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Plastic Tomorrow

Bi-Monthly Magazine, Bi-Language English & Gujarati Plastic Industry Periodical

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Online Rotogravure Printing Machine

MSC
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Application:

- LD HM Liners
- Carry Bags & Shopping Bags
- Garbage Bags
- Compostable Bags
- PP Liners or Bags

Features:

Oscillating Doctor Blade Movement Facility

Drying Blower Facility

360° Universal Movement Oscillating Doctor Blade

Main Shaft Power Transmission Facility

Air Pneumatic Pressure Rubber Roller

Frequency Drive And Control Panel With CE Std Components Fitted

Technical Specificaton:

Model Name	Min. Print	Max. Print	Min. Print Repeat	Max. Print Repeat
OLP 16	150 mm	400 mm	250 mm	660 mm
OLP 22	250 mm	550 mm	250 mm	660 mm
OLP 28	250 mm	700 mm	250 mm	660 mm
OLP 32	300 mm	800 mm	250 mm	660 mm
OLP 42	380 mm	1060 mm	380 mm	760 mm
OLP 52	380 mm	1320 mm	380 mm	760 mm
OLP 62	500 mm	1570 mm	500 mm	880 mm

Online Mini Rotogravure Printing Unit

Application:

- Warning Signs
- Company Information
- Film Specification
- Product's Material Property Details
- Legal Informations

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OQ to Host Webinar on Modern Feeding Practice for High-performing Farm Animals

OQ is launching its series of webinars, themed 'Connect.Learn.Do', commencing on 10th of February, with a webinar entitled 'Modern feeding practice for high-performing farm animals', exploring the benefits to farmers, farm animals and the global food supply chain of feed additives, specifically n-Butyric acid derivatives.

The webinar aims to provide the latest insights on how n-Butyric acid derivatives work and the role they play in feeding farm animals according to highest quality standards. Professionals from across the feed, food and agriculture industries will attend the webinar to connect with our expert, find out about benefits of OQ's n-Butyric derivatives and learn how to achieve better animal welfare and safety.

Presenting the event is Dr. Jens Klabunde, Global Segment Head Feed, Food & Agriculture, who will seek perspectives of the scientifically proven benefits of n-Butyric acid as a key raw material for butyrates and butyrins. Subjects will include mechanisms for contributing to better immune response, pathogen and diarrhea control and better feed conversion.

Commenting on the webinar, Dr. Klabunde explains that, "The inherently sustainable nature of using feed additives like n-Butyric acid derivatives in farm feed is becoming increasingly understood by farmers and other players in the agri-food sector. Sales of n-Butyric acid derivatives are growing steeply because of their unique characteristics as nutritional feed component. We hope through this webinar that the material properties that underpin the success of n-Butyric acid derivatives can be explored and understood by a wide audience of stakeholders within the industry."

OQ's n-Butyric acid AF (animal feed grade) is a synthetic chemical produced and handled according to GMP (Good Manufacturing Practice) and HACCP (Hazard Analysis Critical Control Point). Its role as a first-choice key precursor material for beneficial feed additives has grown since the ban of antibiotic growth promoters in the European Union, North America and Asia in recent years. Feeding of special additives like n-Butyric acid derivatives can compensate losses in livestock productivity as a result of the removal of antibiotic growth promoters.

The 'Modern feeding practice for high-performing farm animals' Webinar will be held on Wednesday 10 February 2021 at 15.00 CET hrs. Click here to register.

FOR MORE INFORMATION. www.oq.com

Courtesy

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Date :- 28.02.2021

Dinesh Shah
Signature of Publisher

Increasing complexity of automotive LED lighting designs creates demand for novel and easy to mold thermoplastics

The trend toward developing complex, intricate automotive lighting designs using light-emitting diodes (LEDs) has created a need for high-performance thermoplastics with exceptional flow and easy mold release. Design elements such as part and function integration, wider, larger and thinner forward and rear lighting components, and critical aesthetics call for materials that can enable thin walls, aggressive styling with sharp draft angles and an impeccable appearance. SABIC's portfolio of super high-flow LEXAN™ polycarbonate (PC) resins for automotive lighting bezels enables the industry to create complex geometries and integrate more features never before possible with ease of manufacturing.

LEDs Illuminate New Designs

As LEDs' performance have improved and their power consumption and cost have dropped, they have become practical for use in multiple vehicle categories. In turn, broader adoption of LEDs has helped expand freedom in lighting design. Another outcome of increased LED use can be seen in expanded material options. The lower operating temperature of LEDs compared to incandescent bulbs has allowed PC to be used extensively in automotive lighting, particularly in bezels, where it may be colored or metallized. Today, thanks to its attractive aesthetics and impact resistance, PC is the most commonly used thermoplastic for bezels.

"The capabilities of LEDs have helped lighting become one of the primary differentiators for today's cars and trucks," said Sergi Monros, vice president of SABIC's Performance Polymers & Industry Solutions business group. "To take full advantage of the complex designs made possible with LEDs, lighting manufacturers need breakthrough materials. Our portfolio of high-flow LEXAN resins combines greater design freedom with expanded processing flexibility so customers can create stunning yet easily manufactured lighting components."

