



Session 4

Hindu Mandir Empowerment Council
October 2 - 4, 2026 | Buena Park, California

Roop Goyal

Speaker Bio



Roop Goyal has a doctorate in engineering. He has been a software engineer for over two decades. At times, he expresses his ideas as poems or songs. He is passionate about reducing our plastic use and wrote songs on it. He serves on CoHNA's National Steering Committee as the Director of its So-Cal Chapter.

Abstract of 'Reduce Plastic Use'



Plastics have become parts of our daily lives. They are not biodegradable, hence in-destructible. They cause health issues to humans and other creatures. We need to use plastic alternates to reduce their use. Youth is very motivated to reduce plastic use. Temples can save the enviroment while increasing youth engagment in temples.

धरती को इसके जहर से बचाओ
प्लास्टिक को इतना न तुम काम लाओ

Save this earth from poison
Don't use plastic so much my fren
Don't use plastic so much my fren

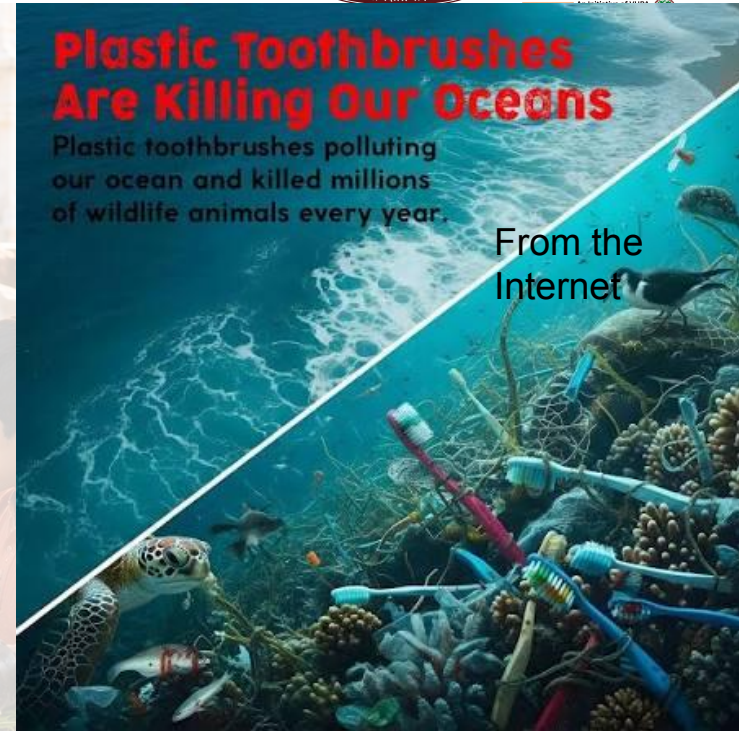
Plastic is Indestructible

- Per person: about a pound per week
- Worldwide: 500 Million Tons per year
- Used in: Food containers, bags, bottles, cloths, silverwares, toys, medical plastics, packaging, shoes, pipes,... ॐ
- Not biodegradable.
- Time to decompose in years: {bottles: 450}, {fishing lines: 600}, {toothbrush: 500}, {spoon: 500-1000}, {toys: 100-500},...
- Approximately Reused plastic: ~9%, Burnt: ~12%, and leaked to landfills and ocean: 79%.

Once produced it exists on this earth forever
Because biodegradation will destroy it never
Don't make any more o human
Don't use plastic so much my fren
Don't use plastic so much my fren

[1]

Hindu Mandir Empowerment Council
October 2 - 4, 2026 | Buena Park, California



बनाने के उपरांत मिटता नहीं है
जैविक क्रियाओं से घटता नहीं है
नहीं और इसको मनुज तुम बनाओ
प्लास्टिक को इतना न तुम काम लाओ [1]

All 3 Mediums have plastics



- **Ground:** Mounts of trash at city outskirts and landfills.
- **Water:** Great pacific garbage patch (1.6 Million Km²)
- **Air:** Nano plastics in arctic air

हवाओं के हर तार में मिल चुका है
पानी की हर बूंद में घुल चुका है
मिट्टी के कण कण में भी इसको पाओ
प्लास्टिक को इतना न तुम काम लाओ [2]

Nano plastics are floating in the atmosphere
Plastic free water these days has become so rare
Dirt in farm too has the venom
Don't use plastic so much my fren
Don't use plastic so much my fren [2]



