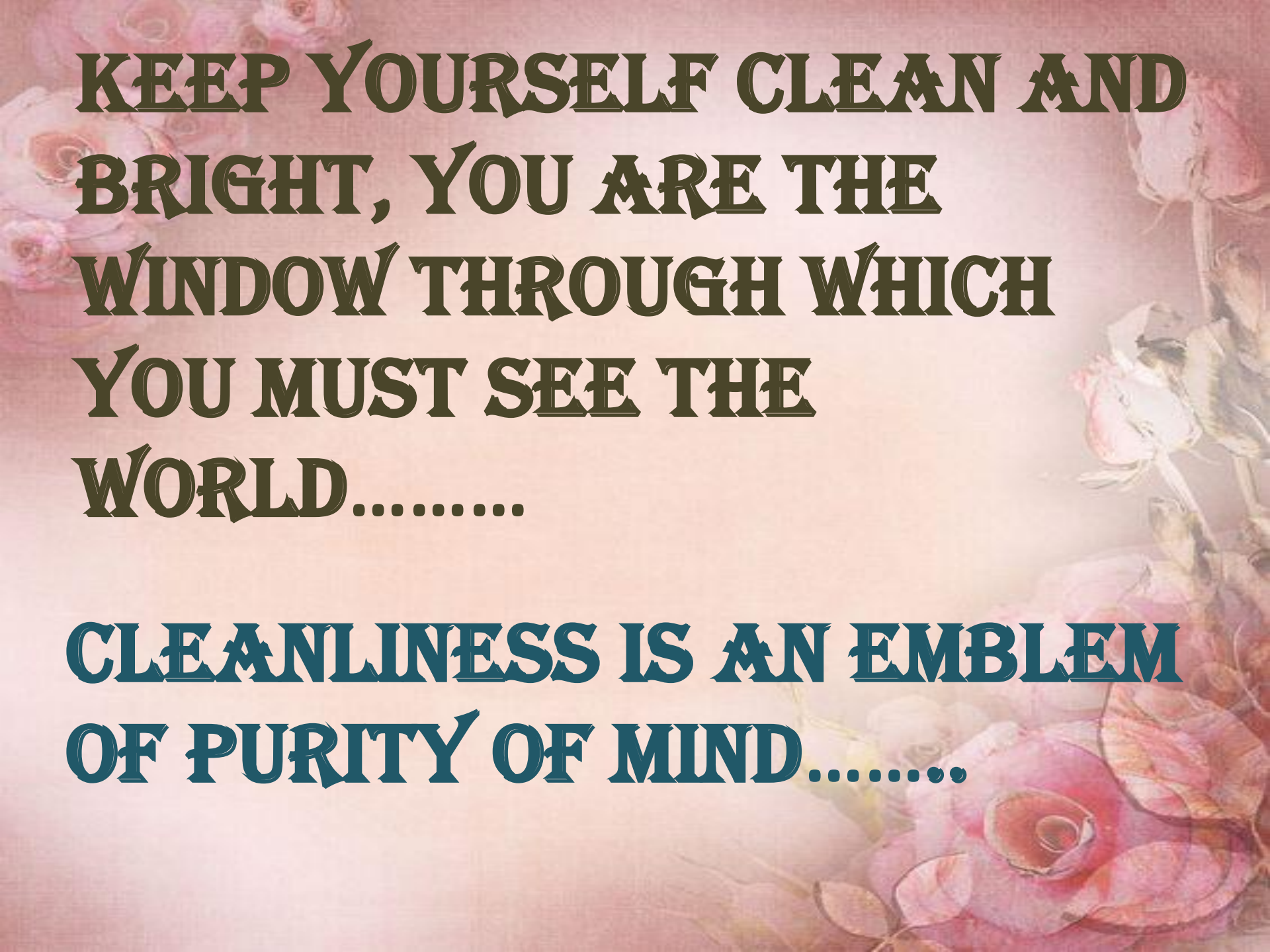
Class:- 10 B

Roll no:- 09

**School Name:- Kendriya
vidyalaya dahi chowki unnao**

