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See Our Advt. on Page No. 05

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- Paraffin Wax Slack Wax Reside Wax Wax Oil
- Rubber Process Oil Calcium Grease

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- Building Application
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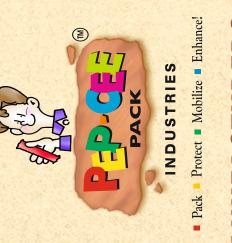
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# LEADING MANUFACTURERS **PACKAGING MATERIAL** OF POLYETHYLENE (





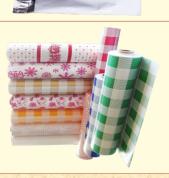












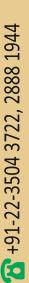
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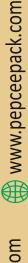
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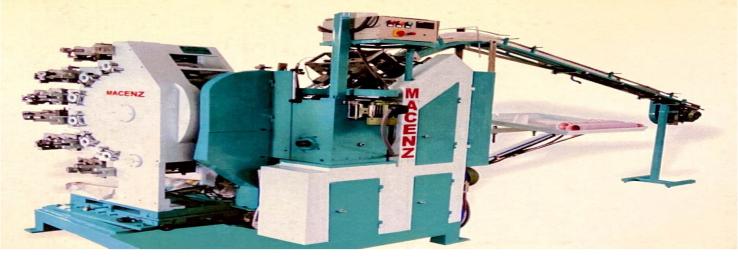
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# CONTENTS .....

CONTENTS	
Business News.	
Al-powered Plastic Sorting Project Led by Recycleye	20
Archroma at PaperEx 2023	13
INEOS - Health Care Application	/  1.1
Recycling Content TPE with Various Adhesion Options Sustainability Meets Efficiency	
OQ - Latest Polymer Innovations	
og - Latest i olymer innovations	10
An Exclusive Interview	
Triune Exhibitors Pvt. Ltd. (M.D.)	25
Press Note	
Uflex Showcases Pioneering packaging Solutions	12
Plast India foundation	11
Tech Talk	
Mayur Shah	34
Sameer Joshi & sharing Ambadkar	28
Sanat Shah	32
Exhibition Detail	33
Subscription Form	31
Advertisement.	
Auto Mega Show ( Vadodara)	0 <i>4</i>
Avinya Machinery International PVT.LTD	07
Biodegradable- 2024 (June-2024- Noida)	40
Carmel Engineering	15
Champaneri Engineers and Fabricators	
Intrapac India ( March-2024-Noida )	
Jaydeep machinery PVT.LTD	
K-Plex – ( April-2024 –Benglauru ) Nirmal Vasundhara	
Oman Plast	
P3 (Plastic, Packaging, Printing- Aug-2024- Hyderabad )	
	03
Plast Expo ( September-2024 Guwahati-Assam)	
Plast Focus (FEB-2024 –Delhi- Dwarka)	Title Back Cover
Plastic processors (GUJ.) Association Vadodara	
Plastic Tomorrow	
Plastic Udyog	43
Printpack India (IPAMA- Feb-2025-Noida)	38
Shree Ram Engineering WorksTirupathi Hydrocarbon Pvt. LTD	
Vishnu Enterprise	
violina Entorprio	00



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Dinesh Shah
Editor in Chief
Plastic Tomorrow

# **GREETINGS FROM TEAM PLASTIC TOMORROW**

**Dear Readers** 

Team Plastic Tomorrow wishes our **Advertisers**, **Subscribers**, **Readers** and well wishers a **very happy and prosperous new year**.

In this edition, we delve into the dynamic landscape of the Plastic Industry, exploring the latest trends, technological advancements, and sustainable practices that shape its trajectory. Our team has meticulously curated insights from industry experts to provide readers with a comprehensive overview of the challenges and opportunities that define this critical sector. As the industry navigates through global shifts and embraces innovation, we aim to keep our readers informed and engaged with the latest developments driving the future of the Plastic Industry.

The year ended on a very positive note for the Industry as the biggest Indian Plastic Expo **Plastivision** successfully concluded. Plastic Tomorrow received very good response from the Exhibitors and Visitors. **Chinaplas** the another big exhibition coming up in China is all set to open big.

**Valued at 712 billion U.S. dollars In 2023** The worldwide plastics market is projected to grow in the coming years to reach a value of more than 1,050 billion U.S. dollars by 2033, registering a CAGR of four percent during the forecast period of 2023 to 2033.

We thanks to all our Advertisers, Subscribers, Readers and well wishers for supporting us for the last 10 years.

Best Regards,

Dinesh Shah Editor in Chief Plastic Tomorrow



# Participation of Plastindia Foundation in PLASTIVISION 2023 at the Bombay Convention & Exhibition Centre, Mumbai



Plastindia Foundation (PIF) participated in one of the prestigious Plastic Industry event -PLASTIVISION INDIA 2023 (PVI '2023) - 12th edition of the Plastic exhibition scheduled between 7th & 11th December 2023 at the Bombay Convention & Exhibition Centre in Goregaon (East), Mumbai. Plastindia Foundation booth was inaugurated by Mr Ravish Kamath President, Plastindia Foundation and Plastindia International University booth was inaugurated by Mr M P Taparia President Plastindia International University at Hall No.2 - Booth No. K-1. Other dignitaries present were Dr Raju Desai Vice President Plastindia Foundation & Vice President Plastindia international University, Mr Kamal Nanavaty Managing Committee Member Plastindia Foundation & Board Member Plastindia International University, Mr Jigish Doshi Past President Plastindia Foundation.

The most awaited event of the Plastic Industry, PLASTINDIA 2026 – 12TH International Plastics Exhibition, Conference and Convention organized by Plastindia Foundation is being scheduled at Pragati Maidan, New Delhi. The dates for this mega event will be formally announced very shortly.

Plastindia Foundation being the apex body of Associations, Organizations and Institutions in India connected with Plastics, has taken a major initiative in improving the negative image of Plastics in the environment with the help and assistance of all stakeholders. One of the initiative being undertaken is to form a special task force under the umbrella of Plastindia Foundation with the objective to discuss issues relating to ZERO Draft proposal for making appropriate recommendation and to assist Government of India in giving vital inputs from the Plastic Industry's perspective to enable to make and prepare a strong representation at the next forthcoming session (INC4) of the Intergovernmental Negotiating Committee for developing an International legally binding instrument (ILBI) on Plastic Pollution convened by **UN Environment Programme (UNEP) in Ottawa, Canada in the month of April 2024.** 

# Plastindia International University

Plastindia International University (PIU), Vapi, Gujarat under the flagship of Plastindia Foundation and in collaboration with University of Massachusetts, Lowell, USA is ready to commence from academic year in 2024-25. PIU plans to begin with the Undergraduate Programme in Plastics Engineering with research facility and subsequently launch the Post Graduate Programme. PIU aims to be dedicated to Plastics Technology with thrust areas on research, innovation and entrepreneurial skill development. PIU will facilitate a unique platform for learning by making available, renowned academicians and trained faculty members, thereby ensuring ideal teaching and learning environment for students.









# UFlex Showcases Pioneering Packaging Solutions for the Food and Beverage Industry at Indusfood Tech 2024



India's largest multinational flexible packaging and solutions company, will showcase its diverse range of flexible packaging solutions and machinery tailored for the Food and Beverage industry at Booth No. J 32, Hall 5, at the Indusfood Tech 2024, scheduled to be held at India Exposition Mart, Greater Noida from January 8-10, 2024.

UFlex's flexible packaging business will showcase its wide range of innovative, packaging solutions that have been the game changers for packing large quantities of products. The showcased offerings include 3D and 4D pouches, anti-counterfeiting solutions through VDP (Variable Data Printing), URC (Unique Random Coding), and laser scoring for enhanced consumer convenience. Additionally, the exhibit features high-impact resistance bags, various handle options designed for consumer ease, and a range of sustainable packaging solutions.

At the show, UFlex's engineering business will feature two of its highly acclaimed machines. Be sure to stop by and witness a live demonstration of the Multi-Track 1200 3 Side Machine (MT1200 3S) and our Pick-Fill-Seal Machine (PFS).



**MT1200 3S** is a high-speed continuous motion multi- track machine for three-sided sealed pouches. It is used for filling powder, liquid, and granules.



**Pick-Fill-Seal (PFS) Machine** is a revolutionary packaging solution that combines the essential steps of picking, filling, and sealing into a seamless and efficient process. It provides a fully automated solution for packing products in a preformed pouch.

Join the **UFlex team at Booth No. J 32, Hall 5, India Exposition Mart, Greater Noida**, to delve into the future of packaging technology. Our team will be available for live demonstrations and discussions, showcasing how these innovative packaging solutions can enhance packaging processes, taking efficiency and sustainability to new heights.

# **About UFlex Limited:**

UFlex is India's largest multinational flexible packaging and solutions company. Since its inception in 1985, UFlex has grown from strength to strength and has built a strong presence across all verticals of the packaging value chain — packaging films, chemicals, aseptic packaging, flexible packaging, holography, engineering, and printing cylinders.

With a 10,000+ strong multicultural workforce across global regions that works toward developing innovative, value-added, and sustainable packaging solutions, the company has earned an irreproachable reputation for defining the contours of the 'Packaging Industry' in India and overseas. It provides end-to-end solutions to numerous Fortune 500 clients across various sectors such as FMCG, consumer product goods, pharmaceuticals, building materials, automobiles, and more, in more than 150 countries. Headquartered in Noida, the National Capital Region, India, UFlex enjoys a global reach with advanced manufacturing facilities in India, the UAE, Mexico, Egypt, the USA, Poland, Russia, Nigeria, and Hungary.

A winner of various marquee global awards for product excellence, innovation, and sustainability, UFlex is the first company in the world to earn recognition at the Davos Recycle Forum in 1995 for conceptualizing the recycling of mixed plastic waste.

