



WORLD HEALTHAL TRUST

(Centre for Holistic Health & Education)



Annual Report 2013

Research Advisory Board of World Health Trust:

S.No.	Name	Designation	Address
1	Dr. N.K. Lohiya	President, Indian Society for the Study of Reproduction and Fertility (ISSRF)	Emeritus Medical Scientist, Reproductive Physiology Section, Department of Zoology. University of Rajasthan Jaipur - 302 004
2	Er. Anuj Sinha	Fomer Director, Vigyan Prasar Consultant- Science & Technology Communication & National Level Monitor, Ministry of Rural Development	B-803, Vigyan Vihar, Plot- GH-19, Sector-56, Gurgaon-122011, Haryana
3	Col. (Dr.) Pradeep Sethi	Practising Clinical Dermatologist Member- Indian Association of Dermatologists, Venereologists & Leprologists. Sex Education & Parenthood International, National Accreditation Board for Hospitals Armed Forces Medical College	1D, 401, AWHO Colony, Gurjinder Vihar, Greater Noida-201308
4	Dr. Pushpa Chandra	Practising Gynecologist, Mayfair Clinic, New Delhi Alumini of- All India Institute of Medical Sciences	C-42, Mayfair Gardens, New Delhi-110016
5	Major Dalbir Singh	Master, Spiritual Sciences	House No. 345, Sector 37, Noida, Uttar Pradesh-201303
6	Mr. Sudhir Sharma	Publisher, Writer, Editor and Spiritual Master	74, Medha Apartment, Mayur Vihar, New Delhi-110091
7	Dr. P. Cheena Chawla	Founder- President & CEO, World Health Trust	34, Knowledge Park-1, Greater Noida-201310

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CHAIRMAN'S LETTER:

Dear Partners and Friends,

Each one of us is born with some mission to be accomplished in life. What only comes in the way is the time that one takes to realize the 'self' and understand the purpose of one's living. Once that happens, the goals become clear and strangely enough, the path then seems easy to tread with a clear sight of the road ahead. This happened in the fourth decade of my life, and the year was 2008! With a firm foundation in Biotechnology coupled with a deep passion for communicating science to the common masses, and a commitment to serve humanity, I was fully charged to pen down the mission of my life that eventually gave birth to World Healthal Trust (*Centre for Holistic Health & Education*).

Founded on 6th October 2008, this organization went through teething troubles posing numerous challenges, but with every passing day the troubles turned into treasures of knowledge that emboldened my spirit to consolidate my strengths and translate them into meaningful projects serving people of various strata of society in more ways than one. With voluntary retirement from CSIR in April 2012, my commitment to furthering the chartered goals has gained a new momentum and renewed vigor to take this organization from strength to strength.

I believe in myself and vouch for the bare truth that one can achieve the toughest goals by the sheer power of the mind, creating thought pictures of what one wants to achieve and more importantly, believing them to be 'real'. Positive thoughts laden with the intention of serving others can work wonders that unimaginably bestow the person with pure bliss that no money power can achieve. That is the essence of all work this organization is mandated to undertake through a highly focused, enthusiastic and passion-driven team that strives for achieving sheer excellence.

A message from my heart for those striving to unmask their 'self' is that nothing can come in your way to success if you are armed with the three P's: Passion to achieve what you want; Patience to allow events to turn in your favour; and the Power of Knowledge to activate and catalyze the processes that result in achieving goals. Having an undying spirit of believing in yourself is the ultimate tool to unleash your mind for becoming aware about the mission lying dormant in you.

With Love and Gratitude to all,

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

Key members of the experienced & professional team:

- Mr. Sudarshan Banerjee,
Director, World Healthal Trust
- Dr. Richa Shrivastava
Senior Scientist, World Healthal Trust
- Dr Seema Chaudhary
Senior Scientist, World Healthal Trust
- Anju Shrivastava
Scientist, World Healthal Trust
- Mr Sudhanshu Mehra
HR-Admin, World Healthal Trust
- Mr Sanjeev Kumar
Accountant, World Healthal Trust
- Mr Satender Yadav
Technical Assistant, 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.

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.

WHT Provides awareness on prostate disease and women's cancer in Delhi/ NCR, and has completed three government projects as listed:

1. Directorate of Health Services (DHS) Government NCT of Delhi, sponsored project entitled "To organize four prostate disease awareness programmes in the PHCs & GRCs of the Delhi."

