

**WORLD HEALTHAL TRUST**  
(Centre for Holistic Health & Education)



# Annual Report 2022-23

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[www.worldhealthaltrust.org](http://www.worldhealthaltrust.org)

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Founder-President & CEO: Dr. P. Cheena Chawla



### FOUNDER'S MESSAGE:

As in the past decade, the socio-developmental activities of World Healthal Trust are poised to enhance the health and education status of different strata of society on a broad scale. A recent flagship project is focused on providing the senior citizens needed daycare facilities for their continuous motivational engagement adding a zest to their lives.

Foreseeing the future and coming to the forefront to this emergent need of the ageing populations, World Healthal Trust has expanded its focus through a scientifically designed Program christened as ***MaaPe—Celebrating the Golden Years!*** Project *MaaPe* aims to provide a platform for seniors to relax, build self confidence, upgrade their knowledgebase on Nature-based healthy living, reduce dependency on caretakers, and foster a friendly environment. The focus is to strengthen the vital power of elderly through continuous motivational engagements in lifelong learning, besides emotional and physical health support through yoga, meditation, physiotherapy and naturopathy

We believe that such social engagement would be a cornerstone in adding many fulfilling years to the lives of the participating elders. Several introductory programs were conducted this year in various residential colonies of Greater Noida to sensitize the elderly about this offering, specially designed by us, for improving the quality of life of the elderly.

Love and Regards to all,

Dr. P. Cheena Chawla

### KEY MEMBERS OF THE PROFESSIONAL TEAM:

- Dr Anil Kumar Chawla  
Co-Founding Trustee, World Healthal Trust
- Mr Aman Chawla,  
Member, Advisory Board
- Ms Gunika Chawla  
Member, Advisory Board
- Dr Seema Chaudhary  
Senior Scientist, World Healthal Trust

### GENERAL DETAILS:

World Healthal Trust [Regn. No. 5652/2008] is a tax-exempt non-profit organization registered under the Trust Registration Act, 1860, and has a unique ID No. UP/2009/0014580 under NGO Partnership system of Planning Commission, Government of India. The motto of the organization is: Providing Equity in Healthcare & Education, for it strives to make available the essentials of good health and right education to people who need them most.

The mandate of World Healthal Trust is to carry out R&D in medical sciences and biotechnology to find solutions to the many unmet holistic health needs that require emergent attention by the scientific community, as well as communicating the essence of scientific developments in various strata of society with the purpose to enhance public awareness and understanding of such advances. By engaging communities and governments in the effective application of science & technology, it is envisaged that the disease burden on the human populations would be lowered and public health be restored.

The myriad training programmes of World Healthal Trust include those for employment generation and skill development, and special training courses/workshops for biotech trainees and professionals.

WHT has extensively worked on creating awareness on prostate diseases and women's cancer in Delhi/ NCR, completing three government projects and several projects as CSR activity of organizations like Rotary Club, Noida; DLF Foundation, Chimera Gentec P. Ltd. and Mercer.

## MAJOR ACTIVITIES DURING THE PERIOD 2022-2023:

### *Purvanchal Heights, Greater Noida; June 12, 2022*

A community program for 13 senior citizens was organized in the Purvanchal Heights, where Dr. P. Cheena Chawla addressed the gathering. Program started with peer interaction followed by session of specially designed chair yoga & meditation (Stretches, aasanas and deep breathing), memory enhancing games and group discussion, to strengthen vital power of elderly. Participants enjoyed the program and given feedback that such programs make us socially connected, encourage us to be active and help us to understand what a journey of aging can be. Benefit of Chair yoga enhances flexibility, Improves joint health, blood circulation and balance.



### *NRI Residency, Greater Noida; July 24, 2022*

Throwback to the days when World Healthal Trust organized an amazing introductory session at the NRI Residency, Greater Noida on 24th July, 2022. The session was filled



with yoga, conversations, health awareness talks, chanting and healing prayers. The participants and the elders had an amazing time with the team

There were 11 elderly participants who stayed till the entire two hours duration of the program and enthusiastically interacted in the group. Some of them expressed interest for this activity to become a routine weekly program so that the benefits could be absorbed and integrated in their lives to have a long-term effect on their general health and fitness.



### ***Assotech Springfields, Greater Noida; July 31, 2022***

A Continuous motivational program for senior citizens was organized in Assotech SpringField society to Creating the New 'Architecture' for Aging'. The program is started with the introduction round. Dr Chawla took the Round of Dheergh Pranayama session and some stretches and aasanas. The participants shared their hobbies and out of 9 participants, two like the singing and sang song and bhajan, healthy recipe was shared by Mrs. Kavita Kapoor.

Program is followed with Fun Filled activity, games, Prize distribution and refreshments. Mr Rakesh Kapoor shared his experience that such social engagement would be a cornerstone in adding many fulfilling years to the lives of the participants.



***Ashiana Orchids, Greater Noida; August 21, 2022***

To strengthen vital power of elderly through continuous motivational engagements in lifelong learning, World Healthat trust organize a program in Ashiana Orchids Apartment, where 11 senior citizens participated and benefited with specially designed Health awareness talks, Healthy diets/recipes and Growing & usage of medicinal plants, Memory-enhancing games, Yoga and Meditation. Seniors may find it convenient as these asanas can be done while sitting on a chair. Neck roll, cow stretch, seated forward bend, eagle arms, seated spinal twist and temple rub are all chair yoga asanas that have immense benefits. Chair yoga relaxes the neck and back muscles, releasing pent up stress, Helps alleviate body pain, tension and fatigue, Increases flexibility enabling seniors to



bend and reach the toes and Helps co-ordinate body movements and improves sense of balance.



***Old Age Home, Sector-105, Noida; January 10, 2023***

Old age is not only associated with a natural decline in physical abilities, but also many mental-emotional challenges surface especially where the aged people lack the adequate family support. Many elderly in India are, therefore, opting for old age homes as their place of stay in their later life.

Elderly Healthcare program conducted in old age home, Noida and attended by about 35 people. Dr Chawla Share the different stretches and asanas with the participants and share the benefits of the yoga and meditation. One of the best things about yoga for seniors is the chance to mingle and bond with others. This priceless addition keeps the mind engaged and happy, alleviating depression and loneliness. Regular practice of yoga asanas, pranayama and meditation can lead to a happier and more fulfilling life. Yoga will not just tone your body, but will also uplift your mind. Your attitude will improve.



***Kendriya Vihar, Sector-51, Noida; February 17, 2023***

A Continuous motivational program for senior citizens was organized in Kendriya Vihar sector 51, Noida to Promoting the concept of active & healthy aging. The energetic participation by the senior citizens made us realize that the happening age is 60+ now. The program started at 1030 hrs at and continued till 1430 hrs. About 30 senior citizens came and availed the facility of the program which had continuous motivational engagements in lifelong learning like Health awareness talks, Yoga and Meditation Healthy diets/recipes and Growing & usage of medicinal plants, Art & Craft, and Memory-enhancing games.





### **THANKS AND GRATITUDE:**

The Trust would like to express its gratitude towards all its donors, well-wishers and all the individuals without whose financial, moral and physical help it would not have been possible for us to undertake this noble challenge.

While presenting this report in the Annual General Meeting of the Trust I would like to appeal to all the members and well-wishers of the Trust to come out with constructive ideas that would help the Trust to perform in a better way and achieve the objectives with which the Trust has been formed. Last, but not the least, I take this opportunity to thank the other Trustees and Advisory Committee members for all the help and cooperation rendered by them. I conclude with thanks from the bottom of my heart to all of you.

Dr. P. Cheena Chawla