For more details, please visit: www.uflexltd.com





# Archroma at PaperEx 2023 to present innovative and sustainable solutions in packaging



Archroma, a global leader in specialty chemicals, is thrilled to announce its participation in Paper Ex 2023, one of the premier events in the paper and packaging industry. The exhibition will be held from December 6 th to 9 th, 2023 at the India Expo Centre in Delhi - NCR.

Visit Archroma at Hall 15, Booth P40 to explore cutting-edge solutions that redefine the standards of performance and sustainability in the paper and packaging sector.

Archroma is set to highlight the following product spotlights during the event:

### **Cartaseal ® range - Superior PFC-free barriers:**

Archroma's Cartaseal ® range - including Cartaseal ® SCR, Cartaseal ® VWAF and Cartaseal ® HFU - boasts superior moisture vapor barrier properties, coupled with excellent resistance to water, oil, and grease. This innovative range addresses the industry's demand for high-performance, ecofriendly solutions, offering a sustainable alternative without compromising on performance.

# Mowilith $\circledR$ LDM 7255M - Lamination adhesive for flexible packaging:

Mowilith ® LDM 7255M is a versatile adhesive that meets a variety of packaging requirements. It's an excellent choice for sachets for mouth fresheners, that use a combination of paper and foil, and is equally effective for sealing plastic-to-plastic in the packaging of dry snacks like cookies, candies, chocolates, potato chips, and more.

This adhesive not only lowers energy costs but also enhances production speed, thereby optimizing overall efficiency. Attendees can explore firsthand how this innovation contributes to the evolving and dynamic landscape of flexible packaging.

In addition to the spotlighted products, Archroma will showcase a diverse range of innovative solutions for barriers and functional chemicals, whiteness management, colorations, and other specialty products.

"We are excited to invite industry professionals, partners, and stakeholders to join us at PaperEx 2023. Archroma's presence at this prestigious event signifies our dedication to advancing sustainability and performance in the paper and packaging sector," said Sameer Singla, Divisional President CEO of PP&C a t Archroma.

Archroma invites you to join them at PaperEx 2023 to explore these innovations and engage in discussions about creating a brighter, more sustainable future for the paper and packaging industry.

Paper Ex 2023 will take place from December 6 th to 9 th, 2023 at the India Expo Centre in Delhi - NCR. You are invited to visit the Archroma team at Hall 15. Booth P40.

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For More Information: www.archroma.com



# Recycling Content TPE with various adhesion options



KRAIBURG TPE presents further more sustainable product solutions: Recycling Content TPE. Customers now have access to various compounds with significantly higher recycled content from post-industry and/or post-consumer waste streams across the

entire hardness range, i.e. also in the low ShA range. The new compounds also provide adhesion options to PA, PC/ABS or PP. The TPE manufacturer from Waldkraiburg, Germany, is thus responding to the growing demand and is supplying ready-to-use solutions.

KRAIBURG TPE, a global manufacturer of custom-engineered TPEs, announces the launch of its latest product line. These solutions expand the group of THERMOLAST® R compounds and make it possible to use a high percentage of recycled materials. In comparison to the already established products, up to 70% can be achieved even in materials with low Shore A hardness. They are an important milestone in the development of innovative compounds with adhesion properties. The launch is KRAIBURG TPE's response to the increasing market demand for more environmentally friendly materials with a proportion of post-industrial and/or post-consumer recycled materials (PIR, PCR). Recycling Content TPEs are consistent with customers' sustainability vision and support customers in achieving their own sustainability targets.



The new high-performance compounds are specially tailored to meet the requirements of different industries and market segments and allow adhesion to PA, PC/ABS or PP. This combination of properties for single, two-component or multi component parts combined with high proportions of recycled material of up to 79% is completely new in KRAIBURG TPE's product range.

An overview of the new thermoplastic elastomers (TPEs):

**Recycling Content TPE with adhesion to PA** is the first TPE worldwide with a proportion of PCR and PIR materials of 43 to 60% depending on their hardness. It can be used for a large number of applications for two-component parts with adhesion to PA. Different hardnesses ranging from 40 to 90 Shore A are available.

Recycling Content TPE with adhesion to PC and ABS has a proportion of post-industrial and post-consumer recycled materials between 42 and 54% depending on the hardness required. It is suitable for a wide range of multicomponent parts that require adhesion to ABS and PC or other technical thermoplastics. Different hardnesses ranging from 40 to 70 Shore A are available.

**Second-generation Universal PCR TPE** is available with a proportion of recycled materials of up to 79%. These materials provide a wide variety of possible uses for applications that require adhesion to PP. The materials are available in a wide hardness range from 30 to 90 Shore A and, with their high proportion of sustainable materials, they are a further development of the Universal PCR compounds launched in 2022.

In addition, the compounds provide reliable quality, are immediately available and can be colored: All new TPEs are available in natural colors and can be colored in many different ways depending on customers' wishes and requirements. This excellent coloring also allows maximum flexibility in design.

The latest recycling solutions with adhesion provide processing companies with comprehensive options to meet industry's and consumers' changing requirements. KRAIBURG TPE's Recycling Content TPEs are intended in particular for product designers, product engineers and product managers in industry market segments that focus on power tools, electrics and electronics (E&E). In the consumer segment, various usage scenarios for household applications as well as sports and leisure applications can be implemented. In general, these applications comprise handles and damping elements.

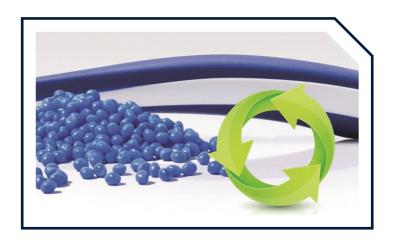




"With Recycling Content TPEs, we are making a contribution to achieving ambitious sustainability targets for products of high technical quality. Sustainability is a core competency of KRAIBURG TPE and with these new compounds, we are closing recycling loops and acknowledge our responsibility towards the environment and future generations," summarizes Eugen Andert, Project Manager Advance Development at KRAIBURG TPE.

The positioning of the compounds in the market is focusing on sustainability and saving resources. Using these compounds will help customers to effectively reduce the carbon footprint of their final products, while ensuring durable solutions. Due to the chemical structure of the compounds, KRAIBURG TPE stands out from the market and combines performance with the concept of sustainability. This new product series is available immediately.

For more information: www.kraiburg-tpe.com









# Sustainability meets efficiency: Sentrex chooses Mondi's Advantage StretchWrap for pallet wrapping



- Mondi is introducing paper stretch wrap for Sentrex's pallets of paper bags, replacing unnecessary plastic.
- Puncture proof, breathable and strong, Advantage StretchWrap is used on EW Technology's automated machinery to wrap pallets.
- The transition to a renewable material leads to a more efficient wrapping process and simplified logistics.

Mondi, a global leader in packaging and paper, has introduced its Advantage StretchWrap, a paper wrapping solution that replaces plastic stretch film and enables a more efficient logistics process, to Sentrex, a European manufacturer of paper bags.

Advantage StretchWrap is a fully recyclable kraft paper that is made from responsibly sourced materials. Mondi developed it to stretch and resist punctures, making it ideal for replacing the plastic stretch film that has traditionally been used for pallet

wrapping and transportation. Advantage StretchWrap has 62% lower greenhouse gas (GHG) emissions when compared to virgin plastic stretch film, and 49% lower GHG emissions when compared to plastic film made with 50% recycled content, according to a peer-reviewed independent life cycle assessment.\*



By switching to Mondi's kraft paper solution and using EW Technology's fully automated machinery, Sentrex was able to increase efficiency in the wrapping process: The production of the paper bags requires a drying process to remove moisture from the bags before they can be wrapped in plastic stretch film, to avoid condensation within the packaging. Mondi's Advantage StretchWrap is breathable and can therefore be used to wrap and pack products immediately after paper bag production within one in-line process.

The larger dimensions of the Advantage StretchWrap reel mean that a new reel is only needed every 400-600 pallets compared to every 40-60 pallets for plastic wrapping. The paper solution can be used to wrap different shapes and sizes of pallets and cover the gap between the pallet and the product, providing good stability and safety during transportation.

Michał Nogielski, Technical Director at Sentrex says: "We are fully committed to using Mondi's paper wrapping solution at scale, as part of our ongoing commitment to seeking out and using the most sustainable business practices throughout our operation. The teamwork between ourselves, Mondi and EW Technology meant that the whole adaptation process was swift, and the new wrapping machines and reels are running so successfully that we are delighted to recommend this to our own customers, for instance for pallet wrapping dry food products such as flour and sugar."

Jan Murzyn, Business Development Manager Speciality Kraft & Functional Paper at Mondi, says: "This change means that Sentrex can wrap their products in more sustainable packaging, work towards a more circular system and make a positive contribution to the environment. Additionally, the packaging sequence is more efficient due to the possibility of wrapping the pallet immediately after production, without the need for seasoning the paper bags. The collaboration with Sentrex is as living proof that our Advantage StretchWrap solution is not limited to business-to-consumer applications but brings value to leading industry players in the business-to-business sector."

For more information about Advantage StretchWrap Mondi's free webinar recording is available here.

for more information: www.mondigroup.com





# INEOS Styrolution's sustainable NAS ® ECO selected cuts co 2 emissions by 93% in health care application

# INEOS STYROLUTION

The new ECO grade is made using renewable feedstock

Eco-inject, an innovative UK based solution provider for the healthcare industry [1], announced today that they have selected INEOS Styrolution's sustainable NAS ® ECO material for a new generation of single use autoinjectors.

The new Eco-inject solution has been specifically designed to meet the needs of a growing healthcare market, combining environmental sustainability with cost reduction. The new autoinjector line offers intuitive usability and versatility at lower cost; reduced plastic waste; and a housing case based on bioattributed polymers. It is available for 1ml or 2.25ml pre-filled syringes in a single device configuration.