Highest Flow, Easy Mold Release

Among SABIC's PC resins for automotive lighting, LEXAN HF4010SR resin features the highest flow, as measured by melt volume rate (MVR) testing. Super high flow not only enables automotive OEMs and tier suppliers to develop complex headlight bezels with enhanced aesthetics, it also reduces the amount of clamping force required for tooling. This offers the possibility to use existing injection molding machines for more-complex designs that normally would require a higher clamping force.

Industrias Arteb SA, a Brazilian lighting manufacturer, recently benefited from this option when employing high-flow LEXAN HF4010SR resin for the front bezel of a new compact sport utility vehicle. The SABIC material, which can be processed using a lower clamping force and injection pressure than lower-flow PC resins, enabled Arteb to reduce development costs by using its existing machine for this thinner bezel.

"Using standard equipment to mold a bezel with a significantly thinner profile and more-complex design helped Arteb avoid capital costs while delivering exactly what the OEM required," said Jarbas Enzenberg, Engineering and Quality director, Arteb. "In addition to the performance of high-flow LEXAN resin, an important success factor for this project was the expert assistance that was provided by SABIC's technical team. We look forward to collaborating with SABIC in the future on the development of new applications."

SABIC's LEXAN HF4010SR resin also provides a solution to the industry challenge of poor mold release for PC parts with low draft angles. These angles can cause the part to stick in the mold or develop scuff marks when released from the mold, leading to rejects. The easy release properties of this resin enable faster de-molding and the reduction of surface defects, even in parts with challenging release angles (0.5 to 1.0 degrees lower than the recommended PC draft angle) and thin walls. As a further manufacturing enhancement, LEXAN HF4010SR resin features a wide processing window.

LEXAN HF4010SR resin complements SABIC's larger high-flow thermoplastics portfolio with grades such as LEXAN HF1110R resin and LEXAN HF3510R resin. These additional grades can deliver similar benefits as LEXAN HF4010SR resin; however, they have different property profiles and can exhibit lower impact and chemical resistance. SABIC specialists can help determine the material grade that can best meet application performance requirements.

FOR MORE INFORMATION
www.sabic.com

Courtesy

Sustainable Green Printing Partnership Presents Sustainable & Profitable Print Marketing, a 3-Part Educational Workshop

How to Waste Less & Sell More by Marketing Smarter

The Sustainable Green Printing Partnership (SGP), the leading authority in sustainable printing certifications, announced today that it will be offering a three-part education series titled "Sustainable & Profitable Print Marketing: How to Waste Less & Sell More by Marketing Smarter. " The workshop will be given by David Murphy, founder & CEO of Nvent Marketing.

"Print buyers increasingly expect their print providers to practice sustainability," commented Murphy. "Print providers should understand this and learn how to position and promote their sustainability commitment as a differentiator in a competitive market. This is not a one-time task, but rather an ongoing best practice that can yield incremental business from discerning buyers."

"SGP is offering this digital marketing workshop to help certified printers and community members to apply digital innovation to better market their sustainability advantage," said Jonathan Graham, SGP Chair and TE Connectivity representative. "Thanks to Nvent Marketing, an SGP Gold Patron, for offering this low-cost program that can help SGP community members develop impactful digital marketing programs reflecting their market leadership."

The three 90-minute sessions will be held on March 17, 24 and 31 at 1:00 pm ET. They will cover market strategy, brand positioning and demand generation for return on investment (ROI). The cost to participate is $199 for SGP Community Members which includes SGP Printers, SGP Applicants, SGP Patrons, SGP Resource Partners and SGP Brand Leaders; and $299 for non-SGP Community Members. All sessions will be recorded and links made available to paid attendees.

Late registrants receive the links for the events that were missed.

Register for the Three-Part Workshop

Print facilities interested in eliminating waste, reducing energy consumption, transitioning to sustainable materials, and winning new business from organizations that require sustainable printing practices should visit www.sgppartnership.org/certification to learn more about becoming SGP certified.

FOR MORE INFORMATION
www.sgppartnership.org

Courtesy

IS THE WOOD UPDATE DUE?

This write-up is part one of our two-part series on substituting one of the most essential parts of our homes i.e. wood

At the dawn of the 5th industrial revolution; slowly being accepted and implemented is an ambitious goal set by humanity during the Paris Agreement of 2016; a goal to fight against climate change; in which we are looking forward toenvironmentally sustainable methods not only goods and products; but also lifestyle changes that harmonize humans with the environment. While we have adopted a habit regularly updating of mobile phones to the latest technology; as far as certain other aspects of life are concerned; we have continued our dependency on natural materials and products. One striking example of this is something which is being used since Adam and Eve; something which we long know could cause a highly detrimental effect on climate change, a material who's update is long due and that is WOOD.

There obviously is no point being stuck with the debate of whether using wood is the best alternative for our demands or not especially when there may be better alternatives; to which we can switch over to for a sustainable growth. Yet we write this to leave no doubt that we need an update and an alternative to wood.

We have been using wood since the stone ages in one form or the other. In centuries that came, we have perfected the art of woodworking to built tools and even intricate architectural marvels. With the advent of power tools, machineries and automation working with wood has become very easy. Since trees are the only the source of wood; it has been available in abundance all around the world. We are largely dependent on wood for products like paper, construction materials, furniture and also rely on it as a major source of energy. Not only is there an ease in manufacturing wooden products; but also making items out of wood is considered to have a relatively low environmental impact in terms of carbon emissions during manufacturing; further wood is assumed to decompose naturally. Hence without doubt it is largely considered by many as a greener alternative for most of our products; but this may not be completely true. Very beautifully depicted below is a picture of how trees destroyed for our selfish advancements (Fig. 1)

Figure 1: Destruction of Tress for Material Advancement

So, is there a better and more environmentally friendly alternative to wood having the same benefits but is more sustainable?

