

**Awareness mission by Vishwadeep Trust
On stopping single-use of Plastic**

“PLEDGE AGAINST SINGLE-USE PLASTIC” FOR Azadi Amrit Mahotsav

Single-use plastics, or disposable plastics, are used only once before they are thrown away or recycled. These items are things like plastic bags, straws, coffee stirrers, soda and water bottles and most food packaging.

We produce roughly 300 million tons of plastic each year and half of it is disposable! World-wide only 10-13% of plastic items are recycled. The nature of petroleum based disposable plastic makes it difficult to recycle and they have to add new virgin materials and chemicals to it to do so. Additionally there are a limited number of items that recycled plastic can be used.

Petroleum based plastic is not biodegradable and usually goes into a landfill where it is buried or it gets into the water and finds its way into the ocean. Although plastic will not biodegrade (decompose into natural substance like soil,) it will degrade (break down) into tiny particles after many years. In the process of breaking down, it releases toxic chemicals (additives that were used to shape and harden the plastic) which make their way into our food and water supply.

These toxic chemicals are now being found in our bloodstream and the latest research has found them to disrupt the Endocrine system which can cause cancer, infertility, birth defects, impaired immunity and many other ailments.

We produce hundreds of millions of tons of plastic every year, most of which cannot be recycled. It's obvious that we need to use less plastic, move towards environmentally sustainable products and services and come up with technology that recycles plastic more efficiently. Neatly stacked in trucks comprising layers of plastic - that's how waste travels to the mountains. These are piles of plastic bottles of fizzy drinks, multi-layered boxes of fruit drinks, shiny packets of chips, biscuits and instant noodle - puffed up in excess sugar and salt laden with fat and preservatives. Biscuits sit pretty in trays and there are tiny sachets of personal and household care items - all of which ultimately end up littering our mountain landscapes endlessly.

More than 40 per cent of all plastics are made into single-use products in India. Companies are only creating trash with them, and that's what we, as consumers, are ultimately paying for. This is the reason our landfills are exploding; our dumpsites are burning more than ever and our waterways are more choked with plastic pollution.

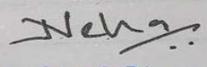
It is clear that the recycling and dustbin narrative to manage plastic waste is not sufficient. We live in the times of plastic crisis.

The flawed linear production system that has resulted in plastic pollution should ring alarm bells, but to the contrary, single use products and use of unnecessary plastic packaging have only escalated over the years without question, and is projected to still rise. For mountains already grappling with issues of climate change, it spells disaster and the scars of plastic pollution are already visible.

With all my love to villages of Takmachik, Urbis, Domkhar do and Domkhar Burma

Please use less single use plastic like pet bottles, ear buds, biscuits, snacks as HH Dalai Lama and Neha Upadhyaya teaches us. Together we have to become role model for all Indian villages and conserve our sacred Himalayas

Regards

VISHWADEEP TRUST

Authorised Signatory

Neha Upadhyaya
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