



HEALING HIMALAYAS FOUNDATION

ANNUAL REPORT 2024

“We envision to restore the tranquillity of the Himalayas and to retain the charm of Himalayan treks, villages and cities by introducing circular waste management”



MESSAGE

The world is changing faster than we ever imagined. **Rising temperatures, extreme weather, and environmental degradation are no longer distant threats—they are unfolding before our eyes.** From devastating wildfires in Canada to melting glaciers in the Andes and the Himalayas, nature is warning us.

Amidst this crisis, the Himalayas—the lifeline of South Asia—are under immense strain. These mountains, which provide water to billions, are rapidly losing glaciers. **Unregulated tourism, urban expansion, and poor waste management are further destabilizing this fragile ecosystem.** Once-pristine landscapes are now littered with plastic waste, while **local communities struggle with erratic weather, shrinking water sources, and disrupted livelihoods.**

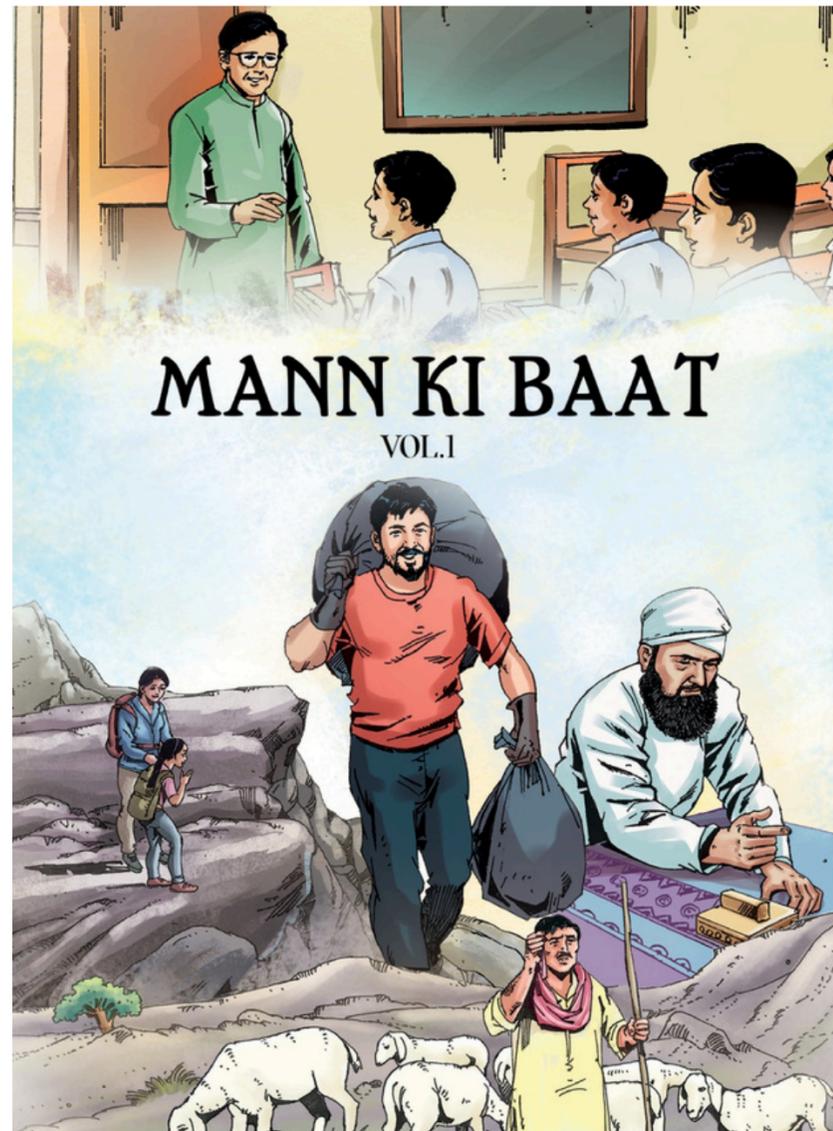
At **Healing Himalayas**, we see this not just as a challenge but as a call to action. Over the past year, we have expanded our Material Recovery Facilities (MRFs) to enable responsible waste processing in remote regions. **From Lahaul & Spiti to Kedarnath and Manimahesh, our interventions are redefining sustainable tourism and waste management.**

Beyond clean-ups, **we are driving systemic change—educating communities, implementing Information, Education, and Communication (IEC) initiatives,** and collaborating with local businesses, accommodation providers, and transport operators.