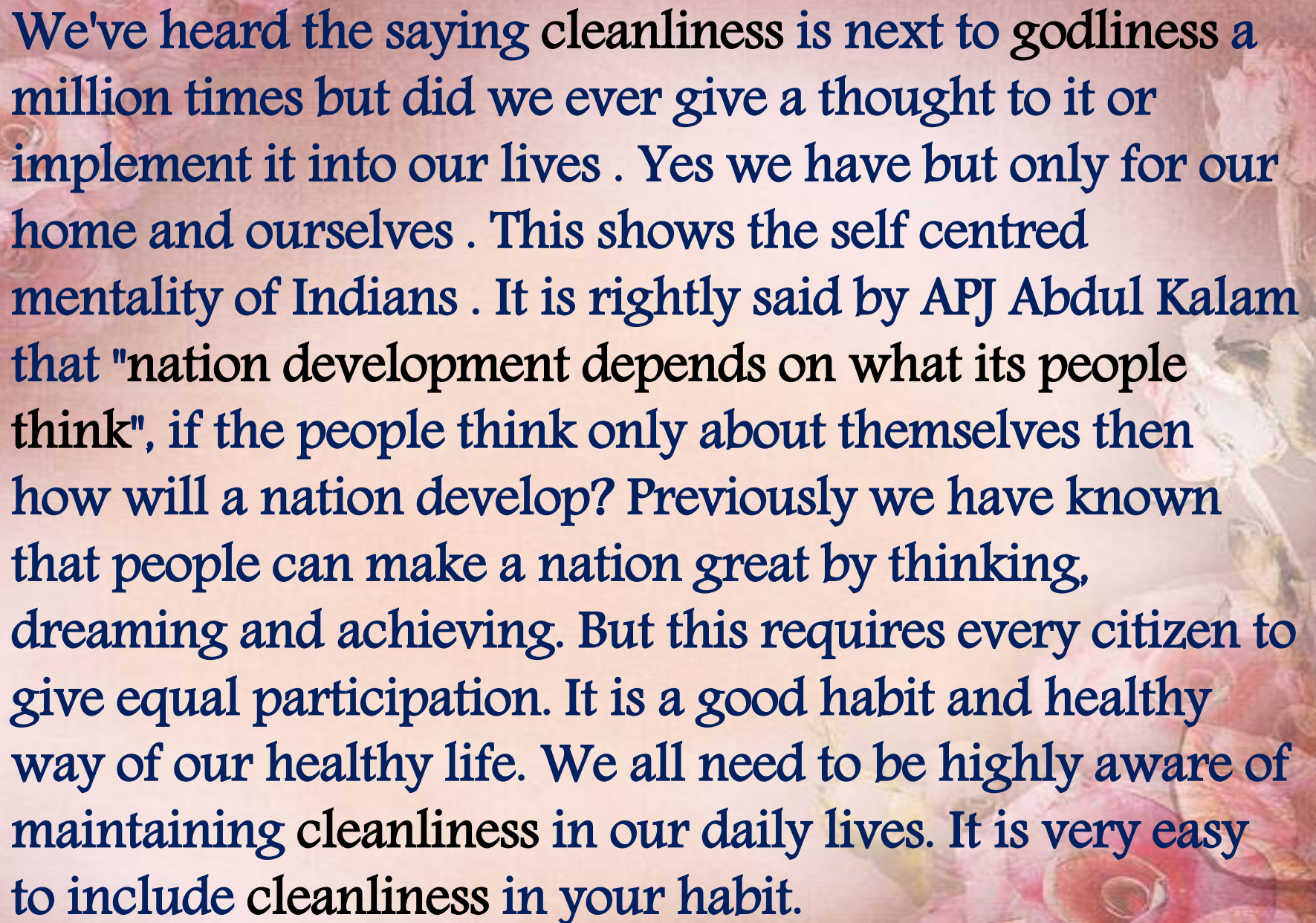
**School UDISE Code:-
09261004808**





**KEEP YOURSELF CLEAN AND
BRIGHT, YOU ARE THE
WINDOW THROUGH WHICH
