



Press Release

## **DIY session on 'Make a hand-bag out of own used T-shirt'**

A DIY (*Do-it-yourself*) session on 'Make a hand-bag out of own used T-shirt' was conducted for the employees of Cochin Port Trust and CISF personnel with a view to equip them to find alternate solutions to plastic carry bags.

The session was conducted in the wake of instructions of Govt. of India to reduce the use of SUP (single use plastic) and ban imposed by Govt of Kerala's on use of SUP with effect from January 1, 2020. The session was conducted by Dr. Nirmala Padmanabhan, Associate Director, Dept of Economics, St. Teresa's College, Ernakulam & team of students.

The employees who brought the used T-shirts and scissors were taught on the making of shopping bags that could carry up to 5 kg without stitching in 15 minutes.

Dr. M. Beena IAS, Chairperson and Heads of the Department were present.

Dr. Nirmala Padmanabhan who demonstrated various kinds of shopping made out of used clothes appreciated the response received from the employees of the Port and thanked Cochin Port Trust in taking the lead towards phasing out the use of single use plastic by way of upcycling used clothes.

Dr. M. Beena IAS, Chairperson, Cochin Port Trust highlighted the importance of promoting eco-friendly alternatives to SUPs and urged all employees to inspire people around them to turn to upcycling of used clothes & materials.

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