

**When savages scratch themselves and rub their dirt, odour on clothes of others, throw garbage into garden of others , honk for no reasons, throw *dog excrement* in front of doors of others, throw rocks into garden of people, spitting in garden of others , kick , elbows customers in shops ; A study of lack of personal hygiene, etiquettes and manners of people तमीज़ (Tamiiz) , संस्कार (SanSkaar), स्वच्छता (svachchhata) particularly in Sodnac, QB and the western regions.**

<sup>1</sup>Yudhistir S.M.F. Jugessur, Researcher

---

**ABSTRACT:** Due to the deterioration of manners, behaviours, norms , increased violence, savage behaviours namely rubbing dirt on others, odour on others in public, throwing garbage into the garden of others, throwing dog excrement in front of doors of others, spitting, giving kicks, elbows to customers, namely in the region of Sodnac, QB, the western regions, this brief paper identifies what are the importance of personal hygiene, etiquettes, and good manners. The term etiquette is elaborated to the standard of society norms. These types of behaviours should be named and shamed and unacceptable. Hygiene is a set of practices performed to preserve health. According to the World Health Organization (WHO)<sup>2</sup> , "Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases. Effective menstrual hygiene is vital to the health, well-being, dignity, empowerment, mobility and productivity of women and girls. Poor menstrual hygiene may cause stigma and ill health. Menstruation is a taboo subject across the world, which can lead to misinformation and the promotion of dangerous menstrual hygiene practices. Etiquette is a code of conduct and a set of societal rules that acts as a catalyst for positive human interactions. On the other hand, manners are behaviors that reflect a person's attitude. A key difference between etiquette and manners is that the former changes with a change in societal customs and norms, while the latter remains largely unchanged across communities.

**KEYWORDS:** savages, hygiene, etiquettes, manners, menstruation hygiene

---

Date of Submission: 04-11-2023

Date of Acceptance: 17-11-2023

---

## I. INTRODUCTION

### Unacceptable behaviour in the society

Due to the deterioration of manners, behaviours, norms , increased violence, savage behaviours namely rubbing dirt on others, odour on others in public, throwing garbage into the garden of others, throwing dog excrement in front of doors of others, spitting, giving kicks, elbows to customers, namely in the region of Sodnac, QB, the western regions, the paper identifies what are the importance of personal hygiene, etiquettes, and good manners. The term etiquette is elaborated to the standard of society norms. These types of behaviours should be named and shamed and unacceptable.

## II .LITERATURE REVIEW

### Importance of personal hygiene स्वच्छता (svachchhata)

Personal Hygiene is not about how much perfume you put on your body but rather, about cleanliness. It is unacceptable that some people, I would label as savages, scratches their body, and rub on other people, they rub their odour on others, they spit on others, on the property of others. Damaging property is a criminal offence and members of the public cannot throw garbage into the garden of others. It is unacceptable that they throw dog excrement in front of the doors of other people. It is a total lack of hygiene and to the limit disgusting and these types of people will work in the food sector. Bashir<sup>1</sup> explored what personal hygiene is about. The terms cleanliness and hygiene are often used interchangeably, which can cause confusion. In general, hygiene refers to practices that prevent spread of disease-causing organisms. Cleaning processes (e.g., handwashing) remove infectious microbes as well as dirt and soil, and are thus often the means to achieve hygiene. Other uses of the

term appear in phrases including body hygiene, personal hygiene, sleep hygiene, mental hygiene, dental hygiene, and occupational hygiene, used in connection with public health. Hygiene is also the name of a branch of science that deals with the promotion and preservation of health. Hygiene is a set of practices performed to preserve health. According to the World Health Organization (WHO), "Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases. Many people equate hygiene with 'cleanliness,' but hygiene is a broad term. It includes such personal habit choices as how frequently to bathe, wash hands, trim fingernails, and change clothing. It also includes attention to keeping surfaces in the home and workplace, including bathroom facilities, clean and pathogen-free. Some regular hygiene practices may be considered good habits by a society, while the neglect of hygiene can be considered disgusting, disrespectful, or threatening.

**Home and everyday hygiene<sup>1</sup>** : Home hygiene pertains to the hygiene practices that prevent or minimize the spread of disease at home and other everyday settings such as social settings, public transport, the workplace, public places etc. At present, these components of hygiene tend to be regarded as separate issues, although based on the same underlying microbiological principles. Preventing the spread of diseases means breaking the chain of infection transmission. Simply, if the chain of infection is broken, infection cannot spread. In response to the need for effective codes of hygiene in home and everyday life settings the International Scientific Forum on Home Hygiene has developed a risk-based approach based on Hazard Analysis Critical Control Point (HACCP), also referred to as "targeted hygiene." Targeted hygiene is based on identifying the routes of pathogen spread in the home and introducing hygiene practices at critical times to break the chain of infection. The main sources of infection in the home are people (who are carriers or are infected), foods (particularly raw foods) and water, and domestic animals (in the U.S. more than 50% of homes have one or more pets). Sites that accumulate stagnant water—such as sinks, toilets, waste pipes, cleaning tools, face cloths—readily support microbial growth and can become secondary reservoirs of infection, though species are mostly those that threaten "at risk" groups. Pathogens (potentially infectious bacteria, viruses etc.—colloquially called "germs") are constantly shed from these sources via mucous membranes, feces, vomit, skin scales, etc. Thus, when circumstances combine, people are exposed, either directly or via food or water, and can develop an infection.