2. Vigyan Prasar (VP) – Department of Science & Technology sponsored project entitled “Developing additional resource material for the prevention of women’s cancer (cervical, Breast, Ovarian, endometrial cancer).
3. Indian Council of Medical Research (ICMR) sponsored project entitled “Hospital / PHC research survey for assessing current facilities available for screening & treating cervical cancer in NCR.”

MISSION:

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.

1. RESEARCH AND DEVELOPMENT

- Undertaking epidemiological research, social science research and conducting socio cultural research surveys and statistical data analysis.
- Development of novel nutritional supplement package for improving the health status of the elderly.
- Undertaking novel research projects to unfold the science underlying the paranormal healing methods such as Reiki, Acupressure etc.
- Resource mobilization for research and capacity building for undertaking health research projects, with focus on modern biotechnological specializations that include genetic engineering, stem cell technology, DNA microarray technology, bioinformatics and tissue culture technologies.

2. SCIENCE COMMUNICATION

Our myriad efforts are focused on promoting quality education and healthy lifestyle among different strata of society.

- Developing IEC material (pamphlets, posters, leaflets, booklets, brochures) on various health related issues.
- Developing science documentaries for disseminating S&T information among large audience.
- Conducting school workshops on Adolescent Reproductive Healthcare (ARH), Positive Thinking & Stress Reduction and Reiki 1&2.
- Conducting 'Young Scientists Program' for school children that is aimed at kindling interest in students for science in general and biotechnology in particular. Students along with their science teachers are invited to visit the in-house laboratory, interact with scientists and attend popular science lectures by experts.
- Planning, cooperation and networking with various Govt. organizations and NGOs for devising better and more effective methods of disseminating scientific information.

3. RURAL AND SOCIAL DEVELOPMENT

- Operationalizing Mobile Gyne Clinic service, christened as 'WOW (Winning Over Women's) *Cancer Express*' in different States of India.
- Ensuring supply of safe drinking water to rural, underprivileged populations by employing cost-effective indigenous technologies.
- Conducting Health camps:

Awareness Health Camps: Adolescent Reproductive Healthcare, Women's Cancers, Healthy Heart, Human Ageing, Health & Nutrition, Diabetes, Reiki , Yoga & Meditation, Prostate Cancer, Polycystic Ovarian Disease, Prevention of TB and HIV/AIDS etc.

Screening Health Camps: Women's cancers, Oral hygiene, Healthy Skin

4. TRAININGS

Trainings for uneducated youth with special focus on women

- Cultivating medicinal plants
- Hybrid seed production of crop plants like tomato, brinjal etc
- Mushroom cultivation
- Vermicomposting
- Training course for 'Laboratory Attendants' in Biotechnology Industry
- Training course for 'Birth Attendants' in rural areas

Trainings for unemployed graduates with special focus on women

- Training course for 'Health Communicators'.
- Training course for 'Laboratory Assistants' in Biotechnology Industry

Trainings for college students

- Biosafety in Laboratories & Production Facilities.
- Elements of Clean Room Technology & Adverse Impact of Human Interface.
- Elements of Good Manufacturing Practices (GMP) and their Impact on Biotechnology Industry.

HIGHLIGHTS 2013:

World Healthal Trust since its inception has been working for improvement of the health status of women in the rural and urban poor habitations of Delhi and NCR. It has conducted several advocacy cum screening health camps on women's cancers in the PHC's, CHC's and GRC's of the State of Delhi and NCR. Besides this, WHT conducts several advocacy and training

workshops for school & college students, uneducated youth and unemployed graduates. The Projects undertaken by World Health Trust are funded by Govt. Departments or they are sponsored by corporate partners.

Major activities successfully completed during 2013:

- **Community Screening for Detecting Suspect Women Having Abnormalities in Cervix and Breast, Indicative of Cervical Cancer and Breast Cancer**

An Advocacy cum Screening Health Camp for detecting suspect women with cervical and breast cancer was organised by World Health Trust on 9th February 2013 in collaboration with RWA of New Rajender Nagar, Delhi and sponsored by Mr. Gurudev Kumar, an eminent businessman. The camp was conducted in the Community Centre, B-Block, New Rajender Nagar, Delhi and the participating women were screened for these cancers inside WHTs mobile gyne clinic — *WOW Cancer Express*. The event was attended by the residents of Rajender Nagar, gynecologists from Khetrpal hospital, functionaries of RWA, New Rajender Nagar and Team WHT.



