

Various Uses of Paper in our Daily Life



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Abstract: *Paper Industry is one of the most important industries for the living of mankind. Nowadays people are thinking that they are going paperless because they have reduced the use of printed books, notebooks, and newspapers. Most people do not realize that they are using paper in many other ways in their life and are becoming more and more paper-dependent with every passing day. In developing countries like India, the use of paper per capita is increasing every year and there is still a huge GAP of consumption if compared the same with developed countries.*

The purpose of this article is to give awareness that there are many other uses of paper in everyday life. We cannot imagine our day without the use of paper. Paper is used in different forms, directly or indirectly in manufacturing or the supply of goods to everyone.

Introduction

The per capita paper consumption of world, Asia, India and some other countries are shown in Table 1.

Per Capita Paper Consumption

Continent Wise		Emerging Countries		Developed Countries	
Region	KG	Region	KG	Region	KG
World	55	Argentina	44	Australia	147
Asia	45	Brazil	43	Canada	151
Africa	7	China	76	Germany	251
Australia	107	India	13	Italy	177
Europe	125	Indonesia	27	Japan	203
South America	43	Mexico	70	Netherlands	167
North America	211	Poland	167	Spain	144
		Russia	48	Singapore	89
		South Africa	41	Switzerland	121
		South Korea	188	UK	135
		Turkey	61	USA	217

Indian paper industry produces more than 27 Million Tons of paper every year. As per IPTA, there are more than 200 types of papers produced in India. These types are classified according to their application, color, end-use, etc. The various types of paper given in Table 2.

Table-2: List of the names of the paper.

Abrasive packing paper	Badami Paper	Cable Paper
Abrasive paper	Bag Paper	Calendered Marked Paper
Absorbent paper	Bagasse Paper	Candle Paper
Account Book Paper	Baling Paper	Candy Cup Paper
Acid free Paper	Ballon Paper	Capacitor Paper

Acid proof Paper	Bamboo Paper	Carbon Paper
Acid resistant Paper	Bank Paper	Carton/Chromo board/ Paper
Adhesive Paper	Barrier Paper	Cartridge Paper
Air dry paper & Board	Base Paper	Cement Sack Paper
Air mail Paper	Battery Paper	Coated Paper/Board
Album Paper	Bible Paper	Counter Cheque Paper
Alkali resistant Paper	Billhead Paper	Coupon Paper
Aluminium coated Paper	Billing Machine Paper	Cream Wove
Ammonia Paper	Binding Paper	Crepe Paper
Ammunition Paper	Bituminous Paper /Board	Creped Kraft Paper
Analytical Filter Paper	Black Album Paper	Cup Paper
Angle cut Paper	Black central Paper	Currency Paper
Antacid Manila Paper	Black Line Paper	Deed Paper
Anti Counterfeit Paper	Black Photo Paper	Developing Paper
Anti Rust Paper	Black Wrapping Paper	Directory Paper
Antique Paper	Bleach Craft Paper	Drawing Paper
Armature Paper	Bleached Board/ Paper	Duplex Board
Art Board	Blue Print Base Paper	Duplicating Paper
Art Cover	Bond Paper	Embossed Cover Paper
Art Paper	Board (Sun Dried-Handmade)	Emery Paper
Art Poster Board	Book Cover Paper	Envelope Paper
Articulating Paper	Book Paper Coated	Envelope Kraft Paper
Artificial Leather Paper	Book Paper Uncoated	Filter Paper
Ash-less Filter Paper	Bronze Paper	Fireworks Paper
Atlas Paper	Brown Wrapping Paper	Fish Paper
Azure Laid Paper	Brush Enamel Paper	Flint Paper
Azure wove Paper	Butter Paper	Fluorescent Paper
Glassine Paper	Label Paper	Packing Paper
Glasswood Paper	Lace Paper	
Glazed Board Ammunition	Laminated Board	Paraxyline Paper
Glazed Paper	Laminated Paper	Pattern Paper
Graph Paper	Ledger Paper	Photocopying Paper
Graphite Paper	Letter Paper	Photographic Paper
Greaseproof Paper	Lottery Paper	Pin Paper
Grey Paper /Board	LWC Paper / Board	Plain Copier
Gummed Paper	M.G.Sulphite Wrapping	Postcard Board
Handmade Paper	M/C Mark Stripes	Poster Paper
Hanging Paper	Magazine/cigarette Paper	Pulp Board
Hard Paper /Board	Manila Paper	Rayon Grade pulp
High Bulk Book Paper	Map Paper	Release Paper
Ice Paper	Maplitho Paper	Sack Kraft Paper
Ice-Cream Board	Marble Paper	Safety Paper
Illustrated Board	Match Paper	Sandwich Paper
Illustrated Letter Paper	Matt Art Paper	Security Paper
Imitation Art Paper	Metallic Paper	Self Ashesivs Paper

