

WORLD HEALTHAL TRUST

(Centre for Holistic Health & Education)



Annual Report 2024-25

www.worldhealthaltrust.org

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

FOUNDER'S MESSAGE:

As we continue our journey into a new decade of service, I am filled with gratitude and pride at the evolving impact of the World Healthal Trust. This past year has been a testament to our unwavering commitment to health, education, and the holistic well-being of every life we touch.

Building on the momentum of our flagship initiative **Project MaaPe – Celebrating the Golden Years!**, we've deepened our focus on the elderly population, offering meaningful engagement through **chair yoga, meditation, pain management**, and emotional support programs. These community wellness sessions have brought a renewed sense of vitality to senior citizens, empowering them to live with dignity, purpose, and joy.

Our efforts in **early cancer screening**, supported by esteemed partners like NSIC, and our growing footprint in community health camps underscore our belief that preventive care and awareness are essential building blocks of a healthier society.

Each milestone we achieve—be it in a rural cancer camp or a quiet meditation session in a city clinic—reaffirms our vision: **a society where no age, gender, or background limits access to holistic wellness and lifelong learning.**

I extend my heartfelt thanks to our dedicated team, compassionate volunteers, and supporters who walk beside us in this mission. Let us move forward with renewed resolve, embracing every opportunity to uplift lives with science, care, and love.



With deep appreciation,
Dr. P. Cheena Chawla
Founder, World Healthal Trust

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 2024-2025:

34-Knowledge Park-1, Greater Noida; April 6, 2024

On April 6, 2024, World Healthal Trust organized a MaaPe program at its office in Knowledge Park-1, Greater Noida, featuring yoga, meditation, a health talk by neurologist Dr. Rakesh, and fun brain games for seniors



NRI City, Greater Noida; April 21, 2024

On April 21, 2024, World Healthal Trust held a MaaPe program at NRI City, Greater Noida which included health talks, yoga, meditation, healthy diet and physiotherapy techniques to promote active aging.



Senior Citizen Society, Greater Noida; April 27, 2024

On April 27, 2024, World Healthal Trust held a MaaPe program at Senior Citizen Society, Greater Noida which included health talks, yoga, meditation, healthy diet and physiotherapy techniques to promote active aging.



Bhagwad Gita talk, 34- Knowledge Park-1, Greater Noida; May 4, 2024

On May 4, 2024, World Healthal Trust organized a MaaPe program at its office in Knowledge Park-1, Greater Noida, with focus on yoga, meditation and a spiritual talk on Bhagwad Gita by Sri Kamal Shadija for seniors.



MaaPe Physiotherapy session, Greater Noida; May 25, 2024

On May 25, 2024, World Healthal Trust organized a MaaPe program at its office in Knowledge Park-1, Greater Noida, featuring Physiotherapy Session by Dr Shravan Kumar from SKM physiotherapy & Rehabilitation Centre.



Himsagar Apartments, Greater Noida; May 26, 2024

On May 26, 2024, World Healthal Trust held a MaaPe program at Himsagar Apartments, Greater Noida which included health talks, yoga, meditation, healthy diet and physiotherapy techniques to promote active aging.



Cancer Screening Camp, Village Rithori, Greater Noida; December 11, 2024

On December 11, 2024, World Healthal Trust held a cancer screening camp in Rithori village, GBN, sponsored by the National Small Industries Corporation (NSIC), to detect early signs of oral, cervical, breast, and prostate cancers.



Cancer Screening Camp, Village Sirsa, Greater Noida; December 15, 2024

On December 15, 2024, World Healthal Trust held a cancer screening camp in Sirsa village, GBN, sponsored by the National Small Industries Corporation (NSIC), to detect early signs of oral, cervical, breast, and prostate cancers.



Cancer Screening Camp, Village Kasna, Greater Noida; December 18, 2024

On December 18, 2024, World Healthal Trust held a cancer screening camp in Kasna village, GBN, sponsored by the National Small Industries Corporation (NSIC), to detect early signs of oral, cervical, breast, and prostate cancers.



