



# EDWILLIG

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# The Impact of Biomedical Waste on the Environment

By Harishri Suresh Babu- 10F

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The response to the pandemic has resulted in tens of thousands of additional tons of medical waste, which has significantly strained health care management systems globally and jeopardized environmental health. Approximately

**1 pound of medical waste is produced** per hospital bed in most wealthy countries. All biomedical waste can potentially **harm the environment and risk human health**. In addition, hazards at landfill sites are increased by household biomedical waste. The following are a few negative impacts caused by the increasing amounts of biomedical waste.



Drinking, surface, and ground waters may **get contaminated by the dumping of untreated medical wastes.**



Groundwater contamination and pollution of rivers and streams have the potential to **threaten aquatic life.**



When biomedical waste is improperly disposed of, it may be transferred to strays, rodents, and birds, transmitting **parasites and bacterial illnesses throughout animal populations.**



Diagnostic technologies that release radioactive particles into the air. They disperse air pollutants over vast areas of inhabited and deserted terrain that can **result in disease if not carefully contained and monitored.**



Burning medical waste causes the release of numerous **toxic metals (lead, mercury, and cadmium), hazardous gases, and chemicals.** In addition, it emits large amounts of carbon dioxide, which worsens climate change.



The volume of waste generated must be properly segregated. Environmentally sound treatment of hazardous health care wastes such as **autoclaving, microwaving, steam treatment integrated with internal mixing, and chemical treatment over medical waste incineration** could reduce the environmental impact. We can make a change by conducting and contributing to biomedical waste collection drives.



*A true artist is not one who is inspired,  
but one who inspires others.*

The DPS Sharjah Eco Committee came up with an innovative idea to get everyone's creative juices flowing by fusing environmental awareness and art.

A poster competition [**Color(R)<sup>3</sup>**] was organized for grades 8 to 10 as well as for staff members. There were three topics given for each grade and all the materials used for the handmade poster had to be recyclable. The submissions were **interesting and original**. The event improved the teacher and student body's capacity for innovative thinking.

In the past many artists have used art to **promote conservation** of the environment. Artists **preserve the beauty of nature** around us through artwork. Art helps us understand messages through an emotional rather than a rational approach.

**- Gauri**



# MENTAL HEALTH BENEFITS OF LEADING A SUSTAINABLE LIFESTYLE

MIRNALINI



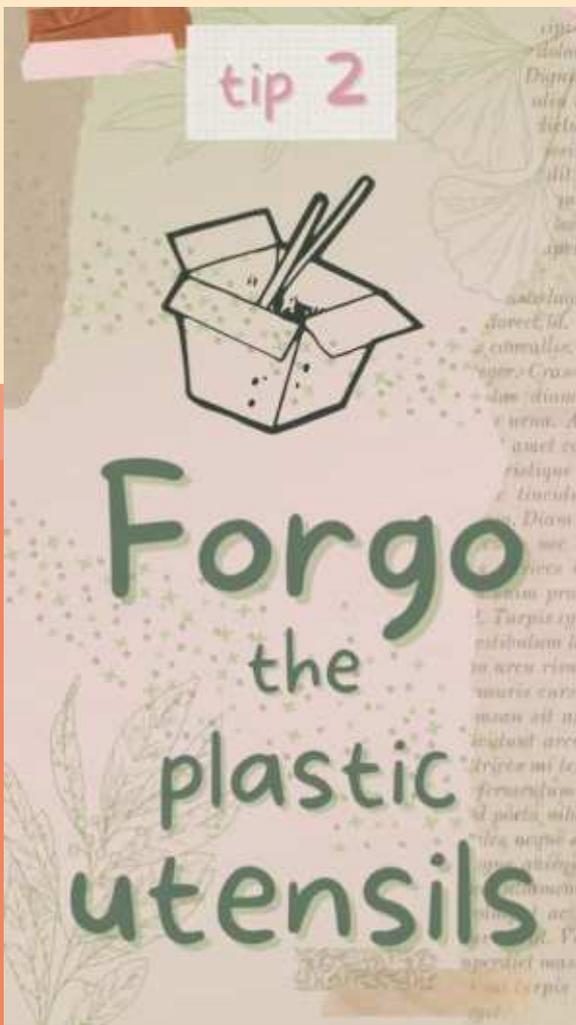
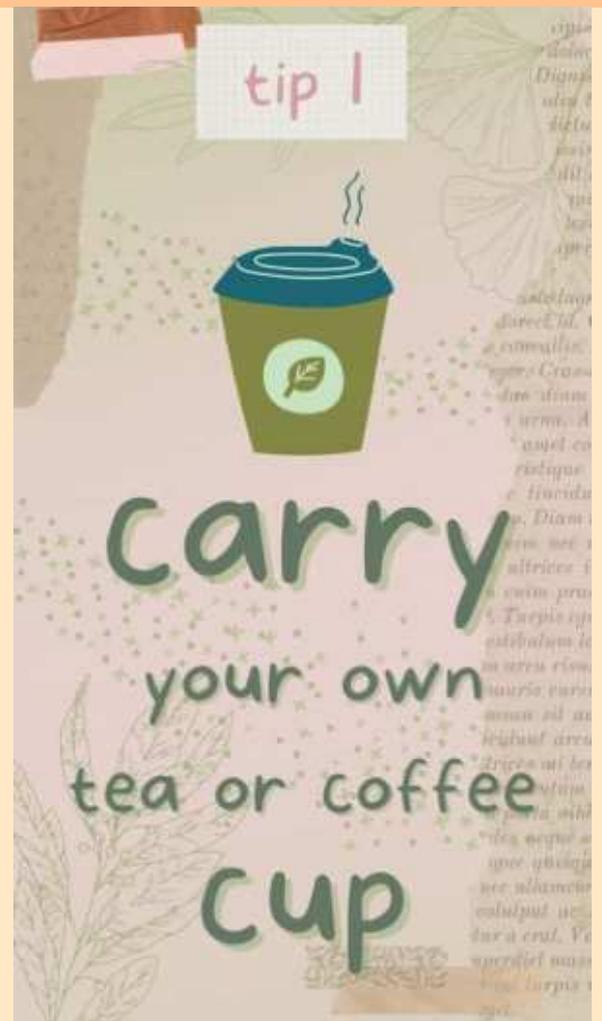
As 21st century students, we have often come across the term **“mental health”**. There are many ways to care for our mental health, and one of many alternatives is by maintaining a sustainable environment.