Even though wood is abundant at many locations, in countries like India which are densely populated and land is a scarce commodity; spaces reserved for cultivation are difficult, leading to massive import of wood as a raw material (Rs.428.42 CR worth during FY2019). So if we are able to supplement the needs for wooden products that are more readily available, easy to work with, and at least at par with the environmental impact of wooden items; it could be a confident step towards achieving Sustainable Development Goals as envisaged by United Nations. It seems to be the right time to upgrade wood with a material that has the same qualities of wood but produces even lesser carbon footprints in the production.

Another environmental problem which is undeniably concerning is plastic. Though deemed as having an extremely detrimental impact on the planet, one cannot disagree that the invention of plastic has been a boon to humankind in so many ways. Plastic items are cheap to produce and in some way irreplaceable from our daily lives. The plastic problem we face today is not due to its non-decomposing nature but is due to its improper disposal. If we abide by the principles of the circular

economy, every plastic item ever created will be recycled and bought back in the economy till it reaches its end, in the form of plain carbon atoms we could achieve a carbon reduction of 25% which was produced during the very first production of plastics, as per the analysis of plastic recycling industries by Zhe Liu et al in Renewable and Sustainable Energy Reviews.

We can't deny the fact that plastic has become an integral part of our society in the 21st Century; most of which spawns to generate a limitless amount of plastic waste.

So, can two wrongs make a right in this scenario?

Can a material be made out of otherwise hazardous plastic waste; which will save trees from being cut down to serve our need for wood?

And wouldn't such a material be exciting for environmentalists especially when we know that recycling of plastics generates the least carbon footprints when it comes to waste management of any product?

We, at FeelGood EcoNurture LLP with The Shakti Plastic Industries are working on such a solution to provide this much needed update to wood. The technical and other details shall be discussed in the 2nd write-up of this two part series.

Sharang Ambadkar

Varad Tole

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THE CIRCULAR ECONOMY OF 2021 and PLASTICS: WHAT TO UNLEARN AND LEARN AGAIN.....

In general, a Circular Economy distinguishes two different cycles: the biosphere and the techno sphere. The biosphere focuses on consumables made from biologically based materials like e.g. food, wood or cotton that are designed to be feed back into the system through decomposition processes. It regenerates living systems that provide renewable resources. The techno sphere, focuses on durables such as built products which are recovered and restored through reuse, repair, remanufacture, refurbish or recycling strategies.

There are three key dimensions how adopting a circular approach can have direct impacton a brand owner's P&L:

- **Maintain revenue by addressing changing consumer preferences**
- **Increase revenue by exploiting new market opportunities**
- **Minimize costs by complying with environmental regulations**

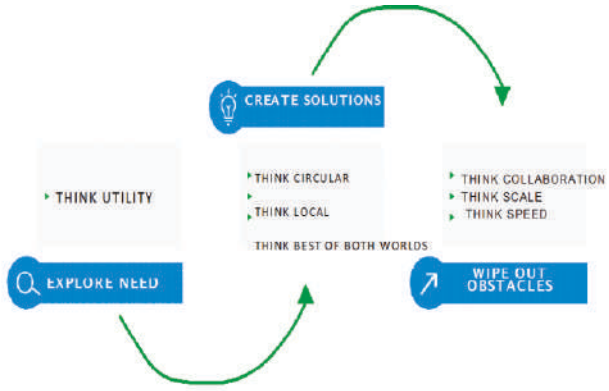
- First of all, consumers' purchase decisions are increasingly influenced by a brand's sustainability commitment and corresponding offering. More and more consumers attach greater importance to sustainable products and environmental-friendly solutions. Studies in the United States have shown that 75% of Millennial are willing to pay extra for sustainable productsin 2018.13 This willingness can lead to overlapping other decision criteria at the Point of Sale, making consumers open to change to brands thatbetter match these values. Between 2013 and 2018 sustainability-marketed products delivered 50% of CPG (consumer packaged goods) market growth in the USa. To keep loyal customers and stabilize the customer base there is a growing need to invest in sustainability and offer eco-friendly alternatives,ideally more sustainable ones than the competitors. In other words, maintain revenue by addressing changed consumer preferences.
- Secondly, where the market reconfigures itself there is new demand;and a new demand always entails new business opportunities, and exploiting new markets enables revenue growth and long-term potential for success. A start-up world is developing around new packaging solutions. One example is Notpla, a sustainable packaging start-up that creates advanced packaging solutions that disappear, naturally. The venture capital backed companysaw a gap in the circular packaging value chain and is now filling it by the development of a revolutionary material made from seaweed and plants that is naturally biodegradable and suitable to pack liquids. Additional products are already under development.

Start-ups can have the advantage of being small and agile, while incumbents can be smart about leveraging their well-established know- how, network and stable cash flow.

- Thirdly, stricter legislation and regulations are continuously increasing companies' accountability for the environmental damage by applying what is broadly known as the "polluter pays principle". One example comes from the EU - the largest single market agreed upon a tax as of 2021 that will be added to all non-recyclable plastic packaging based on its weight to incentive producers to minimize the use of non-recyclable plastic.

