

Name: Anas Muhammad

Username: AnasMuhammad

School: Madhupur Shahid Smrity Higher Secondary School

Today I collected the waste around me and honestly, I was surprised by how much trash surrounds us every single day, often blending into the background as if it belongs there. When I finally laid it all out, there were bottles, wrappers, tissues, cardboard, single-use cups, boxes, paper scraps, fruit peels, and leftover veggies. Seeing it all in one place made me realize how easily waste piles up without us even noticing.

I have to admit, today was a really meaningful experience. This trash-collecting challenge gave me the chance to start conversations, share what I learned, and spread a bit of awareness about how much waste surrounds us every day.

I noted the conversations I had in short,

With My Mother: She knows that I am participating in PGC 2025 and is always curious about the challenges I take on each day. Today was no different. She asked why I was carrying a bag for collecting waste. I explained the challenge and shared how much waste actually surrounds us, and that not all of it needs to be thrown away; some can be recycled, and some can be composted. She told me she was proud of me for doing this and spreading awareness which I was incredibly happy to hear.

With My Brother: He thought I was going shopping and didn't understand why I had a bag with me. I explained the challenge and showed him the waste I had collected. We talked about how much trash is around us every day and simple ways to reduce it, like using reusable containers and avoiding single-use plastics. He said he would keep it in mind, and it was good to have the conversation with him.

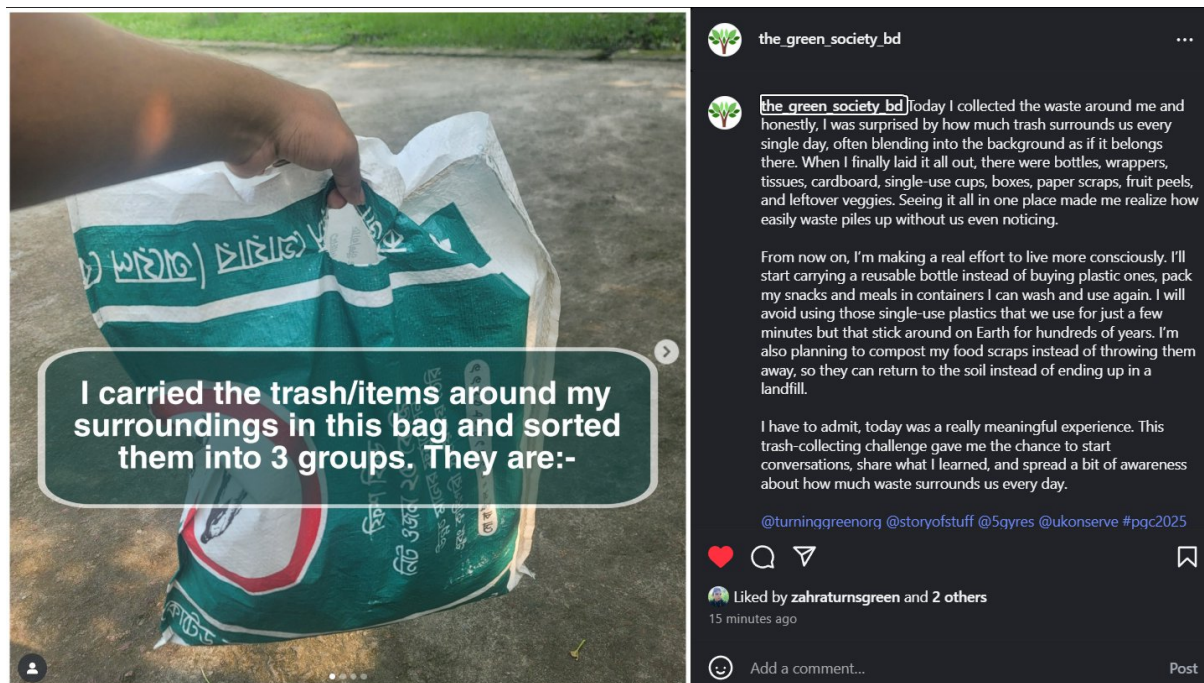
With My Friend Arnob: I showed him the bag of waste I had collected and he was genuinely surprised at how much it added up in just one day. We talked about how easy it is to overlook the trash around us and how small changes, like using reusable bottles or composting food scraps, can make a real difference. He said he would try to be more mindful of his own waste, which felt great to hear.

With My Tutor: He lives in the building next to my home and noticed me carrying the bag of waste. After explaining, He praised me for taking part in this kind of activity and raising awareness about waste, but he also reminded me to stay focused on my upcoming exams. It was helpful to hear his encouragement along with a gentle reminder to balance my responsibilities.

At the end of the day, I sorted all the waste into recyclables, non-recyclables, and compostables, following local recycling guidelines.

Here is my Instagram post regarding this: -

https://www.instagram.com/p/DPixuPBE4xY/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWF1ZA==



Recyclables



Non-Recyclables



the_green_society_bd



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From now on, I'm making a real effort to live more consciously. I'll start carrying a reusable bottle instead of buying plastic ones, pack my snacks and meals in containers I can wash and use again. I will avoid using those single-use plastics that we use for just a few minutes but that stick around on Earth for hundreds of years. I'm also planning to compost my food scraps instead of throwing them away, so they can return to the soil instead of ending up in a landfill.

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@turninggreenorg @storyofstuff @5gyres @ukonserve #pgc2025



Liked by zahrturnsgreen and 2 others

15 minutes ago



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Post



the_green_society_bd



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Recyclables: Cardboard box, newspaper, plastic bottles, plastic jerrycan, beverage can, plastic cosmetic bottle.

Non-Recyclables: Dirty plastic bags, disposable face mask, small foil/plastic wrappers (snack/candy), general soiled waste.

Compostables: Vegetable peelings and scraps (stems, leaves, pods), orange peels, other plant matter/kitchen green waste.

Then I picked two items that could easily be replaced with **better, sustainable and reusable alternatives**.

They are: - 1) Plastic bags 2) Plastic bottles.

Plastic Bags: As a Bangladeshi, I believe we can replace plastic bags with ones made from our own renowned jute. This local solution not only reduces non-biodegradable waste but also celebrates a material deeply rooted in our culture. Known as the "golden silk of Bangladesh," jute is natural, biodegradable, and sustainable. Choosing jute bags protects our environment, honors a traditional craft that is part of our heritage, and supports the local farmers who grow and harvest this valuable crop.

Here are the resources I used to come up with this decision: -

- https://bjmc.portal.gov.bd/sites/default/files/files/bjmc.portal.gov.bd/page/07706287_af1c_44a3_9d78_95b4a97439ab/Sonali%20Bag%20Brochure.pdf

And here is my Instagram post about it: -

- https://www.instagram.com/p/DPizObWk2mZ/?img_index=1



Plastic Bottles: We can move away from plastic bottles and use reusable ones instead. Plastic bottles are not only harmful to the environment but also deadly, releasing toxic chemicals into our water and contributing to widespread pollution. Reusable bottles offer a safer, sustainable alternative that protects our health and preserves the planet for future generations.

Here is the resource I used to come up with this decision: -

- https://en.wikipedia.org/wiki/Marine_plastic_pollution
- <https://www.ironflask.com/pages/how-reusable-water-bottles-help-the-environment>

And here is my Instagram post about it: -

- https://www.instagram.com/p/DPizObWk2mZ/?img_index=2

