

REPORT ON ACTIVITY

Title of the event	E-Poster
Date and time	04/06/2026
Mode	Online
Department/School/Directorate/ Section	SEOAS, Goa University
Participants (Total)	10
Participants (Goa University)	Students: 10
Participants (External)	NIL
Resource Person/s	
Faculty attended	
Students attended	
The objectives / description of the activity (50 words)	The E-Poster Competition aims to create awareness about climate change and promote sustainable lifestyles in alignment with Mission LiFE. It encourages students to creatively express innovative ideas on environmental conservation, biodiversity, waste management, and sustainable practices, fostering environmental responsibility, critical thinking, and active participation in building a greener future.

Copy of Flyer of the event uploaded on the Goa University Website	 The flyer is for the Goa University E-Poster Competition, organized under Mission LiFE (Lifestyle for Environment). The theme is 'CLIMATE CHANGE AND SUSTAINABLE LIFESTYLE' on the occasion of World Environment Day 2026. It lists seven thematic areas: 1. Save Energy, 2. Save Water, 3. Say No to Single-Use Plastic, 4. Adopt Sustainable Food Systems, 5. Reduce Waste, 6. Adopt Healthy Lifestyles, and 7. Reduce E-Waste. It also lists categories of submission: Environmental Conservation, Biodiversity, Waste Management, Sustainable Practices, and Green Campus & Nature. The last date of submission is 04 June 2026. The submission mode is online via a Google Form. The flyer includes contact information for nodal officers and a QR code to scan for submission.
URL of the event	
Social Media posts and links:	
Instagram post	
Instagram link	
Facebook post	
Facebook link	
Youtube post	
Youtube link	
Photos (5)	Submit photos separately
Feedback	
Benefit/Key outcome of the event in terms of learning/skills/knowledge	The E-Poster Competition will enhance participants' understanding of climate change, environmental conservation, and sustainable lifestyles in line with the Mission LiFE initiative. Students will develop research, critical thinking, creativity, and digital design skills while learning to communicate environmental issues effectively through visual media. The activity will also foster environmental awareness, responsible citizenship, and problem-solving abilities, encouraging participants to adopt and promote sustainable practices in their daily lives.



REDUCE E-WASTE

PARTICIPANT: MADHAVRAJ N. PARAB (NSC APPLIED GEOLOGY)
AFFILIATION: GDA UNIVERSITY

YOUR OLD PHONE: DEAD OR ALIVE?

Every discarded device is a silent environmental disaster — leaking toxins, draining resources, and heating our planet. But it doesn't have to be.

WHAT IS E-WASTE?

Any electronic device you throw away counts as e-waste.

- Phones, laptops, tablets, chargers, cables
- TVs, refrigerators, ACs, washing machines
- Batteries, CFL bulbs, UPS systems
- Printers, scanners, ink cartridges
- Gaming consoles, speakers, headphones
- Smartwatches, fitness bands, smart bulbs

HOW E-WASTE DESTROYS OUR ENVIRONMENT



Soil Poisoning Toxic metals leach into soil, killing microbes and making land completely infertile for decades.

Groundwater Contamination Lead and mercury seep deep into aquifers, poisoning drinking water for entire communities living nearby.

Toxic Air from Burning Informal burning of e-waste releases dioxins and furans — among the most toxic substances ever known to science.

Climate Acceleration Manufacturing brand new devices — because old ones were not recycled — emits millions of tonnes of CO2 every year.

Marine Ecosystem Damage Heavy metals reach oceans through surface runoff, bioaccumulating in fish and entering the human food chain.

CONCLUSION

E-waste is the world's fastest growing waste problem — yet the most ignored.

Every device we throw away poisons our soil, water and air. But every device we repair, donate or recycle properly is a step toward healing our planet.

The solution is simple. Repair it. Donate it. Recycle it right.

The Earth does not need fewer people. It needs more responsible ones.

KEY STATISTICS

- 62 Million Tonnes of e-waste generated globally every year
- Only 20% of e-waste is formally recycled worldwide
- Rs. 1 Lakh Crore worth of precious metals dumped each year
- India generates 3.2 Million Tonnes of e-waste annually

DID YOU KNOW?

- 1 tonne of old mobile phones contains 300g of gold — that's 300 to 400 times richer than gold ore from a mine.
- 85% of all materials in e-waste are fully recoverable and reusable in new products.

