



ZERO WASTE LADAKH

WORKING TOWARDS
SUSTAINABILITY IN THE
HIGH HIMALAYAS

2023

Report on the work and impact of the organisation



Zero Waste Ladakh
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MESSAGE FROM THE FOUNDER

The year 2023 was been a steep learning curve for Zero Waste Ladakh as we made our way into the unknown territory of female hygiene. Menstrual waste from pads is a huge problem world over, but more so in Ladakh, where pads are disposed in unregulated ways, polluting the environment. Our Zero Waste period project this year was meant to address the menstrual waste problem by educating women and girls about the harmful effects of plastic pads and introduce them to menstrual cups, which are an infinitely better alternative, in terms of environmental sustainability and menstrual hygiene. The response of the local community to our project has strengthened our motivation to continue this project in the coming year.

Aparajita Goswami

Founder

Zero Waste Ladakh



Women examining menstrual cups during an awareness camp in a village.

ABOUT US

ZERO WASTE LADAKH is an environmental non-profit organisation on a mission to protect the environment and local communities of the high Himalayas.

- **Local Stewardship:** Our local communities are deeply affected by the environmental problems, yet they are not at the discussion table where plans are made. ZERO WASTE LADAKH is a local-led organisation striving to be a local voice and action group for building resilience in the mountain communities.
- **Grassroots Action:** We believe that the uniform model of growth driven by globalisation is not suitable for ecologically unique areas. For sustainability, innovation must be indigenously developed, blending technological advancements with local wisdom. We are working to craft local solutions that are in harmony with our ecology and culture.
- **Community Engagement:** We believe that people can bring change if they come together. Therefore, we work with the local communities and leaders to help them understand the long-term impact of environmental problems. Our projects hinge on active involvement of the local people and administration to maximise our impact.
- **Education and Awareness:** Due to vested interests, there is a lot of misinformation about the environmental crises, often spread by corporations, governments, and the media. We are dedicated to raising awareness about the environmental problems based on science and evidence.
- **Sustainable Solutions:** Due to its remoteness, the environmental issues affecting the High Himalayas are not well understood by the global community. Often solutions that are widely adopted, are not applicable to our distinct ecology. We are working to bridge this gap by studying how local communities lived in harmony with their ecosystem over the centuries and how we can tailor modern solutions to fit within our context



Sustainable menstruation awareness camps in Ladakh.

ZERO WASTE PERIOD PROJECT

Background

Studies have shown that period pads contain up to 90% plastic and a number of chemicals to attain absorbency, fragrance and whiter appearance. An average woman menstruates for nearly 40 years of her life and uses about 20 pads per cycle subjecting herself to prolonged exposure to toxins and generating a substantial amount of menstrual waste.

In Ladakh, pads are the most commonly used menstrual products and they are disposed of by burning or burying them in the grounds. The recurring cost of purchasing pads is unaffordable for many women. Reusable pads and period underwear are not practical due to water shortage and the extreme cold climate. Menstrual hygiene products are also not readily accessible to everyone due to remoteness.

Objectives

The Zero Waste Period programme aims to reduce menstrual waste in Ladakh by empowering women with information on reusable period cups and provide them access to cups at subsidised costs. We collaborate with local authorities to reach out to women in rural areas by organising awareness camps.

Activities

We pitched the project to local authorities who helped us prepare the outreach roster on the basis of Blocks and Panchayats. In collaboration with each of the Block Development Officers and the Sarpanch (village head), we scheduled the awareness camps village by village. At the awareness camp, we provide education about the biological process of menstruation and the harmful effects of pads on our health and the environment. We spread awareness about the menstrual cup as a hygienic and environment-friendly alternative and sell menstrual cups on the spot.

Impact

Our programme has received fantastic response as it addresses the neglected issues of menstrual hygiene and menstrual waste. In 2023, awareness camps were held in 50 villages and attended by 1300 women. During the awareness camps, we sold 1200 menstrual cups at 1.2 USD each, which helped us cover the cost of running the camps.