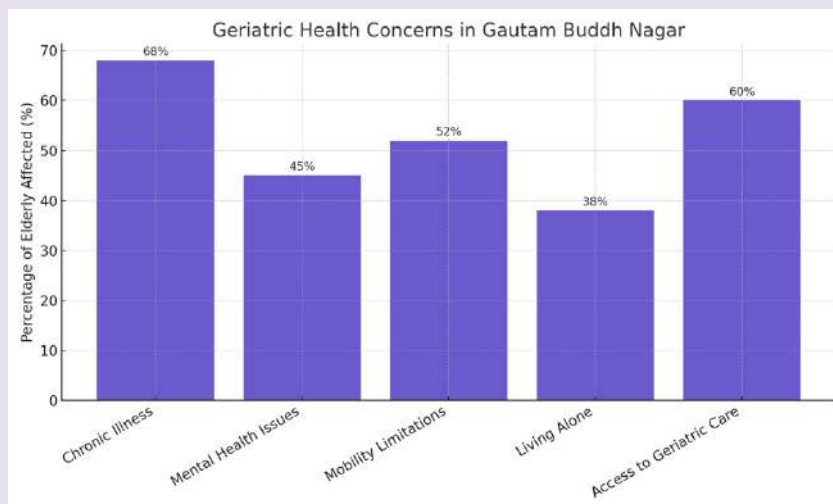
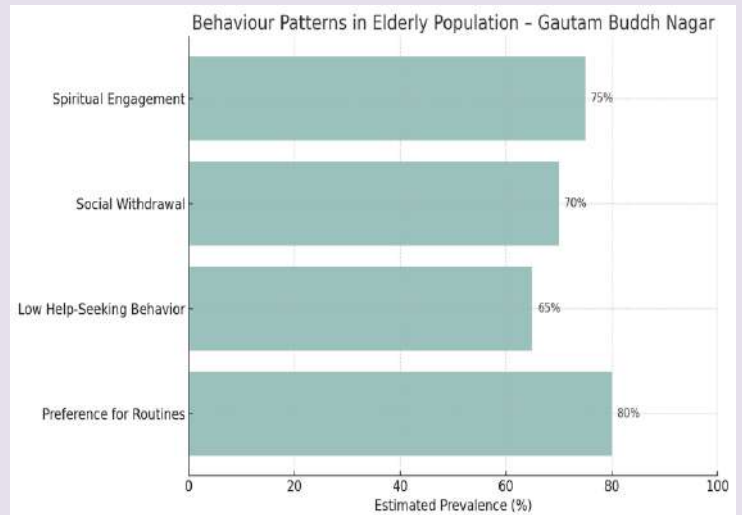
RESEARCH OUTCOMES:

1. MAAPE PROGRAMME-

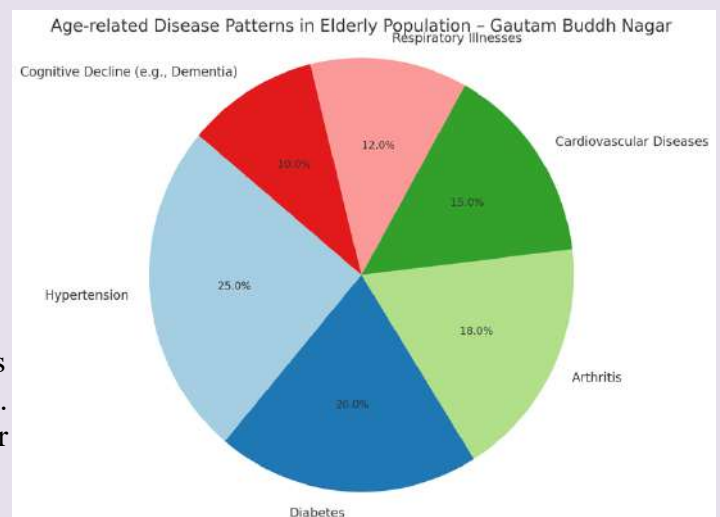
Key findings- Community-driven models, like the MaaPe Program, demonstrate improvements in physical health and emotional well-being.