YOU MUST SEE THE
WORLD.....**

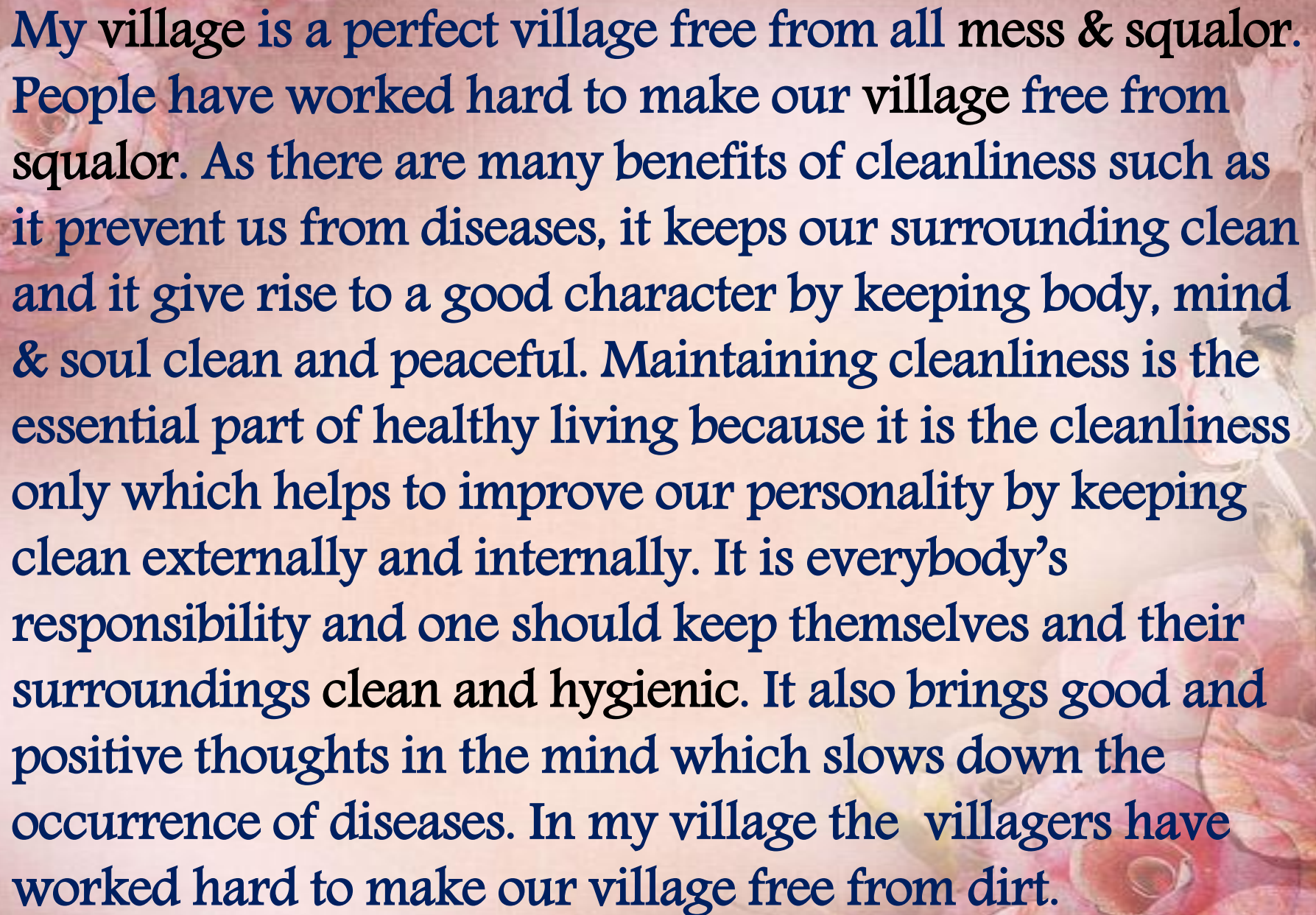
**CLEANLINESS IS AN EMBLEM
OF PURITY OF MIND.....**



