



WORLD HEALTHAL TRUST

(Centre for Holistic Health & Education)



Annual Report 2014

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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President & CEO: Dr. P. Cheena Chawla

FOUNDER'S LETTER:

Dear Partners and Friends,

The year 2014 was packed with several activities that had a direct bearing on the welfare of society. Health camps on women's cancers, supported by Rotary, Noida and DLF Foundation were especially targeted to serve the underprivileged rural populations. A large number of women were made aware about the cancers that affect only women while many women with early signs of breast and cervical cancers were detected by primary screening methods and referred to hospitals for further advanced screening and treatment. Similarly, an appreciable quantum of work was done under the various Training Programmes that were specially designed for college students in the field of Biotechnology.

A lot more needs to be done 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.

With Love and Gratitude to all,

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

Key members of the experienced & professional team:

- Dr Anil Chawla
Co-Founding Trustee, World Healthal Trust
Mr. Sudarshan Banerjee,
Director, World Healthal Trust
- Dr Seema Chaudhary
Senior Scientist, 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. 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.

WHT Provides awareness on prostate disease and women's cancer in Delhi/ NCR, and has completed three government projects and one Private project as CSR activity 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 addition 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."
4. DLF Foundation sponsored Corporate Social Responsibility-Cluster Development Programme entitled "DLF-WHT Cancer Awareness and Screening Camps" in Gurgaon Cluster.

Major activities successfully completed during 2014:

- Six Days Hands-on Workshop on Basic Laboratory Techniques Jointly Conducted by Chimera Gentec Pvt. Ltd. and World Healthal Trust at 34, Knowledge Park-1, Greater Noida, U.P.

World Health Trust in collaboration with Chimera Gentec Pvt. Ltd. conducted a six days hands-on workshop on Basic Laboratory Techniques from 30 January 2014 to 6 February 2014 in its in-house R&D laboratory located at 34, Knowledge Park-1, Greater Noida. The participants were students of B.Sc. Biotechnology, studying at Mangalmai College located in Greater Noida.



➤ **One-Day Symposium On Good Manufacturing Practices (GMP) At RV Northland College Of Pharmacy, Bulandshahr**

World Health Trust, in collaboration with Chimera Gentec Pvt. Ltd., conducted one-day Symposium on *Good Manufacturing Practices (GMP)* at RV Northland College of Pharmacy, Bulandshahr on 13th February, 2014. Dr. Anil Kumar Chawla, Chairman, Chimera Gentec Pvt. Ltd centered his lecture on Good Manufacturing Practices–A WHO Perspective. He emphasized that the relevance of conducting the Symposium on GMP was to update the skills and knowledge of students. He also advised the students to keep track of the latest technologies in Pharmacy and asked them to spend considerable amount of time on performing research in their respective laboratories. Mr. Paramdeep Singh, GM Operations, gave a presentation on *GMP, Quality Control & Quality Assurance*.



➤ One-Day Hands-On Workshop on Vaccine Design & Manufacturing and Harnessing of Drugs From Medicinal Plants

World Healthal Trust in collaboration with Chimera Gentec Pvt. Ltd. conducted one-day hands-on Workshop on Vaccine Design & Manufacturing and Harnessing of Drugs from Medicinal Plants in its in-house DSIR certified laboratory at Greater Noida on 29th March 2014. The participants were students of M.Sc. Biotechnology of *R.B.S College, Agra*. At the outset Dr. P. Cheena Chawla, Founder & President of World Healthal Trust welcomed the students and gave a brief introduction about the training programme. Scientists from our laboratory shared their expert knowledge on these topics. The faculty included Mr. Paramdeep Singh (GM Operations), Dr. Seema Chaudhary (Scientist) & Mr. Ram Pravesh Yadav. This one day training allowed the students to have hands-on exposure on bio-techniques commonly employed in these fields. The training programme ended with distribution of certificates to all the students by Acharya Vijay of Ananda Sangha present on the occasion.



