

THE UNEATEN REALITY

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2021-20223

THE UNEATEN REALITY



**A PROJECT REPORT SUBMITTED TO KINNAIRD
COLLEGE FOR WOMEN IN FULFILLMENT OF THE
REQUIREMENTS FOR THE DEGREE OF**

MASTER OF PHILOSOPHY

IN

MEDIA STUDIES

BY

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2021-2023



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Session: (2021-2023)

Registration No: F21MPMS006

Title: The Uneaten Reality A documentary

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ANTI-PLAGIARISM

DECLARATION

I certify that this is my own research work. The work has not, in whole or in part, been presented elsewhere for assessment. Where material has been used from other sources, it has been properly acknowledged. The similarity index of the research report is 1%. If this statement is untrue and I am found guilty of plagiarism, the punitive actions against me should be taken as per Kinnaird Anti Plagiarism Policy.

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ACKNOWLEDGEMENT

First and foremost, I am grateful to Allah Almighty for giving me the knowledge, ability, strength and patience to complete my thesis. This project wasn't possible without His blessings.

Secondly, I am thankful to my thesis advisor, Ms. Amna Waheeda. She has been a great support from the very first day. Without her assistance, guidance and dedication throughout this whole process, this project would never have been accomplished.

I would also express my sincere appreciation to my beloved parents who have invested their efforts in making this possible for me. They stood with me, encouraged me and cared for me through all the good and bad times. This means a lot to me.

Moreover, I would like to thank my entire family who helped me with this project. They have put in their full effort to make this work easier for me.

Lastly, I am grateful to my entire team with whom I have had the pleasure to work on this project. They provided me with their efforts, hard work and immense support throughout the journey.

ABSTRACT

A major amount of food is being wasted around the globe and causing harm to our environment along with the increasing poverty. Pakistan and specifically Lahore are considered very polluted for the all the living beings. The air quality of Lahore is very low and it becomes more significant in winters when thick smog clouds cover the city. This smog is not only having connection with the smoke from brick kilns and industrial wastes but with the methane gas coming out of wasted food too. This documentary will uncover the connection between wasted food and the environment of Lahore. Moreover, it will make the government and public aware of the issue and highlight how to deal with it at their levels.

Key words: Environment, polluted, Air quality, wasted food, Smog.

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CHAPTER I

INTRODUCTION

Food which is not eaten by anyone is called unwanted or wasted food. During the food production and consumption, it is wasted at all the steps. And one third of all the food is being wasted worldwide whereas more than half of the population is not getting all three meals. It is a very major concern which leads to many societal, ethical and environmental issues. Many scientists, environmentalists, and activists have declared it as a global emergency which needs our attention. All the wasted food is causing major threats to our environment. It is causing the emission of gases in our environment which is harmful for us. Majorly methane gas is emitted by wasted food which is more dangerous than carbon dioxide. Also, the water being used to prepare this food, the labor and all the resources are wasted Infact becomes harmful for the environment. All the household needs of water can be fulfilled if we just stop wasting food. Land is also being wasted in two ways, which includes the land where we grow the food and the land where people throw the food. Not one person but all of us at an individual level and community level should consider it as a rising issue and start working on it to protect our environment.

1.1 Concept/One Liner

Impact of food wastage on the environment of Lahore.

1.2 Basic Idea

World is already facing many environmental issues due to modern appliances, overpopulation and industrialization. Pakistan is among the top polluted countries in the world and specifically in Pakistan Lahore is considered as the most polluted city Food wastage is also one of the issues

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causing environmental pollution. So, the basic idea is to tell how much harm it has already made in Lahore and what will be the future consequences.

1.3 Scope

Environmental issues are affecting everyone worldly. Finding the right reason to all these issues should be the priority. This documentary will unveil major reasons for the lower air quality of Lahore and other major environmental issues people facing in Lahore. This documentary aims to attract the government and public to draw their attention to this issue.

1.4 Need of Project

Food wastage is a big issue from Lahore to Pakistan to the whole world. And this issue is also causing many other issues like poverty, environmental issues etc. This project will make the youth and society aware of how to deal with this and how to make our living better and save this planet for our coming generations. This might also get attention from the people in power or government.

CHAPTER II

LITERATURE REVIEW

Ali, S. M. (2021) pointed that Lahore is the city of gardens which is now worlds most polluted city the reasons are not unknown but the heavy vehicles on roads, more population, and wasted food they emit methane gas which is more harmful than carbon dioxide. Renewing the waste instead of just throwing it away or burning can help us overcome this.