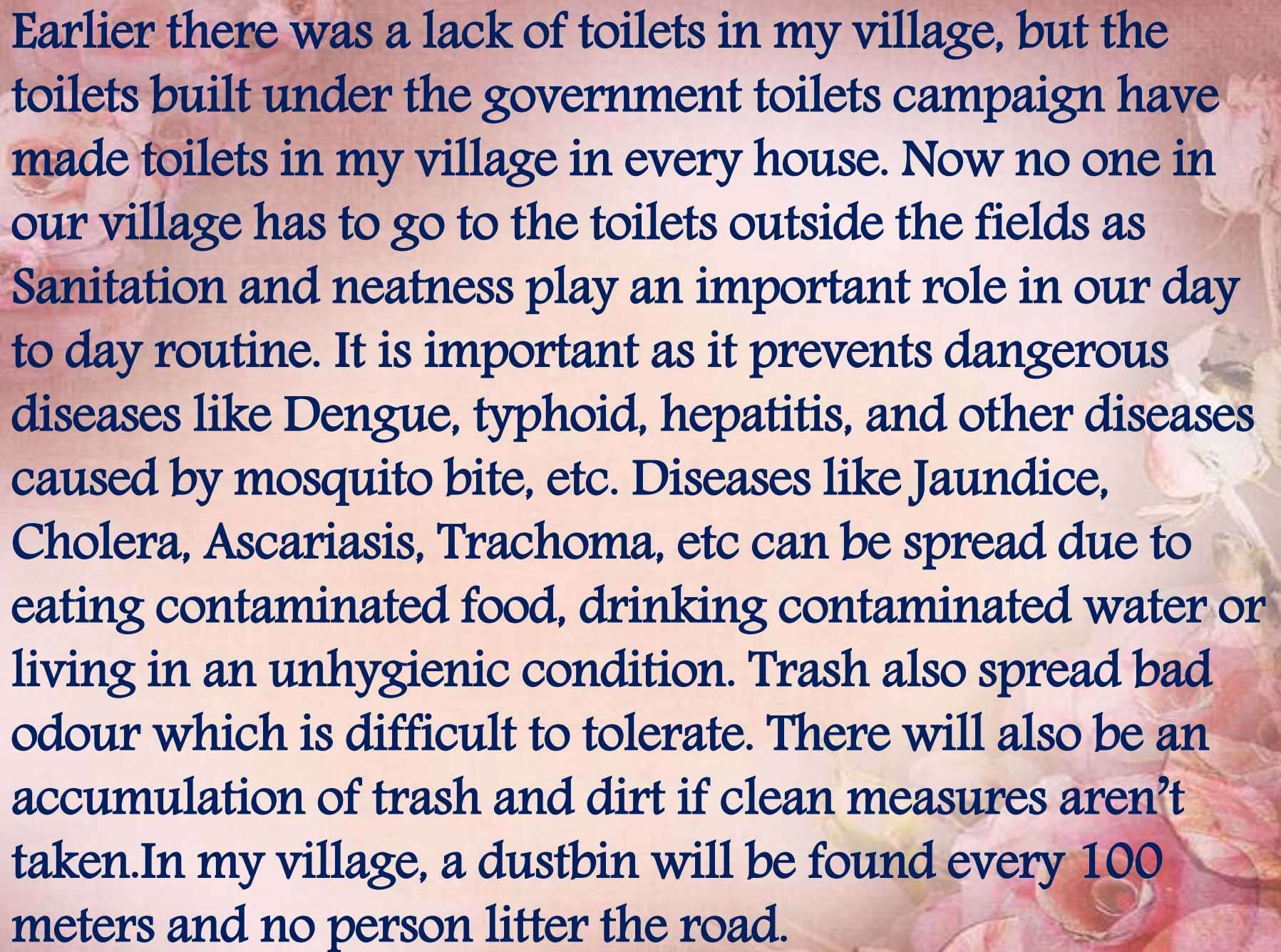
We've heard the saying cleanliness is next to godliness a million times but did we ever give a thought to it or implement it into our lives . Yes we have but only for our home and ourselves . This shows the self centred mentality of Indians . It is rightly said by APJ Abdul Kalam that "nation development depends on what its people think", if the people think only about themselves then how will a nation develop? Previously we have known that people can make a nation great by thinking, dreaming and achieving. But this requires every citizen to give equal participation. It is a good habit and healthy way of our healthy life. We all need to be highly aware of maintaining cleanliness in our daily lives. It is very easy to include cleanliness in your habit.