Promotion of holistic health models integrating yoga, diet, music, and social interaction.

Collaboration with RWAs, local health departments, and wellness NGOs for scalable outreach.



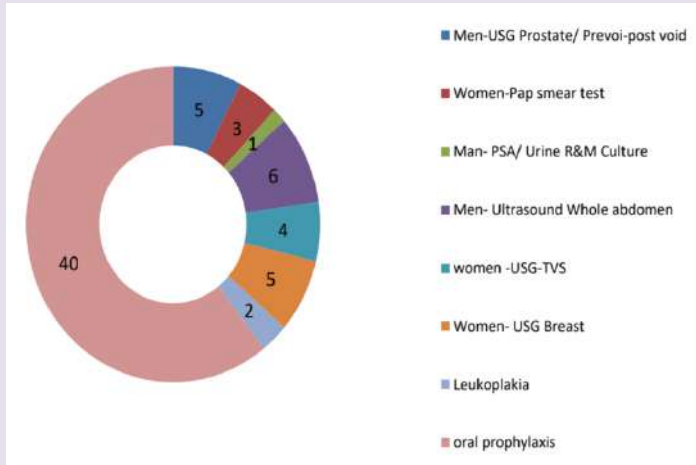
1. Hypertension (25%) is the most prevalent condition among the elderly in GBN.
2. Diabetes (20%) is another widespread issue, often linked with sedentary lifestyles and dietary habits.
3. Arthritis (18%) limits mobility and independence in a significant portion of the population.
4. Cognitive Decline (10%), including dementia, is a growing concern, though still underdiagnosed.
5. Respiratory Illnesses (12%) and Cardiovascular Diseases (15%)



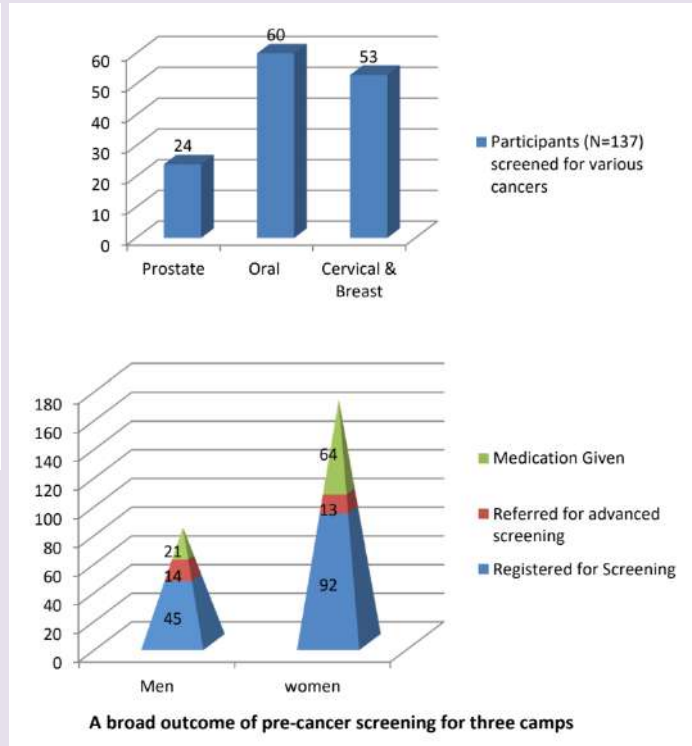
2. CANCER SCREENING CAMPS-

A total of 137 (57 in 1st camp, 40 in 2nd camp and 40 in 3rd camp) participants were screened during the three camps for detecting any signs of cervical, breast, prostate and oral cancer.

- All women were trained to conduct self-breast examination.
- Out of the 137 participants, 85 received free medicines.
- All participants were motivated to spread information about the four cancers in their households for promoting this information at large-scale in their community.



Number of suspect cases recommended for advanced screening



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