

# Clean India, Healthy India: ①

How Indian standards are shaping cleaner & healthier future

\* India is a nation at the crossroads of tremendous growth and persistent challenges. As one of the world's fastest-growing economies, its rapid urbanization, industrialization, and population growth have brought with them considerable environmental & public health issues. However, with a forward-thinking vision of "Clean India, Healthy India", the country is embracing change, focusing on cleanliness, public health, and environment sustainability as pillars of its future. Central to this transformation are Indian standards that regulate everything from sanitation & waste management to air & water quality. These standards, designed & enforced by agencies such as the Bureau of Indian Standards (BIS), the Central Pollution Control Board (CPCB), and other regulatory bodies, are helping shape a cleaner & healthier India.

This essay will explore how Indian standards in various sectors are driving this shift, ensuring a brighter & healthier future for the country.

## # The Vision of Clean India, Healthy India

The "Clean India, Healthy India" initiative reflects the understanding that a clean environment is a prerequisite for a healthy life. India's challenges are manifold: polluted air, unsafe drinking water, untreated industrial waste, & inadequate sanitation. These factors not only affect



gradation, which has far-reaching consequences on bio-diversity, climate, & human well being.

To address these issues, the Indian gov. has launched numerous initiatives. Chief among them is the Swachh Bharat Mission, or clean India mission, launched in 2014 with the ambitious goal of eliminating open defecation & improving sanitation. By building millions of toilets, promoting waste segregation, and fostering a culture of cleanliness, the mission is laying the foundation of ~~for~~ for a healthier India. However, the success of such initiatives hinges on the enforcement of clear standards and regulation that ensures consistency, safety & sustainability in their implementation.

## # Indian Standards Shaping the future -

India's adherence to national & international standards plays a crucial role in realizing the "clean India, Healthy India" vision. These standards serve as guidelines for industries, municipalities, & individuals, ensuring that all activities ~~should~~ related to health, sanitation, and the environment meet a minimum acceptable quality. The following highlight how standards are contributing to a cleaner & healthier future for India.

### 1. Environmental Standards -

Environmental pollution is a significant concern in India, with air & water quality being major areas of focus. The Central Pollution Control Board (CPCB), along with state pollution control boards, establishes & enforces stand.

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air & water pollution. The standards are Based <sup>(3)</sup> permissible limits of pollutants, such as particulate matter (PM10 and PM2.5), nitrogen oxides, sulfur dioxide, and other harmful gases. By regulating emissions ~~from~~ from industries, vehicles, and other sources, these standards play a critical role in curbing air pollution.

For example, the introduction of \* Bharat Stage (BS) emission standards\* for vehicles has progressively reduced amount of harmful pollutants released into the atmosphere. The latest BS-VI standards, which came into effect in 2020, mandate the use of cleaner fuel & advanced emission control technologies, leading to significant reductions in vehicle emissions. In addition, the National Clean Air Programme (NCAP), launched by the gov., sets out a roadmap to reduce air pollution levels by 20-30% by 2024 in all over 100 cities.

Water Quality standards are equally important. The (CPCB) has established guidelines for the quality of drinking water, as well as for the discharge of industrial wastewater into rivers & lakes. In conjunction with the National Green Tribunal (NGT), the gov. is cracking down on industries that fail to comply with these standards, ensuring that water bodies remain free of harmful contaminants. The implementation of effluent treatment plants (ETPs) in industries, along with ~~and~~ regular monitoring, ensures that waste water is treated before discharge into environment.

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Standards -  
Proper waste management is key to maintaining cleanliness and preventing the spread of diseases. The solid waste management rules 2016, issued by the Ministry of environment, forest and climate change, provide a comprehensive framework for managing solid waste in India. These rules mandate the segregation of waste ~~in~~ at the source, recycling of biodegradable waste, and proper disposal of non-biodegradable & hazardous waste.

One of the most visible outcomes of this regulation is the growing awareness of waste segregation at the household level, with color-coded bins for organic, recyclable & hazardous waste becoming common in urban areas. Furthermore, the rules promote the processing of biodegradable waste through composting & biogas production, thus reducing the burden on landfills and encouraging the production of organic fertilizers.

