

## NO USE OF PLASTICS

I'm Akash write about on the topic 'NO USE OF PLASTICS'

It is rightly said if you can't reuse it, refuse it!

The use of plastic in any quantity or form is harmful to health. Banishing plastics from our daily lives is difficult as it is used widely in every aspect of our lives. Reducing the use of plastic means it helps in removing the toxicities, cancer, PCOS, hormonal imbalance and what not.

Some ways in which can get rid of plastics are:  
For drinking purpose switch to stainless steel glasses or copper bottles. One may carry own bottle in order to avoid usage of plastic bottles.

For Summers one can store water in makes and non-plastic bottles which naturally purifies the water.

One can reduce the online ordering and takeaways as the food is mostly packed in plastic bags which emits large amounts of toxic in the food.

One should avoid having hot drinks in styrofoam cups as chemicals leach when the hot drinks is poured in it.

Thank you.

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