



**Report on Poster making competition on 'Plastic Free Campus'**

**Date(s):** 17<sup>th</sup> February, 2020.

**Preamble:**

A chart making competition was organized by **Department of Commerce & Business Management** for the students to spread awareness on hazards of using plastic.

**Participant's Profile:**

This competition had several participants from BBA, B.COM & M.B.A.  
Around 40 students participated and showed a keen interest in making the campus plastic free.

**Description about the Program:** The entire activity was co-ordinated with the support of the Dean **Prof. A. K Saxena**, Head, Coordinator & faculty members of Department of Commerce & Business Management.

This activity was inaugurated by **Dr. Syed Shahid Mazhar** (Head, DCBM). This event was co-ordinated by **Dr. Rizwana Atiq**.

The competition was organized to provide the students an insight to save environment and to create plastic free surrounding. The objective of the competition was to create an awareness about hazards of using plastic & a need to create a free environment.

The competition was aimed to motivate the students to come forward & make poster & discuss harmful effects of using plastic.

**Hazards of Plastic:** We use plastic in our day to day life from pens, carry bags, containers furniture to electronics plastics are so widely used that imagining our lives without it is impossible .Though it make our daily life convenient and is one of the best substitute of wood thus reducing the trees but it's 's effect on our environment are threatening they are non biodegradable, kills animals when they get entangled in plastic debris , create adverse effects on human health like cancer eye and respiratory irritation, liver dysfunction, plastic release harmful chemicals when burnt, even in the manufacturing of plastic many toxic chemicals are released and the waste from plastic manufacturing industries which is released in water bodies causes hazards on large scale by changing the chemical property of water, plastic damages sanitary systems and most important imbalances ecosystem of Earth! We all can do our bit for reducing plastic usage by using stainless mug/bottles for coffee and other liquids while going out, Cut out sodas, juices, and other plastic-bottled beverages, carry reusable shopping bags, composting our trash and reducing usage of plastic trash bags, saying no to straws and plastic lids, buy package free soaps, avoid buying plastic packed fruits or vegetables, replace plastic containers with glass jars for storage, skip the disposable razor, try plastic free cleaning, avoid using microbeads which comes in beauty products, go for 4 R's Reduce Refuse Reuse then Recycle, Try plastic free deodorant, Use bamboo toothbrush instead of plastic, avoid using synthetic fabrics clothes, lastly support projects and campaigns that are tackling plastic pollution.

**Feedback:**

All the students had expressed their gratitude to members of Department of Commerce and Business Management, Integral University for organizing such an activity to create an awareness of the **Hazards of Plastic**.

**Student Coordinator:** Aadeeba Shaheen Haque

