

S.No	Item	Details
1.	Activity details	Awareness Programme on Plastic
2.	Date of Activity	29.07.2024
3.	No of Volunteers participated	60
4.	No. of Other Participants	100
5.	Brief note about activity	Awareness Programme on Plastic

On July 29th, 2024, all the NSS (National Service Scheme) units at Government College (A) in Rajahmundry were actively involved in awareness programme on plastic. Plastics have become a huge part of our daily lives. While it's undeniable that plastics are convenient, efficient and makes all our lives a little easier, it has led to a severe global plastic pollution that the world has no concrete solution for. Its omnipresence may make it difficult for us to give it up; it requires not only a change in habits, but also a change of mindset. Thankfully, organisations and governments around the world are proposing measures to reduce their impact on the environment. In fact, this year, the EU will ban the sale of single-use plastics such as drinking straws, cutlery or cotton buds within its borders. But there are things that we can do in our personal capacity to curb the rise of the plastic tsunami. Here are 15 ways that you can reduce your plastic waste.

- Avoid single-use plastics – plastic straws, plates and cutlery make our lives easier, but they have a serious impact on the planet. Instead, use metal and bamboo alternatives, or biodegradable plastics if possible
- Buy in bulk – disposable containers are ubiquitous (polystyrene trays, PET bottles, tetra paks, plastic containers, etc) but more and more stores are offering the possibility to buy foods like cereals and rice in bulk.
- Rethink your food storage – instead of using plastic baggies, plastic wrap and plastic storage containers, try opting for a bento box or tiffin. Instead of using plastic zipper bags or wrapping things in Saran wrap, use jars or glass containers
- Shop at a local farmers market – farmers markets are a great way to buy fresh, local produce without plastic, as long as you remember to bring your own bags.