The company has selected INEOS Styrolution's NAS  $\circledR$  ECO 21 BC70 for the housings of the new line.

NAS ECO 21 is a styrene acrylic copolymer that is ideally suited for applications demanding a strong, stiff, water-clear plastic resin with excellent thermal stability. NAS ECO is made using renewable feedstock, based on a mass balance process certified under ISCC PLUS. The grade offers properties such as transparency, high surface quality, and low density. The CFR (Carbon Footprint Reduction) of this grade is 93%.

John Palmer-Felgate, industrial designer with a career spanning more than two decades and founder of Eco-inject, says: "At Eco-inject, we focus on solutions that are both economic and ecofriendly. We are striving for sustainability and elegance while also reducing cost of goods. With INEOS Styrolution's sustainable ECO materials, we can achieve just that. Using bio-based plastics dramatically reduces the carbon footprint of autoinjector devices, allowing them to meet increasingly stringent healthcare sustainability criteria. This will allow consumers to continue to benefit from using these self-administered devices in their own homes".

Bernd Elbert, Business Development Manager ECO & Development at INEOS Styrolution, adds: "It is exciting to see the healthcare segment embracing our sustainable ECO materials. It is particularly inspiring to work with a company that shares similar values as INEOS Styrolution and is ready to explore new alternatives with a holistic approach addressing user needs and innovative design".

For more information: www.eco-inject.com







# Tackling global resource security with OQ's latest polymer innovations

# OQ

- OQ to showcase latest polymer portfolio innovations at Arabplast 2023 in Hall 4/C110
- New additions to the OQ Luban polypropylene impact copolymer (ICP) portfolio as well as a new LLDPE Rotomoulding offering OQ Luban LL8446.21 will be launched to customers by the end of 2023.
- The OQ Luban ICP solutions increase the world's ability to combat food waste by enabling the production of cost-effective primary and secondary packaging including industrial pails, and food containers.
- OQ Luban LL8446.21 is the latest LLDPE Rotomoulding grade used to make water tanks, a critical tool to help preserve, distribute, and consume water.

Headquartered in Oman, OQ stands out for its diverse expertise as an energy transition enabler across various markets. Excelling in polypropylene (PP) and polyethylene (PE), catering to both flexible and rigid packaging solutions, OQ has announced two major product launches designed to solve industry challenges and provide key sustainability benefits.

First is the OQ Luban polypropylene impact copolymer portfolio, introducing Luban EP 2340L, EP 2340P, and EP 2348R, which underwent initial proving in 2022 and are set for a full launch in Q4 2023. These grades, along with the upcoming Luban EP 2348S and EP 2348T are scheduled for launch in the same quarter. These products provide solutions covering a broad range of applications, including thin-walled packaging, appliances, automotive parts, and consumer goods, industrial, containers, crates, batteries, and beyond.

Alongside this, OQ is also launching Luban LL8446.21 – a new LLDPE Rotomoulding solution. Designed to enable safe, clean, and reliable storage and transportation of water and other liquids, it has multiple applications, including water tanks, chemical containers, pallets, traffic barriers, air conditioning enclosures and refuse bins.

# **Enhancing food security and protecting water scarcity**

These new solutions will help industries around the world to tackle some of the most pressing global challenges.

According to the United Nations, around 30% of the food that is produced fails to be consumed, a huge waste issue that is hindering opportunities for socioeconomic development in regions where food security is a major concern.

OQ's polymer solutions, including the polypropylene ICP series, play a crucial role in empowering food producers with the necessary tools they require to address the food security challenge, as well as making it possible for end users to participate in the solution by not only effectively preserving their food during consumption, but also whilst it is on its journey through the value chain from field to table.

Through these solutions, OQ is contributing to the vital aspects of food safety, security, mitigation of food shortages, and the promotion of circularity within the food industry.

In tandem, OQ's new LLDPE Rotomoulding grade Luban LL8446.21 will help to enhance water security at the point where it is consumed, especially in regions which are undergoing both rural development as well as rapid urbanization — situations which are likely to lead to water scarcity. This focused solution plays a pivotal role in enhancing water security by serving as a key component in the water distribution value chain, including water tanks and pipes, enabling the safe, clean, and reliable transportation and storage of water in both urban and rural areas. This underscores the increasing importance of such advancements in polymer technology, aligning with the rising demand for efficient water management solutions worldwide.







# No compromise on quality

OQ's solutions are positioned to create a meaningful impact, driven by their high quality, array of beneficial properties and rapid ability to produce at scale.

# For the IPC portfolio, key benefits and features include

**Enhanced flowability:** Helps to reduce energy input and lowers processing temperatures, resulting in cost and energy savings. Moreover, it allows for greater design freedom by enabling thinner walls to be achieved, reducing both weight and cost.

**Reduced warpage:** Allowing for faster cycle times during processing as well as efficiency during filling and stacking.

**Dimensional consistency:** Ensures product dimensional stability during use including during hot fill applications and stacking as well as reheating in the case of food savers.

**Improved stiffness and toughness balance:** Allowing for application versatility providing operational efficiency and cost savings during production whilst maintaining functionality during the full value chain including meeting storage and transportation requirements.

OQ Luban ICP solutions are designed around performance in an application. An example is Luban EP2340L, a perfect solution for crates and boxes due to its balance of very high impact and stiffness properties. Luban EP2348R, thanks to its good impact and stiffness, is the ideal grade to produce food containers and light weight pales. Luban EP2348T, meanwhile, due to its high flow, stiffness and low temperature impact is suited for thinwalled packaging solutions in food applications requiring refrigeration or freezing.

Trevor Robinson, Adviser, Polymer Marketing commented: "Our grade range is carefully crafted to provide comprehensive solutions across the thin-wall rigid packaging value chain, catering to both industrial and consumer thin-walled applications. Our focus goes beyond providing just the right grade for the application and extends to offering holistic solutions backed by services tailored to meet our customers' specific needs. This enables the customers to innovate in the value chain keeping up with market trends, reducing reliance on imports."

Oq's LLDPE Rotomoulding grade Luban LL8446.21 is ideally suited for water tanks thanks to its excellent durability, processability and UV stabilization – the polymer design and resulting property balance including excellent ESCR and deformation under load ensures superior performance in the field.

In terms of design versatility, convertors can produce a range of roto-molded products with Luban LL8446.21 including for a wide range of water tank sizes, from the smallest models all the way up to 10,000 liters. The Luban LL8446.21 grade is also designed to offer excellent processability including a faster grinding rate. LLDPE roto-molding value chain solutions in addition, provide more cost effective and sustainable solutions over the service lifespan compared to the traditional alternatives such as GRP metal, and concrete.

Trevor added: "In addition to offering top quality grades designed for purpose polyolefin solutions, OQ aims to provide best-inclass customer service to match. The OQ team is dedicated to assisting customers from the very start of our interaction in firstly selecting the right solutions that match their requirements. As we guide customers through field trials and commercial processes, we quickly learn their pain points, needs and requirements. Our goal is to demonstrate value that supports the customer's needs."

To learn more about OQ's Luban Polypropylene ICP portfolio and the LLDPE Rotomoulding grade Luban LL8446.21, visit OQ's booth in Hall 4/C110 at Arabplast 2023 and follow along here.

For more information: www.og.com





# Al-powered plastic sorting project led by Recycleye, Valorplast, and TotalEnergies delivers world first towards food-grade polypropylene mechanical recycling



Collaborative research project OMNI directed by Recycleye, Valorplast, and TotalEnergies to enhance the circularity of polypropylene (PP) food packaging led to ground-breaking results. The new technology based on Artificial Intelligence (AI) and computer vision, coupled with an efficient decontamination process, provides a high-performing marketable solution to tackle the challenge of mechanically recycling polypropylene for food-contact applications.

Project OMNI is an innovative project aiming to leverage AI and Machine Learning for the identification and separation of food-grade PP from household post-consumer wastes. It is one of the 7 projects successfully selected in October 2020 by Citeo, a mission-led company reducing the environmental impacts of household packaging and paper, in the framework of a call for projects.

After 18 months of research, Project OMNI led to an alternative to digital and physical marking solutions which require system-wide packaging changes. In a demonstration unit, Recycleye built and trained an Al model based on wastes collected from 5 locations across France supplied and characterized by Valorplast. The Al and robotic sorting achieved a successful pick rate of 50% of the food-grade material, with >95% purity. This sorting activity produced material used for further decontamination on a semi-industrial pilot based on off-the-shelf mechanical recycling technologies. TotalEnergies then leveraged its polymer expertise to produce odorless, clean rPP suitable for high-end packaging applications.

The novel developed process has demonstrated the efficient decontamination of food-grade PP waste sorted by Al and computer vision and opens new opportunities for circularity of polypropylene packaging.

Nathalie Brunelle, Senior Vice President, Polymers at TotalEnergies, said: "This project not only demonstrates how cutting-edge technology can improve material circularity, but also paves the way for a wider range of accessible applications for recycled polymers to serve our customers. It provides a concrete response to the challenge of managing end-of-life plastics, and fully supports our ambition of reaching 1 million tons of circular polymers".

**Victor Dewulf, CEO of Recycleye** added "We are extremely excited to see this successful application of our robust Alpowered sorting technology at a semi-industrial scale. This application opens the possibility of creating new markets for recycled plastics materials; ultimately changing the economics of recycling".

"Being able to recycle food-grade PP is a key factor in the establishment of a circular economy for PP packaging. Al is a promising route for achieving this objective" commented **Alban Cotard**, **Sales Quality and Development Manager at Valorplast**.



For more information: www.totalenergies.com





# With Best Compliments

# PLASTIC PROCESSORS ( GUJ.) ASSOCIATION VADODARA





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Plastic are safe & Hygienic Medium for Packaging Food & Food Products for a Global Market Penetration

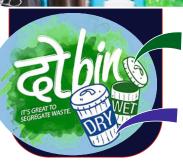
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Plastic is Not Bad
Our Habits are Bad.