In addition to solid waste, India also faces challenges in managing electronic waste (e-waste) & plastic waste. The E-waste Management Rules, 2016\*, and Plastic Waste Management Rules, 2016, set standards for the safe disposal, recycling and reduction of such waste. These rules have created a framework for industries & consumers to minimize waste generation & adopt sustainable practices.

### 3. Health & Hygiene standards -

Cleanliness is inseparable from public health. The Bureau of Indian Standards (BIS) has developed guidelines for sanitation, hygiene, & drinking water, ensuring that public health is safeguarded. These standards regulate everything from the



quality of food and water to safety of pharmaceuticals and medical devices. ⑤

For instance, BIS has set standards for drinking water quality that ensure it is free from harmful contaminants like heavy metals, pesticides, & pathogens. This is particularly critical in rural areas, where access to clean drinking water has been a long standing challenge. The gov. Jal Jeevan Mission, which aims to provide piped drinking water to all rural households by 2024, is guided by these standards.

Similarly, food safety standards issued by Food safety and standards Authority of India (FSSAI) ensure that food products sold in India meet hygiene & safety norms. The FSSAI sets limits on pesticide residues, food additives, and contaminants in food items, thereby reducing risk of food borne diseases & ensuring consumer safety.

#### 4. Infrastructure & Urban Planning standards -

As India's cities expand, the need for sustainable urban planning becomes increasingly important. The National Building code of India (NBC), developed by BIS, sets out standards for the construction of buildings and infrastructure that are safe, sustainable, and conducive to public health. These guidelines cover areas such as fire safety, ventilation, sewage disposal, and energy efficient efficiency.

In addition, urban planning standards emphasize the importance of green spaces, public transport systems,

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waste management infrastructure in cities. By adhering to these standards, urban areas can reduce pollution, improve public health, & create environments that promote the well being of their inhabitants.

## # Public Participation & Awareness :-

While the establishment of standards is essential, their success depends on public awareness and participation. The Swachh Bharat Mission, for example, has achieved significant success in part due to the involvement of citizens at all levels. Community-led sanitation drives, awareness campaigns, and the promotion of responsible waste disposal have fostered a culture of cleanliness across the country.

Moreover, initiatives like Swachh Survekshan, a cleanliness survey that ranks cities based on their sanitation and waste management practices, have motivated local governments & citizens to adopt better standards.

## # Conclusion :-

India's journey toward a clean & healthy future is deeply intertwined with the enforcement of stringent standards across sectors. Environmental regulations, waste management rules, health & hygiene guidelines, and urban planning codes are all contributing to the realization of the "Clean India, Healthy India" vision. By adhering to these standards, industries, municipalities and individuals alike are playing a role in creating a new sustainable, healthier future for the

road ahead is long, but with continued commitment to national standards, public participation, and gov. initiatives, India is well on its way to building a cleaner, healthier & more sustainable future for all.

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# CLEAN INDIA

# HEALTHY INDIA

HOW INDIAN STANDARDS ARE SHAPING A

CLEAN AND HEALTHIER FUTURE

Clean India and Healthy India was launched as a national movement in India on 2 October 2014. This campaign was started by Prime Minister Narendra Modi.

This campaign was inspired by the Father of Nation, Mahatma Gandhi. His dream was total sanitation for all.

The aim behind this campaign was that to create awareness about the responsibility to live healthy and keeping the environments clean for a sustainable growth and development. And Sanitation facilities including Toilets, Solid and liquid waste disposal Systems, Village, Cleanliness; and Safe and adequate drinking water supply.

## IMPORTANCE OF CLEANLINESS

Cleanliness gives a healthier environment which makes us healthy person. So, to become a healthy person by physically and mentally it is important to keep yourself clean and your surrounding too. It helps in creating a sustainable environment on a sustainable Country. And also helps to preserve earth's natural resources and its beauty. It reduces pollution which gives less infection. It also endangered species and our biosphere.