Awareness talk on Women's Cancer in progress: *Sitting on the dais (from left to right) are: Dr P. Cheena Chawla.*

Dr Chawla laid emphasis on the importance of early screening and timely treatment for combating women's cancers. Specially designed easy-to-understand leaflets on all the four women's cancers were distributed to all the participants. This was followed by a question-answer session. After the awareness talk, the participating women were registered for the primary screening for cervical and breast cancers.

- **A Project entitled, 'To Organize Four Prostate Disease Awareness Programmes in the PHCs (Primary Health Centres) and GRCs (Gender Resource Centres) of East Delhi District of Delhi', sponsored by Directorate of Health Services (DHS), Govt. of NCT of Delhi was completed in March 2013.**

World Healthal Trust conducted four prostate awareness camps in March 2013 with financial assistance from Directorate of Health Services (DHS), Govt. of NCT of Delhi. The aim was to educate people about prostate diseases, particularly prostate cancer, and to encourage its prevention, detection, and early treatment. These camps were conducted on 16th, 18th, 21st & 23rd of March in the following four dispensaries/health centers of East Delhi:

1. Delhi Govt. Dispensary (DGD), Bank Enclave, Laxmi Nagar (HIG area)
2. Delhi Govt. Dispensary (DGD), Mayur Vihar Phase – III (MIG area)
3. Gender Resource Centre (GRC), Trilokpuri (LIG area)
4. Gender Resource Centre (GRC), Kalyanpuri (Slum area)

Dr. Rajeev Sood, The Sr. Urologist and Head of the Urology Department of RML Hospital, New Delhi extended his full support by giving consent to attend one of the camps while ensuring to send two doctors from RML Hospital for each camp. He is an authority on this subject by being the National Convener of Prostate Disease Awareness Programme in India and having worked extensively on prostate disease awareness for many years by conducting several camps all over India.



All the four health camps started with the Welcome Address by Dr. P. Cheena Chawla, Founder President, World Healthal Trust, followed by a *Nukkad Natak* or street play. *Nukkad Natak* was played in front of the attendees for making them aware about various symptoms of prostate diseases and the need to contact a urologist in time. The focus of the *Nukkad Natak* was to convey to the audience that prostate diseases are easily curable if detected early and treated timely. Specially designed easy-to-understand pamphlets were distributed to the participants at all the four camps. This was followed by a question-answer session where the expert urologists present on the panel answered to peoples' queries in a simple language. Attractive posters (in Hindi) on prostate diseases were pasted at suitable locations at the camp site to spread public awareness about these diseases. Shedding their initial inhibitions, several men came forward and got themselves registered for seeking doctor's consultation.

- Community Sensitization on Women's Cancers and Use of Primary Screening Methods to Detect Suspect Women Having Abnormalities in Cervix and Breast (Venue: Community Health Centre (CHC), Bhangel, Sector-110, Noida). A Project funded by: Rotary club Noida.

This advocacy cum screening health camp was held on 17th April 2013 with financial support of

Rotary club, Noida. World Healthal Trust had already conducted *Munnadi* a day prior to the camp in the near-by areas of Bhangel for inviting as many people as possible. Posters and pamphlets on women's cancers specially developed by WHT in collaboration with Vigyan Prasar (DST, Govt. of India), were also pasted at multiple locations for easy readability.

The dignitaries present during the camp included Mr Anoop Kumar Jairath (President, Rotary Club, Noida), Mr Abhimanyu Mathur (Leader of the Month, Rotary Club, Noida) and Mrs Richa Mathur, Mr Deepak Bhargava (President Elect 2013-2014, Rotary Club, Noida), Dr Archana Sharma (Medical Superintendent, CHC) and Major Dalbir Singh (Past President, Rotary Club, Noida). Dr. P. Cheena Chawla, Founder President & CEO, World Healthal Trust extended a warm welcome to all present on the occasion and acknowledged the support of Rotary Club, Noida for conducting this camp. She thanked Mr Abhimanyu Mathur who as 'Leader of the Month' had chosen the theme of 'Spreading Awareness on Women's Cancers' among the underprivileged populations, for the month of April 2013.



While addressing the gathering, Mr Jairath, President, Rotary Club, Noida appreciated the concept of conducting such community camps as proper knowledge about the disease and early detection can save many lives from cancer. Dr Archana Sharma, Medical Superintendent, CHC shed light on the importance of this camp and requested the participating women to take advantage of WHT's mobile gyne facility and get themselves screened for breast and cervical cancers. Major Dalbir Singh, Past President, Rotary Club, Noida expressed his heartfelt appreciation for the efforts of World Healthal Trust and extended his good wishes for the future progress of this initiative.

