

# WORLD HEALTHALTRUST

*(Combined Annual Report  
For the period: 2019-2022)*



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

## FOUNDER'S LETTER:

Dear Partners and Friends,

As we know, the period 2019-2022 was crucial in the history of humankind. The world had been in a lockdown state reeling under the storm of a silent slayer, the novel corona virus or SARS-CoV-2 or COVID-19. Due to this pandemic the many field activities of World Healthal Trust came to a sudden halt, having a direct bearing on the flow of funds, staff recruitment and output in terms of research papers, press releases and social media presence. Therefore, much of the work was held online that included the conducting of zoom meetings/workshops besides conceptualizing new project themes and undertaking documentation work related to previous and new projects.

In the first half of 2019, field activities related to promotion of herbal gardens were done in schools of District Gautam Buddha Nagar, Uttar Pradesh. As a part of our flagship program on cancer prevention, awareness talks on 'Women's Cancers' were also conducted in early 2019 and later on the online platform.

It gives me great joy to announce the start of a new Project on elderly healthcare, christened as *MaaPe*, that was conceptualized during this period and initial steps were taken to give this novel work a firm foundation.

I feel deeply committed to the cause of societal upliftment through the multifarious tasks we have entrusted upon ourselves.

With Love and Gratitude to all,

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

## 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.

Dedicated to improving human health and education standards on a broad scale, World Healthal Trust is engaged in myriad activities related to R&D; science communication; social development, awareness cum screening camps of different cancers and specialized trainings for employment generation and skill development for students, unemployed graduates and uneducated youth.

The mandate of WHT 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 WHT are poised to enhance the health status of different groups of people on a broad scale.

## Major activities during the period 2019-2022:

1. Title: *Research Utilization and Scientific Understanding of the potential role of Integrative Holistic Medicine comprising an array of alternative healing methods: Reiki, LamaFera, Crystal Healing, Emotional Freedom Technique (EFT), Hypnotherapy, Aura Healing, Acupressure, Yoga and Meditation as bioenhancer/s of drugs and nutrients while having immunomodulating effects for prevention, management and treatment of various chronic diseases including cancer*

Both online and in-person workshops were conducted on integrative medicine to evaluate the efficacy of these methods in management and prevention of many chronic diseases, particularly psychosomatic and mental illnesses. Results are being collated for analysis, documentation and further studies.

2. Title: ***Promotion of Herbal gardens for Creating Awareness about Traditional Usage of Medicinal Plants in Schools of District Gautam Buddha Nagar, U.P.***

In the year 2019 four herbal gardens were set up along with creating awareness on propagation of medicinal plants in the following schools/office premises:

- a) Greater Noida World School
- b) Grads International School, Greater Noida
- c) Delhi Public School, Greater Noida
- d) KNEUS, Knowledge Park-1, Greater Noida

Medicinal plants play an important role in human life to combat life-threatening diseases. There are a large number of medicinal plants endowed with properties to treat diseases ranging from mild cough and cold to diseases like cancer and AIDS. The phyto-chemicals present in these plants have the ability to fight against diseases without any side effects. Chemical compounds in plants mediate their effect on the human body through processes identical to those already well understood for the chemical compounds in conventional drugs. This enables herbal medicines to be as effective as conventional medicines.

With the objective to develop Quality Plant Material (QPM), Dr. P. Cheena Chawla, Founder President, World Health Trust, Greater Noida (U.P) continued with her initiative of planting various medicinal plants that are used in many home remedies for common ailments. These include: *Zingiber officinale* (Ginger), *Coriandrum sativum* (Coriander), *Allium sativum* (Garlic), *Mentha piperita* (Peppermint), *Thymus vulgaris* (Thyme), *Aloe barbadensis* (Aloe Vera), *Ocimum sanctum* (Basil), *Ocimum basilicum* (Sweet Basil), *Cymbopogon citratus* (Lemon grass), *Catharanthus roseus* (Periwinkle), *Curcuma longa* (Turmeric), *Casia augustifolia* (Senna), *Lawsennia inermis* (Mehndi), *Cinnamomum zeylanicum* (Dalchini), *Bryophyllum pinnata* (Patharchur), *Tinospora cordifolia* (Giloy), *Stevia rebaudiana* (Stevia), *Mimosa pudica* (Touch Me Not), *Cinnamomum umtamala* (Tejpatta), *Plantago ovata* (Isabgol), *Moringa olifera* (Sohanjana), *Hibiscus rosa sinensis* (Chinese Hibiscus), *Murraya koenigii* (Curry leaves), *Piper nigrum* (Black pepper), *Capsicum frutescens* (Green chillies), *Phyllanthus emblica* (Amla), *Thuja occidentalis* (Thuja), *Carissa carandas* (Karonda), *Amomum subulatum* (Black cardamom) and *Elettaria cardamomum* (Green cardamom). Many of these plants were procured from local nurseries and now being propagated in large numbers.