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Imitation Greaseproof Paper	Meter Paper	Self Sealing Paper
Imitation Kraft Paper	Mica Paper	Sign Board/ Paper
Imitation Press Board	MICR Paper	Strawboard
Index Board	Mill Board	Supercalendered Paper
Index Card	Monotype Paper	Synthetic Paper
Insulating Paper/ Board	Mottled Paper	Tag Board
Insulating Tissue	Music Paper	Tea Bag Paper
Intaglio Paper	Napkin Paper	Thermal Paper
Interleaving Paper	Negative Paper	Tile mounting Paper
Ion Exchange Paper	Newsprint	Tissue Paper
Ivory Bristol	Noiseless Paper	Tobacco Paper
Ivory Ledger	Non-rust Paper	Toilet Paper
Jacquard Board/ Paper	Non -Tarnish Paper	Tracing Paper
Jute Bag Paper	Notebook Paper	Transfer Paper
Kraft Bag Paper	OCR Paper	Triplex Board
Kraft Board	Offset Paper	Twist Wrap Paper
Kraft Paper	Offset Printing Paper	Typing Paper
Kraft Waterproof	Oil proof Paper	Unbleached Board Paper
Kraft Wrapping	Onion Skin Paper	Writing & printing Paper
	Opacity Book Paper	Opaque Paper

*_Source – FPTA India website.

Starting a Day

We've all heard that if you could win the morning, you could win the day. One of the ways to do so is to make routines and rituals. But the other part of this reality is that you can't even think of starting a day without the use of paper in your life. Surprises? The answer is yes after going through this you will realize how our life is dependent on paper.

In our daily routine, we come across many people who always said that they are going paperless, but they don't even realize that they are becoming more and more paper-dependent every day. The reason why people think they are becoming paperless is that they consider only books and newspapers as papers. They don't even realize that they are surrounded by so many paper products which have not been noticed to date. This article may help them now how they use paper every day from morning till night.

Starting Day with Paper

Nowadays everyone starts the day by looking at the mobile phone, do you remember when you buy a phone what is the material of packing of the phone? Yes, it is a box made with



Figure 1

paper- board (Fig.1).The Paper board is one of the important products of the paper industry which is widely used for packaging various products. The packaging product production is more than 50 % of the total paper production in India. It is known as Duplex board and the duplex board production.

Let's start with the morning routine that how you use paper starting from the bathroom to newspaper (Fig. 2). What do you do when you wake up in the morning,



Figure 2

maybe brush your teeth – that toothpaste comes to your home in the pack which is made box paper box! The soap you use also come in paper packing. If you use toilet tissue that is again a paper product. All the products like shampoos, facewash, mouth wash, deodorants, and many more either have paper stickers on them or come in a paper board box. Even if any of the product is in plastic or metal packing, it also comes

in the carton container made of paper in supermarkets for manufacturers. So, you must have realized that you can't start your day without the use of paper.

The optical, physical, strength properties of paper are maintained according to the end-use of the product. Various additives, processes are used to maintain the properties. The paper is tested for each and every property before sending it to converters or markets.

Moving ahead in the day, you take a cup of tea, the tea comes in a box made of paper board, nowadays some people even use the milk which comes in Tetra-pack again a paper product. The cookies you take in breakfast also come in paper packing either at your home or in the big boxes made of per to supermarkets. You read newspapers or watch Television; television also comes in a box made of paper. The fan, the air conditioner, the light bulb/tube all come in paper boxes (Fig.3).



Figure 3

Cup-board is one of the rising products in the product list and is now produced by many paper mills. Making the cup-board is a combination of art and science.

Paper in Kitchen

Have a visit in the kitchen, all the appliances we use in the kitchen, like refrigerator, gas stove, chimney, oven, mixer grinders, and the list is too long, all come in boxes made of paper.



Figure 4

Packed foods like cereals, spices, tea, coffee, and many other things come in boxes made of paper (Fig.4). Other than this all the boxes you see around made of plastic or metal will be having the stickers printed on paper so the paper is everywhere in the kitchen. If you order the food from the restaurants or bakery that is again packed in boxes made of paper (like pizza, cakes, pastries, etc.) if you observe you waste bin the kitchen, it will be surely having some paper products every day.

Kitchen Towel is one of the specialty products produced by very few paper mills in India. The wet strength is the main property to be maintained while making the kitchen towel. To maintain the required wet strength, a significant number of additives are used and the product is tested for multiple properties before packing.