**Handwashing<sup>1</sup>**: Hand hygiene is defined as handwashing or washing hands and nails with soap and water or using a waterless hand sanitizer. Hand hygiene is central to preventing spread of infectious diseases in home and everyday life settings. In situations where handwashing with soap is not an option (e.g., when in a public place with no access to wash facilities), a waterless hand sanitizer such as an alcohol hand gel can be used. They can be used in addition to handwashing to minimize risks when caring for "at risk" groups. The World Health Organization recommends handwashing with ash if soap is not available in emergencies, schools without access to soap and other difficult situations like post-emergencies where use of (clean) sand is recommended, too. Use of ash is common in rural areas of developing countries and has in experiments been shown at least as effective as soap for removing pathogens.

**Food hygiene at home<sup>1</sup>** : Food hygiene is concerned with the hygiene practices that prevent food poisoning. The five key principles of food hygiene, according to WHO, are: Prevent contaminating food with mixing chemicals, spreading from people, and animals, Separate raw and cooked foods to prevent contaminating the cooked foods, Cook foods for the appropriate length of time and at the appropriate temperature to kill pathogens, Store food at the proper temperature and Use safe water and raw materials.

**Hygiene in the kitchen, bathroom and toilet<sup>1</sup>** : Routine cleaning of (hand, food, drinking water) sites and surfaces (such as toilet seats and flush handles, door and tap handles, work surfaces, bath and basin surfaces) in the kitchen, bathroom and toilet reduces the risk of spread of pathogens. The infection risk from flush toilets is not high, provided they are properly maintained, although some splashing and aerosol formation can occur during flushing, particularly when someone has diarrhea. Pathogens can survive in the scum or scale left behind on baths and wash basins after washing and bathing.

**Laundry hygiene<sup>1</sup>** : Laundry hygiene involves practices that prevent disease and its spread via soiled clothing and household linens such as towels. Items most likely to be contaminated with pathogens are those that come into direct contact with the body, e.g., underwear, personal towels, facecloths, nappies. Cloths or other fabric items used during food preparation, or for cleaning the toilet or cleaning up material such as faeces or vomit are a particular risk. In 2013 the International Scientific Forum on Home Hygiene (IFH) reviewed some 30 studies of the hygiene effectiveness of laundering at temperatures ranging from room temperature to 70 °C, under varying conditions. A key finding was the lack of standardisation and control within studies, and the variability in test conditions between studies such as wash cycle time, number of rinses, etc. The consequent variability in the data (i.e., the reduction in contamination on fabrics) obtained, in turn makes it extremely difficult to propose guidelines for laundering with any confidence, based on currently available data. As a result, there is significant variability in the recommendations for hygienic laundering of clothing etc. given by different agencies. Effective menstrual hygiene is vital to the health, well-being, dignity, empowerment, mobility and productivity of women

and girls. Poor menstrual hygiene may cause stigma and ill health. Menstruation is a taboo subject across the world, which can lead to misinformation and the promotion of dangerous menstrual hygiene practices.

### III. DISCUSSION

#### **Defining Etiquette and manners तमीज़ (Tamiiz) ,संस्कार (SanSkaar)**

Both etiquette and manners play a significant role in social interactions. The two concepts revolve around human behavior and are often used interchangeably. However, the two are different at their core and shouldn't be confused with each other.<sup>3</sup> Etiquette is a code of conduct and a set of societal rules that acts as a catalyst for positive human interactions. On the other hand, manners are behaviors that reflect a person's attitude. A key difference between etiquette and manners is that the former changes with a change in societal customs and norms, while the latter remains largely unchanged across communities. Etiquette provides a structure within which good manners can flourish. It's good manners to follow proper etiquette. For example, etiquette may dictate the rules of talking to someone. In some cultures, this means introducing yourself properly to a stranger and shaking their hand. But in other cultures, shaking hands is frowned upon. Good manners will prompt you to say 'please' or 'thank you' when needed and not interrupt another person. These are universal courtesies.

**Practicing Etiquette And Manners :** The process of learning etiquette is more difficult than learning good manners. The former requires conscious effort and dedication. Moreover, etiquette changes according to customs and norms.

### IV. FINDINGS

#### **Throwing dirt , throwing rocks into the garden of others**

Throwing dirt, garbage into the garden of others is not just about manners but also illegal. Unfortunately authorities responsible for environment do not do their jobs and dirt accumulates everywhere and savages throw dirt into gardens of others. Lack of initiatives from authorities encourage such types of actions, throwing rocks, dirt, dog excrement into gardens of others.

### V. CONCLUSION

The question that arise when talking of manners, etiquettes is about the upbringings of people and what examples do they give to their children. If adults behave in such disgusting manners, rubbing their dirt on others, throwing garbage then how will the youth behave. This is why savage behaviours like diseases are transmitted from generations to generations and even become the personality, reputation of some communities.

### REFERENCES

- [1]. Promoting hygiene for a healthy society Bashir, Josfeena 2019/03/27
- [2]. WHO, Hygiene, 2009  
Available at <https://cdn.who.int/media/docs/default-source/documents/health-topics/hand-hygiene-why-how-and-when-brochure.pdf>
- [3]. Harappa, The Difference Between Etiquette And Manners.2020  
Available at <https://harappa.education/harappa-diaries/etiquette-and-manners>