



WORLD HEALTHAL TRUST

(Center for Holistic Health and Education)

34, Knowledge Park-1, Greater Noida, UP-201310

www.worldhealthaltrust.org

ANNUAL REPORT

2023-24

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

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 socio-developmental activities of World Healthal Trust are poised to enhance the health and education status of different groups of people on a broad scale and providing elderly healthcare facilities through well-chalked programs focused on continuous motivational engagement involving health experts. Foreseeing the future and coming to the forefront to the emergent need of our elderly in Indian homes, World Healthal Trust intends to make arrangements for institutional support and care for the elderly taking to their doorstep the 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. To strengthen vital power of elderly through continuous motivational engagements in lifelong learning, emotional and physical health support through Yoga, meditation, physiotherapy and naturotherapy. We believe that such social engagement would be a cornerstone in adding many fulfilling years to the lives of the participating elders.

MAJOR ACTIVITIES DURING THE PERIOD 2023-2024:

World Health Day (April 6th 2023)

Dr. P. **Cheena Chawla**, Founder of World Health Trust was invited as Chief Guest in DPS, NTPC Vidyut Nagar on the Occasion of World Health Day. Program was attended by students and faculty. The Topic of the Talk was 12 secrets of good Health.

Three-Month Student's Internship Program

An internship program was conducted with students from Department of Social Work, Gautam Budh University, along with trainer from World Health Trust, to create awareness of active and healthy ageing program under the Project:

MaaPe- Celebrating the Golden Years.



A total of eight students participated in this program with approval of their faculty supervisor, Dr Raunak Ahmed. Students did a door-to-door survey, visiting different sectors of Greater Noida and interacted with elderly residents and provided comprehensive information about this program and its objectives. Students attempted to engage residents by filling the scientifically designed questionnaires, for KAP survey, to gather information about the attitudes and practices of senior citizens towards staying fit and healthy. More than 65 questionnaires were filled by students during the three-month internship Program.

IEC Development for the Project MaaPe--Celebrating the Golden years

Handouts in English and Hindi were developed for the Project sharing the details of the Project that highlighted keys to healthy Aging. The vision of the project is:

- Creating a New 'Architecture' for Ageing
- Promoting the concept of active & healthy ageing
- Enhancing the Quality of Life as people age
- Delivering a Holistic Approach to Healthy Living



Pamphlets distributed to elderly attending the community *MaaPe* Programs

World Healthal Trust, 34, Knowledge Park-1, Greater Noida; March 16, 2024

A community program for 20 senior citizens was organized in our office, 34-Knowledge park-1, where Dr. P. Cheena Chawla addressed the gathering. Program started with peer interaction followed by a specially designed chair yoga & meditation session that included stretches, asanas and Dirgha Pranayama-2 or Full Yogic Breath. The immense benefits of practicing these techniques were shared as these yogic practices relax the blood vessels and thereby, reduce high blood pressure, and also enhance body detoxification and improve respiratory health.

Under this program, elderly persons with musculoskeletal diseases such as back pain, arthritis, frozen shoulder, *Plantar fasciitis* and other age-related mobility challenges were examined by Dr Rahul Tyagi, Sr. Pain Management. The services are provided through ISPC Clinic (Indian Spine & Pain Care Center), Greater Noida. To reduce swelling of the injured area, prevent further injury, and reduce pain, Dr Rahul Tyagi explained the concept of PRICE. P.R.I.C.E. (Protection, Rest, Ice, Compression and Elevation) and recommended its use immediately during the first 48–72 hours after the injury.



World Healthal Trust, 34, Knowledge Park-1, Greater Noida; March 30, 2024

Centered around celebrating the Golden years, the *MaaPe* Program is for people staying mostly at home, feeling lonely after retirement and sometimes get very bored, restless and depressed. One such program was conducted in Knowledge Park -1 Greater Noida on March 30, 2024. WHT team comprising the Founder-President & CEO, Research officers and Support Staff along with a Neurologist were present at the event. A session comprising Yoga, Meditation and healing prayers was given by Dr P Cheena Chawla, and the Health awareness talk was given by Dr Rohit Panday, neurologist from Jaypee

Hospital Noida. The program was followed by fun-filled games, prize distribution and refreshments. Participants enjoyed while playing the brain-enhancing activities.



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