So, we should take a pledge to say no to: Defacing the surrounding by throwing garbage out on the streets; anywhere; defecation in the open; defacing the walls of the monuments and other public places or property.

## BUREAU OF INDIAN STANDARDS (BIS)

- > Bureau of Indian Standards (BIS) is the National Standard Body of India. BIS is responsible for the harmonious development of the activities of standardization, marking and quality certification of goods and for matters connected therewith or incidental thereto.
- > The Bureau of Indian Standards Act, 2016, has been implemented since 12 October 2017.
- > In recent years, BIS has worked towards specifically addressing various national priorities and other government initiatives like Swachh Bharat Abhiyan, Digital India, Make in India and ease of doing business through its activities of standardization and certification.
- > BIS through its core activities of standardization and conformity assessment, has been benefiting the national economy by providing safe, reliable and quality goods; minimizing health hazards to consumers; protecting the environment, promoting exports and imports substitute; controlling over proliferation of varieties etc. The standards and certification scheme of BIS apart from benefitting the consumers and industry also support various public policies especially in areas of product safety, consumer protection, food safety, environment protection, building and construction, etc.



## FOR EXAMPLE

1) IS 2491 : 2013 → This standard covers the essential principles of food hygiene applicable throughout the food chain to achieve the goal of ensuring that food is safe and sustainable for human consumption.

- The purpose of this standard includes cleaning, Contaminant, Establishment, Food Hygiene, Hazard, Food Safety etc.

2) IS 17334 : 2019 → This standard specifies requirements for single use and reusable surgical gowns and surgical drapes intended for medical use

- This standard is intended to be used primarily by manufacturers of surgical gowns and surgical drapes in qualifying, classifying, packaging, labelling, and sterilization of surgical gowns and surgical drapes, so that healthcare workers can make more informed decisions of selection of right surgical gown and surgical drape in accordance with the protection level and risk involved in the procedure.

3) IS 5405 : 2019 → According to this all sanitary napkins are now covered in the mandatory ISI certification scheme.

- A sanitary napkin consists of four important components: a fluid resistant barrier, an absorbent structure, a delivery component, and a fluid acquisition layer.
- These elements are important for managing menstrual hygiene, enabling women and girls to lead active, healthy and dignified lives.



## A HOLISTIC APPROACH TO HEALING

Sustainability in healthcare is not just about adopting "green" practices; it's about aligning the industry's values with a larger, interconnected vision. By integrating sustainable practices, healthcare organizations acknowledge that their mission extends beyond treatment rooms and into the world we all share.

### Why Sustainable ~~Health~~ Healthcare Matters:

- 1) **Reduced Carbon Footprint** → By optimizing energy consumption, reducing waste, adopting eco-friendly materials, healthcare providers can significantly reduce their carbon emissions.
- 2) **Improved Patient Well-being** → Cleaner air, reduced toxins, and sustainable resources contribute to the overall health of patients, staff, and communities.
- 3) **Preserving Resources** → Sustainable practices ensure that future generations can access the resources they need for quality healthcare.
- 4) **Positive Public Perception** → Patients and stakeholders are increasingly drawn to healthcare providers who prioritize sustainability, fostering trust and loyalty.

### CONCLUSION

Clean India, Healthy India is more than just a slogan - it's vision for a sustainable and healthier future. Indian standards and initiatives have demonstrated the nation's commitment to environmental conservation and public health. As India continues to strive for cleanliness and health, it sets an example for other nations to follow. The journey ahead requires sustained efforts, innovation, and collective action.



# CLEAN INDIA

## HEALTHY INDIA

Testing a green saugen healthcare



स्वामी विवेकानन्द राजकीय मॉडल स्कूल  
शाहपुरा जिला-शाहपुरा

India is one of the most densely populated country across the globe and also a fast emerging as a work superpower. We are the world's largest democracy in terms of population. Our scientists have sent a vehicle to the planet mars. An Indian mathematician Aryabhatta invented zero. Sushtra samita who was a medical gournal of the vedic period and her gournals have relevance in today's modern times too. We have reononed writers, poets and musicians like Kalidas, Tansen and Rabindranath Tagore. We have beautiful monuments and palaces like Taj mahal, Hawa Mahal, Qutub Minar, Konark Sun Temple. I can continue to boundless. India's achievements and glory both past and present but today's foremost problem is unclean India.