The battle against environmental degradation cannot be fought alone. **Healing Himalayas stands as a testament to what is possible when individuals, communities, and institutions come together with a shared vision.** As we continue this journey, we invite you to stand with us—not just to clean mountains, but to protect the future of our planet.

Pradeep Sangwan
Chairman

AWARDS AND RECOGNITION



Healing Himalayas featured in Mann Ki Baat Vol-1, a comic book by the Ministry of Culture(Gol) and Amar Chitra Katha.

MANN KI BAAT STORIES

The Haryana Man Who Has Pledged To Clean The Himalayas

Shriman Pradeep Sangwan from Gurugram has been running a campaign 'Healing Himalayas' since 2016

He, with his team & volunteers, goes to different areas in the Himalayas to clean the plastic waste dumped by the tourists

So far, they have cleaned tons of plastic from various locations in the Himalayas

They've showcased that significant deeds can be accomplished with seemingly simple motivations

PRADEEP SANGWAN

NDTV

PM Modi's Mann Ki Baat Hits Century



Team Healing Himalayas awarded on 5th June World Environment Day by Pollution Control Board Himachal Pradesh



WTFis? EP#15

HEALING HIMALAYAS

WINS ₹ 50,00,000

17K votes out of 37K votes



OUR PROJECTS



Our initiatives in **high-altitude regions of Himachal Pradesh and Uttarakhand** focus on:

- 1. Decentralized Waste Management Infrastructure** – Establishing Material Recovery Facilities (MRFs) in remote areas to enhance waste collection and segregation. Additionally, plans are underway to develop a centralized recycling facility for efficient processing.
- 2. Community Awareness & Engagement** – Implementing intensive IEC (Information, Education, and Communication) programs, including door-to-door awareness campaigns, to educate rural communities on proper waste disposal and management.
- 3. Sustainable Livelihoods** – Creating employment opportunities for local communities through waste management, tourism, and recycling initiatives.
- 4. Responsible Tourism & Stakeholder Collaboration** – Partnering with local administrations and stakeholders to promote responsible tourism practices that preserve the region's natural ecology while fostering sustainable development.

HIGHLIGHTS OF 2024

Strengthening Waste Management in the Himalayas

- **2024: The first MRF in Koksar, Lahaul & Spiti, is now operational, efficiently processing tonnes of segregated waste from households and businesses.**
- **Established two new MRFs in Barshaini (Kullu) and Reckong Peo (Kinnaur) to tackle growing waste management challenges.**

Community Interventions- Strengthening Waste Awareness & Segregation

- **Led a 21-day clean-up and awareness campaign during Mani Mahesh Yatra 2024, mobilizing volunteers, local communities, authorities, and langar committees. Around 8 tonnes of non-biodegradable waste was collected.**
- **Additionally conducted 15+ clean-up drives across Himachal Pradesh, reinforcing responsible waste management practices**
- **In 2024, our team conducted door-to-door awareness campaigns across 38 villages and towns in Himachal Pradesh, reaching 11,058 households and 1,381 commercial establishments.**

Recognition & Representation

- **COP 29, Azerbaijan: Pradeep Sangwan, Founder of Healing Himalayas, showcased the organization's impact on a global stage.**
- **World Environment Day: Honored by the Himachal Pradesh Pollution Control Board for environmental contributions.**
- **National Recognition: Featured in Mann Ki Baat Vol-1, a comic book by the Ministry of Culture & Amar Chitra Katha, inspired by PM Modi's radio program.**