➤ **Community Sensitization on Women's Cancers and Use of Primary Screening Methods to Detect Suspect Women Having Abnormalities in Cervix and Breast Sponsored by Rotary Club, Noida**

An advocacy cum screening health camp on women's cancers was held on 28th April 2014 with financial support of Rotary club, Noida. A public awareness/advocacy programme for about 50 women was organized in the Hall area of the Primary Health Centre (PHC), where Dr. Chawla addressed the gathering and sensitized women about the prevalence of the four women's cancers in our country, their risk factors and symptoms associated with each of the cancers and the importance of early screening and timely treatment. Specially designed easy-to-understand leaflets (in Hindi) on all the four women's cancers were also distributed among the audience. All queries of the general public related to the four women's cancers were also addressed by Dr. Chawla. After the advocacy round, the women were requested to register themselves for getting screened for cervical and breast cancers. WHT team did the registration and distributed pamphlets on these cancers to all present. Out of 50 women who participated in this camp, nine were screened for cervical and breast cancers. From these women who got screened, five women were detected to have local infection in the form of cervicitis/vaginitis, while one woman was found to have a serious abnormality in the cervix and was advised to undergo Pap test in referral hospital. Besides, two women were detected to have some abnormality in the breast tissue.

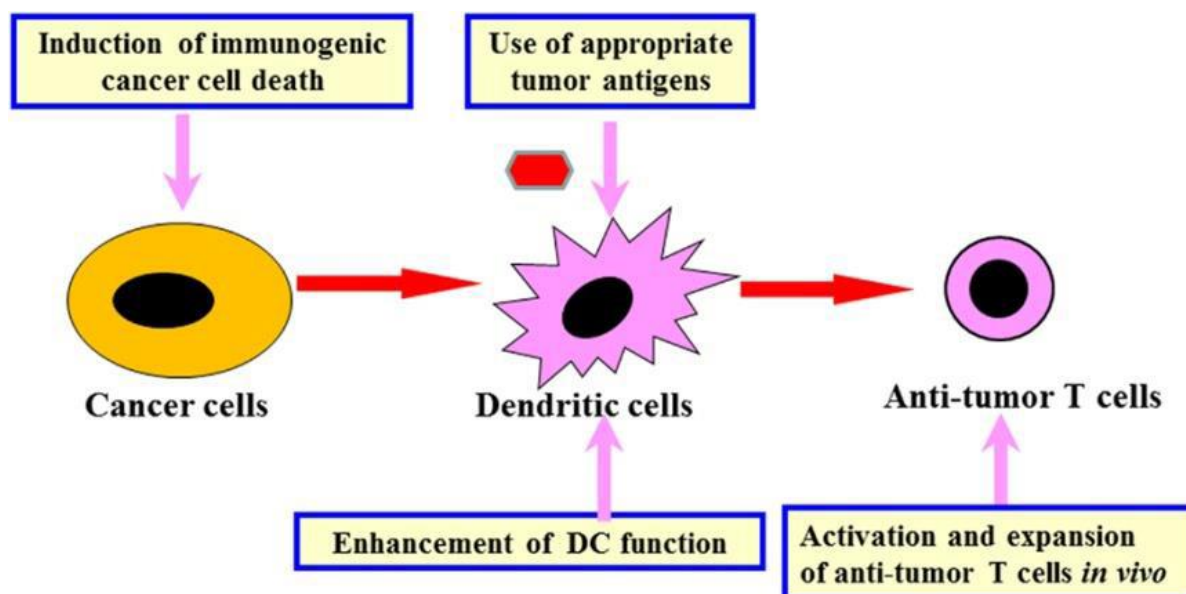
and were, therefore, referred for mammography. On-site screening was done by the accompanying Gynecologists, Dr. Reeta Aggarwal and Dr. Pinki Roy from Sharda Hospital, Greater Noida using Visual Inspection with Acetic Acid (VIA) method for cervical cancer, and Breast Physical Examination (BPE) for breast cancer.

The dignitaries present at the camp included Mr Deepak Bhargava (President, Rotary Club, Noida), Mr Abhimanyu Mathur (Leader of the Month, Rotary Club, Noida), Ms Richa Mathur, Mr Naveen Aggarwal (Director, Community Services) and Dr Chandan Soni (Medical Officer, PHC, Bisrakh). 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 2014.