A village is a place that is far away from the pollution and noise of the city. Also, you feel a connection with the soil in a village. Moreover, there are trees, a variety of crops, diversity of flowers and rivers, etc. Besides all this, you feel the cold breeze at night and a warm but pleasant breeze in the day. Around more than 70% of India's population resides in villages. Likewise, villages are the main source of food and agricultural produce that we consume. After independence, the villages have grown much in both population as well as in education. Village peoples are more dedicated to their work than the people of the city also they have more strength and capacity than urban area people.





My village is a perfect village free from all mess & squalor. People have worked hard to make our village free from squalor. As there are many benefits of cleanliness such as it prevent us from diseases, it keeps our surrounding clean and it give rise to a good character by keeping body, mind & soul clean and peaceful. Maintaining cleanliness is the essential part of healthy living because it is the cleanliness only which helps to improve our personality by keeping clean externally and internally. It is everybody's responsibility and one should keep themselves and their surroundings clean and hygienic. It also brings good and positive thoughts in the mind which slows down the occurrence of diseases. In my village the villagers have worked hard to make our village free from dirt.

The background of the slide features a soft-focus image of several pink roses. The roses are in various stages of bloom, with some showing deep pink petals and others appearing more delicate and lighter. The overall color palette is warm and natural, with shades of pink, peach, and cream. The text is overlaid on this background in a dark blue, serif font.