3 A. Title: *Cervical Cancer Prevention Through IEC programmes in Offices, Schools and Colleges while Assessing Knowledge, Attitude and Mindset of the participants on Cervical Cancer*

The main feature of this Project is to create awareness among a large and varied segment of society, comprising students, teachers, young adults and professionals of different fields. Awareness generation is done through expert popular talks, slide shows,

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distribution of advocacy material (pamphlets, leaflets and posters) and answering specific questions raised by the participants.

- a) In the year 2019, three awareness talks on 'Women's Cancers' were conducted in the offices of Mercer located in Noida, DLF and Asf.
- b) Dr P. Cheena Chawla participated, as a panelist, in an online awareness program on Cervical Cancer in January 2022 along with many practicing doctors and scientists.



4. Title: *Socio-Cultural Research Survey, through Community Programs for Understanding the Existing Gaps in Elderly Healthcare in Different Home Environments that have a Bearing on their Mental-Emotional Health.*

This project was conceptualized in 2021-22 with the purpose to provide day care and residential facility to the elderly where they are engaged in useful activities, while understanding their mental-emotional needs based on a research survey through community programs. This project is christened as ‘MaaPe—The Golden Years’, which is currently on in Greater Noida. Data collection, through community activities, is being done to understand the existing gaps in elderly care in home environments.



**CELEBRATING THE GOLDEN YEARS...**  
**EVERYDAY**


- Activities like Music, Dance and Art.
- Finding spiritual happiness with Yoga, Meditation and Healing Prayers.
- More fun-filled engagement with indoor games, relaxing massages and celebrations.

**Healthy lunch and Snacks.**      **Served with Tea and Coffee.**

Our beloved elderly at home all day could go through loneliness, depression, lack of activities and insufficient care.

Let's turn their day into an adventurous get together for great memories: A complete daycare program with

**World Health Trust**



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5. Title: ***KAP Survey and Targeted Interventions for Empowering Adolescents on Prevention of HIV-AIDS & STDs through School- Based IEC Programmes in District GBN, U.P.***

The Project is unique for addressing the challenge of unsafe sexual behaviour common among adolescents, primarily due to lack of proper information on STDs and HIV-AIDS besides there being an unmet lacuna in moral values and a general lack of respect for women in our society. The role of parents and teachers is a key issue as often parents of vulnerable adolescents and their teachers lack information about health and healthcare needs of adolescents. For touching this sensitive domain, a baseline survey would be done involving school children of classes 8th to 12th from four schools (including Govt., Public and Private schools) of Greater Noida/ Noida, along with their parents and teachers where existing knowledge and mind-set of all participating in the study would be gathered. Through specially designed targeted interventions, adolescents would be appropriately informed about STDs and HIV-AIDS and their risk factors. Various IEC activities like interactive popular talks by expert scientists and doctors; medical health check-up; focus group discussions, fun-filled sessions having games, quizzes and role-play competitions would be conducted to enhance their knowledge about disease prevention and bringing attitudinal change for mutual respect promoting gender equality.

With the threat of the pandemic on lifted off, we are working full gear to achieve the highest goals in various areas of the organization's mandate. The road ahead is long and full of challenges, but the achievements of the past and promise of the future projects not only instill a sense of pride in all those associated with the work of the organization but encourage them all to work with renewed vigour and single-minded focus.

## 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, 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 heartfelt thanks to all.

Dr. P. Cheena Chawla