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- Use Two Bins One for Wet Waste,
   One For Dry Waste



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(Can be Composted into manure)

Plastic, Metals, Paper ...... (Can be Recycled into useful products.)

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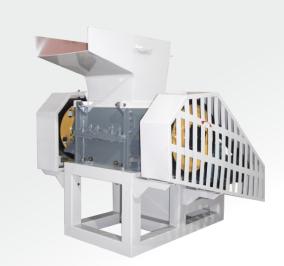
















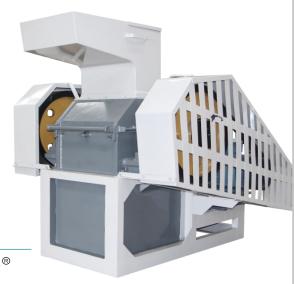


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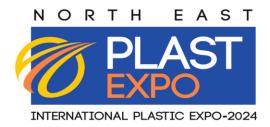


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SEPTEMBER, 2024



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# PLASTFOCUS 2024 Fostering Collaborative Exhibition Experiences

# Providing New Facilities and Unique Propositions for Distinctive Buyer-Seller Benefits

"PLASTFOCUS 2024 is being organised at a brand new venue with several new facilities, making them some of the most attractive propositions of this year's edition. We are planning to facilitate a unique match-making feature for buyers and sellers. Through this, we will pair a genuine buyer with an exhibitor well in advance so that they both know what to expect and how to approach things further," says Cyril Pereira, in dialogue with POLYMERS Communiqué.

# Q. A veteran in the exhibitions arena, what are your views on the current business scenario with relevance to the Indian plastics industry, particularly about exhibitions that act like a shot in the arm for boosting business growth?

The industry is in a very positive and energetic state right now, especially since it is making a comeback after a short lull. Almost every sector has witnessed a lot of growth and opportunities, and all these sectors have shown a lot of potential to meet the rising demand. So, the industry is currently doing really well. This is also true for the exhibition industry as more and more companies are coming forward to participate in exhibitions. All these companies are willing to go live on the floor, showcasing their technology, offerings, updates etc. And this has happened as companies have understood the importance of such exhibitions. They feel it is the right platform to not only exhibit their offerings, but also interact and build relations with peers.

Increased participation and genuine visitors enable organisers a chance to pick and choose the participants. It helps in scaling up the quality standards of the exhibition, which eventually helps the industry to grow.

# Q. You have had a long-standing association with the plastics industry. Are there any trends that excite you?

We have always felt that in-person exhibitions have a charm of their own. During the COVID-19 pandemic, we organised virtual exhibitions just so that the continuity was maintained and companies could showcase their innovations. However, doing a physical exhibition is a lot better as you meet people in person and there is a stronger human connection in such events. And

this fact has been reinforced after COVID. If we look at the kind of exhibitions we had before the pandemic and the kind of participation we see now, there is a noticeable difference. People are more enthusiastic about such physical events as they provide a much better opportunity to connect with people and witness things that are on display. It also aids in better decision-making.

So, the trend of physical events and in-person meets is coming back. People like in-person communication as it helps in knowing each other's ideas and capabilities better. The numbers have also increased exponentially. We see a lot more participation and a lot more companies willing to be part of our exhibitions. Even the visitor numbers have increased. Post-COVID, we feared that things would never return to normal. However, the response has been phenomenal and the energy and enthusiasm in participants as well as the visitors is even higher than it was before COVID.

# Q. With just about five months to go for PLASTFOCUS 2024, please share the progress card on all areas and your views on that?

For us, the real success of an exhibition is when the right kind of exhibitors and visitors come and there is a harmonious marriage of buyers and sellers. Merely having a house full of exhibitors or a large number of visitors is not success for us. So, we always ensure that we bring in quality visitors for the exhibition. To ensure that happens, we have organised several road shows so that we can create the right awareness amongst the visitors. Additionally, we also participate in several national and international exhibitions to connect with the right people. We also ensure that we partake in industry-related conferences, put up stalls there and create awareness about PLASTFOCUS.

We also make use of digital marketing as that's the way to go. That apart, we also do a lot of industry-specific marketing at various plastic industry-related events so that we can create more awareness about PLASTFOCUS in a more targeted manner.





# Q. Venue selection is pivotal for the success of any trade exposition. Please share some highlights about the India International Convention and Expo Centre (IICC), Dwarka, New Delhi. Any important milestones that you wish to share?

We always keep our eyes and ears open so that we are in a position to take advantage of anything that is new or beneficial for us. So, when we came to know about IICC, we were amongst the first ones to consider that place and plan on how we could make the best use of that space. Every other venue in India comes with a height restriction. And even though a few venues provide suitable heights, they come with their own limitations. However, what makes IICC, Dwarka special is that all the halls are of similar height and no matter where you put up your installation, you will get a clear height of 15 metres, which is not available anywhere in India. So, being the exhibition partners for the plastic industry, we needed this clear height space, which was the first thing that excited us about this yenue.

This exhibition centre has been built by the exhibition organisers in partnership with the Government of India. So, they know exactly what is required to hold an international-level exhibition. That's why this venue has every possible feature and facility including power, compressed air, running water connection etc. provided at the venue itself.

It is also very well connected. The metro comes right inside the venue, making it very easy to reach the venue from the airport. The roads connecting the exhibition centre are very well made and there is a 9-lane expressway coming up to ensure even better connectivity. Various other developments are happening around the centre.

So, looking at the convenience of every exhibitor, we chose this venue as it provides every facility possible. Whether it's parking, registration, connectivity with the venue, accommodation, food and beverages facilities, everything is well-defined and built to suit exhibitions like ours.

# Q. Any upcoming demands from trade shows that organisers must keep up to?

Time is the essence of exhibitions. We work for more than a year to organise an exhibition and it is over within 4 - 5 days. So, you can't afford to lose even a single minute during or just before the exhibition. Some of the biggest challenges we face are putting things together and then dismantling everything once the exhibition is over. This time, there are going to be several live factories which will need to be put together within a certain period of time. And it is going to be a tough challenge. At a lot of venues, setting up the stalls or factories and dismantling them is

a huge challenge due to lack of proper facilities and support structure. However, we are ensuring that we give maximum benefits to the exhibitors within our time limitations.

One of the primary reasons for organising an exhibition is to ensure that a lot of deals happen between buyers and sellers. And to facilitate that, we ensure a conducive environment. One of the biggest demands from both buyers and sellers is to exhibit and see machines live so that they know exactly how they function, and as mentioned, there are going to be several of them this time. This is a huge demand we need to fulfill to ensure that more and more deals happen. We are diligently undertaking every conceivable measure to ensure that we fulfill this demand in the most optimal way.

# Q. Are there any highlights about PLASTFOCUS 2024 that you think the industry might not know?

Firstly, a brand new venue with several new facilities is the most attractive proposition this time.

Secondly, we are planning to facilitate a unique match-making feature for buyers and sellers. Through this, we will pair a genuine buyer with an exhibitor well in advance so that they both know what to expect and how to approach things further. This is one practice we wish to inculcate in our future editions as well.

Additionally, we are also working on developing a mobile app for the exhibition that provides a complete live experience for the visitors so that they can easily go where they wish to and have all the right information beforehand.

# Q. What are some new initiatives embarked on by PMMAI or Triune that may enhance stakeholder delight?

To start with, we plan to organise PLASTFOCUS in Delhi and Plastasia in Bengaluru once every three years with a suitable gap between these exhibitions. The idea behind organising Plastasia in the South is to ensure increased participation from industry players from that region as well.

As regards PLASTFOCUS, one of the highlights of the exhibition will be the Recycling Pavilion, which will emphasise the importance of recycling and how the industry is working towards this cause. Additionally, we will also be providing a special pavilion for start-ups in the plastics industry that will showcase the latest technology and innovation, and how these factors can have a long-lasting impact on the industry. These are surely going to be two of our main impact factors that will not only highlight what the industry is doing towards sustainability, but also how it is supporting evolving businesses through tech innovation and more.



# The India Circular Economy Story, How Do We Go From Here



Sameer Joshi Ph. D joshisameera@gmail.com

# India's circular economy likely to touch \$2 trillion by 2050

Recently, one of India's major trade associations unveiled a roadmap to the National Circular Economy Framework. In it, CII and other industry players' pitch for the establishment of a new agency – National Circular Economy Authority (NCEA) – which can implement the national Circular Economy strategy, coordinate the activities of different industries, agencies, and reform the regulations, and so on.

By 2050, India's circular economy is likely to be valued at \$2 trillion. This is expected to create close to 10 million jobs by 2050, stated CII in its 'National Circular Economy Framework' (NCEF).

A roadmap to National Circular Economy Framework was In it, CII and other industry players pitch for establishment of a new agency – National Circular Economy Authority (NCEA) – which can implement the national Circular Economy strategy, coordinate the activities of different industries and agencies, reform the regulations and so on.

The roadmap stated, NCEF can help reduce reliance on imported resources; decouple economic growth from resource consumption; reduce resource consumption and pollution; enhance resource security; reduce costs and improve competitiveness; attract investments and more.

It highlighted Indian states like Maharashtra, Gujarat, Tamil Nadu, Karnataka, Andhra Pradesh, Telangana, Haryana, Rajasthan, Uttar Pradesh, Madhya Pradesh and West Bengal offer significant opportunities for large-scale Circular Economy.

The focus areas of the roadmap include plastics, construction materials, electronic goods, mixed municipal waste – dry and wet among others.



# **Sharang Ambadkar**

It is estimated that waste management in India is potentially a \$15 billion industry. Out of the entire waste produced in India, 25% are dry waste components that can be recycled, the roadmap stated.

