



UNIT III THE HOUSE AND ITS SANITATION

NOTES

House and its functions: The house is one of the basic needs of human beings. All of us live in a house. In general the word “Home” and “House” are used interchangeably but there is a difference.

Basically, a house is a physical construction made of brick, sand, cement etc. A house becomes a “Home” when all the family members start living there with love and affection.

House performs many functions in our life. Some of them are protective, educative, affectionate, social, economical and status giving.

Importance of light and ventilation: Lighting and ventilation are very important in any room.

Some of the importance of lighting:

- It helps to keep the room bright and free from any harmful bacteria.
- Lighting lessens the strain on human eyes when focusing on activities like reading, watching television and so on.

Some of the importance of ventilations:

- Ventilation controls the odour and humidity, which makes the room fresh.
- Ventilation minimizes the circulation of poisonous gases inside the room and allows free circulation of fresh air.

Sanitation and disposal of waste materials: Sanitation refers to public health conditions related to clean drinking water and adequate treatment and disposal of human excreta and sewage.

It is important to keep our home and surroundings clean to prevent the spread of diseases. To keep our home environment healthy, we must know some do's and don'ts such as cleaning of the house, removal of the garbage, disposal of waste water and disposal of human excreta through sanitary latrines.



Care of surrounding: All of us live in a neighbourhood or surrounding. We must keep our surroundings neat and clean. This will help us to live healthy and better lives. Keeping our surroundings clean will only help in the betterment of society. Some of the healthy sanitary practices which all individuals should observe at home and public places are:

- To cover nose and mouth when sneezing and coughing.
- To keep the surrounding areas clean by not throwing out the garbage discriminately here and there.

