
Creating an impact through 'plogging'

KUALA LUMPUR: The activity of "plogging", or picking up trash while exercising that is commonly practised in Sweden, can have a positive impact on the country's environmental sustainability if widely adopted.

Natural Resources and Environmental Sustainability Minister Nik Nazmi Nik Ahmad said the activity could also cultivate a sense of unity and appreciation for nature conservation among the people.

"Now, we see a growing interest in recreational activities around parks, urban forests and so on. We also know that certain areas still face cleanliness issues.

"So, if we combine both activities (exercising while picking up litter), I believe it could yield positive outcomes for environmental well-being."

He was met after officiating a plogging programme in conjunction with Earth Day 2024, themed "Planet versus Plastics", organised by the Embassy of Sweden in Malaysia in collaboration with Kuala Lumpur City Hall and the National News Agency at the Sungai Bonus Urban Garden yesterday.

He said the Education Ministry is among the partners heavily involved in environmental programmes to ensure that environmental sustainability elements can be instilled in students through school activities. – Bernama