In general, extended producer responsibility (EPR) programs for packaging have already spread around the globe over the last decade continuously increasing the political pressure. In 2018, EPR programs have already been in place or in implementation process in 60 countries.

Exploring the concrete need



It is important to gain a clear understanding of the needed utility and secondly the needed functionality. Utility is the purpose the product is really serving. Based on which you can derive the needed functionality.. Keep it simple and to the core needs to exploit the maximum solution space.

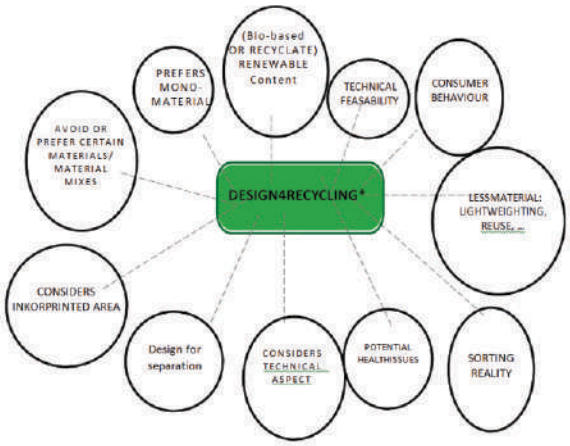
Here, it is about finding adequate circular design options to address the needed utility while **using the three circular packaging levers: REDUCE (eliminate & substitute), REUSE and RECYCLE.**

Stay open-minded and do not only think in familiar models to serve the needed packaging utility and functionality in order to open up the circular solutions space. It is important to **keep local aspects in mind when creating a solution:**

- Which circular infrastructure is available at the Point of Sale?
- Is the local market familiar with recycling of different materials?
- Is there a specific shopping culture?

Answering this kind of questions allows an assessment of the technical feasibility of circular options based on local strengths and weaknesses. At the end one combines the results to **a design that best serves the needed utility while offering the most feasible circularity.**

Design4Recycling guidelines are key in creating standards for D4R



Wiping out potentialobstacles

Here, partners play an essential role for success as collaboration and exchange helps to break down silos and develop the best circular solution possible. If a circular option is not economically reasonable for a single product this does not mean that it could not be scalable to a whole product group or even a brand, enabling a reuse or integrated collection. Never limit your options and think about a solution's potential for scalability.

It is sensible to quickly create a basic version of your idea (MVP - Minimum Viable Product) and bring it to the market for testing and feedback, as this is the fastest way to see if you are on the right track with your designed solution or not.

The Plastic Paradox

Packaging plays an essential role in our lives today. There will not be a world without packaging anymore. While, paper, glass and aluminum also have their advantages as packaging substrates, plastic has become the most popular packaging material due to its high functionality and its comparatively low production costs. Over the last 50 years, plastic packaging has played a major role in economic growth and society's wellbeing. Plastic keeps medical products sterile, creates access to safe food and water, and reduces food waste. It has significantly helped to address major global challenges. Today, plastic is the substrate of choice for many consumer products and industry applications.

FOLLOWING ARE THE QUESTIONS AND PREDICTIONS FOR 2021 BY Lauren Phipps Director & Senior Analyst, Circular Economy Green Biz Group)

1. Will companies align circular economy initiatives with climate goals, or continue to treat these as discrete initiatives in 2021

Prediction: To date, only a handful of companies (and countries) have meaningfully harmonized circular strategies and climate commitments, presumably given the newness of these programs and the complexity of calculating impacts of new models on carbon emissions .One can foresee an increase in the research, tracking and reporting on environmental impacts of circular business models (resale, repair, rental, product-as-a-service), and an increased focus on leveraging circular strategies to achieve climate goals.

2. What role will communities and justice play in the conversation about the circular economy?

Prediction: A lot. Building on the foundation of environmental justice work in communities across the world, equity and impact will be at the center of how companies and cities alike consider the opportunities of a circular economy. For cities, circular economy initiatives will be used to drive economic equality and create jobs; and for companies, the same scrutiny used to assess upstream supply chains will be applied to downstream value chains.

3. What role will bioplastics and other bio-based materials play in the shift away from nonrenewable materials for packaging and products?

Prediction: Biomaterials will be a hot topic in 2021 as companies seek alternatives to virgin plastics and race towards 2025 goals. A polarizing subject, biomaterials will be assessed through a more holistic lens and will scrutinize upstream implications including food security, deforestation and petroleum-based fertilizers — plus end-of-life management woes. A greater emphasis will be placed on the distinctions between biomaterials and appropriate use cases for each.

4. Will companies scale reuse models, or focus on smaller-scale pilots?

Prediction: Reuse continues to gain momentum and attention — and for good reason. A continued rise in reusable packaging models is likely, although more so in numbers of players than in scale of their programs. More localized, smaller-scale startups will jump on the scene, although truly comprehensive models at scale will remain elusive.

5. Will the new USA administration have any impact on progress towards more circular systems?

Prediction:, The possibility of federal action on plastic pollution and an increased investment in recycling infrastructure could rise.
AS we move ahead in the new year our learning, unlearning's, newer learnings become all the more important for plastics and the circular economy

Dr. Sameer Joshi, Ph.D.