Paper In Healthcare

Many healthcare professionals and good hospitals use paper sheets for patient examination beds/desks as it reduces the chances of infection and helps in maintaining hygiene as the paper is a recyclable and biodegradable product.

Nowadays healthcare of wellness products is also becoming a part of routine life in every house. You must have observed in medical stores, all the medicines are packed in boxes made of paper products and you can't imagine the medicine delivered to medical stores without using the paper. The tablets may be packed in plastic/metal strips that are also stored in boxes made of paper. The labels of all liquid medicines are printed on paper (Fig.5).



Figure 5

While the paper production for medical application, many extra precautions are taken and even the additives used for production are approved by various medical authorities like FDA.

Paper in Living Room

If we move to living room of the house, the walls may be having wallpaper made of paper, all the electrical appliances you see around you were brought in a box made of paper. In the bedrooms, again you can see the wallpaper on



Figure 6

walls made of paper (Fig.6). The bedsheet you use is also packed / wrapper in paper packing and has labels printed on paper. All the readymade garments either

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come in boxes made of paper board or have tags printed on paper products.

Uses of paper in Online Shopping

Nowadays, the trend of online shopping is increasing. People are ordering various things online and getting them delivered to their doorstep. Do you know that online shopping is not possible without the use of paper? The product you order comes either in a box made of paper or the label on the packing will be made of paper. So, you just think about how much paper you have received along with the products you ordered online.

It may be in many kilograms which you never observed. So even online shopping is not complete unless paper is used (Fig.7).



Figure 7

Kraft segment is the highest portion of the packaging produced product in the Indian Paper Industry used for Online shopping delivery. The market segment is increasing every year with very high value. There are many paper mills producing Kraft paper and many upcoming projects in near future. During the time of the pandemic, the demand for Kraft increases a lot due to the increase in the demand for shipping boxes. Many writing and printing paper machines were converted to produce kraft paper.

Reading Books

All the successful people in the world have reading habits and it observed that most of them like to read paper book for better understanding and relaxing mind. Paper books relax your mind whereas reading on electronic medium the mind is exhausted (Fig.8).



Figure 8

The above must have given you an idea that we are not going paperless at all, but we are becoming more paper-dependent.

Paper industry making the Country Green

As of now, we understand that we are not going paperless, the paper is just changing its application from just writing and printing to packaging and tissue products. The biggest myth in people's minds is that always you use paper, a tree is cut to make that paper. If we talk about the various uses of trees as per discussion in paper day celebration that 456 million Cubic meters of wood is cut in India (Fig.9) every year and out of which 385 million cubic meters of wood i.e. 85% of wood we use as fuel, 46 million cubic meters is consumed by constructions industry i.e., 10% of total and only about 12 million cubic meters i.e., less than 3 % is consumed by the paper industry. This 3 % is also grown by farmers and there is now wood used by the paper industry from the forest. So, the myth is totally wrong that if you use more paper, more trees will be grown by the paper industry to make the country greener. The forest cover in India is increasing every year and the paper industry is the major contributor to this increase in forest cover.

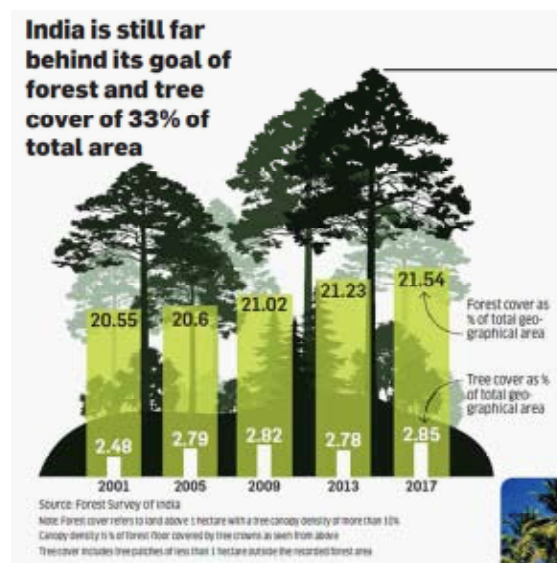


Figure 9

Conclusion

Now, we can conclude the above in a very quick summary on such a big topic but hopefully, I've painted enough of a picture to illustrate the point. Paper is the very important paper of our life we can't imagine modern life without paper. The Paper industry is working hard, smart and innovative to meet the requirements of the market. There is still a huge GAP to be filled by the Indian Paper Industry in near future. The future of the Indian Paper Industry is bright.

References

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