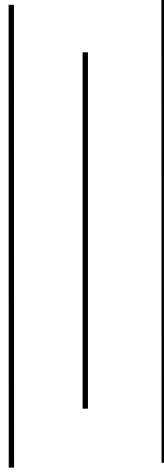
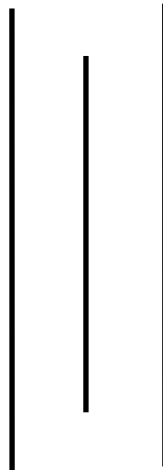


**A Report on
Plastic Free Environment (Awareness Program)
20th Jestha, 2080 B.S.**



Submitted To
University Grants Commission (UGC)
(NEHEP Program)
Sanothimi, Bhaktapur



Submitted By
Lamki Multiple Campus (LMC)
Lamki Chuha -1, Lamki, Kailal
15 June, 2023

Appendix

Appendix-A: HEI Decision of the Program

Appendix-B: Notice for the participation

Appendix-C: Attendance of the participants

Appendix-D: Program Schedule

Appendix-E: Some snapshots of the Program

1. Background of the Program

Lamki Multiple Campus was established in 2064 BS located at the main entrance of Far Western Province, Kailali district of Nepal. It is affiliated to Tribhuvan University and approved by University Grants Commission of Nepal. It offers Bachelor Level Programs such as Bachelor of Education (B.Ed.), Bachelor of Business Studies (BBS) and Bachelor of Arts (BA). The campus has also been affiliated to Masters' Degree in Nepali Education from Tribhuvan University in the academic year 2075/076. It has been imparting quality education since its inception and providing various facilities including sports, multimedia, conference, counseling, library, educational tours and scholarship facilities.

This program has been conducted to promote specialized in higher education under the UGC, NEHEP program entitled (Equity Grants). This report has been prepared considering the climate change issue and to address it to minimize the use of plastic bags in agriculture local market, Gapka Kailali.

Plastic pollution has risen to be one of the most alarming situations in the world and has become a serious environmental concern. It might have started as a cheap alternative to make products long lasting and disposable, but its side effect is being felt now. Plastic has played such an important role in our lives that we feel it is not even possible to live in a world without its. Due to its wide usage on a large scale has led to a very little scope of getting rid of it's completely. Plastic products such as bags, plates, spoons, glasses and packed food like chips, plastic bottles etc. don't fully degrade and remain in the environment for hundreds of years. The wrong disposal of such wastes lead to serious concerns in the environment for instance: domestic animals like cows, buffaloes, dogs, etc get chocked to death due to intake of these poisonous products lying on the roads, contamination of marine habitats with untreated wastes, large landfills filled with plastic materials and when it is burnt, it releases toxic substances polluting the air and endangering form.

2. Objectives of the Program

The objectives of the study are as follows:

- To sensitize people minimize the use of plastic bags.
- To replace plastic bags with cotton ones.
- To aware people about the impact of plastic use.
- To make good relationship between the community and the campus.

3. Area of the Program

The area of the study has been selected at Lamkichuha-8, Agriculture Local Market, Gapka, Kailali

4. Detail Schedule

The detail schedule of the program is as following:

S.N.	Particulars	Date	Time	Remarks
1	HEI Decision for the Program	2080-02-18	9:30AM	
2	Notice Call for Participation	2080-02-19	7:00AM	
3	Preparation of the Program	2080-02-19	8:00AM - 2:00PM	
4	Program Conduct	2080-02-20	4:30 PM - 6:00 PM	

4.1 Description of the Program

The program 'Plastic Free Environment Awareness Program' was conducted on Saturday 20th Jestha, 2080 at 4:30 pm at Agriculture Local Market, Gapka, Kailali among the mass of local vendors as well as customers on the local market day. Mr. Janak Bahadur Bista, Teaching Assistance of Lamki Multiple Campus, was the program presenter. Mr. Saroj Kumar Shah, Lecturer of Lamki Multiple Campus explained the significant of the program. Later, the chairperson of Agriculture Local Market, Mr. Dal Bahadur Rawal put his views towards the program and expressed thank to the Lamki Multiple Campus team for organizing such an effective program there. After that organizer team visited the Local Market and replaced plastic bags with cotton ones of the customers while buying different things. The local vendors were also distributed cotton bags by the organizer team. Local vendors and customers were informed about the impact of plastic bags. Finally the Chairperson of Campus Management Committee Mr. Karna Bahadur Rawal put his some valuable suggestions towards the program and declared the ending of the program as well.

5. Methodology

All the campus team visited the Agriculture Local Market, Lamkichuha Municipality-8, Gapka, Kailali and replaced plastic bags of the customers with cotton bags and distributed some cotton bags to the local vendors as well as customers.