Mr Masood Mallick, Chairman, CII Task Force on Waste to Worth 2023 told CNBC-TV18, "There is no more space for waste. We cannot create any more landfills. There is a need for more recycling. Unfortunately, India's circularity score is below 10 percent."

He added India needs to achieve more. As of 2021, India's formal recycling rate in India is estimated at 10-20% and the formal recovery rate in India is estimated at 80-95%.

India, like many countries, has been working to improve the recycling and recovery rates...Urban areas in India produce approximately 42.0 million tons of municipal solid waste on an annual basis, equivalent to 1.15 lakh metric tons per day (TPD)."

This number is expected to rise further. So, he said, it is critical to ensure the value of waste is not lost.

The framework stated India's focussed approach can help India reduce carbon emission by 50%. The framework stated despite the challenges, the transition to a Circular Economy is well underway.

While several businesses and governments are already implementing Circular Economy principles, a well-defined National Circular Economy Framework is essential to accelerate this transition. It also highlights transitional challenges like lack of awareness, infrastructure and investment and regulatory barriers.





8th International Plastics, Rubber, Petrochemicals, Chemicals, Fertilizers, Plastics Recycling, Printing and Packaging Industry Exhibition & Conference 2024







2025	2030	2035
<ul> <li>Government and corporates have recycling and sorting infrastructure in place.</li> <li>A National Expo of Technologies is held to promote the Make in India Campaign.</li> </ul>	<ul> <li>Recycling capacity grows to 18.8 Mt on the back of new technologies and consumer forums.</li> <li>A zero landfill target for certain plastic types is set.</li> <li>A healthy pipeline and regular funding for recycling /upcycling technologies in place.</li> <li>Digitalisation of the flow chain of polymers is mandatory.</li> </ul>	<ul> <li>Recycling capacity grows to 35.2 Mt.</li> <li>Secondary plastics are now valued for industrial applications.</li> <li>Digital product certification and traceability from cradle to grave in place.</li> </ul>

# Agents for a circular economy

The Roadmap has identified a number of key stakeholders who can take ownership of the Roadmap to drive India's drives towards a circular economy for plastics.

- NITI Aayog can coordinate with various ministries to streamline policy development and implementation.
- Plastic and plastic product manufacturers can collaborate with the government as part of their Environmental-Social-Governance (ESG) strategy and leadership.
- The Ministry of Environment, Forest and Climate Change, and the Central Pollution Control Board can prepare and promote manuals and codes to revolutionise plastic waste management.
- Atmanirbhar Bharat (Self-Reliant India), Smart Cities and Swacch bharat abhiyaan (Clean India), and the Ministry of Housing and Urban Affairs can implement these policies and codes, as the ministries with primary responsibility for their objectives.
- The Central Pollution Control Board promotes targets, while the State Boards along with the environment departments of state governments and local authorities proactively engage with producers, distributors, users, etc for better compliance.
- The Bureau of Indian Standards under the Ministry of Consumer Affairs, Food, and Public Distribution can promote innovations in technology and in circular business models that address the gaps and barriers to the circular economy

**By 2025** Commercial viability Direct manageable capital from government and CSR funds towards start-ups and firms at next-stage commercialization. Use incentives to preference circular economy businesses. Develop markets for high-quality secondary material, with government agencies and sustainable corporations seizing the opportunity to 'buy recycled'.

# By 2030

- A compendium of commercially proven technological solutions is available.
- Waste exchange platforms and marketplaces are highly active.
- Public-privatecommunity partnerships for innovation are active.
- New credit facilities for circular business models are available.
- Fiscal and tax incentives and public procurement policies for circular businesses are in place.
- Standards, certification, and verification for recycled plastics and secondary products are established.
- Credit products and peer-to-peer lending for the informal waste sector are available.

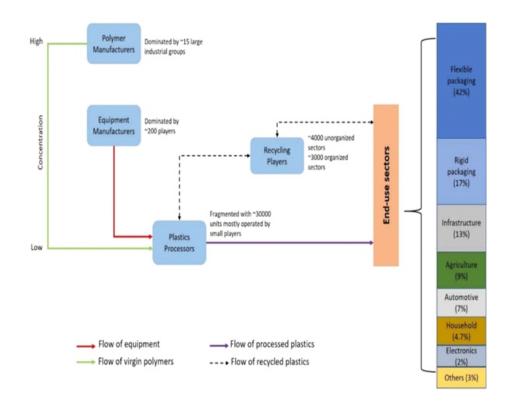
# By 2035

• An effective, technology-based waste management system is Collaborative production/design for circularity Reduce virgin materials and design for circularity throughout the value chain. Design to minimize material, and avoid low-value, multi-material composites and hard-to-abate plastics. Substitute virgin plastics with recycled and alternative materials. Manufacture efficiently,

The circular economy is the way ahead for better plastics, better plastic waste management, and a better planet.









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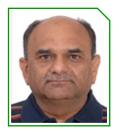
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# 7 Fool-Proof Strategies To Raise Work Ethics In The Workplace Which Nobody Talks About



Sanat Shah

Plastics Project & Recycling Consultant
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Email. - sanat.1957@gmail.com

Do you know what sets a motivated employee apart from an unmotivated one? It is their level of engagement! And, to build that level of engagement, a company must first examine the work ethic of their teams.

When teams have a strong work ethic, they require less supervision and can take on more responsibility. This, in turn, allows executives to focus on more complex matters and frees up their time.

So, how can businesses encourage a more ethical approach? Here is the compilation from 15 experts who share their wisdom on how companies can help their teams develop a stronger work ethic. Keep reading to learn more!

Sure, here's a rewrite of the text that aims to be more engaging:

### Illustrate The Definition Of Work Ethic



Do you want to develop a strong work ethic among your team? If so, you need to start by defining what "work ethic" means in your organization. Make it actionable and ensure everyone knows what it looks like in practice. But it's not just about words - you need to lead by example and inspire your team to follow suit.

# **Quality Communication Matters**

One way to do this is by aligning their work with organizational goals. When employees see how their projects contribute to the company's objectives, they're more likely to be engaged and motivated. So, communicate regularly with your team and show them how valuable they are.

# Three Factors Help To Build An Authentic Connection

Another key factor is involvement, accountability, and recognition. Encourage your employees to take part in the creative planning processes, treat everyone equally, and praise good work publicly while providing constructive feedback privately. And don't forget gratitude - expressing genuine appreciation for your team's contributions can go a long way.

### **Understand The Power Of "WHY"**

To truly inspire a strong work ethic, start with the "why" of the work. Connect each task to the broader purpose and goals of the team or company. This will help employees feel more invested, committed, and motivated to perform.

# **Honesty Considered The Best Policy**

And remember, leadership is about drive, vision, and trust. If you want your team to follow your lead, be honest and open with them. Create a sense of inclusiveness and ownership, set clear expectations, and ensure effective communication. Speak to employees the way they need to be spoken to, and make sure you walk the talk.

Walk your talk. A leader who focuses on contributing to the effort with sweat equity and who navigates hard work without overwork conveys important messages such as: "It takes all of us to do great things together. I do my part. We've got this. I have a life and I want you to, as well!"





# **Tap Into What People Aspire To**

Motivation is fleeting. Tap into what people aspire to. Know the value and contribution they want to make to the job or the company and find unique ways to acknowledge them and give them more accountability on what they aspire to contribute. Make sure you have a clear purpose and that people are aligned with it, and know their role in making it happen. Create a culture that accelerates them.

# Self-discipline Is The Key Of Achieving Tasks

To be reliable, independent, and productive in the workplace, you need self-discipline. We all have periods and phases where we are less productive and more procrastinate. Therefore, self-discipline is the process of understanding how we perform, including knowing our work rhythms and where we can measure our capabilities to push forward. Self-discipline is the skill that will allow you to represent yourself to co-workers and bosses.

By evolving self-discipline includes self-control, as well as how to maintain and manage your energy and emotions. Think about what tasks make you feel like fun (boosts your energy) and what tasks look arduous to do (drain your energy). The concept is quite simple, do what makes you happy, what lightens your mind, and encourage you to do more by making and learning every single day.

The greatest impact on the company, what tasks will help you reach your goals, and what tasks are below the top priorities. Instead of being perplexed find the right way to use your energy to achieve the goals.

When evaluating the tasks that are harder for you to accomplish, consider making some simple tweaks to optimize your energy—such as collaborating with a co-worker or giving yourself a reward when they're completed.

## **Unbiased Work Environment**

Last but not least, no matter where you belong, where your color and size are, or what your trait is, you work your only identity. This is the utmost thing that exists in your place. Your efforts, ideas, or standpoints make you different from others.

By following these tips, you can create a vibrant culture that embraces accountability, communication, and a strong work ethic.