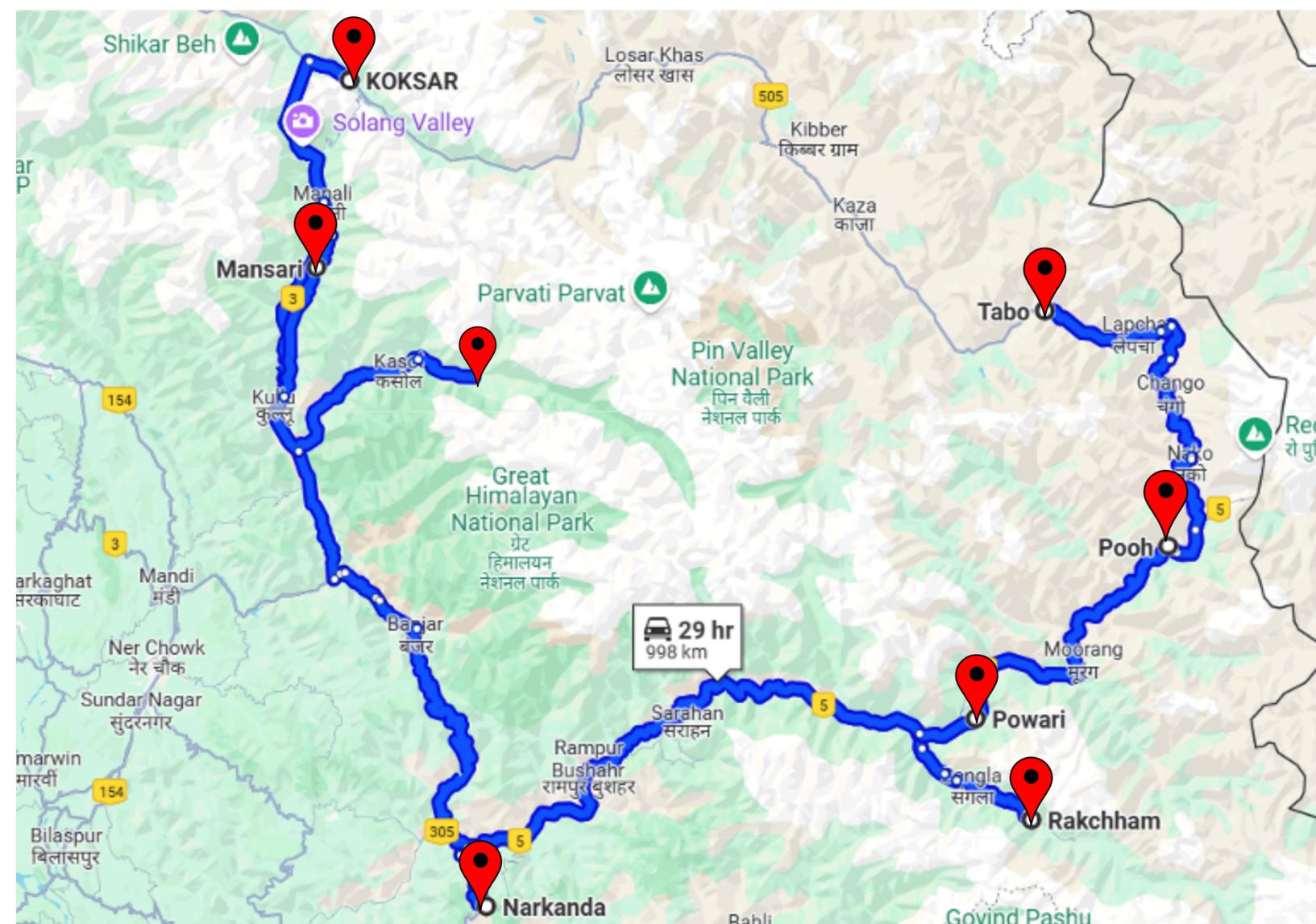


Strengthening Waste Management in the Himalayas

Healing Himalayas now operates eight Material Recovery Facilities (MRFs) in high-altitude regions of Himachal Pradesh, with the latest additions in Powari (near Reckong Peo, Kinnaur) and Barshaini (Kullu District). These facilities collectively serve 25+ Himalayan villages, many of which experience high tourist footfall.

Since launching our first MRF in August 2021, we have expanded to eight facilities, successfully diverting 1,633 tonnes of waste from landfills, rivers, and open burning, ensuring responsible disposal and recycling. Each center is equipped with shredding, baling, and compressing machinery, along with pick-up vehicles for efficient waste collection.

Beyond environmental impact, our initiative supports sustainable livelihoods, employing 30+ local workers and fostering a community-driven waste management model.



Locations for Material Recovery Facilities

- 1) Narkanda
- 2) Rakcham
- 3) Powari
- 4) Pooh
- 5) Tabo
- 6) Koksar
- 7) Mansari
- 8) Barshani

Community Interventions

In 2024, 15+ clean-up drives were conducted across Himachal Pradesh, engaging our dedicated volunteer network to promote responsible waste management among local communities and tourists.

