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ACTIVITY REPORT

PLASTIC-FREE CAMPUS CHALLENGES

Slogan: *PLASTIC FREE CAMPUS – Small Changes | Big Impact*

2026



Title of Activity:

Plastic-Free Campus Challenges

Date:

08 October 2026

Organized By:

Dr. Meesam Ali, Department of Chemical Engineering and Technology, MNS-UET, Multan

Delivered By:

Dr. Meesam Ali, Assistant Professor, Department of Engineering and Technology

Venue:

Computer Lab Civil Department MNS UET, Multan

Target Audience:

MNS UET Students

1. Introduction

Plastic pollution is one of the most pressing environmental challenges of our time. Single-use plastics such as bottles, bags, cups, straws and cutlery are used for a few minutes but persist in the environment for hundreds of years, harming soil, water bodies, wildlife and human health. Universities, as centres of knowledge and role models for society, have a special responsibility to lead change.

With this in mind, the Department of Chemical Engineering at MNS-UET Multan conducted an awareness and action-based activity titled **"Plastic Free Campus"** on 08 October 2026. The activity aimed to sensitize students about the harmful effects of plastic and to involve them practically in making the campus cleaner and greener.



Figure 1: Plastic Free Campus awareness flyer (front and back) aligned with the SDGs, distributed and projected during the session.



Figure 2: Awareness lecture using multimedia while students follow the printed flyers.



Figure 3: Students attentively listening during the lecture on the effects of plastic pollution.

2. Objectives

- To create awareness among students about the harmful effects of plastic on the environment, ecosystems and human health.
- To encourage students to avoid single-use plastics and adopt reusable and sustainable alternatives.
- To engage students in a hands-on activity of collecting plastic waste from the campus.
- To promote segregation, recycling and responsible waste management practices.
- To align university activities with the United Nations Sustainable Development Goals (SDGs).



Figure 4: Interactive discussion and question–answer session with students.

3. Activity Details

The activity was carried out in three parts:

3.1 Awareness Lecture

The activity began with a lecture delivered by Dr. Meesam Ali, Assistant Professor, Chemical Engineering. Using a multimedia presentation and printed information flyers distributed to the students, he explained the sources of plastic waste, its long degradation time, the formation of micro-plastics, and its harmful effects on human health, aquatic life, soil and climate. The lecture also introduced practical steps students can take: avoiding single-use plastics, using reusable bottles, lunch boxes and bags, segregating and recycling waste, choosing sustainable alternatives, spreading awareness and being a role model.

3.2 Question–Answer Session

An interactive question–answer session followed the lecture. Students actively asked questions and responded to queries about plastic pollution, recycling and sustainable practices, which helped to assess and reinforce their understanding of the topic.

3.3 Plastic Waste Collection Activity

In the practical part of the activity, students and faculty members collected plastic waste, mainly used plastic bottles, from the campus. The collected waste was displayed and discussed as a visible example of the plastic burden generated within the campus, and participants pledged to reduce plastic use and keep the campus free from plastic. The activity concluded with group photographs and the slogan **“Plastic Free Campus.”**



Figure 5: Session Activity

4. SDGs Alignment

The activity directly supports the following SDGs:

SDG	Goal	Contribution of the Activity
SDG 3	Good Health and Well-Being	Reducing plastic pollution and open waste lowers exposure to toxic chemicals, micro-plastics and pollution-related health risks, creating a healthier campus.
SDG 4	Quality Education	The lecture, Q&A session and flyers provided environmental education and built awareness and skills among engineering students.
SDG 11	Sustainable Cities and Communities	Keeping the campus clean and managing waste properly contributes to a sustainable, liveable campus community.
SDG 12	Responsible Consumption and Production	Students were encouraged to avoid single-use plastics, reuse items, segregate waste and support recycling.
SDG 13	Climate Action	Reducing plastic use and plastic waste lowers the fossil-fuel-based production and burning of plastics, reducing greenhouse gas emissions.
SDG 14	Life Below Water	Preventing plastic from reaching drains, rivers and oceans protects aquatic life from plastic and micro-plastic pollution.
SDG 15	Life on Land	Removing plastic waste prevents soil contamination and protects land ecosystems and animals.



Figure 6: Sustainable Development Goals Outreach Initiative 2026, MNS-UET, Multan

5. Outcomes

- Students gained awareness about the harmful effects of plastic and the importance of reducing its use.
- Active participation was observed in the lecture, discussion and waste collection activity.
- Plastic waste was collected from the campus, demonstrating practical action.
- Students were motivated to carry reusable bottles and bags, segregate waste and spread the message in their departments and communities.
- The activity strengthened the culture of sustainability at MNS-UET Multan.

6. Conclusion

The “Plastic Free Campus” activity was a successful step towards a cleaner, greener and healthier campus. Through awareness, discussion and practical action, students were encouraged to become responsible citizens and ambassadors of sustainability. The activity

contributed to SDGs 3, 4, 11, 12, 13, 14 and 15, and reflects the commitment of MNS-UET Multan to environmental protection. **Small changes by each of us can create a big impact.**



Figure 7: Group photograph of the participants with the Plastic Free Campus presentation on screen.



Figure 8: Video 1 (frame 1): Faculty moving through the campus grounds to inspect and collect plastic waste.



Figure 9: Video 1 (frame 2): Faculty members collecting plastic waste from the campus grounds.



Figure 10: Video 2: Students taking part in the campus clean-up drive.