Litter and waste can cause a serious threat to the environment we live in. It invites diseases and distrupts our lives. Improper waste disposal activities, combined with pollution, makes us sick.

clean and healthy India this campagain has been started years back and still we have not achieved for what it was started for, every next political leader, social worker our teachers always teach us our to make our surrounding clean we clean our houses we even clean our classroome but why not roads of our country??

Now a question arises in every mind if this campaign started years back then why we haven't achieved for what it was started for, i.e. the "CLEAN INDIA". We can see huge garbage heaps in every town, village and city. Our cities and towns are not planned. The drainage and sewer systems are most primitive. The municipal corporations have no solid waste treatment plants by which these garbage heaps can be turned a source of energy. It is up to the local people to pressure the local gov. to take up cleanliness drives.



A gov. can do so much but it is up to the citizens also to maintain cleanliness. We should not spit in public places. We should not litter on roads and lanes. The ban on plastic bags should be followed strictly. Drains are clogged by plastic causing stagnant water. The gov. should see that drains are covered and dustbins placed at strategic places.

Our prime Minister Narendra Modi has started a Swachh Bharat Campaign. We support him on this endeavour. His gov. has promised to build toilets so that people are not seen defecating in the open. Even today 59% of the population uses open spaces to defecate. The gov. has passed a whopping Rs. 40 billion to construct 5.3 million latrines by the time it completes 100 days in office.

\* Introduction → Clean India Healthy India is not just a slogan but a movement towards a healthier and more sustainable future. It emphasises the importance of cleanliness and environmental conservation in our daily lives. By keeping our surroundings clean and promoting green practices, we can contribute to the well-being of our planet and future generations.

\* Importance of cleanliness → Maintaining cleanliness is important for public health. Proper sanitation and waste management prevent the spread of diseases and improve overall well-being. Clean streets, parks, and water bodies enhance the quality of life and foster a sense of pride and community among citizens.

The Swachh Bharat Abhiyan → This campaign, launched by PM Narendra Modi in 2014, is India's largest cleanliness mission to date. It aims to eradicate open defecation, improve sanitation, and make people more responsible for sanitation practices.

The need for education → People need to be educated about personal, domestic and communal hygiene. They also need to be made aware of the harmful effects of open defecation and the importance of maintaining clean surroundings.



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need for strict laws :-> strict laws can be made and implemented to penalize those who litter and pollute.

the need for community participation :-> cleanliness is collective effort by the citizens. Community cleanliness drives can help make India clean.

\* The need for waste disposal :-> People need to be learn to dispose of garbage ecologically, and divide waste among green and non-recyclable materials.

\* The need to reuse items :-> People can reuse old plastic items by doing creative things with them.

\* The need for compost pits :-> Compost pits can be created at home to prepare compost from kitchen wastes, leaves and grass.

\* The need to respect sanitation :-> People should be made aware of importance of sanitation workers and given respect.

Clean India is the need of the hour. Garbage and wastes are serious threats facing the nation. It certainly destroys the aesthetic beauty of our country. Furthermore, several diseases can result from it. Many Indians fell ill due to improper waste disposal. Therefore, this article discuss the topic of clean India in detail.

People can make India clean in number of ways. First of all, carrying a small poly bag is must. Most noteworthy, a recycled paper bag is the best. Indians must certainly use it to throw trash in dustbins. Indians probably throw trash in dustbins. They throw trash on streets because they dislike carrying it. However, a recycled paper bag makes it easier to carry waste.



Hence, Indians can carry this bag to the dustbin for waste disposal. Segregating waste is also very important. It is something that very Indians ignore. Most noteworthy, the segregation of waste at home should be in 3 separate bins. These 3 bins are biodegradable, recyclable and others.