Impact on life in air, water, & land



- Animals have plastic in their stomachs

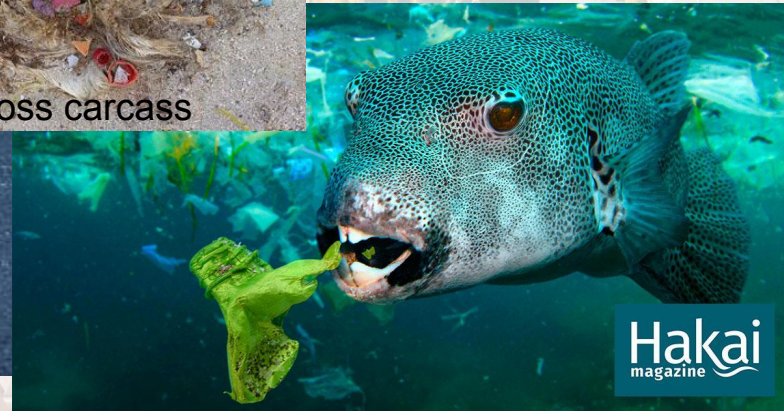


Albatross carcass

From the Internet

तडपती है मछली और रोती है गइया
प्लास्टिक को खा फडफडाती चिरइया
जीवन के इन पर तरस थोडा खाओ
प्लास्टिक को इतना न तुम काम लाओ [3]

Withering in pain in ocean are shark fish jelly
Cows cry due to plastic bags in their belly
Birds too suffer from the ingestion
Don't use plastic so much my fren
Don't use plastic so much my fren [3]



Hakai
magazine

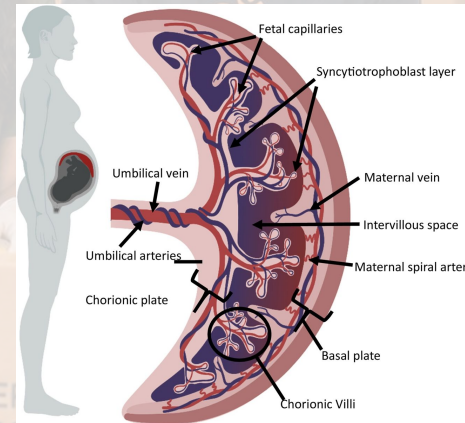
Human Suffering



- Human ingestion of plastic: 5 gms per week
- Pthalates (makes plastics soft).
- Bisphenol-A (BPA) makes plastic hard.
- They are carcinogenic
- These additives cause cell damage => inflammation
- Hormonal disruption => metabolic and reproductive issues
- Increased risk of heart attack and strokes
- Nano and micro plastic in human placenta

सभी जीव जंतू के तन में मिलेगा
हमारे तुम्हारे रुधिर में मिलेगा
जीवों की पीड़ा जहन में बसाओ
प्लास्टिक को इतना न तुम काम लाओ [4]

Animal bodies contain plastic in ample
It is there in your and my blood sample
It harms all the living being
Don't use plastic so much my fren
Don't use plastic so much my fren [4]



From the Internet

Use of Plastic Alternatives



Hindu Mandir Empowerment Council
October 2 - 4, 2026 | Buena Park, California

Individual Endeavors



- Use reusable shopping bags and water bottles
- Use compostable plates, bowls, spoons and cups or old school steel/china plates
- Use bar soap, shampoo and conditioner, vs bottles
- Use powdered laundry detergent and pods for dish detergent to save bottles
- Use bamboo tooth brushes
- Use wooden/metal toys. Exchange & upcycle toys where possible
- Use cotton/wool/linen and natural fibers clothing
- When possible use reuse vs buy new – eg: Buy nothing groups
- Think what you can do to reduce plastic use?

Hindu Mandir Empowerment Council

October 2 - 4, 2026 | Buena Park, California

Remember, it all goes into your own **Karmic** ac

Let us work together to cut its use for good
Earth will then give us plastic free water and food
Generations will bless the action
Don't use plastic so much my fren
Don't use plastic so much my fren

[5]



From the Internet

आगर साथ मिल हम इसे कम करेंगे
प्लास्टिक रहित मूल फल जल मिलेंगे
आगे की नस्लों का सम्मान पाओ
प्लास्टिक को इतना न तुम काम लाओ [5]

Institutional Endeavors

- Legislature, Science Engineering, Education, Business, and Media.
- Think how you can help.
- By dividing this giant project into tasks and assigning to motivated people, we can make progress.



Giant project

=>



Bite sized tasks



Youth Leadership



- Today's Youth is terrified by rising plastic use
- They are very motivated to reduce its use
- Appoint youth to reduce temples' plastic use
- Have them lead sustainability drives and identify areas for reuse. Examples: Donate unopened milk to shelters. Compost flower and puja offerings. Ganesha and moortis made of clay vs POP.
- Teach how to make plastic-free daily lives things: Rakhees, toys for birthdays, and tamboolam packets of Haldi/Kumkum and Rice
- Train them and let them train others. They will become our sustainability ambassadors.

Hindu Mandir Empowerment Council

October 2 - 4, 2026 | Buena Park, California



From Internet



Thank you!



PLANT
SERVE
NURTURE
A BRIGHTER
TOMORROW

Hindu Mandir Empowerment Council
October 2 - 4, 2026 | Buena Park, California