All queries of the general public related to the four women's cancers were also addressed by Dr. Chawla along with the gynecologist, Dr Mayoore. The screening was performed inside the fully equipped *WOW Cancer Express*.

- [Community Sensitization on Women's Cancers and Use of Primary Screening Methods to Detect Suspect Women Having Abnormalities in Cervix and Breast \(Venue: Resident Welfare Association \(RWA\) Community Centre, Sector 11, Noida\)](#)

Sponsored by the Corporate Partner, Chimera Gentec Pvt. Ltd., an Advocacy cum Screening Health Camp for detecting suspect women with abnormalities in cervix and breast was organized by World Healthal Trust on 20th April 2013 in collaboration with RWA of Sector-11, Noida.

Members of the WHT team included the Founder-President & CEO, Gynecologist, Nurse, WHT's Project Manager, Scientists, Project Assistants and Support Staff.



Dr. P. Cheena Chawla, Founder President & CEO, World Healthal Trust addressed the gathering and sensitized women about the prevalence of the four women's cancers in our country, the risk factors, symptoms associated with each of the cancers and the importance of early screening & timely treatment. Specially designed easy-to-understand leaflets on all the four women's cancers were also distributed to the participants. All queries of the general public related to the four women's cancers were also addressed by Dr. Chawla. The women were screened inside the fully equipped *WOW Cancer Express*. The gynaecologist present on the occasion was Dr. Sarika Gupta of Sharda Hospital, Greater Noida. She was assisted by the nurse, Ms. Manju.

➤ Awareness cum Screening Health Camp on Breast and Cervical Cancer in Sector Gamma-II, Greater Noida.

World Healthal Trust conducted awareness cum screening health camp on women's cancers, sponsored by Bellerophon Biotech Pvt. Ltd., and organized with support of Resident Welfare Association (RWA), Gamma-II, Greater Noida on Saturday, 11th May 2013. The main objective was to spread awareness about the four cancers that only affect women, while screening the registered women for early signs of breast cancer and cervical cancer using primary screening methods.



Mr Ilam Singh Nagar (President, Federation, RWA, Greater Noida) was happy to see the progress of the camp and assured full support for conducting such camps on a large-scale in different sectors of Greater Noida. Mr Sher Singh Bhati (General Secretary, Federation, RWA,

Greater Noida) was very supportive and promised to extend all help needed to conduct such camps in future. Mr Narender Singh Rosa (President, RWA, Gamma-II, Greater Noida) and Mrs Mamta Tiwari (Vice President, RWA, Gamma-II, Greater Noida) appreciated the efforts put in by Dr. P. Cheena Chawla and her team for conducting the camp.

- A Project entitled "*Hospital / PHC Survey for Assessing Facilities Available for Screening & Treating Cervical Cancer while Enhancing Awareness of Treatment Providers on the Prevention and Management of Cervical Cancer*" funded by Indian Council of Medical Research (ICMR), New Delhi was completed on 31st July 2013. This one-year Project was initiated in August 2012.

World Healthal Trust and Asian Institute of Safety & Security Management completed and submitted the Project Completion Report for ICMR sponsored Ad-hoc Project. A total of 312 health centres of Delhi-NCR were surveyed and 590 healthcare providers participated in this study. The prime objective of the Project was to conduct socio-cultural research focused on assessing the knowledge, attitudes, behaviour and practice for HPV vaccination and cervical cancer prevention by the treatment providers in both public and private health facilities in rural and urban areas of Delhi and NCR regions (Noida, Greater Noida, Ghaziabad, Faridabad and Gurgaon) through a survey of hospitals/PHCs and to explore the opinion of healthcare providers, having different professional profile and training, about patient education on HPV infection, cervical cancer screening and importance of timely treatment.

The present research survey warrants the need for providing periodic educational interventions for all healthcare professionals, particularly paramedical staff, working in Primary Health Centres (PHCs). Promoting knowledge about correct clinical management of cervical cancer among the healthcare providers from rural areas and Govt. sector would be crucial in reducing the cervical cancer toll in India.

- World Healthal Trust has taken up an innovative initiative of making vermicompost in different locations at Greater Noida.

