



Launching of "National Sanitation Campaign"

- What is Sanitation?
 - The term Sanitation (in context with NBA) was earlier limited to disposal of human excreta, but now it denotes a comprehensive concept of not only the methods of disposal of human wastes but also various waste that can cause health problems e.g : animal excreta, solid wastes, domestic wastes water, industrial wastes, agricultural wastes, etc.
 - Sanitation is a way of life.
 - It is the change in behaviour and attitude and keeping oneself and Environment clean.
- Why Sanitation?
 - To eradicate water borne diseases like diarrhea, dysentery, cholera, typhoid, etc., for general improvement of health.
- What are the methods of Sanitation?
 - Safe disposal of human and animal excreta: Safest way of disposing of human excreta is to use a sanitary latrine (Pit water - seal latrine fitted with pan and trap).
 - Safe disposal of solid and liquid waste: Solid waste through garbage pit at house hold level, Composting and Vermi Composting at Community Level. Liquid waste through drains and soak pit at house hold level and community drain with treatment facility at village level.
 - Safe Drinking Water Supply: All water sources to have proper platforms and drainages around them.
 - Personal & Community Hygiene.

We must	Remember	Sanitation at Home & in Schools
<ul style="list-style-type: none"> • Keep our homes, school and village clean • Use dustbin to throw solid waste • Use garbage pit and compost pit for throwing school or village waste • Eat clean and fresh food • Cover the food after cooking • Cook non-vegetarian food properly • Do not eat if flies are sitting on eatables • Throw leftover food in compost pit • Wash hands with soap before cooking, serving and eating food • Wash hands with after defecation. 	<ul style="list-style-type: none"> • Open defecation is unhealthy practice. It pollutes the environment. • Flies sit on faeces. Faeces contain germs and micro organisms which stick on their feet. Flies leave these organisms in our food and hence increase the chances of us getting sick • Faeces spread diseases like : Diarrhoea, Polio, Typhoid, Skin diseases, Eye infections. • To remain healthy do not defecate in open and also encourage others not to do so • Use toilet for defecation and urination. Flush or pour water after use. Keep toilets clean • Toilets are safe, provide privacy and are convenient to use especially for old, sick and women 	<ul style="list-style-type: none"> • Use toilets • Keep toilets and urinals clean by pouring water or flushing after use • Keep class rooms clean. Do not throw papers, pencils shaving, broken chalks, broken pencils and rubbers etc in the classroom • Wash hands with soap after using toilet • Wash hands with soap before eating meals • Keep soap near hand washing facility • Mid day meal should be kept covered • Mid day meal should be served in clean utensils • Left over meal should be thrown in compost pit • Avoid eating from food vendors on street outside school.

Issued in public interest by

Public Health Engineering Department, Meghalaya, Shillong



Jingsdang ia ka " National Sanitation Campaign "

- Kaei ka rukom ban sumar ne lehkhuid ?
 - Ka kyntien ban lehkhuid (ha kaba ia dei bad ka NBA) ha kaba nyngkong baroh ngi tip ia ka tang ha ka rukom leit painkhana, hynrei ia mynta ka kane ka kdew ym tang ia ka rukom ban leit jaboh ne leit shabar hynrei ia baroh hi ki rukom kiba pynjakhlia ia ka mariang bad ki ba ktahruh ia ka koit ka khiah jong ki brieve kum ki nuksa : ki jaboh na ki mrad, ki rukom pyntuid ia ki jaboh ha nala, ki tyllong umdih umbam, kijaboh ba pynmih na ki karkhana, bad ruh ki ba mih na ka rep ka riang kumta ter ter.
 - Ka rukom lehkhuid ka dei kawei na ki lad ki lynti ban ai jingim.
 - Ka dei ka rukom ba ban pynkylla bad pynmlien ia ngi ban long ki ba khuid ba suba bad ban pynlong ruh ia ka mariang kaba khuid ba suba.
 - Ban rat ne pynduh noh shisyndon ia ki jingpang ba pynlong na ka um kum ka pynhiar, suhot, pangkhlam, ka jingpang shit bad kiwei kiwei, ban iarap ban pynioh biang ia ka met ka ba koit ba khiah.
- Kieci ki rukom ban lehkhuid ?
 - Ban nym pyllait pathar ia ki jakhlia jong ki brieve bad mrad : Ka rukom pyllait jakhlia jong ki brieve kaba biang tam dei lyngba ki paikhana (pit water - ka jaka pyllang jakhlia ka ba la tap bad da bha)
 - Ka rukom bret ia ki jakhlia ba long tylli bad um: Ki jakhlia ba tylli pyllang ha ki kynja thliw bret niut lada dei ha iing brieve, Composting bad Vermi Composting la da dei na ka bynta ka shnong ka thaw. Ki jaboh ba long um lyngba ki nala bad thliw lada dei ha iing bad nala heh ba don ki lad pynkhuid lada dei ha ki shnong.
 - Ka umdih ba lait jingma: Baroh ki tyllong um ki dei ban long kiba la shna paka don ki nala sawdong jong ki.
- Ka jinglekhuid shimet bad ha ka imlang sahlang.