5. Conclusion and Recommendation

Plastics have been introduced in the environment and there is no changing those facts. However we can contribute to cutting down its foot print by recycling and replacing then to have eco-friendly. Avoid plastics that can't recycle if other alternative exists. Avoid products with excess or unnecessary plastic packaging. Adopt reusable items such as water bottles,

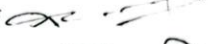
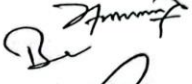





shopping cotton bags, keep cups and travel cutlery. We can reduce by purchasing items with least amount of packing and being in bulk when appropriate. We can recycle things by using community recycling programs and purchasing products made from recycled materials. Even though we can't completely eliminate plastic from our surrounding but with everyone's individuals' efforts and small contributions towards plastic eliminations can lead to a healthy environment.

Appendix A

HEI Decision of the Program

आज मिति २०८० साल जेष्ठ १८ गतेका दिन यस लम्की बहुमुखी क्याम्पसमा गठित उच्च शिक्षामा विशिष्टताको प्रवर्द्धन कार्यक्रम (Nurturing Excellence in Higher Education Program – NEHEP) अन्तर्गत कार्यसम्पादन समितिका संयोजक श्री अम्मर बहादुर रावल ज्यूको अध्यक्षतामा देहाए बमोजिमका निर्णय गरियो ।

तपसिल :

१) श्री अम्मर बहादुर रावल	संयोजक	
२) श्री गणेश प्रसाद न्यौपाने	सदस्य	
३) श्री भिष्म थापा	सदस्य	
४) श्री सरोज कुमार शाह	सदस्य	
५) श्री टंक प्रसाद सापकोटा	सदस्य	
६) श्री जनक बहादुर विष्ट	सदस्य	
७) श्री धनन्जय न्यौपाने	सदस्य	

प्रस्ताव / निर्णयहरु

प्रस्ताव नं.१ सचेतना कार्यक्रम सञ्चालन सम्बन्धमा ।

निर्णय नं.१ प्रस्ताव नं. उपर व्यापक छलफल गर्दा विश्वविद्यालय अनुदान आयोग अन्तर्गत रहेको उच्च शिक्षामा विशिष्टताको प्रवर्द्धन कार्यक्रम (Nurturing Excellence in Higher Education Program – NEHEP) कार्यक्रमको Equity Grants सम्बन्धीत Climate Change Adapations क्षेत्राधिकारको Community Outreach कार्यक्रम अन्तर्गत Plastic Free Environment विषयक सचेतना कार्यक्रम लम्कीचुहा नगरपालिका वडा नं.८ गफ्का हाटबारमा आयोजना गर्ने निर्णय गरियो ।





Appendix B

Notice for the Participation



(त्रि.वि. बाट सम्बन्धन प्राप्त)

लम्की बहुमुखी क्याम्पस

 ☎ 091-540462
 ☎ 091-540380

लम्की, कैलाली (नेपाल)

मिति २०८०।०२।१८

स्था. २०६४

प.सं./च.नं. २०७९/०८०/

 लम्की बहुमुखी क्याम्पस
 लम्की, कैलाली (नेपाल)

विषय : सुचना ।

प्रस्तुत विषय सन्दर्भमा विश्वविद्यालय अनुदान आयोगको कार्यालय द्वारा सञ्चालित उच्च शिक्षामा विशिष्टताको प्रवर्द्धन कार्यक्रम (Nurturing Excellence in Higher Education Program – NEHEP) Equity Grants अन्तर्गत Climate Change Adapatations क्षेत्राधिकारको Participation Based सुचक अर्न्तगत देहाय बमोजिमको मिति समय र स्थानमा Plastic Free Environment विषयक सचेतना कार्यक्रम आयोजना हुने भएकाले उक्त कार्यक्रममा क्याम्पस सञ्चालक समितिका सम्पूर्ण पदाधिकारी ज्युहरु, क्याम्पसमा कार्यरत सम्पूर्ण प्राध्यापक तथा कर्मचारी ज्युहरु, स्ववियू पदाधिकारी लगायत क्याम्पसमा अध्ययनरत सम्पूर्ण विद्यार्थीहरु एवम् यस नगर क्षेत्रका शिक्षाप्रेमि, बुद्धिजिवि व्यापारी तथा आम सरोकारवाला निकायमा उपस्थित भईदिन हुन हार्दिक अनुरोध गरिन्छ ।

तपसिल :

मिति २०८० जेष्ठ २० गते शनिवार,

स्थान : लम्कीचुहा नगरपालिका वडा नं.८ गप्का कृषि हाटबजार स्थल,

समय : अपरान्ह ठिक ४:३० बजे ।

अम्मार बहादुर रावल

क्याम्पस प्रमुख

क्याम्पस प्रमुख


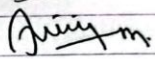
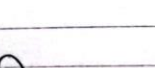
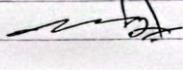
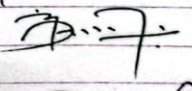
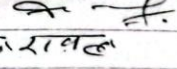
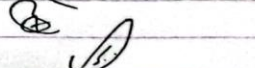

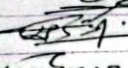
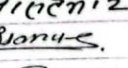
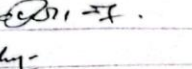