Mr. Sachin Deshmukh
Indian Army Soldier serving in the National Service
MSME CCII, Special Executive Committee Member (Plastic & Water)

PLASTIC WASTE CONTROL PROJECT (PWCP)

Plastic is a boon for the world, in the form of plastic pollution is also proving curse. Today, more than 25,000 tons of waste plastic are being generated in India every day. The result is that Ghazipur landfills are going to become mountains of garbage. Due to this Spoor plastic burning, air pollution, throwing into river or sea is causing water pollution and land pollution in the form of landfill. According to a report by UN Environment, 300 million tons of waste plastic is being prepared on earth every year. The governments of every country are trying to deal with this pollution. Sometimes, plastic was also banned. But that has never been possible, because plastic has become a necessity of the people today. And the plastic ban affects all the plastic related industries.

Today when we talk about earning from waste, we see waste as raw material. If we see any problem as raw material then how will the jobs be prepared? It is very important to start creating jobs to finish plastic to control pollution. In this, the jobs of the people go away, but the government and the plastics industry also lose Crore of rupees. And nothing is gained from the plastic ban. That is why the government insists on making awareness, but plastic has become a necessity of people today. Plastic is used for packing in all industry sectors. If using plastic instead of paper in that plastic packaging will increase the amount of tree cutting, it is even more harmful for the environment. There is a possibility of breakage by using mud.

If using plastic, more than 25,000 tons of waste plastic is prepared in India every day. The industry waste in it gets recycle, but the Municipal waste prepares plastics, mountains of huge waste. That is why dealing with plastic pollution is becoming very frightening. From October 2, 2014, "Swachh Bharat Abhiyan" is being run in India. But until the waste is turned into compost without the non-biodegradable waste in the waste, proper waste management cannot be done. That is why the mission related to cleanliness seems to be failing. After considering all these issues, we amended the limitation free Plastic Dam mechanism. Now we have systems capable of handling plastic pollution, it includes systems like plastic road, Plastic dam, Injection Molding Machine, Waste Plastic Product Machine (WPPM) Tech, Plastic pyrolysis to fuel. But there is no role model capable of running it in a disciplined manner. That is why we started the "Plastic Waste Control Project (PWCP)". Plastic waste control project is explained as newly invented technology's and available technologies used under one platform purpose of plastic waste management, and to become one plastic free "Clean City Model". After become successful model implement in every city's in our country to makes Clean India.

The Plastic is part of requirement. So we can't avoid them. Every country tired from plastic pollution. Government try to stop problem, so it creating many rules, but it's not effected in human mentality. Here PWCP given direction to protect our country from plastic pollution problem, in which,

1. Collection and segregation of waste plastic
2. Clean India Mission under create waste administration branch "Bharat Swachhta Kendra".
3. "Clean City Model" crate for direction for "Clean India".

In this concept plastic is set as like place which is recent requirement of people. Now I'm given example of India, to how protect from Plastic pollution problem. And I know all worlds accept our technique, because this is requirement of world.

A) Collection and Segregation of Waste Plastic-

Waste plastic is becoming a big problem for the world every day. And to control it, we have modified the Plastic Waste Control Project. Under PWCP, the Collection and Segregation of Waste Plastic is divided into the following sections.

a) Pricing Waste Plastic Economically.

Today, the country and the world are adopting many routes to control the plastic waste. Such as banning plastics or segregation according to the type of waste, etc. In these ways neither plastic has been controlled, nor has it been segregate. The result is that mountains of garbage have started to form, and that is the reality. According to the PWCP, if the price is to be given to the average plastic at Rs. 10 per kg, then every day, poor people and rag pickers in their country will get an annual employment of more than Rs. 5000 Cr. By the way, even today the waste plastic has a price, but plastic is going to be recycling, like plastic above 100 micron. But most of the plastic which is used in packaging below 100 microns does not have any value. The same plastic goes on to become pollution, and causes air, water and land pollution.

b) Setting up folk-centered awareness towards waste plastics.

Plastic is the need of the people today and we cannot reduce it, but it can raise public awareness. This step is very important for us to control the plastic waste coming out of the house, apartment, colony, village, and city. According to PWCP, the role of every countryman is that the men have to keep the left pocket of their pants and the ladies have a compartment of their purse, to keep the waste plastic using their own. This may include plastic packing of food items, carry bags, etc. After that plastic waste has to be put in the proper dustbin. Home, apartment, colony to arrange plastic waste for throwing plastic dustbin. After collecting more plastic, you can buy Bharat Swachhta Kendra for 10 rupees per kg.

c) Changes to the ongoing Municipal Corporation pattern and NGO's plastic collection method

Municipal Corporation and NGO's will start getting only plastic after waste plastic gets the price. After that, special transportation will have to be arranged to collect plastic. It will be much easier for the Municipal Corporation to manage the plastic that has been assembled and the problem of segregation will also be solved. After getting the price for waste plastic, the way people start collecting, the employees or volunteers of Municipal Corporation and NGO's will also start benefiting financially. That is why it is important to motivate and encourage them towards plastic waste too. After getting the plastic co-economic price under collection and segregation under PWCP, people will start coming to plastic appointed place (BSK). For economization, the scrap men will start to take even a small amount of plastic. This will prove to be a very important step to control the plastic and get rid of segregation.