Environmental degradation due to improper waste management poses a serious threat. Vermicomposting is the best technology that helps to recycle the biodegradable waste. Eight demonstrational vermicomposting pits (size: 8 feet × 2 feet) were set up where earthworms (*Eisenia fetida*) were cultured for converting the biowaste into nutrient-rich remains in the form of worm castings or vermicompost.



This eco-friendly and non-toxic process consumes low energy input, resulting in recycled biological product called vermicompost that improves the physical structure as well as the biological properties of the soil. Awareness about vermicomposting could be indeed a step towards inculcating the civic sense for appropriate garbage disposal in homes, schools, colleges and offices. Moreover, vermicomposting technique presents a double benefit as it ensures financial returns while preserving the environment.

- one-day Training Workshop on 'Hybrid Seed Production Technology' for farmers/rural youth in technical collaboration with Division of Seed Science and Technology, IARI, New Delhi on 7th October 2013.

This training was organized with the objective of providing the basic knowledge and technical skills required for successful hybrid seed production and its necessity in agriculture with a view to raise the standard of living of farmers. Dr S. S. Parihar, Head, Professor and Principal Scientist, Division of Seed Science and Technology, IARI appreciated the concept of conducting such trainings and highlighted the scope and importance of hybrid seed production technology.



Dr Sandeep Kumar Lal, Sr. Scientist provided the knowledge on the technology of hybrid seed production with reference to bitter gourd. Hybrid seed production under net house conditions shows vigorous, healthy and insect free crop with more crossed fruits, higher fruit weight, seed yield/fruit and quality. Mr Sukhbir Singh, Technical personnel, Seed Science and Technology, IARI, assisted this Training Workshop by giving the practical information in field and net house. On behalf of World Healthal Trust, Dr Seema Chaudhary, Scientist, expressed her heartfelt gratitude towards Dr S. S. Parihar who had provided this training, and also acknowledged the support extended by Dr Sandeep Kumar Lal and Mr Sukhbir Singh.

- One day Symposium on "Biosafety and Biosecurity" for biotechnology students on 19th November 2013 at Department of Biotechnology, Multanimal Modi College, Modinagar, Uttar pradesh.

World Healthal Trust in collaboration with Chimera Gentec Pvt Ltd conduct one day symposium on "Biosafety and Biosecurity" in Multanimal Modi College, Modinagar. Programme started with lamp lightening and saraswati vandana by the students of biotechnology. While addressing the gathering, Principal of M M Modi College, welcomes all the guests and students. Company Profile presented by Mr. Sudhanshu Mehra.

Highlighting the most common errors, while working in the Lab, was demonstrated by Dr Seema Chaudhary and Dr Richa Shrivastava. Posters were presented by the students. Dr Seema Chaudhary gave a presentation on “Basics of Biosafety & Biosecurity”. Dr Richa Shrivastava presented presentation of “Biosafety in Microbiological Experiments”. Dr Ravi Kumar, coordinator, and Dr Richa, Head of the Department expressed her heartfelt gratitude towards World Healthal Trust and Chimera Gentec Pvt Ltd for providing training and knowledge to the students of biotechnology.



- Talk on Energization Exercises and improve concentration by Acharya Vijay on 23rd Nov 2013

Throughout the exercises he told the practice of “double breathing” — a special breathing technique taught by Yogananda, which helps to oxygenate and detoxify the blood.

To practice double breath, begin by inhaling strongly through the nose with a short, sharp inhalation followed directly by a long, strong inhalation — completely filling the lungs. Then, without pause, exhale twice through the nose and mouth with a short, then a long exhalation — making the sound: “Huh, Huhhhhhh.” Feel cosmic energy flowing into the medulla oblongata with the breath. Mentally affirm: “I am free, I am free!” Repeat 6 – 10 times. It will help to improve the concentration. According to Him: “If you keep yourself fully open, you may hear suggestions even in the wind”



FINANCIAL HIGHLIGHTS: income& expenditure statement

GOAL:

WHT aims to fulfill basic requirements of health and education to one and all, along with strengthening income-generating capacities of uneducated youth. WHT's unique set of skills in providing health education in conjunction with its research experience are the key factors for the expansion of existing programmes and for creating new partnerships with private and public organizations. We value the essence of networking among scientists, science communicators and policy makers to create new paths and inroads that promise new heights in uplifting human health and education standards.

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 co-operation rendered by them.

I conclude with thanks from the bottom of my heart to all of you.

Dr P. Cheena Chawla