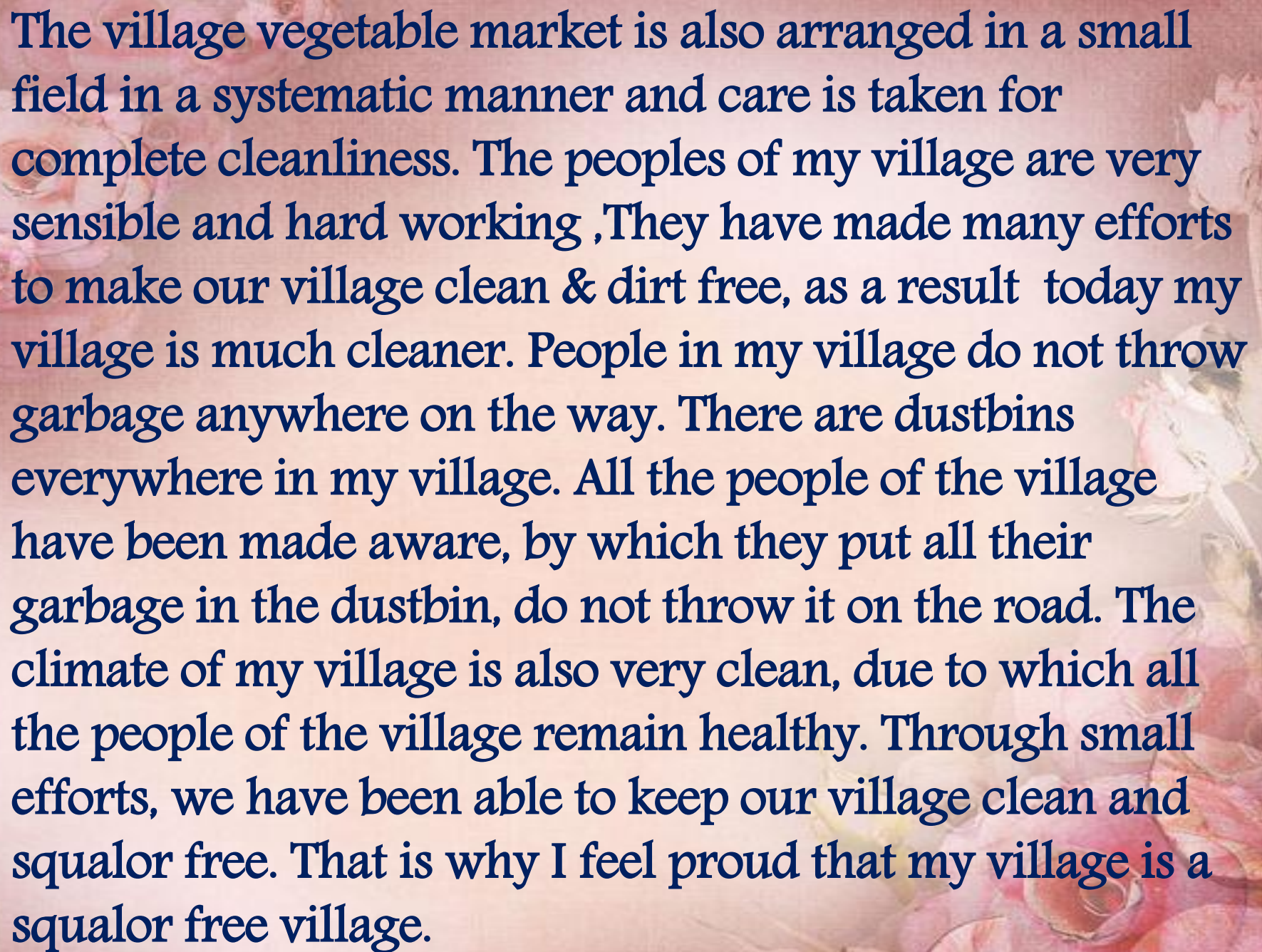
Earlier there was a lack of toilets in my village, but the toilets built under the government toilets campaign have made toilets in my village in every house. Now no one in our village has to go to the toilets outside the fields as Sanitation and neatness play an important role in our day to day routine. It is important as it prevents dangerous diseases like Dengue, typhoid, hepatitis, and other diseases caused by mosquito bite, etc. Diseases like Jaundice, Cholera, Ascariasis, Trachoma, etc can be spread due to eating contaminated food, drinking contaminated water or living in an unhygienic condition. Trash also spread bad odour which is difficult to tolerate. There will also be an accumulation of trash and dirt if clean measures aren't taken. In my village, a dustbin will be found every 100 meters and no person litter the road.

. All the roads in our village are clean and well constructed. Adequate drains are made for the drainage of water, so there is neither mud nor dirt in our village in the rainy season. There is no municipality water supply in our village for water, so we use hand pumps, but do not use wells and we have covered all the wells, so that mosquitoes etc. do not flourish. The air in our village is clean, because we know that High air pollution levels can cause immediate health problems including: Aggravated cardiovascular and respiratory illness, Loss of lung capacity, asthma, bronchitis, emphysema, cancer, heart failure, chronic obstructive pulmonary disease (COPD) and it also add stress to heart and lungs, which must work harder to supply the body with oxygen, it also damage cells in the respiratory system so we do not use petrol and diesel vehicles very much except for only a few tractors.

We mostly use bicycles, tangas etc There are many benefits of getting fresh air such as It can give you more energy and mental focus ,It lowers blood pressure and heart rate,It helps you heal faster,It can improve your digestion and It helps clear your lungs. Indoor air often has a suboptimal balance of oxygen, nitrogen, and carbon dioxide, especially in enclosed rooms with poor ventilation.It makes you happier. & strengthens your immune system. It gives you a sharper mind and many more...



