

SWACHHATA

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Swachhata means cleanliness. Everyone loves a clean environment but very few are able to maintain.

Swachhata is a tasking job as it requires a lot of hard work . Many people think if their house is clean their responsibility is over, but it's not so. We must maintain cleanliness. It reflects our virtues. It must be a habitual process as it should be done at regular basis. Like personal hygiene reflects one's personality in the same way our surroundings also reflects our concerns and responsibilities.

Cleanliness cuts across for all stages in of life and it plays an important in the activities of our daily living .In schools, the children are taught to stay in a clean surrounding as it increases their learning ability, concentration and gives peace of mind . Whereas in an unclean surrounding the

ability to learn comparatively decreases and makes a child irritated and disturbed.

It also has an impact on the workplace. If the surrounding is clean then the productivity will increase as the people would be stress free, happy and will enjoy their respective works. Whereas in an unclean or dirty and unorganised environment they will feel congested, irritated and exhausted. They will spread negativity, as a result they will not be able to give their hundred percent.

Cleanliness is a major factor affecting our health. A clean surrounding helps us to stay healthy both physically and mentally. It influences the behaviour of a person. A person is happy, cheerful and thinks positive in a clean environment. Whereas a person living in a dirty environment thinks negative, gets irritated, is short tempered etc. In conclusion, for a healthy, happier and prosperous life swachhata must be an important virtue for us. If we really want to see our surroundings and country clean we must start by cleaning our minds and hearts.