# EXHIBITION DETAIL

NAME OF EXHIBITION	VENUE	DATE
PLAST FOCUS-2024	IICC-Dwarka- New delhi	1-5 Feb-2024
PLASTECH EXPO	Daman	15-17 Feb-2024
INTRAPAC INDIA-2024	IICC-Dwarka- New delhi	14-16 March-2024
Chinaplas-2024	Shanghai	20-24 April-2024
KPLEX-2024	Bengaluare-2024	26-29 April-2024
BIO FUEL EXPO-2024	Noida ( U.P. )	5 - 7 June-2024
OMAN PLAST	OMAN	15 - 17 October-2024
PLEXCONNECT 2024	Nesco ( mumbai)	5 - 7 June-2024
P3 PLASTIC-PACKAGING-PRINTING-2024	Hyderabad-2024	9-12 August-2024
PLAST EXPO	Guwahati, Assam	13-16 September-2024
16TH PRINTPACK INDIA-2025	Greater Noida, delhi	1-5 Feb-2025
PLAST INDIA	Delhi	2026 February
PLASTIVISION-2027	Mumbai	21-25 January-2027





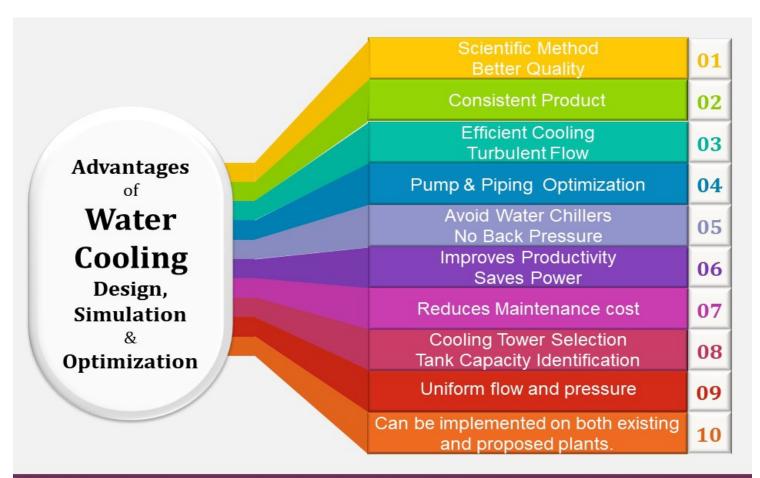




# **Mayur Shah**

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Productivity is key to survival in any industry, including plastic processing. In this industry, cooling plays a crucial role in determining productivity. However, it is disheartening to note that the cooling network is often left unattended, leading to suboptimal cooling systems and decreased productivity. It is time to implement a scientific approach to cooling system design, simulation, and optimization. This will lead to increased productivity and higher-quality products. Let's work together to create efficient and cost-effective cooling systems, ensuring the success of the plastic processing industry.



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# પ્લાસ્ટીક એજ મિત્ર



BHUMI DESA

પ્લાસ્ટીકની થેલી બ્લોઈંગ પ્રોસેસથી બનાવાય છે. જ્યારે પણ આપણે પ્લાસ્ટીક શબ્દ સાંભળીએ ત્યારે મગજમાં એક જ પ્રશ્ન ઉદ્ભવે કે શું પ્લાસ્ટીકથી પર્ચાવરણને નુકશાન થાય છે ? પરંતુ દરેક વસ્તુના બે પાસા હોય છે. (૧) સારા (૨) ખરાબ. જેવી રીતે તમે ખરાબ પાસા એટલે કે પ્લાસ્ટીકથી નુકશાન થાય તે સાંભળો છો પણ એવું વિચાર્યું કે તેનાથી આપણે કેટલો બધો લાભ થાચ છે. પ્લાસ્ટીકને શાપરૂપ માનશો નહી એ તમારો મિત્ર પણ બની શકે છે. દનિયામાં પ્લાસ્ટીકનો માથાદીઠ વપરાશ સૌથી ઓછો ભારતમાં છે. ભારત સરકાર હવે માથાદીઠ પ્લાસ્ટીકનું વપરાસનું પ્રમાણ વધારવા માંગે છે. હાલમાં પ્લાસ્ટીકનો વપરાશ માથાદીઠ ૧૨ કિલોનો છે. પરંતુ આગળના વર્ષમાં તેનું લક્ષ્યાંક વધારવા માંગે છે. ભારતામાં પેટ્રોકેમિકલ્સ ઈન્ડસ્ટ્રીઝનું ભાવિ ઉજજવળ છે અને હજી વિકાસની તકો રહેલી છે. દહેજમાં ભરતમાં સૌથી મોટ્ર પેટ્રોકેમીકલ્સ કોમ્રૉપલેક્ષ

ઉભુ કરવાનું કામ અંતિમ તબક્કાઓમાં છે. અમુક જણે તો કે.કે. પોલીબ્લેન્ડ નામનું રી-સાઈકલ થઈ શકે તેવું પ્લાસ્ટીક બનાવ્યું. સંસ્થાનો પારંભ કર્યોં જેમાં પ્લાસ્ટીક રી-સાઈકલ થાય. જ્યારે બુહદ મહાનગરપાલીકાએ આ પ્લાસ્ટીકનો ઉપયોગથી રોડ તૈયાર કર્યો. ઉપયોગ : પ્લાસ્ટીકને રી-સાઈકલ કરીને ફરીથી પ્લાસ્ટીક બનાવતા ૯૦% ટકા જેટલી વીજળી ઓછી વપરાચ છે. પ્રોસેસમાં પાણીનો ઉપયોગ બીલફલ થતો નથી, વારવાર ત્રીસથી વધુવાર રીસાઈકલીગ કરી ફરી વાપરીથ શકાચ છે. પ્લાસ્ટીક પર પ્રતિબંધ મૂકવો કે ના મૂકવો ? પ્લાસ્ટીક પર પ્રતિબંધ મૂકવો એ જ માત્ર ઉપાય નથી કારણ કે એમ કરવા જતાં પ્લાસ્ટીકને બદલે કાગળો અને કપડા નો વપરાશ વધશે અને તેને પરિણામે વૃક્ષોનો નાશ થશે. વળી, આ પ્રકારના પ્લાસ્ટીકથી નુકશાન થવાની સંભાવના ઓછી છે. તેને રી-સાઈકલ કરીને એ પ્લાસ્ટીકની આવરદા લંભાવી શકાય છે. પ્રતિબંધ મૂકવા કરતાં તેને રિ-સાઈકલ કરીને તેનો ઉપયોગ વધારીને જંગલોનો નાશ અટકાવી શકાય છે. દુનિયા ભરના તમામ પ્રગતિશીલ દેશો એટલેજ પ્લાસ્ટીકનો માથાદીઠ વધુને વધુ વપરાશ કરી પર્ચાવરણનું ખરા અર્થમાં જતન કરવુ. Email: bhumidesai6394@gmail.com

# સામાજીક સંદેશ

માનવી સામાજીક પ્રાણી છે અને સમાજનું એક અંગ છે. સમાજમાં સહારા વિના એનુ જીવન અસંભવિત છે. જયારે માનવી જાણ્યે કે અજાણ્યે સમાજનો સભ્ય બને ત્યારે સમાજ પ્રત્યે એની જવાબદારી અને ફરજનિષ્ઠાની ભાવના પ્રતિપાદિત થાય છે. જેમ માનવીને સમાજનો સહારો છે તેમ સમાજ પણ એકલ-દોકત વ્યક્તિથી સંભવિત નથી. આ રીતે માનવી અને સમાજ એકબીજા પૂરક અંગ હોય, બંન્નેની એક બીજા પ્રત્યે સાચી ભાવના, નિષ્ઠા અને પ્રમાણિક વ્યવહાર આશ્યક છે. આ સંજોગોમાં સમાજના સભ્ય માનવીની સમાજ પ્રત્યે કરજ વધી જાય છે અને સમાજના ઉત્કર્ષ કે ઉન્નતિ માટે એણે તન,મન, ઘનથી સાથ અપવો જરૂરી છે. તનનો સહકાર એટલે જે સમાજમાં એ રહે છે એની ઉન્નતિ માટે યોગ્ય સમય ફાળવી સમાજોપયોગી કામો કરવા. મનનો સહકાર એટલે હંનેશા સમાજની પ્રગતિ માટેનું ધ્યેય કે વિચારો રાખવા અને એમાં પોતાના જેવા વિચાર વાળા બીજા સભ્યોને પણ ભાગ લેતા કરવા. ધનનો સદકાર એટલે કોઈ પણ સમાજ કે સંસ્થાના સંચાલન માટે જરૂરી ટીપે ટીપે કરતાં મોટું સરોવર ભરાય અને એક વ્યક્તિ પર વધું બોજ ન આવે તથા સમાજ આર્થિક રીતે જેટલો સદ્ભર હોય અટલો એ સમાજના સભ્યો માટે સહાયક પ્રવૃત્તિનું વિચીરી શકે.

આ રીતે સમાજના દરેક સભ્યની કરજ છે કે સમાજની ઉન્નતિ-પ્રગતિ માટે યથાયોગ્ય પ્રમાણિક રીતે સાથ સહકાર કે ફાળો આપે. સમાજનું ઉત્થાન તેના કર્મક કર્મ-નિષ્ઠ કાર્ચ પર જ અવલંબે છે. અને જેમ કોઈ કારખાનું કે સંસ્થામાં કામ કરનાર માણસની પ્રગતિ કારખાનાવી તે સંસ્થાની પ્રગતિ પર અવલંબે છે. (જો કર્મચારી કામ ન કરે તો ફર્મ બંધ થઈ જાય અને એની રોજી-રોટી ઝુંટવાઈ જાય) એમ સમાજમાં કાર્યકર્તાઓ કંઈ જ ન કરે તો સંસ્થા ચાલે નિર્દ અને કોઈ સમાજોપયોગી કામ થાય નિર્દ અહીં સમાજની પ્રગતિ સાથે કદાચ વ્યક્તિગત પોતાની અનુભવી ન શકે, પણ ભવિષ્યનો વિચાર કરે તો એને સમાજ પર જ અવલંબન રાખવું પડશે.

સમાજ કેવી રીતે સભ્યોને સહાયક થઈ શકે ?

આજની તાતી જરૂરિયાત ભણતર છે. જો સમાજ આર્થિક રીતે સહ્રર હોય તો સમાજના હોંશિયાર અને જરૂરિયાતવાળા વિદ્યાર્થીઓને જરૂરી વિદ્યાસદાય કે આર્થિક સદાય કરી શકે. બીજી જરૂરીયાત જીવનસાથીની છે. એમાં પણ સમાજ ઘણી રીતે યોગ્ય મદદ કરી શકે. આ સિવાય માંદગી કે દવાખાના જેવી જરૂરિયાત માટે પણ સમાજ મદદરૂપ થઈ શકે. વિધવા કે નિઃસહાય વ્યક્તિ પણ સહાય કરી શકે. પણ એ ક્યારે સંભવી શકે ?