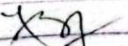
Email : lmckailali2064@gmail.com

Appendix C

Attendance of the Participants

आज मिति २०८० साल जेष्ठ २० गतेका दिन लाग्गी बहुमुखी क्याम्पस, लाग्गी कैलली-ले लम्पिचुहा नगरपालिका वडा नं. ६ स्थित गण्डा हाटवजारमा विश्व विद्यालय अनुदान आयोगद्वारा सञ्चालित NEHEP कार्यक्रमको performance Based Equity Grants सम्बन्धित Climate Change Adaptations ट्रेजिडिटासो (Communities Overall) कार्यक्रम अन्तर्गत "Plastic Free Environment" विषय सचेतना कार्यक्रम तपसिलको उपस्थितिमा हाटवजारका व्यापारी तथा ग्राहकहरूलाई उपस्थित गरी वितरण तथा सचेतना गर्ने प्रयासहरूमा सम्पन्न गरियो।

तपसिल

१) श्री कवी कहाडु रावल	व्या. वि. ए. अध्यक्ष	
२) श्री वसन्ती प्रसाद ककाल	" प्राध्यापक	
३) श्री राजेश मजवाल	सदस्य	
४) श्री दिपक कुमार लिम्विलेना	"	
५) श्री ईश्वरी प्रसाद वैवडा	"	
६) श्री राम नहाडु मजारी	"	
७) श्री लक्ष्मण प्रसाद रेग्मी	"	
८) श्री रमा खड्का	"	
९) श्री कुण्ड स्वार्	"	
१०) श्री लव कहाडु शाही	पदेन सदस्य लम्पिचुहा वडा नं. ६ अध्यक्ष	
११) श्री कल्पना लिम्विलेना	स्वकीमु अध्यक्ष पदेन सदस्य	
१२) श्री देव प्रसाद यापडोर	प्राध्यापक संघ सभापति	
१३) श्री धातवज्य नौचाने	कार्यकारी संघ " "	
१४) श्री अमर कहाडु रावल	क्याम्पस समुदाय सदस्य सचिव	
१५) श्री देव कहाडु रावल	अध्यक्ष गुलरा हाटवजार	
१६) श्री मीरा थापा	सह-प्राध्यापक	
१७) श्री यशोवन्त कुमाल शिह	उपप्राध्यापक	
१८) श्री यमलाल पाठे	"	
१९) श्री जनक कहाडु विष्ट	शिष्टाचार सहायक	
२०) श्री सुन्दर कर्ण	"	
२१) श्री भीम सिंह गौड	"	
२२) श्री सुष्मा सुनार	"	
२३) श्री लोको प्रसाद मजवाल	"	
२४) श्री श्याम चन्द	"	
२५) श्री मोहन रात्री	"	
२६) श्री जगत प्रसाद लिम्विलेना	"	
२७) श्री प्रेम राज मुडगरी	आंशिक प्राध्यापक	

27) श्री लोडु वहाडु अन्डरी		
28) श्री शिता थामि		
29) श्री विण्डु वहाडु रावल	on-the-Spot News	
30) श्री सुई उसादु तिम्बिलेग		
31) श्री राफ वहाडु बुढा		
32) श्री मोडकसु थापा		
33) श्री नवलसिंह झाड		
34) श्री लक्ष्मी यौपाडे		
35) श्री भारुना खडका		
36) श्री धर्मराज देवनेर		
37) श्री रण प्रसाद देवी ली बजगाड		
38) श्री Bharat Das Bhat		
39) श्री मारद जीली	मारद	
40) श्री सिद्धज अली		
41) श्री ठाविन सात		
42) श्री लक्ष्मी शम्भर		
43) श्री दान व० - लक्ष्मी		
44) श्री नारायण लक्ष्मी		
45) श्री गोपीकीरु		
46) श्री शकुन्तल जोशी		
47) श्री गौविन्द भण्डारी		
48) श्री मान वहाडु विष्ट		
49) श्री प्रेम जोशी		
50) श्री अणु व बन्धु		
51) श्री शम्भु शिंदे		
52) श्री जीता विष्ट		
53) श्री प्रमोद लोख		
54) श्री लक्ष्मी वाम		
55) श्री बुडु राज चौधरी		
56) श्री सुसान्त चौधरी		
57) श्री अतेश विष्ट		
58) श्री केश भण्डारी		
59) श्री शैली सुता		
60) श्री जीता जली		

Appendix D**Program Schedule**

S.N.	Particulars	Date	Time	Remarks
1	HEI Decision for the Program	2080-02-18	9:30AM	
2	Notice Call for Participation	2080-02-19	7:00AM	
3	Preparation of the Program	2080-02-19	8:00AM - 2:00PM	
4	Program Conduct	2080-02-20	4:30 PM - 6:00 PM	

Appendix E

Some Snapshots of the Program:

“ स्वच्छ वातावरण, स्वस्थ जीवन ”
" We serve as a Social Worker. "

A Community Outreach Program
on

Plastic Free Environment
सचेतना कार्यक्रम

Date : 20 Jestha, 2080
Location : Gapka Haat Bazaar
Time : 4:30 PM

Organized By :
"Quest for Excellence: Learning today for a better tomorrow"
Lamki Multiple Campus
Lamki, Kailali








The End