55+

Awareness
camps held

1300+

Participants

50+

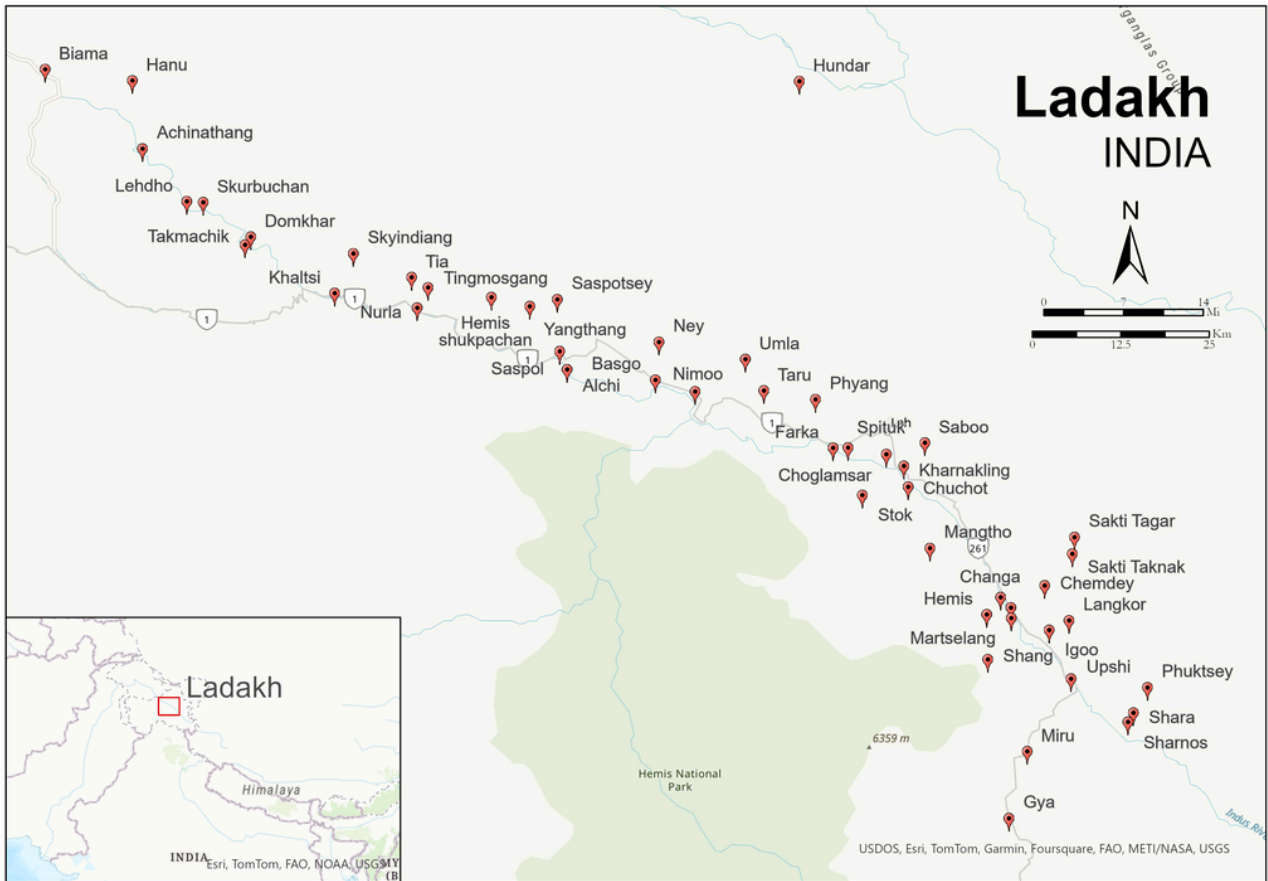
Villages
covered

The Way Forward

We plan to conduct awareness camps in all 142 villages as well as cover the schools and colleges in the region. We envision a Ladakh where menstrual waste management is no longer an issue.