જયારે સમાજનો દરેક સભ્ય વ્યક્તિ પોતાની શક્તિ પ્રમાણે આગળ જણાવ્યું તેમ તન,મન અને ધનથી સફકાર આપે

આમ ઘણાં દાતાઓએ પોતાની રીતે સહકાર આપ્યો છે. સમાજના કાર્ચચર્તાઓએ એમના સપર્કમાં રહી પોતાના સમયનો ભોગ આપી એમના તરફથી સહકાર મેળવ્યો એ માટે સમાજ તેઓ પ્રત્યે આભાર તાથા ગૌરવની લાગણી અનુભવે છે. અને આશા રાખે છે તે જે સભ્યો તથા જ્ઞાતિજનો આ કાર્યક્રમ કે આવા બીજા કાર્ચક્રમ પ્રત્યે નિરુત્સાહી જણાય છે એમને પણ બધા સાથે મળી પૂરો સાથ સહકાર આપવા સૂચન છે.

સમાજના ચુવાધનને આ પ્રસંગે ખાસ અરજ છે કે સંસ્થાના તેઓ ભવિષ્યના કાર્ચકર્તાઓ છે. અને સમાજ માટે સક્રિય રીતે સાથ-સફકાર આપે. જેમાં સમાજના સબ્ચો માટે ઉપયોગી સેવા-કાર્યો કરવા, સાંસ્કૃતિ તૈયાર કરવા, કરવવા અને એને લોકભોગ્ય બનાવવા.

વિસ્મૃત આત્મશક્તિથી વાકેરૂ થવું ; ફરી મેળવવી એ છે આત્માદ્રાર





# ''જીવનમાં તણાવ–મુક્ત કઈ રીતે રહેવું?''

સમાજના યુવાધનને આ પ્રસંગે ખાસ અરજ છે કે સંસ્થાના તેઓ ભવિષ્યના કાર્યકર્તાઓ છે. અને સમાજ માટે સક્રિય રીતે સાથ-સહકાર આપે. જેમાં સમાજના સબ્યો માટે ઉપયોગી સેવા-કાર્યો કરવા, સાંસ્કૃતિ તૈયાર કરવા, કરવવા અને એને લોકભોગ્ય બનાવવા.

આજકાલની જીંદગી ભાગદોડથી ભરપુર અને ચિંતામય થઈ ગઈ છે. શિક્ષણ, નોકરી-ધંધો, ફાસ્ટ લાઈફ- સ્ટાઈલ, ટુંક સમયમાં જોઈતી સમૃદ્ધિ અને યશ, આ બધા તણાવના મુખ્ય કારણો છે. તદ્ઉપરાંત બીજાં અનેક કારણોસર આપણી જીવનશૈલીમાં તથા સમાજ વ્યવસ્થામાં છેલ્લા થોડા વર્ષોથી અચાનક એકસાથે ઘણાં ફેરફાર આવ્યા છે. જેથી આપણાં જીવનમાં તણાવ વધી ગયા છે. ટુંકમાં, સરળતાથી વહેતી જીવનશૈલીમાં અચાનક રૂકાવટ અથવા ફેરફાર કરનાર સંજોગો આવી જાય ત્યારે તણાવ ઉભા થાય છે. જેને આપણે ચિંતા, ટેન્શન અથવા માને સિક દબાણ જેવા શબ્દો તરીકે જાણીએ છીએ.

### તણાવ એટલે શું ?

આપણા શરીરમાં તથા બહારના વાતાવરણમાં ઘણાવાર થતા રહે છે. જેને આપણે અનુકૂળ એટલે કે એડજસ્ટ થવું પડે છે. આ આંતરિક અને બાહ્ય ફેરાફારો સામે એડજસ્ટ થવા માટે આપણા શરીર અને મનને જે કાર્ય કરવું પડે છે તેને આપણે 'તણાવ' તરીકે ઓળખીએ છીએ.

# શું જીવનમાં 'તણાવ' નું હોવું જરૂરી છે ?

હા, જીવનમાં તણાવ જરૂરી છે. જયારે જયારે આપણે આવા મનોદબાણો પર કાબૂ મેળવીએ છીએ ત્યારે આપણને કશુંક સારૂં કર્યાનો આત્મ-સંતોષ મળે છે. એની સાથે આપણા અનુભવમાં વૃદ્ધિ થાય છે અને સેલ્ફ કેવલપમેન્ટ થાય છે.

શીરીરીક : જેવી કે, ખૂબ જ ગરમી, ઠંડી, વધુ અવાજ અથવા બીમારી

**કોંદું બિર :** કામની વહેંચણી, સંસ્કાર અને ઉછેરનો ફરક, જીવન જીવવાની પદ્ધતિ તેમજ કોંદું બિક જવાબદારીઓ વગેરે. આ**જવિકાને લગતી :** આજના જીવનમાં આ સૌથી મોટો તેમજ સૌથી વધારે ફેલાચેલ તણાવ છે. આર્થિક સંકડામણ, બે છેડા કેવી રીતે ભેગા કરવા ? જીવન કેમ ચલાવવું ? બાળકોની ફી, કપડાં, બીમારી તથા આકસ્મિક ખર્ચા. જેવી પાસે જીવન જરૂરીયાતની વસ્તુઓ છે તો એને એના કરતાં વધારે ઉપર કેવી રીતે જવું, વધારેને વધારે પૈસા કેવી રીતે મેળવવા એની ચિતા.

સામાજીક - રાજકીય : નોકરી-ધંધાનો અભાર, કુદરતી આફત, આપણી સાથેના માણસો બરાબર કામ ન કરે, ઓછી યોગ્યતા વાળા માણસો લાગવત તેમજ અપ્રામાણિકતાના જોરે આગળ વધી જાય તો પણ ટેન્શન થાય.

આપણા પોતાના નકારાત્મક વિચારો : જેવા કે લાલચ રાખરી, કમાચ છતાં સંતોષ ન થાચ, બીજાઓ જોડે સરખામણી કરવી, ઉદારતાનો અભાવ, દરેક વસ્તુમાં નકારાત્મક વિચારો કરવા અથવા નકારાત્મક એપ્રોચ રાખીએ, સ્વાર્થ વૃત્તિ તેમજ કામ,ક્રોધ વગેરે દરેક વસ્તુ પોત-પોતાની રીતે નુકશાનકારક છે. માણસ ટેન્શનમાં છે અથવા તણાવમાં છે, એ કચારે ખબર પડે ?

માણસનું શરીર અને વ્યવહાર આ બાબતે સંકેત આપે છે. દા.ત. માથાનો દુઃખાવો, આંખનું બળવું, ઝળવું, ઝડપી શ્વાસ ચાલવો, મોં સુકાઈ જવું, હાથ-પગ ઠંડા પડી જવા, ઝીણી ધુજારી આવવી, હૃદના ધબકારા વધી જવા, શરીરનું ખેંચાણ, દુઃખાવો વગેરે.

વર્તનમાં ફેરફાર જેવાકે, ખોરાકમાં અચાનક વધઘટ, સિગરેટ અથવા દારૂનું સેવન વધી જવું, ઊંઘ ન આવતી. માનસિક તેમજ લાગણીગત ફેરફાર જેવા કે, કામમાં ધ્યાન ન ચોંટવું, ભૂલો થવી, ભૂલી જવું,ઉશ્કેરાઈ જવું, ગભરાઈ જવું, વધુ પડતાં વિચારો આવવા, ઉદાસ થવું, થાકની લાગણી વગેરે. માનસિક ચિંતા-તણવમાંથી મુક્ત કેવી રીતે થશો ?

આ જીવન-સંસાર ચિંતા એટલે કે તણાવથી ભરપૂર છે. ચિંતાને દંમેશા આપણા તાબામાં રાખવી, ન કે ચિંતા આપણી માલિક બની જાય. જીવનની ઘણી બધી પરિસ્થિતિઓ પર આપણે કાબુ કરી શકીએ છીએ, એ માટે આપણી ચિંતાઓ કઈ-કઈ છે એ જાણવી જરૂરી છે. આખા દિવસના ભાગદોડના પ્રોગ્રામમાં થોડો સમય 'દળવાશ' એટલે કે, 'રિલેકસેશન' માટે ફાળવો. જીંદગી પ્રત્યે દુકારાત્મક વલણ રાખો તો જીંદગી જીવવા જેવી લાગશે.

# તણાવ પ્રત્યે તમારી જાગુતતા કેળવો.

કોઈ પણ જવાબ માટે એનો સવાલ જાણવો જરૂરી છે તેમ ચિંતામુક્તિ માટે આપણને કઈ પરિસ્થિતિમાં કઈ વ્યક્તિથી ચિંતા તણાવ થાય છે અને એ ચિંતાનો આપણા તમ-મન પર પ્રતિભાવ શું છે તે જાણવું જરૂરી છે. જેમકે, બાળકને ભણાવ્યા બાદ માથાના દુઃખાવાની ફરિયાદ, ઓફિસમાં ટેન્શનમય કામ કર્યા બાદ આખા શરીરનું ખેંચાવું અથવા કળવું વગેરે.

ચિંતાના કારણે આપવા મન અને શરીર બંને પર થાય છે. તેથી જો શરીર અને મન સ્વસ્થ રાખી શકાય તો ચિંતા સામે આરામથી લડી શકાય. જીવન પ્રત્યે હકારાત્મક વલણ,કસરત, આરોગ્યમય ખોરાક અને નિયમિત આરામ ચિંતા સામે લડવામાં ખૂબ ઉપયોગી છે.