A sustainable lifestyle, going green and protecting the planet, can boost your confidence and self-worth as it provides you with a greater self-purpose. It may help provide you with a sense of accomplishment, allow you to become part of a larger sense of community, which in turn provides additional social support.

One of the most understood benefits is that of one's physical health. Reducing your carbon footprint by walking, cycling, etc. can relieve stress, improve your mood, and improve sleep quality. Moving towards growing your own food also increases physical activities as you garden, increasing the production of serotonin which boosts your mood acting like an antidepressant.

# Survive to Thrive Awareness Series

The past years have seen repercussions of unsustainable human activity on the environment. Distraught weather patterns and exacerbated pollution have spread concern among people about what they can do. The good news is, there is a lot. And all of us can do it.



EcoGen introduced the Survive to Thrive series to help students transition to sustainable practices. The effects on the environment encompass every human being and each of them is responsible for the incredible planet they occupy. Aiming to be a lighthouse, this series guides readers to small changes in their lifestyle significant in restoring the environment. These quick reads are regularly updated as stories on EcoGen's Instagram page. They may take a few tries to get it right, but the compound effects of our efforts contribute to the thriving of our beautiful Earth.

- Saadiyah



## दरिया

ओ दरिया, तू इतना शांत होता था  
हर दिन मैं तुझे ताकता रहता था  
तेरी शुद्धता से तू मेरी आत्मा को अमन देता था  
मेरे हर दुख दर्द को तू पी जाता था

तेरे अंदर जब मैं डुबकी लगाता  
मेरे अंदर का बच्चा जाग जाता था  
हर धड़कन की ध्वनि को महसूस करता  
तेरी ठंडक में संतोष के साथ मुस्कुराता था

काश यह यादें फिरसे ज़िंदा हो सकती  
काश यह प्रदूषित पानी फिरसे स्वच्छ हो सकता  
काश वो नन्हे जल के जानवर सुख से साँस ले पाते  
काश में वक्त की लीला को पलट सकता

चलो साथ मिलकर बदलते हैं  
धरती माँ के हर दरिया का दुख समझते हैं  
चलो आज ही अभियान शुरू करते हैं  
इस दुनिया को मिलकर स्वच्छ बनाते हैं

आओ विचार बदलें, संकल्प बनाएँ  
कि वक्त भी स्वयं हमें  
न रोक पाए

धनयवाद  
धीरेश

## SCIENCE

Science is neither a blessing, nor a  
curse

It is the people who make it worse.

Darwin shared the concept of  
evolution,

But to everyone it was not the solution.

This concept raised numerous  
questions,

And ultimately was the cause of minds  
conclusions.

Millions of people were lost in the  
valley of death,

Even the animal's population  
remained one-tenth

It sounds terrible but it is true,

We have made science dangerous  
too,

We should avoid these destructive  
trends,

And should use science for our  
beneficial ends.

-Azzah Abrar 7F