The Express Tribune. (2021) highlighted that Lahore's climate is very unhealthy for everyone. Breathing in air directly without a mask can be harmful as the air quality is low. Political views were also added which expected the media to spread awareness to control this condition. The areas near the canal were more polluted compared to others.

Lewis. (2022) states that food wastage is a serious threat to our environment along with creating food insecurity in society. Like all other factors affecting our environment, uneaten food is equally harmful. Energy, Fuel and Water are three main natural resources which people waste when they waste food. 11 percent of the methane gas emission can be prevented by avoiding food wastage.

Racz, A., Vasiljev Marchesi, V., & Crnković, I. (2018) summed up and declared that 30 to 50 percent of the prepared food is wasted and thrown away where more than 850 million people are undernourished on earth. This uneaten food majorly contributes to worsening the environment and to most of the climatic changes. They consider it stealing food from their own children. Also pointed out that tourism industry and fairer politics can change the scenarios in the best possible way.

Priority shouldn't be to produce more food but to feed more people and avoid wastage. We can follow different ways to avoid and prevent food wastage which includes shopping smarter,

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giving leftovers to poor or the animals, freezing extra food and using it later etc. This will not only be a kind gesture but will also keep our environment clean according to (WWF. World Wildlife Fund).

Kosseva, M. R. (2013) explained in this research article that both developing countries and developed countries have different states and different reasons to waste their food. Both developed and developing countries are facing the issue of food wastage and mostly due to lack of knowledge and less literacy rate in developing countries whereas food wastage is seen more at the food making level in developed countries.

Krishnan, R., Agarwal, R., Bajada, C., & Arshinder, K. (2019) determined that a new food supply chain process is needed to be designed to avoid wastage for the prevention of environmental issues. For the breath of fresh air prevention of food wastage is needed. People, food companies' owners' government and policy makers can together work to solve this issue.

CHAPTER III

SIGNIFICANCE OF THE STUDY

Overall, one third of the world's food is wasted and not consumed by anyone. The reasons for the wastage are too many and it is happening at all levels in all parts of the world. Lahore was labeled as the most polluted city in 2021 and the wasted food is majorly contributing to it. Smog hits Lahore in winters every year very badly, which is not only connected with the smoke generated by the vehicles but with the methane gas produced by the wasted food dumps. Moreover, Pakistan is ranked ninety fourth on the hunger level in data collected by total one hundred and fourteen countries. So, this issue really needs attention. Wasted food, hunger level, environmental pollution, and smog are all interconnected in addition to some other causes and effects.

The aim is to draw attention of the government, public, other officials and everyone who is being affected or affecting others with their actions which is by wasting food, not paying attention to the issue, going out without taking precautionary measures, ignoring the alarming situation of environmental pollution, smog and hunger levels.

CHAPTER IV

SCRIPT

پاکستان کا دل لاہور جو ایک وقت میں اپنے سرسبز باغات اور ہریالی کی وجہ سے مشہور تھا آج سموگ کی وجہ سے دھندلہ اور آلودگی سے بھرا ہوا نظر آتا ہے۔

(Music)

پاکستان کا شمار آج دنیا کے آلودہ ترین ممالک میں ہوتا ہے، اور ساتھ ہی گلوبل ہنگر لیول میں ایک سو ستترہ ممالک میں پاکستان کا نمبر چورانوے ہے۔ خاص طور پر پاکستان میں لاہور کو آلودہ ترین شہر سمجھا جاتا ہے۔ خوراک کا ضیاع بھی ماحولیاتی آلودگی کا باعث بننے والے مسائل میں سے ایک ہے۔ لاہور میں ہر سال سردیوں میں سموگ بہت بری طرح اثر انداز ہوتی ہے، جس کا تعلق نہ صرف گاڑیوں سے پیدا ہونے والے دھوئیں سے ہوتا ہے بلکہ ضائع ہونے والی خوراک کے ڈھیروں سے پیدا ہونے والی میتھین گیس سے بھی اس کا تعلق ہے۔

(Dr. Fajar Noor Interview clip-1)

زندہ رہنے اور کام کرنے کا لیے کھانا ایک اہم ضرورت ہے۔ اور جب یہی کھانا ضائع کیا جاتا ہے اسکے بہت سے نقصانات ہیں۔ اور اس وقت دنیا بھر میں ایک تہائی خوراک ضائع ہو رہی ہے اور آدھی سے زیادہ آبادی کو تینوں وقت کا کھانا میسر نہیں۔

First Interview Clip

Mariyam Nawaz)