Overall, the health of the people of our village is good, and there is no dirt at all in our village. In this way, my village is a dirt-free ideal village. There is no rough road in my village. All roads are paved, due to which neither mud nor water accumulates in rain. Drains are best maintained to drain water. Even though there is no institution like municipality in our village, but due to the efforts of the sarpanch of our village, all these excellent works have been done in the village. Every Sunday, a meeting is organized in our village and the progress works of the village are discussed. With this, we are constantly alert about cleanliness. In our village 5 employees have been appointed to sweep regularly. Those who do their work with full energy. Due to this, no mess in our village.



The village vegetable market is also arranged in a small field in a systematic manner and care is taken for complete cleanliness. The peoples of my village are very sensible and hard working ,They have made many efforts to make our village clean & dirt free, as a result today my village is much cleaner. People in my village do not throw garbage anywhere on the way. There are dustbins everywhere in my village. All the people of the village have been made aware, by which they put all their garbage in the dustbin, do not throw it on the road. The climate of my village is also very clean, due to which all the people of the village remain healthy. Through small efforts, we have been able to keep our village clean and squalor free. That is why I feel proud that my village is a squalor free village.

Now, I would also like to express some of my thoughts:—
Cleanliness is an important quality of life. In fact, it is a habit which is often considered just next to godliness. Cleanliness is a habit not related to the wealth of a person, rather it is a habit which depicts the qualities a person is enriched with. To make the children aware of such a necessary quality of life, we have come up with short essays for children along with some long essays as well. These essays will not only make the children irrespective of their classes understand about cleanliness and its advantages in our lives but shall motivate them towards imbibing this quality in their everyday life as well. Cleanliness is the major step to a healthy living. Cleanliness can prevent and cure people from communicable diseases. Effective cleaning can forbid viruses and other infectious diseases.

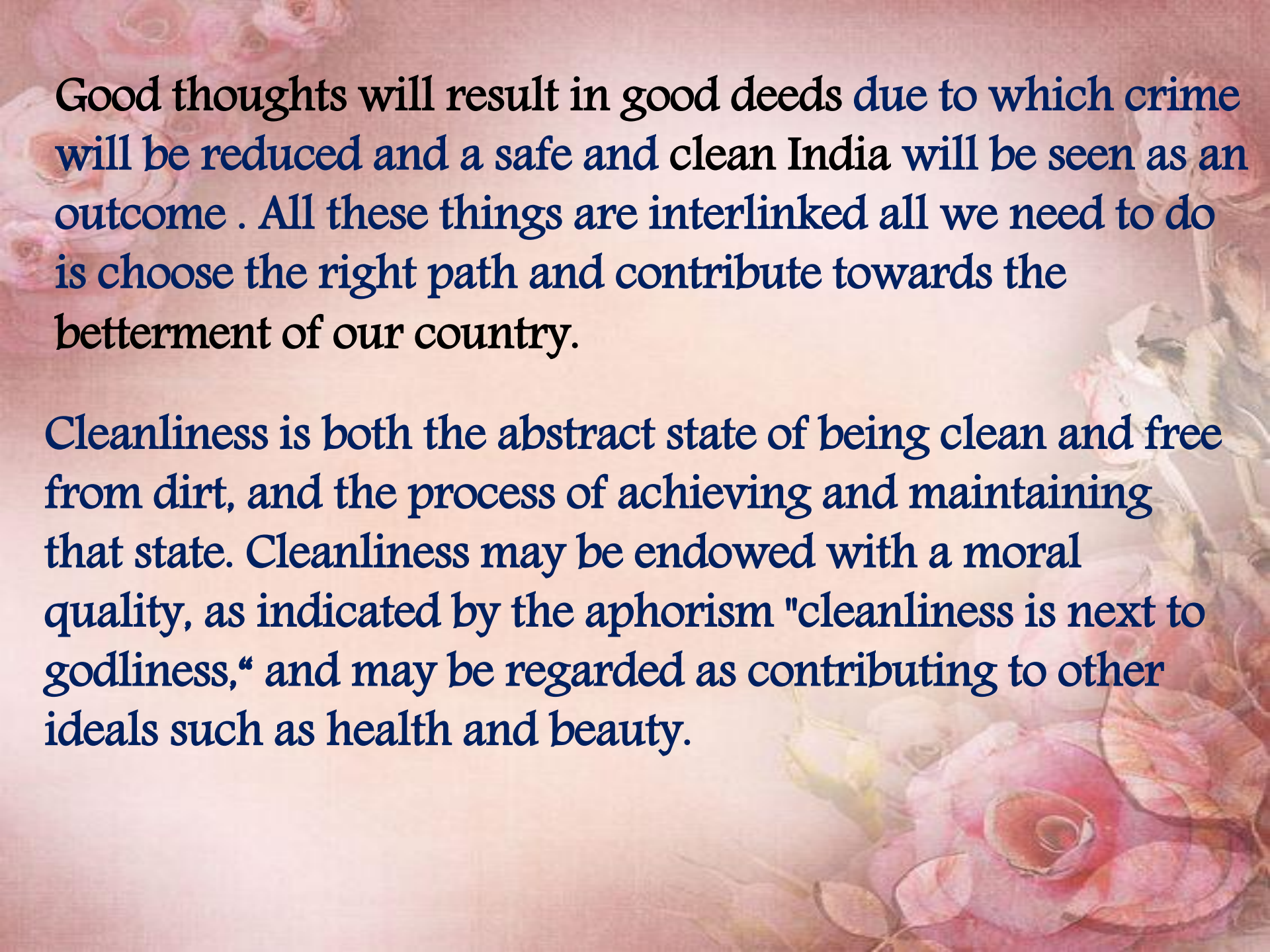
The importance of cleanliness and its impact on the person should be taught to everyone from an early age. From picking up wastes on the floor to cleaning yourself to proper cleaning methods should be trained for their own well-being. Cleanliness is not only a good habit, but also reflects the inner beauty of a person. Cleanliness ranks high on the agenda of great and successful people. Because next to hard work, cleanliness tells a lot about a person's character. When it is belittled, it results in indiscipline, dirt and disease. Therefore, when people progress, they become more clean and neat. Hence, cleanliness is often seen as an indicator of progress in the civilization of a society. Cleanliness brings many benefits. The biggest advantage in this is that human stays always healthy and happy, so cleanliness is very important for us.