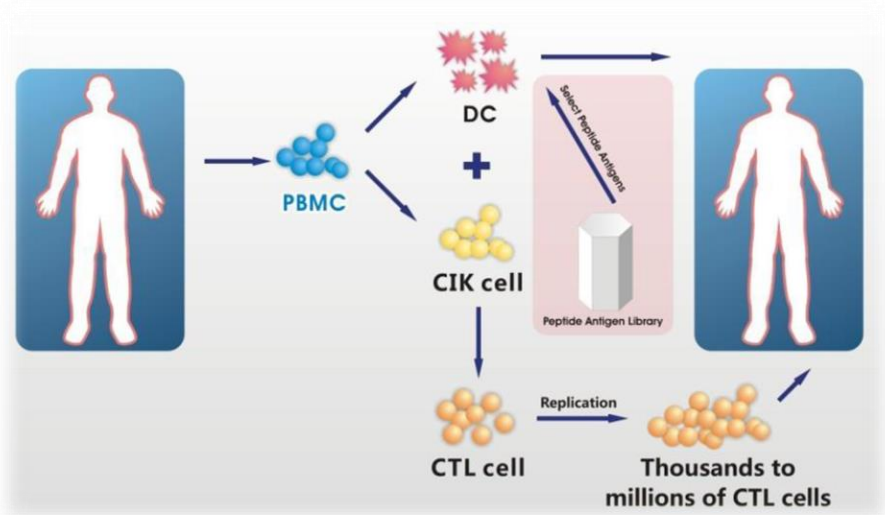


➤ Immunotherapy— Advanced Technique for Cancer Cure

World Healthal Trust with financial support of Chimera Gentec Pvt Ltd conducted four CME programmes on *Cancer Immunotherapy* in Max Hospital, Saket, New Delhi; Batra Hospital, New Delhi; SMH Curie Cancer Centre, New Delhi and Surya Palace Noida, where Dr. P. Cheena Chawla extended a warm welcome to all the oncologists present on the occasion and explained the current advancements in Immune Cell Therapies suitable as both palliative care and in adjunct with conventional chemo and radiotherapies for patients with a wide range of cancers: leukemias, lymphomas, neuroblastoma, and pre-leukemia conditions. While elaborating how the second generation immunotherapy is superior to the first generation, she spoke about the basic research and clinical application of third generation immunotherapy involving CAR (Chimeric Antigenic Receptors)-T cells. Immunotherapy represents an emerging and promising modality for the treatment of disease. Data from recent clinical trials of genetically modified T cells have yielded dramatic clinical results and highlighted the potential for this approach to mediate anti-tumor activity.



Dr Chawla emphasized that immunotherapy, in general, is safe and friendly therapy. Instead of killing tumor cells with chemo and radiation therapy, which leads to reduced immunity, this therapy takes full advantage of our own body's natural defense weaponry – our immune cells to fight against cancer. Immunotherapy prevents the recurrence and metastasis of malignant tumors without harming the healthy cells, and also restores the physical function of cells damaged by conventional therapies. Thousands of patients are being treated every year in countries like China and the US with no serious adverse events.



The total efficacy of immunocyte therapy technologies is 76%. The combination of immunocyte therapy and chemotherapy significantly shrinks tumors more than chemotherapy alone.

- Three students of M.Sc. Biotechnology completed their six-month dissertation programmes, in tune with the requirement of University Degree Course in Biotechnology.

World Health Trust conducted six months dissertation programme in collaboration with Chimera Gentec Pvt. Ltd. for three students of M.Sc. Biotechnology from three different colleges: Ms. Soniya Rani, MMPG College, Modinagar; Ms Soni Jaiswal, Mangalmay College, Greater Noida and Mr Rahul Sharma, HIMT Greater Noida. A brief Summary of these projects is given below:

1. Effect of iron concentration on tetanus toxin production and Preparation of Master Cell Bank and Working Cell Bank for *Clostridium tetani* bacteria
 2. Tetanus Toxin Production in Absence of Protein and Preparation of Master Cell Bank and Working Cell Bank for *Clostridium tetani* bacteria
 3. Isolation and Identification of Water-Borne Bacterial Pathogens from Public Drinking Water Sources of District Gautam Budh Nagar, U.P.
- Questionnaire based research survey in Delhi-NCR to investigate the Knowledge, Attitude & Behavior of people to prevent road accidents by the use of disposable breath analyzers

India has earned the dubious distinction of having the highest number of fatalities due to road accidents in the world. Road safety is, therefore, emerging as a major social concern around the world especially in India. Around 70% of road accidents due to drink and drive in India are done by drivers of transporters and public transport systems. In the light of above, World Health Trust (WHT) conducted a questionnaire based research survey in Delhi-NCR to investigate the Knowledge, Attitude & Behavior of people to prevent road accidents by the use of disposable breath analyzers. The study also served as an advocacy initiative for enhancing awareness of the general public on the use of this road safety device.

