



# GOVERNMENT POLYTECHNIC FOR GIRLS

કન્યાઓ માટેની સરકારી પોલીટેકનીક

कन्याओं के लिये सरकारी पोलिटेकनीक



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## Importance of Cleanliness

Similar to the basic essentials of life like food, water, shelter, cleanliness also holds great significance in life. It is, in fact, one of the most important things for healthy living. The first and foremost importance of cleanliness is that it means the absence of disease. Cleanliness helps us stay refreshed and hygienic on a personal level.

Further, it minimizes the chances of any viruses or bacteria to harm us. When you stay clean and keep the environment clean, you are less likely to fall ill. You can enjoy good health and lead an active lifestyle. It will keep you physically fit and also enhance your lifespan.

Similarly, cleanliness in our surroundings will mean enhanced beauty and healthiness. It will not only beautify the area but also make it more attractive. This can be helpful in attracting more and tourists to enhance the economy of the country. It will also earn a good name for the country in the eyes of foreign tourists.

In short, cleanliness is vital for one's health and spiritual development. In addition to this, it is also essential for the environmental development of our country.

## **Way to maintain Cleanliness**

As we all know, it is not tough to maintain cleanliness. It is very important to maintain cleanliness for a healthy life. When we talk about our personal lives, we can maintain cleanliness by bathing regularly. It is very important to wash our hands before eating food. This will ensure no bacteria enter your body and prevent illnesses.

Subsequently, we must always eat healthy food and consume clean water. Avoid eating out often and drinking water from unclean sources. Personal hygiene must be taken care of. Remember to trim your nails timely before they grow long. Long nails are very dirty and that means you will have dirt under your hands at all times. In addition, maintain the habit of brushing and flossing twice a day for oral hygiene. In terms of surroundings, you must clean your house daily to get rid of dust. Never litter the roads of your city to keep them clean. For instance, when you finish a packet of chips, do not throw it out of the car window. Keep it with you and throw it in the dustbin. Furthermore, avoid using plastic bags. Encourage recycling and reusing. Try to plant more trees to make the environment healthier and cleaner.

In conclusion, everyone must maintain cleanliness. Whether it is an individual effort or the collective effort of the government. In order to maintain cleanliness, 'Swachh Bharat Abhiyan' was launched. We can learn from it and be a part of it. If everyone does their bit responsibly, we can make earth cleaner and greener.



एक कदम स्वच्छता की ओर

## स्वच्छता शपथ

महात्मा गांधी ने जिस भारत का सपना देखा था उसमें सिर्फ राजनैतिक आजादी ही नहीं थी, बल्कि एक स्वच्छ एवं विकसित देश की कल्पना भी थी।

महात्मा गांधी ने गुलामी की जंजीरों को तोड़कर माँ भारती को आज़ाद कराया।

अब हमारा कर्तव्य है कि गंदगी को दूर करके भारत माता की सेवा करें। मैं शपथ लेता हूँ कि मैं स्वयं स्वच्छता के प्रति सजग रहूँगा और उसके लिए समय दूँगा।

हर वर्ष 100 घंटे यानी हर सप्ताह 2 घंटे श्रमदान करके स्वच्छता के इस संकल्प को चरितार्थ करूँगा।

मैं न गंदगी करूँगा न किसी और को करने दूँगा।

सबसे पहले मैं स्वयं से, मेरे परिवार से, मेरे मुहल्ले से, मेरे गांव से एवं मेरे कार्यस्थल से शुरूआत करूँगा।

मैं यह मानता हूँ कि दुनिया के जो भी देश स्वच्छ दिखते हैं उसका कारण यह है कि वहां के नागरिक गंदगी नहीं करते और न ही होने देते हैं।

इस विचार के साथ मैं गांव-गांव और गली-गली स्वच्छ भारत मिशन का प्रचार करूँगा।

मैं आज जो शपथ ले रहा हूँ, वह अन्य 100 व्यक्तियों से भी करवाऊँगा।

वे भी मेरी तरह स्वच्छता के लिए 100 घंटे दें, इसके लिए प्रयास करूँगा।

मुझे मालूम है कि स्वच्छता की तरफ बढ़ाया गया मेरा एक कदम पूरे भारत देश को स्वच्छ बनाने में मदद करेगा।