ڈبلیو ڈبلیو ایف پاکستان کی لاہور کی ایک سروے رپورٹ کے مطابق پکا ہوا کھانا چوبیس اشاریہ بانس فی صد رسٹورنٹس میں ضائع ہوتا ہے اور تینس اشاریہ ستانویں فی صد ہوٹلوں میں۔ قابل فکر بات یہ ہے کہ صرف ایک فی صد ہوٹلوں میں کچرے کو الگ کرنے کا انتظام موجود ہے۔

یہ ایک بہت بڑی تشویش ہے جو بہت سے سماجی، اخلاقی اور ماحولیاتی مسائل کو جنم دیتی ہے۔ بہت سے سائنسدانوں، ماہرین ماحولیات، اور کارکنوں نے اسے ایک عالمی ایمر جنسی قرار دیا ہے جس پر ہماری توجہ کی ضرورت ہے۔ ایک رپورٹ کے مطابق پچھلے دس سال میں لاہور میں مغرب کے طرز عمل پر چلتے ہوئے رسٹورنٹ کلچر میں چالیس فی صد اضافہ دیکھا گیا ہے۔ اس اضافے کے ساتھ ہی ماحولیاتی آلودگی جیسا کہ سموگ میں بھی تیزی سے اضافہ دیکھا گیا ہے۔ کیونکہ ریستورنٹس میں کھانا ضائع زیادہ کیا جاتا ہے اور خراب کھانے کو صحیح طریقے سے خارج کرنے کا انتظام موجود نہیں۔

Interview clip-2 Mariyam Nawaz

تمام ضائع شدہ خوراک ہمارے ماحول کے لیے بڑے خطرات کا باعث بن رہی ہے یہ ہمارے ماحول میں گیسوں کے اخراج کا سبب بن رہا ہے جو ہمارے لیے نقصان دہ ہے۔ زیادہ تر میتھین گیس ضائع شدہ خوراک سے خارج ہوتی ہے جو کاربن ڈائی آکسائیڈ سے بیس فی صد زیادہ خطرناک ہے۔

Dr. Fajar Noor interview clip 2

Student-1

Security Guard

Player

Student-2

اس کے علاوہ اس خوراک کو تیار کرنے کے لیے استعمال ہونے والا پانی، محنت اور تمام وسائل ضائع ہو جاتے ہیں درحقیقت ماحولیات کے لیے نقصان دہ ہو جاتا ہے۔ اگر ہم صرف کھانا ضائع کرنا چھوڑ دیں تو پانی کی تمام گھریلو ضروریات پوری ہو سکتی ہیں۔ جدید آلات، زیادہ آبادی اور صنعت کاری کی وجہ سے دنیا کو پہلے ہی بہت سے ماحولیاتی مسائل کا سامنا ہے۔ کھانے کی ضرورت ہم سب کو ہے مگر جس طریقے سے ہم اسکا استعمال کر رہے ہیں اسکا اثر ہمارے ماحولیات اور زمین پر بہت برا پڑ رہا ہے۔

CHAPTER V

AUDIO VIDEO BOARD

Video/ Shots	Audio/ Narration
Title Page	
Drone shot of clean Lahore and Lahore covered in smog.	پاکستان کا دل لاہور جو ایک وقت میں اپنے سرسبز باغات اور ہریالی کی وجہ سے مشہور تھا آج سموگ کی وجہ سے دھندلہ اور آلودگی سے بھرا ہوا نظر آتا ہے
Scale pictures of Pakistan's name on list.	پاکستان کا شمار آج دنیا کے آلودہ ترین ممالک میں ہوتا ہے، اور ساتھ ہی گلوبل ہنگر لیول میں ایک سوسترہ ممالک میں پاکستان کا نمبر چورانوے ہے۔
Close ups of wasted food and people trying to eat out of wasted food piles.	خاص طور پر پاکستان میں لاہور کو آلودہ ترین شہر سمجھا جاتا ہے۔ خوراک کا ضیاع بھی ماحولیاتی آلودگی کا باعث بننے والے مسائل میں سے ایک ہے۔
Roads of Lahore covered in smog and some closeups of food being wasted.	لاہور میں ہر سال سردیوں میں سموگ بہت بری طرح اثر انداز ہوتی ہے، جس کا تعلق نہ صرف گاڑیوں سے