The waste management department should help in implementing this system.

Indians must learn to re-use old plastic items. Probably, most Indians just throw away such items after using them. One must be creative with these old plastic items to re-use them.

Another notable way to clean India is the compost kit. To create a compost pit at home, some items are required. These items are kitchen wastes, leaves, grass, etc.

Consequently, the microorganisms convert this organic matter into compost.

Community cleanliness drive is yet another brilliant way of making India clean. It has psychological benefits. This is because it is easier to do things when others are doing it.

For example:- Prime Minister Narendra Modi began Swachh Bharat Abhiyan.



For sanitation & health  
Cleanliness is next to godliness. Clean surrounding helps to healthy and sound. Its our foremost duty to keep our environment clean and healthy. We can do so by participating in the drives like Swachh Bharat Abhiyan. Plant more and more trees and go green and clean.

Clean environment gives us clean pollution free air to breathe. Mosquitos will not get a place to breed in the clean environment thus, people will be saved from diseases like dengue and malaria. Swachh Bharat Abhiyan is a campaign about cleanliness started by our prime minister Mr. Narendra Modi for clean India. He aimed at covering all the cities and towns of India clean under this drive. It was launched on 2nd October 2014, on the birth anniversary of Mahatma Gandhi. This programme also themed at solving the problems of sanitation in almost all the village and waste management. The main objective of this programme is to create awareness among people about cleanliness.

Swachh Bharat Abhiyan or as it is also known as clean India Mission. started in two thousand fourteen by honourable prime minister Mr. Narendra Modi. The objective of this mission is to raise awareness among the public regarding garbage disposal, solid waste management and open defecation. The mission is aimed at raising awareness on matter of cleanliness, sanitation and hygiene.

Efforts are being taken in dis<sup>n</sup> of solid waste management by sending safaal mitraas or sanitary workers with vans to collect household garbage door to door. These people go in urban localities with a song ~~play~~ playing in their



van arguing them to throw waste in the van. They also raise awareness on wet and dry waste. Wet waste are ~~com~~ biodegradable waste, it includes cooked and uncooked food material, fruits flowers and green leaves. Dry waste are non biodegradable waste it includes glass, leather, metal, plastic, and rubber wire.

Wet waste or biodegradable waste is thrown into green dustbin while dry waste or non biodegradable waste is thrown into blue dustbin.

The first phase of the programme lasted till October two thousand ninteen. While, right now, second phase is going on. The second phase aims at raising awareness on open or near by sources of water. The actions taken on this regard are building public toilets in public spaces. It also tries to stop manual scavenging that is lifting waste from hands. It also raise awareness on giving respect to such people who do our work and thus bringing a change in sanitation practises and behaviour of people. Another step taken in this direction of giving respect to such people. Change in terms to lead to change in our opinion, our behaviour and how we look at their work. Thus these are the objectives of Swachh Bharat Abhiyan as positive change has happened in this direction.



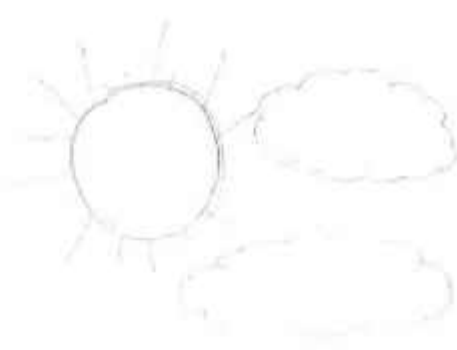


### Polluted Environment

↳ factories, vehicles polluting the environment and throwing wastes without any measures creating a unhealthy environment causing air, soil and noise pollution. No precautions are taken, polluted water is polluting our holy river ganges killing thousand of marine animals and organisms leading to extinction of many species.

“

## Clean India Healthy India”



### Clean and Healthy measures

↳ By throwing types of garbage in different dustbins we can reuse, dump, dispose and compost different different types of garbage in different forms. Using CNG and electric vehicles can reduce pollution.