This study was carried out in the regions of Greater Noida, Noida, Delhi and Ghaziabad covering Colleges, Universities, Petrol Pumps, Metro Stations, Shopping Malls and RWAs. Overall 603 respondents were included in this survey having different socio-demographic profiles. A majority of respondents were students followed by businessmen, teachers, IT professionals, medical professionals, drivers and homemakers. The use of disposable breath analyzer named Sensi Drive was demonstrated to the people.

- A one-month Training Programme, providing necessary skills required for 'General Duty Assistants' (GDA), was conducted under the STAR Scheme of NSDC for a batch of 28 students of Noida International University (NIU), Greater Noida.

The schemes of National Skill Development Corporation (NSDC) clearly reflect the need for the skilled personnel in healthcare sector. This is poised to not only expand quality health services to people at large but also create employment opportunities for the trained youth. World Health Trust signed a Memorandum of Understanding (MoU) with Skill Tree Consulting Pvt. Ltd.

(NSDC Partner) to fill the demand-supply gap by conferring high-level skill development training to the youth through a structured training curriculum. A batch of 28 students from Noida International University (NIU), Greater Noida was registered for conducting one-month training for 'General Duty Assistant Programme' under the STAR Scheme, with linkage to students' Aadhaar cards.

The students were enrolled for getting their Aadhar cards made. As per the scheme's requirement, the bank account of every student was also opened. Classes were held at the School of Nursing, Noida International University, Greater Noida. The 'theory' classes were conducted by Dr. Navin Sharma while Dr. Bhaskar Mishra was in-charge of the 'practical' sessions. Assessment was held at Plot No: 99, 7th Mile Stone Guldhar, Meerut Road (Opposite ITC Factory) Ghaziabad, U.P by Healthcare Sector Skill Council (HSSC). Out of 28 students, 25 students were qualified and were awarded certificates for the General Duty Assistant course.

Candidate ID	Name	Name of Father/Husband	Enrollment Number	Result
4252489	Akash Chaudhary	Ompal singh	STAR-GNDA-001	Pass
4252490	Juli	Palu ram	STAR-GNDA-002	Pass
4252491	Prashant Kumar	Yogendra Singh	STAR-GNDA-003	Pass
4252492	Nidhi	Bhojraj Singh	STAR-GNDA-004	Pass
4252493	Reena	Niddha Lal	STAR-GNDA-013	Pass
4252494	Raman Deep Kaur	Gurmeet Singh	STAR-GNDA-014	Pass
4252495	Sachin Yadav	Naresh Kumar	STAR-GNDA-015	Pass
4252496	Anju Sharma	Vinod Sharma	STAR-GNDA-016	Pass
4252497	Niharika Singh	Purusharth Singh	STAR-GNDA-017	Pass
4252498	Surbhi	Purusharth Singh	STAR-GNDA-018	Pass
4252499	Geeta Devi	Ved Saini	STAR-GNDA-019	Pass
4252500	Babita Rani	Bhrampal Singh	STAR-GNDA-020	Pass
4252501	Arti	Jitender Singh	STAR-GNDA-005	-
4252502	Nickey Choudhary	chanderpal Tonger	STAR-GNDA-006	Pass
4252503	Manjeet Solanky	Sukhbir Solanky	STAR-GNDA-007	Pass
4252504	Babita Kumari	Babu Singh	STAR-GNDA-008	Pass
4252505	Pragati Dwivedi	Balmukund dwivedi	STAR-GNDA-009	-
4252506	Shaista	Sharafat Ali	STAR-GNDA-010	Pass
4252507	Lalit Yadav	Suresh Yadav	STAR-GNDA-011	Pass
4252508	Meena Pal	Sanjay Pal	STAR-GNDA-012	Pass
4252509	Vipin Yadav	Azad Singh	STAR-GNDA-021	Pass
4252510	Chandni Mahfujan	Anwar Ali	STAR-GNDA-022	Pass
4252511	Shital	Rajbeer Singh	STAR-GNDA-023	-
4252512	Rachna	Sonu Malik	STAR-GNDA-024	Pass
4252513	Sunil Kumar	kaptan Singh	STAR-GNDA-025	Pass
4252514	Neha Sharma	Dr. Ajay Sharma	STAR-GNDA-026	Pass

