



# Rural Urban Council of Skills & Vocational Studies

A Unit of Rural Urban Skill Development & Educational Trust



Initiative by RUCSVS & RUSDE TRUST to promote Plastic Free' Environment & Green, Clean India.

## Take a pledge to say no to Single Use plastic

Say no to Single Use Plastics. Choose Reusable shopping bags, water bottles and commuter mugs. Steer clear of disposable straws, cups, plates & utensils.

Spread the word and convince your friends and family to use less plastic-The result? Less waste. It's good news for all of us.

Get beachy clean and setup your own plastic pick up, even if you only have a couple of minutes.

Buy in Bulk. Avoid Single-Serving Packaging-It takes up a lot of Plastic! also, use refillable dispensers when possible.

Go local. Bring the plastic free pledge awareness to your community and local groups. Encourage local retailers to Ban Single use plastics like to go utensils, packet condiments and to go containers.

Recycling won't solve the problem, but it definitely helps. If you do use plastics, buy recycled products-and then recycle!

### Prevent, Protect & Preserve

Our planet is choking on plastic, but you can make a difference. and you will be leading the way...



### Take a pledge to say no to Single Use plastic

- I Bring my own reusable bags when shopping.
- I Reduce my use of plastic bags for produce and bulk items.
- I Bring my own food containers and utensils when going out to eat.
- I Carry a reusable water bottle; studies have shown that most tap water is actually cleaner than bottled!.
- I Pack a waste-free lunch instead of ordering out.
- I Bring my own coffee cup; many coffee shops will offer you a discount for bringing your own mug, helping you save money while you save the planet!.
- I Say no to disposable straws; if I really need a straw, I can carry around a reusable metal alternative!.
- I Share these tips with friends and family!

Sign Here & Take Pledge

Name:.....

Mobile:.....

Email:.....

City:.....

State:.....

Aadhaar No.

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After Signed Pledge you can get Pledge Certificate by RUCSVS