ELEMENTS IN E-WASTE THAT CAN BE RESTORED



TOXIC CHEMICALS HIDDEN INSIDE YOUR DEVICES

CHEMICAL	FOUND IN	HARM CAUSED
LEAD (Pb)	CROCKET BRANDS, CRT SCREENS	DAMAGES BRAIN AND NERVOUS SYSTEM
MERCURY (Hg)	LED SCREENS, BATTERIES	CONTAMINATES WATER AND FISH
CADMIUM (Cd)	RECHARGEABLE BATTERIES	CAUSES KIDNEY FAILURE AND CANCER
CHROMIUM VI	METAL COATINGS	CAUSES LUNG CANCER AND DNA DAMAGE
INITIATED FLAME RETARDANTS	PLASTIC CASINGS	DISRUPTS HORMONES AND THYROID

E-WASTE POLLUTIONS



HOW TO RECYCLE E-WASTE

1. Repair Before You Replace Get your device fixed instead of buying a new one.
2. Donate Working Devices Give old but working phones and laptops to those who need them.
3. Buy Less, Choose Well Avoid unnecessary upgrades. Use your device until it truly stops working.
4. Drop at Authorised Centres Never throw electronics in regular bins. Use certified e-waste collection points.
5. Remove Batteries Separately Batteries are highly toxic. Always deposit them at designated collection points.
6. Spread the Word Most people are unaware of e-waste harm. Talk about it with family and friends.

REFERENCES: 1. Global E-waste Statistics Global E-waste Monitor 2020 2. Global E-waste Monitor 2020 3. Global E-waste Monitor 2020 4. Global E-waste Monitor 2020 5. Global E-waste Monitor 2020 6. Global E-waste Monitor 2020 7. Global E-waste Monitor 2020 8. Global E-waste Monitor 2020 9. Global E-waste Monitor 2020 10. Global E-waste Monitor 2020

NOT ADAPTATION BUT **DESPERATION!**

Hermit crabs don't make their own shells. They depend on empty sea shells for survival.



A **bottle cap** belongs in a bin, not on a crab

SAY NO TO SINGLE USE PLASTIC



HOW TO BREAK UP WITH PLASTIC IN 10 DAYS?



BREAKING UP WITH PLASTIC! FOR GOOD.

STEP 1

Analyse situations where you can avoid plastics



STEP 2

Figure out alternatives for single use plastics



STEP 3

Practice these for 10-15 days and go plastic free all the way!



Reference read: "TURNING THE TIDE ON PLASTIC: how humanity and (YOU) can make our globe clean again" by Lucy Siegle

MEENA SENI
RESEARCH SCHOLAR
MARINE MICROBIOLOGY
SEAGAS, GOA UNIVERSITY

E-poster Competition

File Edit View Insert Format Data Tools Extensions Help

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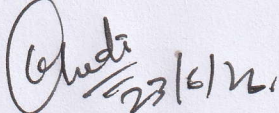
Full Name

	A	B	C	D	E	F	G	H	
	Form Responses								
	Timestamp	Full Name	Email Address	Contact Number	Gender	Name of the School and Program	Title of Poster	Theme Chosen	Upload
2	6/1/2026 13:12:17	Ethan Fernandes	sairajvbucks@gmail.com	9152754536		SPAS Msc Electronics	Guardians of Biodiversity	Bio Diversity	https://d
3	6/1/2026 15:14:06	Josilino Justin Fernande	fernandesjosilino@gmail	8180954767		Botany, School of Biological Sciences a	Choose Life, Choose Ear	Sustainable Practice	https://d
4	6/3/2026 15:09:00	Juella Vienna Pereira	zoology2025.juella@uni	7796070569		School of Biological Sciences & Biotech	Climate changes and su	Adopt Healthy Lifestyles	https://d
5	6/4/2026 9:51:21	Imrana Shaikh	imranashaikh99.ss@gm	8830665023		Marine Microbiology, SEOAS.	How to break up with plc	Sustainable Practices	https://d
6	6/4/2026 12:11:25	Vandita Suresh Kambli	kamblivandita709@gma	9322575385		School of biological sciences and biote	Not adaptation but desp	Say no to single-use pla	https://d
7	6/4/2026 12:34:45	Atharva Anand Naik	naikatharva49@gmail.co	8208975410		School of biological sciences and biote	Your Convenience Their	Say No To Single Use Pl	https://d
8	6/4/2026 19:32:04	RITASHA HANUMANT V	eco2025.ritasha@unigo	7887450510		Goa Business School (M.A in Economic	Silenced Conscience, Sc	Sustainable Practices	https://d
9	6/4/2026 23:23:00	Madhavraj Manohar Pan	madhavrajparab3230@e	7030396290		SEOES APPLIED GEOLOGY	REDUCE E-WASTE	REDUCE E-WASTE	https://d
10	6/5/2026 0:10:15	Reena koranga	mscds.2504@unigoa.ac	7030970604		Goa university	Cleaner device, Greener	Reduce e-waste	https://d

Nodal officers of Mission LiFE Initiative Goa University:


1. Dr. Poornima Sawant


2. Dr. Divya Vaigankar


3. Sr. Prof. Sanjeev C. Ghadi
Dean, SEAOS