Villages covered under theZero Waste Period project


Gya	Hemis	Chushot	Nimoo	Tingmosgang
Miru	Changa	Kharnakling	Ney	Tia
Upshi	Langkor	Choglamsar	Basgoo	Nurla
Shara	Chemdey	Spituk	Alchi	Khaltse
Sharnos	Sakti Tagar	Farkha	Yangthang	Skindiayang
Shang	Sakti Taknak	Phyang	Saspol	Domkhar
Igoo	Mangtho	Taroo	Saspotsey	Takmachik
Martselang	Stok	Umla	Hemischukpachan	Skurbuchan
Biama	Hanu	Achinathang	Lehdho	



Sustainable menstruation awareness camps in Ladakh.

Acknowledgement Number:437307170251023

Date of filing : 25-Oct-2023

INDIAN INCOME TAX RETURN ACKNOWLEDGEMENT			Assessment Year
[Where the data of the Return of Income in Form ITR-1(SAHAJ), ITR-2, ITR-3, ITR-4(SUGAM), ITR-5, ITR-6, ITR-7 filed and verified] (Please see Rule 12 of the Income-tax Rules, 1962)			2023-24
PAN	AAATZ2725R		
Name	ZERO WASTE LADAKH		
Address	TAMZEY HOUSE , BALKHANG, MAIN MARKET,, LEH-UT LADAKH, JAMMU AND KASHMIR , LADAKH , 37-Ladakh , 194101		
Status	05-AOP/BOI	Form Number	ITR-7
Filed u/s	139(1)-On or before due date	e-Filing Acknowledgement Number	437307170251023
Taxable Income and Tax Details	Current Year business loss, if any	1	0
	Total Income	2	0
	Book Profit under MAT, where applicable	3	0
	Adjusted Total Income under AMT, where applicable	4	0
	Net tax payable	5	0
	Interest and Fee Payable	6	0
	Total tax, interest and Fee payable	7	0
	Taxes Paid	8	0
(+) Tax Payable /(-) Refundable (7-8)	9	0	
Accreted Income and Tax Detail	Accreted Income as per section 115TD	10	0
	Additional Tax payable u/s 115TD	11	0
	Interest payable u/s 115TE	12	0
	Additional Tax and interest payable	13	0
	Tax and interest paid	14	0
	(+) Tax Payable /(-) Refundable (13-14)	15	0
Income Tax Return submitted electronically on <u>25-Oct-2023 11:52:04</u> from IP address <u>146.196.34.28</u> and verified by <u>APARAJITA GOSWAMI</u> having PAN <u>ARVPG9137G</u> on <u>25-Oct-2023</u> using paper ITR-Verification Form /Electronic Verification Code <u>7NE8E8DPSI</u> generated through <u>Aadhaar</u> OTP <u>mode</u>			
System Generated Barcode/QR Code	 AAATZ2725R0743730717025102337a7be3e5cb12eb0030fd1d47592d2c877a8c1af		
<u>DO NOT SEND THIS ACKNOWLEDGEMENT TO CPC, BENGALURU</u>			

ZERO WASTE LADAKH

TAMZEY HOUSE, BALKHANG, MAIN MARKET, LEH-UT LADAKH, Jammu and Kashmir, INDIA - 194101

BALANCE SHEET AS ON 31.03.2023

Liabilities	Amount	Assets	Amount
General Fund		Fixed Assets	
Opening Balance	41,109		
Member Contribution	4,07,000	Mahindra Imperio	3,90,000
Less:- Excess of Expenditure over Income	51,153	Depreciation	58,500
			3,31,500
Current Liabilities		Current Assets	
Audit Fee Payable	5,000	Bank Balance	70,456
			70,456
Total	4,01,956	Total	4,01,956

FOR BATRA DEEPAK & ASSOCIATES
CHARTERED ACCOUNTANTS

SHIV KUMAR AGARWAL
(PARTNER)
M.NO. 098014



PLACE : DELHI
DATE:- 22.08.2023

ZERO WASTE LADAKH

Aparajita Grewal

Authorised Sign.

President
Zero Waste Ladakh
Leh, UT Ladakh



Cover images

Front: Zero Waste Period awareness camp in Hunder village, Nubra valley, Ladakh.

Back: Yaks grazing on the mountains in summer, Ladakh.