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# Clean India, Healthy India

How Indian standards are shaping a clean and healthier future:

प्रधानाचार्य  
विद्येकानन्द राजव  
शाहपुरा जिला-शाहपुरा

Clean India and healthy India are complemented each other. Today in the field of health, the country has moved beyond the conventional approach. India is the largest country all citizens should keep in their mind to keep the city and the society clean and healthy. In the term of sustainable development, India secured 109<sup>th</sup> rank with the overall score of 64.0. Sustainable development is a concept that has been developed to fulfil the current needs without harming the future ability. This is a critical issue of the present time due to regular changes in climate, economics, culture and society, the world environment is getting affected severely. In terms of economic empowerment, financial literacy awareness may help a nation develop by enabling people to make better financial decisions. And financial literacy enables entrepreneurs to take responsibility for every dollar, euro, or pound, and maintain a sharp focus on costs and the simple measures of cash flow all of which are critical in maximizing business chance of survival. Vocational education: it offers a path that imparts the skills and knowledge needed to work in a given occupation. For digital transformation, help in digital literacy for main areas: customer experience, data and analytics, Business



Model transformation, digital operations etc. it is possible for digital literacy of people it is the ability of individual and communities to understand and use digital technologies for meaningful actions within life situations.

In our day to day life we face mental and physical stress because of our work load. So we improve our health and well-being. Try to Relaxing activity, set goals and priorities, stay connected, eat healthy, regular meal and stay hydrated, make sleep a priority. In health care

Innovation biggest innovation is the use of Algorithms and machine learning in detecting, Diagnosing and treating disease. These all subjects are followed and applied in India to Clean and Healthy India.

Clean India is the need of the hour. garbage and wastes are serious threats facing the nation. It certainly destroys the aesthetic beauty of our country. furthermore, several diseases can result from it. many Indians fall ill due to improper waste disposal. therefore, this article discusses the topic of clean India in detail. people can make India clean in a number of ways. first of all, carrying a small poly-bags is a must. most noteworthy, a recycled paper bag is the best. Indians must certainly use it to throw trash in dustbins. Indians probably throw trash on the street because of they dislike carrying it.



However, a recycled paper bag makes it easier to carry waste. Hence, Indians can carry this bag to the dustbin. For wastes is also a very important. It is something which many Indians ignore. Most noteworthy, the segregation of waste at home should be in 3 separate bins. These 3 bins are Biodegradable, recyclable and others. The waste Management department should help in implementing this system.

Indians must learn to re-use old plastic items. Probably most Indians just throw away such items after using them. One must do creative things which was use to re-use plastic items. Another notable way to clean India is the compost of fit helps in the preparation of compost. To create a compost fair fit at home some items are required. These items are kitchen wastes, leaves, grass, etc. Consequently, the micro-organisms convert this organic matter into compost.

Community cleanliness drive is yet another brilliant way of making India clean, it has a psychological benefit. This is because it is easier to do a thing when others are doing it. For example Prime minister Narendra Modi began "Swachh Bharat Abhiyan" clean India has become the Mission of every native Indian or any one living here. We see people taking the broom in their hands and sweeping off their streets and roads.



Cleanliness is not only essential for a good life but for the development of our country. Cleanliness is an important factor. A clean life-style is also needed in our lives as toilets are required in our nation in various places. People, especially women, have a hard time to go in search of appropriate places to bathe and relieve themselves. They unwillingly resort to unhygienic places. As they don't have a choice which again could lead to contracting diseases which will worsen the health, reduce production and will eventually reduce GDP.

Cleanliness is a silent factor in development. As cleanliness not only promotes good health but increases production of goods and services. A healthy human is the one who is clean, is the one who will work effectively and efficiently towards production. Present and previous governments have issued various projects towards a clean India. The current ongoing project "Swachh Bharat Abhiyan" led by PM Modi to drive the country towards a clean tomorrow. Another project to clean Ganga river is the "Namami Gange Programme". Cleanliness will ensure health and wealth together.