### તો સૌપ્રથમ પ્રોબ્લેમને ઓળખો.

- ૧. જીવનમાં નાના-નાના પ્રસંગો અને અપમાનો, ટ્રાફિકમાં અટવાઈ જવાબ, ગીરદીમાં કોઈ આપણાં પગ કચડી નાખે, શાક દઝાઈ જાય, કામવાળી ન આવે, કોઈ સ્કુટરવાળો નાની ટક્કર મારી જાય વગેરે અસંખ્ય નાની બીનાઓને આપના મન પર ન લેવી આ ઘટનાઓથી દુનિયા રસાતળનથી થઈ જવાની. ઉલટાનું આ બધી નાની ઘટનાઓથી દૂર રહો. નુકસાન આપણને થાય છે. જેમકે, બ્લડ પ્રેશર વધવું, સામાજીક કલેહનું વધવું. તેથી આવી પરિસ્થિતિઓથી દુર રહો.
- ર. જીવનમાં આવતા મોટા ફેરફારોને અનુકૂળ થવાનો પોઝીટીવ વિચારો સાથે પ્રયત્ન કરો. તમારી જીવનશૈલીને સંજાગોને અનુરૂપ બદલો. દા.ત. ઘરમાં બાળકનો જન્મ, નોકરી છૂટી જવી, બદલી થવી, કોઈનું મુત્યુ, છુટાછેડા આ બધી જીનવની મોટી ઘટનાઓ અને કેરકારો છે.





### પરિસ્થિતિ પર કાબુ મેળવવાના ઉપાય

- ૧. નાની-નાની ચિંતાઓ માટે થોડો પ્લાનીંગ કરો. દા.ત. ટ્રાફિકમાં અટવાવાની ચિંતાને દુર કરવા ઘરેથી વહેલા નીકળો. ઓફિસમાં પહોંચવાની મુશ્કેલી માટે સવારે વ હે લ ા ઉઠી અ ને ઘ રે થી થ ો ડ ા વ હે લ ા ની ક ળ ો .
- ર. જાંદગીના મોટા ફેરફાર જેવાકે, પ્રિય વ્યક્તિનું મૃત્યું, આવે વખતે આખી જીવનશૈલી બદલવી પકે, બીજા ટેન્શનો તે વખતે ન લેવા જેવા કે, નોકરી બદલવી, નવો દાંદ્યો કરવો. આને લીદ્યે ટેન્શન બમણું થાય છે. એક વખતે એક જટેન્શન પતવા દો. એ વખતે તમને જે વસ્તુ આનંદ આપે કે તમારું ટેન્શન ઓછું કરે એ કામ કરો. જેવું કે વાંચન કરવું કે હવા ફેર કરવી (પ્રવાસ કરવો) વગેરે.
- 3. રીસેસ લો. ઘણા બધા પ્રોબ્લેમ એકઠા થઈ જાય અને પરિસ્થિતિને પહોંચી ન વળાય એવું હોય તો બધું કામ છોડીને શાંતિથી એકબાજુ બેસી જાવ અને કયું કામ વધું જરૂરી છે અને કયું પછી એની તારવણી કરી આગળ વધો.
- ૪. યોગ્ય સલાહકારની સલાહ લો.
- પ. દુઃખનું કે ચિંતાનું કારણ જાણવા પ્રચતન કરો જેથી એ ખરેખર પ્રોબ્લેમ છે કે આપણા મનથી ઉભો થચેલા પ્રોબ્લેમ છે. દા.ખ. કોઈક નિંદાના બે શબ્દો કહ્યા હોય તો એના શબ્દોનું અને એના વ્યવહારનું વિશ્લેષણ કરો. જો સારા માટે કહ્યું હોય તો તમે તમારામાં સુધારો લાવવાનો પ્રયત્ન કરો. જો ખોટી નિંદા વૃતિથી કહ્યું હોય તો તેના તરફ દુર્લક્ષ કરો. ટુંકમાં કોપણ પ્રોબ્લેમને રાગ-દ્ભેષ વિના જોવો અને ઓળખવો. તેના ઉકેલવાના શક્ય હોય એટલા બધા પ્રયત્નો કરવા બાકી બધું ઈશ્વર પર છોટી દેવું. પ્રભુની ઈચ્છા વગર એક પાંદડું પણ હલતું નથી. બાકી પાણી પોતાનો માર્ગ શોધી લે છે એમ મુશ્કેલીઓનો હલપણ નીકળે છે.

### હળવાશ એટલે કે રીલેક્સેશન કેવી રીતે અનુભવશો ?

### ૧. પ્રાણાચામ અથવા ઊંડા શ્વાસ લેવા.

શાંતિથી બેસીને ઊંડા શ્વાસ લેવા જેથી શરીરમાં વધું પ્રાણવાયુ દાખલ થાય. પેટ બને તેટલું ફ્લવા દો. થોડીક પળ પછી દીમેથી મોં વાટે હવાને ઉચ્છ્વાસ પેટે જવા દો. આથી શ્વાસોચ્છ્વાસ તમારા કંટ્રોલમાં આવશે. પ્રાણાયમમાં પણ આ જ પદ્ધતિ છે. ૐ અથવા હો…...દ્મ. જેમાં 'હો' વખતે ઊંડો શ્વાસ લેવો અને 'હમ' ખૂબ દીમે થવા દેવું એટલે કે ઉચ્છ્વાસ બને એટલો દબાવવો. તેજવખતે ગળાથી છેક નાભિ સુદી લંબાણથી ૐ બોલવાથી ખૂબ જ રાહત અનુભવાય છે.

### ર. મનને સ્વસ્થ કરવું.

કોઈ શાંત જગ્યાએ જઈને બેસવું. જયાં રેડિયો,બાળકો. ટ્રાફિતના અવાજો ન હોય. આરામદાયક સ્ખિતિમાં બેસવું. આપણે કોઈ કુદરતી સૌંદર્ચવાળી જગ્યાએ હોઈએ એવી મનોછબિ ઉભરવા દેવી. એ વખતે મોટી આળસ ખાઈને ધીમે ધીમે ઉચ્છવાસ કાઢવો. આનાથી થોડા ફ્રેશ થઈ ગયાનો અનુભવ થશે.

### 3. ચોગાસનો કરવા.

વૈજ્ઞાવિક દ્રષ્ટિથી પગ હવે સાબિત થઈ ચૂક્યું છે કે યોગથી રિલેકસ થવામાં ઘણો જ ફાયદો થાય છે. યોગ કરવાથી શરીર અને મન તંદૃરસ્ત રહે છે.

જ. પેટને દળવાશ રાખો, ખાવામાં ધ્યાન રાખો. પેટ સાફ રહે તો શરીર દલકું ક્લ લાગે છે. મનમાં તાજગી રહ છે. અને નાની-નાની બાબતોમાં ચીડ થતી નથી.

ઉપરની પદ્ધતિથી ફાયદો ન થાય અથવા સંજોગો જ વધું પડતા પ્રતિકૂળ હોય એવે વખતે સલાહકારની સલાહ લેવી. આ બધામાં સૌથી અગત્યની વાત છે જીવનમાં હકારાત્મક અભિગમ અપનાવવો.

- ૧. આત્મદયાને છોડો.
- ર. મન મોટું રાખવું.
- પ. કામમાં વ્યસ્ત રહેવું.
- ૪. સારૂં વાંચન ૭. સારી સંગત
- ૮. બીજાના દુઃખમાં સહભાગી બનો
- 3. ધાર્મિકતા અને પ્રભુમાં વિશ્વાસ
- **૬.** વ્યવસ્થિત પ્લાનીંગ
- ૯. બહુ બધા મોરચા સાથે ન ખેલવા.

આમ, મનને સ્વસ્થ રાખવાથી જીવનના ઘણાં દુ:ખ ઓછા થઈ શકે છે. જીવન તણાવમુક્ત બની શકે છે અને સાથે સાથે જીવનનો ખરેખર આનંદ મેળવી શકાય છે. ભગવાને તમને શું-શું આપ્યું છે તે ગણશો અને ઘણા લોકો આપણાથી પાછળ છે તે જોશો તો દુ:ખમાંથી બહાર નીકળી શકશો. દ્વષ્ટિ હકારાત્મક રાખવી. મન નિર્મળ રાખી પ્રભુમાં સંપૂર્ણ શ્રદ્ધા રાખવી. સત્કર્મનું ફળ સાંરૂ જ મળે છે અને કુકર્મનું ફળ ખરાબ જ, તે કદી ન ભૂલીને સત્કર્મમા રહેવું.



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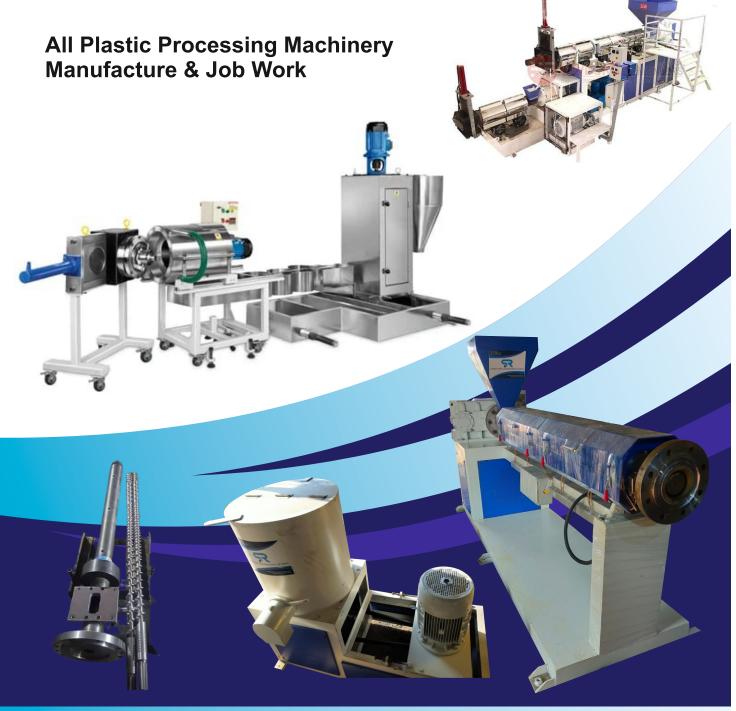
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