B) Bharat Swachhta Kendra (BSK) –

a) Information of Bharat Swachhta Kendra –

Bharat Swachhta Kendra is a platform designed for the

complete management of assembled plastics in PWCP. The main objective of BSK is to hand over the waste from the collected waste plastics to the waste plastics scavengers, to recycle the non-cost but recyclable waste plastics as per the capacity of BSK. This includes making products from plastic according to WPPM technology, making granules from waste plastic according to injection molding machine, crushing plastic for use in rods, making fuel from plastic (Plastic pyrolysis process). When plastic is recycled in this way, it will be used for the welfare of the people. Such as, in public garden, road side pavement, tree guard etc. But when the condition of waste plastic at the waste depot is first understood, it is understood that most of the waste plastic is lying in the mud, or it is very old. This type of non-recyclable waste plastic will be hydraulically pressed into bundles with the help of a machine with a capacity of more than 50 tons. And will be used in the construction of plastic dams. BSK will be an important step in bringing the now available and newly invented plastic recycling technology on one platform.

Newly Invented Plastic Recycling Technology-

I am Sachin Deshmukh, service in Indian Army, Inventing world's First Plastic Dam also Waste Plastic Product Machine (WPPM Technology). Inventions will capable to play Key role in control India/World plastic pollution problem. Also conserve rain water and generates employment in COVID situation.

Our aim is to save India/World from plastic pollution problem, so we expect your cooperation to solve the plastic pollution problem

i) Plastic Dam Technique:- Plastic Dam is a unique technique in which without any pollution (air, water & land), given solution on plastic pollution problem. Also Water conservation possible, problem of plastic & water at a time solve with Plastic Dam Technique. One plastic dam through 500 villages or 02 Municipal councils or 20% Municipal Corporation Possible to become plastic free. You Tube -https://youtu.be/q-HCUdqBYkw

Plastic Dam

ii) Waste Plastic Product Machine Technology: - Bellow 100 micron any types of waste plastic can be processed to become plastic bricks, road divider, paver block etc. This plastic bricks to constructed first plastic wall in Jammu & Kashmir. Bricks can be used as an insulation wall for social purpose. You Tube - https://youtu.be/VQX-NvsJt64

Avalable Plastic Recycling Technology-

i) Plastic road, ii) Injection Molding Machine, iii) Plastic pyrolysis to fuel

BSK will be a platform that connects all levels in terms of cleanliness. This will include Gram Panchayat, Panchayat Samiti, Nagarpalika, Zilla Parishad, Mahanagar Palika, State Government, Central Government etc. Each of the levels will have different procedures but the objective will be to eliminate non-biodegradable waste.

Waste Plastic Product Machine

b) Procedures of Bharat Swachhta Kendra –

BSK will be a division of Local Self-Governing Bodies (Including Gram Panchayat, Municipal Council, Municipal Corporation, Zilla Parishad, Panchayat Samiti etc.) under the Sanitation Department. BSK will be fully managed by the Sanitation Department. Today in India, Swachh Bharat Abhiyan, Swachh Maharashtra Abhiyan, Gramswachhata Abhiyan are the campaigns being run at the state and national level. So that building the foundation of BSK will not be very difficult.

Nature of Bharat Swachhata Kendra –

i) According to the Collection and Segregation method of Bharat Swachhta Kendra, rag picker, poor people, giving away collected plastics by the workers, will be the means or the media to accept their financial benefits in return. While managing plastics in these places, certain rules and regulations need to be followed while conducting financial transactions. For example, after people give plastic in BSK, token should be given at Rs. 10 per kg according to their weight. The token amount should be paid after depositing the token in the office of BSK department.

ii) Under BSK, administrative work will be done from BSK office at waste depot.

iii) BSK's recycling plant will also have the option to run on an annual tender base.

iv) The primary objective will be to eliminate and recycle plastic waste through BSK and the tenders will be issued for the same. After the plastic is recycled, it will be mandatory for the Local Self-Government to buy the products at a fixed price. It should be used in public welfare work in public place.

v) BSK according awareness in peoples regarding plastic waste management is "I am given help to create Clean India", and appeal that, Play self-role for Clean India Mission.

i) Role of every person: - Every Indian use 'left side pocket' of pant and women 'one compartment of parse' for manage the self-creating plastic, and put it in right place (non-biodegradable waste bucket.)

ii) Role of every family: - A waste plastic create from home, family that gathered in one bucket and after earn money as per Rs. 10/kg through Bharat Swachhata Kendra. One bucket in home reserve for only non-biodegradable waste collection like plastic, glass, rubber etc. Here plastic have a rate other material give the person as a waste.

C) "Clean City Model" create for direction for Clean India. Sachin Deshmukh wants him to be responsible for the Clean India Campaign; it will be easy if Sachin Deshmukh will do, (suppose clean city model decided for Islampur city.)

1) Model of the plastic waste control project of Islampur will be roll model and Islampur area inside Waste plastic will be given ten rupees of plastic (This Sachin Deshmukh can also be done in any city, if

city population is less than one lakh). Plastic money gets from the waste, so people will not throw out plastic. The plowed plastic will be collected by the poor people, because they get ten rupees per kg.

Plastic Recycle Plant

Plastic Recycle Plant

2) A Ghantagadi (Garbage collector vehicle) will be kept for plugging plastic. After depositing plastic in that garbage, the person will be given money (Rs. 10 per kg) in the form of token as per plastic weight. (These are zero value plastic waste and every day a person can collect only five kilos.) When person this token deposited in Islampur Municipal Council the token according money is gives to a person.