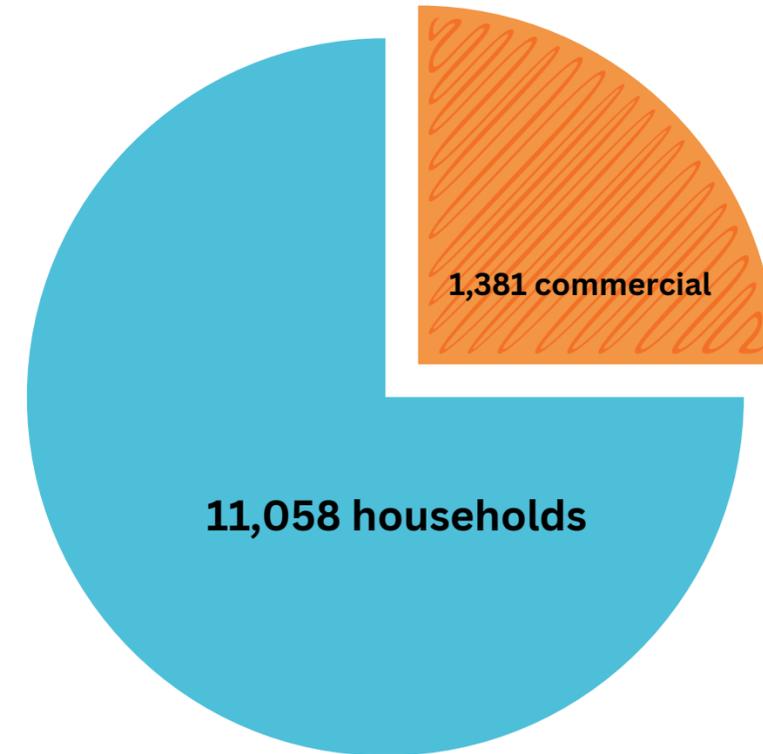
A 21-day intensive clean-up and awareness campaign was organized during Mani Mahesh Yatra 2024, bringing together volunteers, local authorities, langar committees, and communities. The campaign successfully collected over 8 tonnes of non-biodegradable waste, ensuring proper processing and disposal.



Strengthening Waste Awareness & Segregation

Beyond clean-up drives, our team actively conducted door-to-door awareness campaigns to promote waste segregation at source. Visiting households, shops, hotels, and commercial establishments daily, we ensured that communities adopt responsible waste disposal practices.

This initiative has reached **11,058 households** and **1,381 commercial establishments** across **38 villages and towns** in **Himachal Pradesh in 2024**, fostering a culture of sustainable waste management at the grassroots level.



Across 38 villages and towns in Himachal Pradesh



CONCLAVE & CONFERENCES



Parvat Manthan organised by National Institute of Urban Affairs



India Clean-up Confluence 2024



Guest Speaker at IIM Shillong



Wetlands for LiFE Film Festival



Interaction with RBI officials



COP 29 at Azerbaijan

CURRENT CSR ASSOCIATION



FUTURE PLANS AND EXPANSION

IEC Interventions at Kedarnath Yatra

We plan to **expand our IEC efforts at Kedarnath Yatra**, engaging pilgrims and local stakeholders—shopkeepers, dhaba operators, accommodation providers, and horse owners—to **promote sustainable waste management**.

Additionally, we will initiate baseline surveys at Badrinath, Gangotri, and Yamunotri to assess waste challenges and develop targeted intervention strategies for improved waste management.

Expanding Our MRF Network

We plan to **establish new Material Recovery Facilities (MRFs) at key locations**, including:

- **Near Kedarnath Temple**, to manage pilgrimage-related waste effectively.
- **Tirthan Valley (Banjar)**, addressing growing waste concerns in this ecologically sensitive region.
- **Additional strategic locations, identified** based on waste management needs.

Establishing a Centralized Recycling Center

To enhance waste processing efficiency and circular economy integration, **we plan to set up a Centralized Recycling Center near our existing MRFs in Kullu District**. This facility will streamline recycling operations, ensuring maximum material recovery and minimal landfill waste.

MEDIA COVERAGE

Home / Haryana / Modi's pat for Dadri youth pleasant surprise for village

Modi's pat for Dadri youth pleasant surprise for village

Tribune News Service Hisar, December 28 Residents of Jhojhu Kalan village in Charkhi Dadri district were taken by surprise when Prime Minister Narendra Modi mentioned the name of Pradeep Sangwan, a youth of the village during 'Mann Ki Baat' on...



IIM Shillong

Shimla: The Himachal Pradesh Rural Development Department has joined hands with the Healing Himalayas Foundation to revolutionize waste management in rural areas, particularly in eco-sensitive regions. A Memorandum of Understanding (MoU) was signed to formalize the partnership, which aims to promote sustainable practices such as waste segregation, recycling, and eco-friendly disposal.

The initiative hailed as a significant step towards sustainable rural development, will leverage the expertise of the Healing Himalayas Foundation, an NGO dedicated to environmental conservation in mountainous regions.



Home Latest News Events - CASCA'25 CSR Insight CSR Interview Sustainability Corporates

The confluence showcased a distinguished roster of speakers, including Dr Balakrishna Pisupati, India Head of UNEP, Dia Mirza, UN Environment Goodwill Ambassador, Pradeep Sangwan, founder of Healing Himalayas, and Captain D C Sekhar, Founder & Managing Director of AlphaMERS Ltd, who led panel discussions, and interactive sessions.