Ngi dei	Kynmaw	Jinglekhuid ha iing bad ha ki Skul
<ul style="list-style-type: none"> ■ Pynkhuid ia la ki iing skul bad ha shnong ■ Pyndonkam ia ki jaka bret niut ■ Pyndonkam ia ki thliw bret niut ban bret ia ki jaboh na ki skul bad na shnong ■ Bam ki jingbam bakhuid bad kiba dang bha ■ Tap ia ki jingbam hadien ba la dep shet ■ Shet bha ia ki doh ban bam ■ Wat bam shuh ia ki jingbam ba la boi skaiñ ■ Bret noh ia ki jingbam ba sah ha ki jaka bret niut ■ Sait ia ki kti da ka sabon shwa ban shet, sambam bad bam jingbam ■ Sait ia ki kti hadien ba la wan painkhana 	<ul style="list-style-type: none"> ■ Ka jingleit painkhana sharud shakiar ka long kaba ma ia ka koit ka khiah. Ka pynjaboh ia ka mariang ■ Ki skaiñ ki shong ha ka jaboh. Ka Jaboh ka don ha ka ia ki khniang jingpang kiba sahkut ha ki kjat jong ki. Ki skaiñ ki wanrah ia kine ki khniang jingpang ha ki bam ki dih jong ngi bad kumta ka wanrah jingma ia ka koit ka khiah jong ngi. ■ Ka Jaboh ka pynphriang ia ki jingpang kum ka : Pynhiar, Jemshyeng, Typhoid Ki jing pang Sniedoh, ki jingpang Khmat. ■ Ban long ki ba koit ba khiah wat leit painkhana sharud shakiar bad pynshlur ruh ia kiwei ban ym leh kumta. ■ Pyndonkam ia ki Painkhana ban leit shabar kynshait lane theh um bha hadien ba la dep pyndonkam. Pynkhuid bha ia ka Painkhana. ■ Ki Painkhana ki pyllait na ki jingpang, iada ia ka jinglong jingman bad ba suk ban pyndonkam khamtam ia ki riew tymmen kiba pang ba shitom bad ki kynthei. 	<ul style="list-style-type: none"> ■ Pyndonkam ia ki Painkhana. ■ Pynkhuid ia ki Painkhana da kaba theh um lane kynshait um hadien ba la dep pyndonkam. ■ Pynkhuid ia ki kamra skul. Wat bret kot, khrud led, ki mawthoh lyngkhot, ki led ba la kdiah bad ki rubber bad kiwei kiwei hapoh kamra ha skul. ■ Sait kti da ka sabon hadien ba la wan painkhana. ■ Sait kti da ka sabon shuwa ban bam. ■ Buh sabon hajan ka jaka thet kti. ■ Dei ban tap bha ia ki jingbam Sngi. ■ Sam ia ki jingbam Sngi ha ki tiar ba khuid. ■ Ia ka jingbam ba sah dei ban bret ha ki jaka theh niut. ■ Kiar na kaba bam na ki dukan surok kiba don shabar jong ka skul.

La pyllait na ka bynta ka bha ka miat u paidbah da ka Public Health Engineering Department, Meghalaya, Shillong



Administrative Building, Meghalaya, Shillong by Mr. S. K. Sunn, CE, PHE., in the presence of Mr. R. K. Pandey, ACE, PHE., Sanitation Cell cum State Co-ordinator



Officers & Staff gathered during the Launching of Swacch Bharat Mission on 25.09.2014, in PHE Administrative Building, Meghalaya, Shillong.



A person reading the pamphlets



Distribution of Pamphlets



Door to Door Campaign



Street Play