3) Gathered plastic waste processed in garbage depot on "Bharat Swachhta Kendra" Plant. Here plastic processed with WPPM Tech or any other available technologies to create products. Remaining unprocessed plastic convert into compressed baling form with approximately 50 ton hydraulic press machine. And use in Plastic dam.

4) Created products use in public places like parks, road side footpath, path in garden Islampur Municipal Council. Unprocessed waste plastic to created plastic dam automatically use in rain waste conservation.

5) If garbage among plastic is out, then the other waste (biodegradable) use as a fertilizer and it will be sold for four rupees per kg.

6) As like here Islampur city become plastic free clean city, biodegradable garbage to makes fertilizer, plastic to crated products utilized in own Municipal council, Create sources of rain water conservation in the form of plastic dam, Employment generates for poor peoples.

After this Clean City Model is created, it will be called to copy to all the Municipalities of the country. In this, we will have to understand the importance of the cleanliness of the people and 100 % of the country will become clean definitely. And this is "Final Step towards Cleanliness".

Mr. Sachin Deshmukh

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-દોકલ 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 ફરજ વધી જાય છે અને સમાજના ઉત્કર્ષ કે ઉન્નતિ માટે એણે તન,મન, ધનથી સાથ અપવો જરૂરી છે. તનનો સહકાર એટલે જે સમાજમાં એ રહે છે એની ઉન્નતિ માટે યોગ્ય સમય ફાળવી સમાજોપયોગી કામો કરવા. મનનો સહકાર એટલે હંમેશા સમાજની પ્રગતિ માટેનું ધ્યેય કે વિચારો રાખવા અને એમાં પોતાના જેવા વિચાર વાળા બીજા સભ્યોને પણ ભાગ લેતા કરવા. ધનનો સહકાર એટલે કોઈ પણ સમાજ કે સંસ્થાના સંચાલન માટે જરૂરી આર્થિક સહાય. જે ટીપે ટીપે કરતાં મોટું સરોવર ભરાય અને એક વ્યક્તિ પર વધું બોજ ન આવે તથા સમાજ આર્થિક રીતે જેટલો સદ્ધર હોય અટલો એ સમાજના સભ્યો માટે સહાયક પ્રવૃત્તિનું વિચારી શકે.

આ રીતે સમાજના દરેક સભ્યની ફરજ છે કે સમાજની ઉન્નતિ-પ્રગતિ માટે યથાયોગ્ય પ્રમાણિક રીતે સાથ સહકાર કે ફાળો આપે. સમાજનું ઉત્થાન તેના કર્મક કર્મ-નિષ્ઠ કાર્ય 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 કર્મ બંધ થઈ જાય અને એની રોજી-રોટી ઝુંટવાઈ જાય) એમ સમાજમાં કાર્યકર્તાઓ કંઈ જ ન કરે તો સંસ્થા ચાલે નહિ અને કોઈ સમાજોપયોગી કામ થાય નહિ. અહીં સમાજની પ્રગતિ સાથે કદાય 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 સદ્ધર હોય તો સમાજના હોંશિયાર અને જરૂરિયાતવાળા વિદ્યાર્થીઓને જરૂરી વિદ્યાસહાય કે આર્થિક સહાય 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 સહકાર આપે તો જ.

આમ ઘણાં દાતાઓએ પોતાની રીતે સહકાર આપ્યો છે. સમાજના કાર્યચર્તાઓએ એમના સપંર્કમાં 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 કાર્યક્રમ પ્રત્યે નિરુત્સાહી જણાય છે એમને પણ બધા સાથે મળી પૂરો સાથ સહકાર આપવા સૂચન છે.

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

વિસ્મૃત આત્મશક્તિથી વાકેફ થવું ; ફરી મેળવવી એ છે આત્માદ્ધાર

"જીવનમાં તણાવ-મુકત 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 સભ્યો 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 માનેસિક 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 ડેવલપમેન્ટ થાય છે.

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

કૌટું બિર : કામની વહેંચણી, સંસ્કાર અને ઉછેરનો ફરક, જીવન જીવવાની પદ્ધતિ તેમજ કૌટું બિક જવાબદારીઓ વગેરે.

આજીવિકાને લગતી : આજના જીવનમાં આ સૌથી મોટો તેમજ સૌથી વધારે ફેલાયેલ 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 ચિંતા.

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, કમાય છતાં સંતોષ ન થાય, 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 કયારે ખબર પડે ?

માણસનું શરીર અને વ્યવહાર આ બાબતે સંકેત આપે છે. દા.ત. માથાનો દુઃખાવો, આંખનું બળવું, ઝળવું, ઝડપી શ્વાસ ચાલવો, મોં સુકાઈજવું, હાથ-પગ ઠંડા પડી જવા, ઝીણી ધ્રુજારી 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-તણાવમાંથી મુક્ત કેવી રીતે થશો ?

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

તણાવ પ્રત્યે તમારી જાગૃતતા 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 કારણો 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.

૨. 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 ફેરફારો 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 વહેલા ઉઠી અને ઘરેથી થોડા વહેલા નીકળો.

