

# CONSTRUCTIVE PROGRAMME

## **Education in Health and Hygiene**

Gandhi gives equal weightage to health and hygiene saying that ignorance and neglect of the laws of health and hygiene are responsible for the majority of our diseases. To keep our minds and bodies healthy Gandhi suggests some rules to be observed which include purity of air, water and food, personal cleanliness and of surroundings, to maintain the balance between physical and mental work; to stand and sit erect, be neat and clean in every act, which must become an expression of our inner condition.

## **Provincial Languages**

Gandhi realised that our craze for English language in preference to our own mother tongue has created a rift between the educated and political minded classes and the masses. If the masses do not understand each step with all its implications, they cannot ably make their direct contribution to the freedom movement which is inherent in Swaraj based on non-violence. So, it is absolutely inevitable to explain the steps in their own languages.

## **National Language**

Gandhi felt that India needs a common language, which is known and understood by a large number of people and others can easily pick up. This is Hindi. He was sure that English can never be our national language, because “it (Hindi) has long been accepted as the lingua franca of India and much work has been done for its propagation and instruction in it by Prachar Sabha all over the country”.