Post Box No. 111

Triple R
(Reduce, Reuse, Recycle)




Guests:

1. Sh. Pradeep Sangwan, Healing Himalayas
2. Sh. Ripu Daman Singh Belvi, The Plogging Man of India

प्रस्तुति: महेन्द्र सिंह लालस
 प्रसारण: रविवार, 20 अक्टूबर 2024, प्रातः 11 बजे
 चैनल: आकाशवाणी रेनबो 102.6 MHz & 'Akashvani AIR' YouTube Channel

Summary

- Conference (SUSCON-XI), a three-day event that brought together renowned global experts, researchers, and practitioners to address the critical challenges of sustainability and climate change
- The conference concluded with a powerful valedictory address by Mr. Pradeep Sangwan, founder of the Healing Himalayas Foundation, who shared his experiences in environmental conservation and engaging communities to preserve natural ecosystems

Outlook

TRAVELLER

INDIA MONEY BUSINESS LUXE HINDI

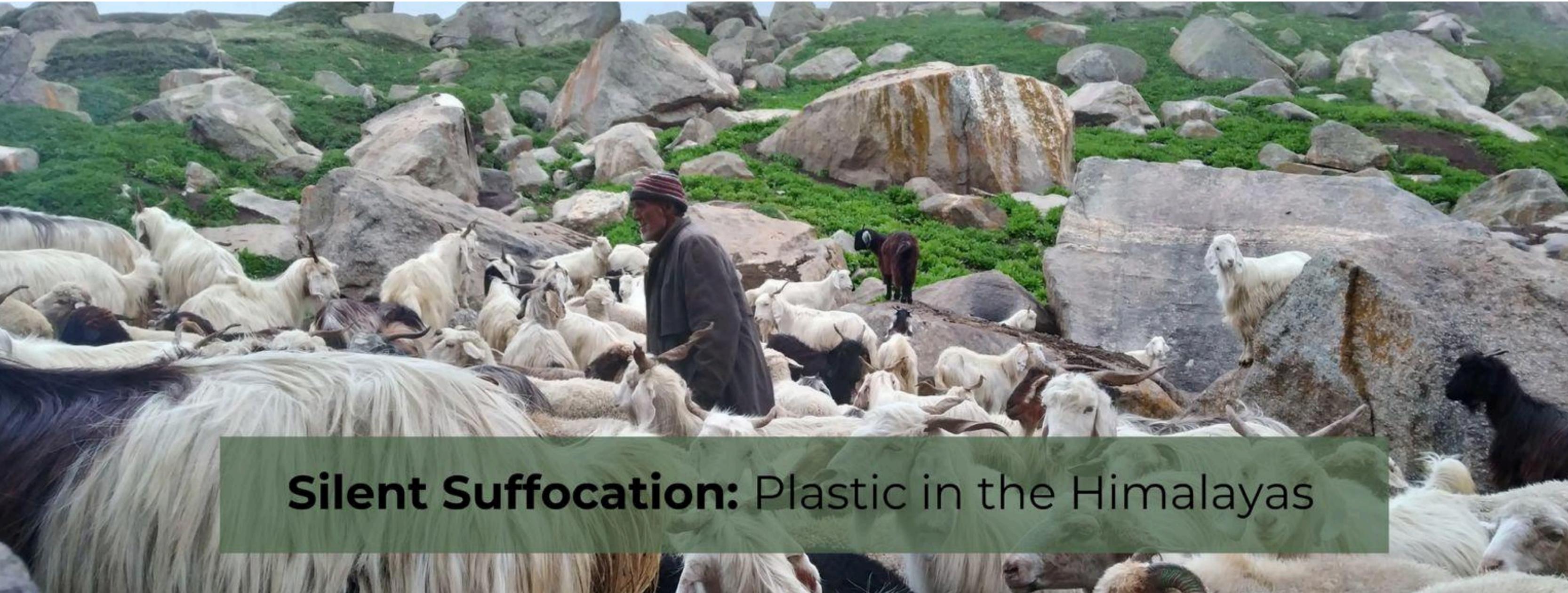
Destinations Experiences Stay What's new Editor's Picks Responsible Tou

Nature

This NGO Is Revolutionising Sustainable Tourism In The Himalayas

Collaboration among stakeholders, exemplified by initiatives like Healing Himalayas, alongside individual and business efforts, is crucial for fostering responsible tourism and ensuring a resilient future





Silent Suffocation: Plastic in the Himalayas