૨. જીંદગીના મોટા ફેરફાર જેવાકે, પ્રિય વ્યક્તિનું મૃત્યું, આવે વખતે આખી જીવનશૈલી બદલવી પડે, બીજા ટેન્શનો તે વખતે ન લેવા જેવા કે, નોકરી બદલવી, નવો ધંધો કરવો. આને લીધે 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.

૩. 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.

૫. દુઃખનું કે ચિંતાનું કારણ જાણવા પ્રયત્ન કરો જેથી એ ખરેખર પ્રોબ્લેમ છે કે આપણા મનથી ઉભો થયેલા પ્રોબ્લેમ છે. દા.ખ. કોઈકે 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-દ્વેષ વિના જોવો અને ઓળખવો. તેના ઉકેલવાના શકય 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 હલ પણ નીકળે છે.

હળવાશ એટલે કે રીલેકસેશન કેવી રીતે અનુભવશો ?

૧. પ્રાણાયામ અથવા ઊંડા શ્વાસ લેવા.

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

૨. મનને સ્વસ્થ કરવું.

કોઈ શાંત જગ્યાએ જઈને બેસવું. જયાં રેડિયો,બાળકો. ટ્રાફિકના અવાજો ન હોય. આરામદાયક સ્થિતિમાં બેસવું. આપણો કોઈ કુદરતી સૌંદર્યવાળી જગ્યાએ હોઈએ એવી મનોછબિ ઉભરવા દેવી. એ વખતે મોટી આળસ ખાઈને ધીમે ધીમે ઉચ્છ્વાસ કાઢવો. આનાથી થોડા ફ્રેશ થઈ ગયાનો અનુભવ થશે.

૩. યોગાસનો કરવા.

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

૪. પેટને હળવાશ રાખો, ખાવામાં ધ્યાન રાખો. પેટ સાફ રહે તો શરીર હલકું ફૂલ 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.	૨. મન મોટું રાખવું.	૩. ધાર્મિકતા અને પ્રભુમાં વિશ્વાસ
૪. સારૂં વાંચન	૫. કામમાં વ્યસ્ત રહેવું.	૬. વ્યવસ્થિત પ્લાનીંગ
૭. સારી સંગત	૮. બીજાના દુઃખમાં સહભાગી બનો	૯. બહુ બધા મોરચા સાથે ન ખેલવા.

આમ, મનને સ્વસ્થ રાખવાથી જીવનના ઘણાં દુઃખ 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 દુઃખમાંથી બહાર નીકળી શકશો. દ્રષ્ટિ હકારાત્મક રાખવી. મન નિર્મળ રાખી પ્રભુમાં સંપૂર્ણ શ્રદ્ધા રાખવી. સત્કર્મનું ફળ સારૂં જ મળે છે અને કુકર્મનું ફળ ખરાબ જ, તે કદી ન ભૂલીને સત્કર્મમા રહેવું.

PLASTICS है FANTASTIC

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प्लास्टिक्स ही हमारा व्यापार है
पंचत्त्व के बाद सृष्टि को
मिला यह अनुपम उपहार है ॥1॥

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इसमें लचीलापन, कम भार है ॥2॥

कार्बन, हाइड्रोजन हैं मुख्य अंश
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थर्मोप्लास्टिक और थर्मोसेटिंग
दो तत्त्वों ये संसार है ॥3॥

H.D.P.E., P.P., P.V.C.,PET
हर जुबाँ पे शब्द सवार हैं
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घर, ओफिस, वाहन उद्योग
प्लास्टिक्स हर जगह बेशुमार है
पल-पल, पग-पग काम आये
इसके महत्त्व से किसे ईनकार है ॥5॥

जीवन सरल बनाने में
प्लास्टिक्स का अहम किरदार है
स्वर्णिम जवानी इसमें बिता दी
ये हमारा श्रम-साधित संसार है ॥6॥

ढालने में कम ऊर्जा लगे
प्राकृतिक संपदा का भी बचाव हैं
जगह-जगह लकडी की जगह ली,
वन-वृक्षो का तारण हार है ॥7॥

प्लास्टिक्स कुदरत का एक चमत्कार है
हमें इससे बेहद-बेहद प्यार हैं
इसकी महत्ता को पहचान लो अब
गर करना देश का उद्धार है ॥8॥

EXHIBITION DETAIL

EXHIBITION	COUNTRY	DATE
PLAST FOCUS	VIRTUAL EXPO	9 to 14 MARCH
PLAST ASIA-2020	BIEC-BANGALORE	2-5 JULY-2021
PLAST INDIA-2022	PRAGATI MAIDAN - NEW DELHI	17-21 FEB -2022
PLAST FOCUS	GREATER NOIDA-2022	5-9 MARCH 2022
PLASTIVISION	MUMBAI-2023	9-13 FEB-2023

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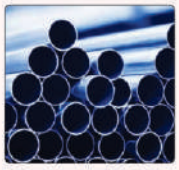
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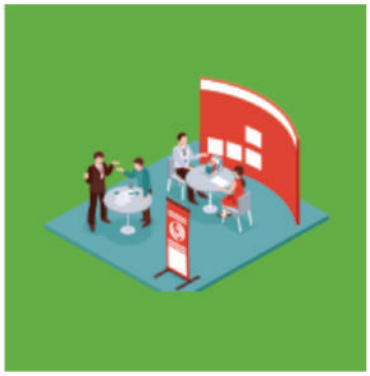

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