	<p>پیدا ہونے والے دھوئیں سے ہوتا ہے بلکہ ضائع ہونے والی خوراک کے ڈھیروں سے پیدا ہونے والی میتھین گیس سے بھی اس کا تعلق ہے۔</p>
<p>Dr. Fajar Noor- 1 Interview clip</p>	
<p>Closeups of food being cooked and eaten and some leftovers which people leave in hotels.</p>	<p>زندہ رہنے اور کام کرنے کا لیے کھانا ایک اہم ضرورت ہے۔ اور جب یہی کھانا ضائع کیا جاتا ہے اس کے بہت سے نقصانات ہیں۔ اور اس وقت دنیا بھر میں ایک تہائی خوراک ضائع ہو رہی ہے اور آدھی سے زیادہ آبادی کو تینوں وقت کا کھانا میسر نہیں۔</p>
<p>First Interview Clip</p> <p>Mariyam Nawaz)</p> <p>(Co-Founder Rizq Organisation</p>	
<p>Drone shot of Badshahi Masjid, and food being cooked with the percentage</p>	<p>ڈبلیو ڈبلیو اینف پاکستان کی لاہور کی ایک سروے رپورٹ کے مطابق پکا ہوا کھانا چوبیس ایشیا فی صد</p>

<p>written on it through software during editing.</p>	<p>رسٹورنٹس میں ضائع ہوتا ہے اور تینس اشاریہ ستانوں فی صد ہوٹلوں میں۔ قابل فکر بات یہ ہے کہ صرف ایک فی صد ہوٹلوں میں کچرے کو الگ کرنے کا انتظام موجود ہے۔</p> <p>یہ ایک بہت بڑی تشویش ہے جو بہت سے سماجی، اخلاقی اور ماحولیاتی مسائل کو جنم دیتی ہے۔</p>
<p>Some pictures of meetings of government officials. Smog closeups on roads and some long shots of road covered with smog. Some footages of wasted food piles.</p>	<p>بہت سے سائنسدانوں، ماہرین ماحولیات، اور کارکنوں نے اسے ایک عالمی ایمر جنسی قرار دیا ہے جس پر ہماری توجہ کی ضرورت ہے۔ ایک رپورٹ کے مطابق پچھلے دس سال میں لاہور میں مغرب کے طرز عمل پر چلتے ہوئے رسٹورنٹ کلچر میں چالیس فی صد اضافہ دیکھا گیا ہے۔ اس اضافے کے ساتھ ہی ماحولیاتی آلودگی جیسا کہ سموگ میں بھی تیزی سے اضافہ دیکھا گیا ہے۔ کیونکہ رسٹورنٹس میں کھانا ضائع زیادہ کیا جاتا ہے اور خراب</p>

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	کھانے کو صحیح طریقے سے خارج کرنے کا انتظام موجود نہیں۔
<p>First Interview Clip-2</p> <p>Mariyam Nawaz)</p> <p>(Co-Founder Rizq Organisation</p>	
Footage of the open places where wasted food is thrown in bulks in Lahore.	تمام ضائع شدہ خوراک ہمارے ماحول کے لیے بڑے خطرات کا باعث بن رہی ہے یہ ہمارے ماحول میں گیسوں کے اخراج کا سبب بن رہا ہے جو ہمارے لیے نقصان دہ ہے۔ زیادہ تر میتھین گیس ضائع شدہ خوراک سے خارج ہوتی ہے جو کاربن ڈائی آکسائیڈ سے بیس فی صد زیادہ خطرناک ہے۔
<p>Dr. Fajar Noor interview clip-2</p> <p>Student-1</p> <p>Security Guard</p> <p>Player</p>	

Student-2	
<p>Shots of food being prepared and some water reservoirs.</p> <p>Footage of some industrial smoke coming out and adding to polluting the environment.</p>	<p>اس کے علاوہ اس خوراک کو تیار کرنے کے لیے استعمال ہونے والا پانی، محنت اور تمام وسائل ضائع ہو جاتے ہیں درحقیقت ماحولیات کے لیے نقصان دہ ہو جاتا ہے۔ اگر ہم صرف کھانا ضائع کرنا چھوڑ دیں تو پانی کی تمام گھریلو ضروریات پوری ہو سکتی ہیں۔ جدید آلات، زیادہ آبادی اور صنعت کاری کی وجہ سے دنیا کو پہلے ہی بہت سے ماحولیاتی مسائل کا سامنا ہے۔</p>
<p>Some short videos of fruits and vegetables being wasted and rotten in Fruit mandi.</p>	<p>کھانے کی ضرورت ہم سب کو ہے مگر جس طریقے سے ہم اسکا استعمال کر رہے ہیں اسکا اثر ہمارے ماحولیات اور زمین پر بہت برا پڑ رہا ہے</p>
Thankyou slide	

CHAPTER VI

TECHNICAL METHODOLOGY

6.1 Approach

In this documentary the most neglected and unhighlighted impacts of food wastage on the environment of Lahore, specifically targeting smog issue is pointed. To get a better grasp of this concept, I conducted multiple interviews with Doctors, Government officials, Environmentalist, Social activist and public of Lahore. A voiceover filled up the gaps with relevant video in between.