Many campaigns have been conducted by the Government of India. So that every human being knows the qualities of cleanliness. 'Swachh Bharat Abhiyan' is one of them. This campaign was started on 2 October 2014 on the occasion of Mahatma Gandhi Jayanti. But this campaign cannot be run only on the confidence of the government, everyone of us must join this campaign, to make it successful. Under this campaign, the government has laid full emphasis on keeping rural and urban areas clean and to spread the campaign, it has been promoted in schools and colleges as well as newspapers.



CONCLUSIN:–

A dream of clean India can be achieved if we all work together. Being hygienic and clean always is our utmost priority then why not for our country . Today there are several rural villages which require our assistance to come out of the uncleanness in their surroundings , they require our help and being an Indian citizen it's our duty to help them . A research says that cleanliness is important for our health as in clean surroundings we get positive vibes and a better concentration. This will eventually help us in studying and thinking about our country, surroundings and our society.



Good thoughts will result in good deeds due to which crime will be reduced and a safe and clean India will be seen as an outcome . All these things are interlinked all we need to do is choose the right path and contribute towards the betterment of our country.

Cleanliness is both the abstract state of being clean and free from dirt, and the process of achieving and maintaining that state. Cleanliness may be endowed with a moral quality, as indicated by the aphorism "cleanliness is next to godliness," and may be regarded as contributing to other ideals such as health and beauty.

Cleanliness is not a job which we have to do to earn money however, it is a very good habit which we should do to earn a good health and healthy life. Cleanliness is a greatest virtue which should be followed by everyone as a great responsibility to enhance the standard of life. It is not a forceful act but we should do it peacefully. It keeps us healthy mentally, physically, socially and intellectually. A small step of all of us can be converted to big step





“So long as you do not take the broom and bucket in your hands, you cannot make your towns ,cities and villages clean.”