6.2 Genre

The genre of this project is a documentary. A documentary is a non-fictional documentation or report of real-life events with evidence of pictures, videos, and interviews. This is an awareness documentary to highlight the present and upcoming issues of the environment of Lahore related to food wastage.

6.3 Objective

The major purpose of the researcher is to spread awareness and bring change in society using media tools learned throughout this course. The researcher is speaking up for the people and for the country using media as an effective tool to gain attention towards the very concerning issue of food wastage and its impact on our environment, pointing towards smog.

- To find out the role of food wastage in polluting Lahore's environment.
- To determine the level of threat to the environment by the wasted food.
- To find out the reason behind spreading smog issue.

6.4 Target Audience

General public of Lahore and government officials.

6.5 Shots/Camer Angles

A variety of camera angles are used for this documentary which includes drone shots, close ups, extreme close ups, long shots, over the shoulder shots. Majorly two cameras were used to get the desired results.

6.6 Lightening

Both natural and artificial lights are used for this documentary.

6.7 Locations

The location decision was made keeping in mind the message of the documentary. All the locations used in this documentary are of Lahore as we are majorly focusing on the city of Lahore.

6.8 Basic Equipment

For this documentary the basic equipment used was 2 Cameras, 2 Tripods, 1 Light, One iPhone 14 pro max.

6.9 Program Format

Hybrid Mode - Interview & Narration.

6.10 Language

Bilingual

6.11 Phases of Production

There are total three phases of production which are as following:

6.11.1 Pre-Production

In the pre-production phase, research followed by survey was done then the idea was discussed with the advisor and the HOD. Proper planning was made. List of interviews was prepared. Some permission letters were taken from the department to start the work. Timings were discussed and a proper timetable was made that how we will work on this project further and at what time what will be done. Budgeting was also done beforehand to avoid any inconvenience in future.

6.11.2 Production

The main and the major phase is the production phase where all the planning is implemented to get the results. In this phase we followed the created timetable and worked on the project. This was the longest phase and the most exciting and interesting as we were in the field. Coordinated with everyone, conducted interviews, recorded the narration and captured the shots.

6.11.3 Post-Production

Postproduction phase is the most important phase as we compile everything in this phase and taste the fruit of our hard work. In this phase interview chunks were cropped and edited which we needed in our documentary. Captured shots were arranged and the documentary was finally edited in its full form. A report was created listing everything in it.

CHAPTER VII

BUDGETING

Pre-Production	Quantity	Name/Description	In-House	Out-House
Director	1	Bushra Altaf	-	Yes
Producer	1	Bushra Altaf	-	Yes
Character	-	-	-	Yes
Production				
Equipment	2 Camera 2 Tripod 1 Light	-	Yes	
Meals	2 persons	For 10-15 days (about 2 weeks) shoot	-	5000/-
Transport	2 persons	1 Car	-	6000/-
Communication	3-4 times a week	Mobile Cards	-	1000/-
Camera Men	2 persons	-	-	20,000/-
Voice over Artist	1	-	-	-

THE UNEATEN REALITY

Postproduction				
Editing	1 person	Bushra Altaf	Yes	-
Printing	Standee Poster CD Cover Thesis Copy	-	-	6000/-
Miscellaneous Charges				6000/-
Total Expenses				44000 Approximately

CHAPTER VIII

CONCLUSION

Finally, the result comes out that Lahore's environment is not same as it was ten years ago. Smog is increasing every year. Multiple reasons are behind this but out of all one reason which is not given any attention is that wasted food is everywhere. We only pay attention to the smoke of industries and brick kilns, and no one focuses on the impact of wasted food on the environment of Lahore. Specifically discussing Lahore's environment, restaurant culture is increasing following the west, and we do not have any culture of food banking as a result smog is increasing, health of the residents is deteriorating which needs our attention.

CHAPTER IX

RECOMMENDATIONS

- The government should implement some laws for the hotels to not waste the food.
- A proper system should be installed by the government to tell the air index quality of Lahore.
- Social activists should raise awareness among the masses on the importance of clean environment.
- Organizations should start working in collaboration with hotels to prevent food wastage and help them reach the poor and needy people to avoid food wastage.
- We at the individual level should take precautionary measures to avoid the smog.
- Upcoming researchers, especially those who are related to science and environmental field should also research on this issue and spread some more information related to this.

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