4252515	Radhika	Chinta Haran	STAR-GNDA-027	Pass
4252516	Anupam Upadhayay	BudhiSagar Upadhyay	STAR-GNDA-028	Pass

➤ **Awareness Camp on ‘Women’s Cancers’ at PHC, Sakatpur, Gurgaon on 10th September 2014 Conducted by World Healthal Trust with Financial Support of DLF Foundation**

World Healthal Trust (WHT) conducted an Awareness camp on ‘Women’s Cancers’ on 10th September 2014, in collaboration with DLF Foundation, Gurgaon under the Project ‘DLF-WHT Cancer Awareness and Screening Camps’. The aim was to educate people on women’s cancers, particularly cervical and breast cancers, and to encourage their prevention, detection, and early treatment. The camp was conducted at the Primary Health Centre (PHC), Sakatpur village, Gurgaon. Dr. P. Cheena Chawla, Founder-President & CEO, World Healthal Trust gave an awareness talk on the four women’s cancers (Cervical, Breast, Ovarian and Endometrial cancers), sensitizing the gathering about the prevalence of these cancers in India, the associated risk factors and major symptoms of each of the four cancers that affect only women. While elaborating the cause of cervical cancer which is infection by a virus, Dr Chawla said that it is very important for all women to maintain their genital hygiene and keep themselves clean as persistent viral infection of the cervix, which is the lower part of womb/uterus, increases the risk of cervical cancer. “Several risk factors of cervical cancer that contribute to the high burden of this disease and advanced stage at presentation include sexual intercourse before the age of 18, multiple sexual partners, multiple pregnancies, use of oral contraceptive pills and weak immune system,” she said.



Ms Roopee Sahaee, Deputy Manager – CSR, DLF Foundation, was also present on the occasion. She appreciated the concept of conducting such community camps as proper knowledge about the disease and early detection can save many lives from cancer. The doctors and other support staff of the PHC, Sakatpur were very cooperative in conducting the camp.

➤ **Advocacy Health Camp at Primary Health Centre, Nawada Fatehpur village of Gurgaon on Breast Cancer Awareness Day, 1st October 2014 Conducted by World Healthal Trust with Financial Support of DLF Foundation**

On the occasion of Breast Cancer Awareness Day, 1st October 2014, World Healthal Trust conducted an Awareness camp on Women's Cancers, in collaboration with DLF Foundation, Gurgaon for the adolescent girls and women of Nawada Fatehpur village of Gurgaon. On the day of the camp, the awareness programme was attended by nearly 100 women and adolescent girls of a near-by school. The campaign aimed to reduce the toll of women's cancers particularly cervical and breast cancers by creating awareness about the signs & symptoms, preventive measures and risk factors of these cancers among the rural population. Broadly, the focus was to empower rural women with information on their important reproductive health concerns. Speaking in easy-to-understand Hindi, Dr P Cheena Chawla sensitized the gathering about the four cancers that only affect women: Cervical, Breast, Ovarian and Endometrial cancers. She spoke about the high prevalence, cause, risk factors and striking symptoms of each of the four cancers. While elaborating about these cancers, one by one, she stressed on early detection and timely treatment as cancer is 100% treatable if detected timely.



Bimla devi, working as a helper in PHC, Nawada Fatehpur told that cultural inhibition, shyness, hesitation or lack of time for such check-ups was not the reason that prevented them from going for a gynecological examination. All women attending this camp agreed that the main reason for not going for preventive/early check-up was that they could not afford the cost of the tests and secondly, lack of availability of transport was a hindering factor for reaching the even the nearest hospital. In the light of the above, it was concluded that clubbing awareness programmes with on-site screening of cervical and breast cancers would greatly benefit those women who have never had a preventive test for these cancers done before, as suspect cases of these cancers can be easily detected by simple, cost-effective techniques. Moreover, transport service must be provided to women of such villages to reach the hospital for advanced screening and treatment if they are so recommended by a doctor.

- Cancer Awareness Health Camp Conducted by World Healthal Trust with Financial Support of DLF Foundation at Roshni Anganwadi, Hayatpur village of Gurgaon

World Healthal Trust (WHT) conducted an Awareness camp, in collaboration with DLF Foundation, Gurgaon under the Project 'DLF-WHT Cancer Awareness and Screening Camps' at Roshni Anganwadi, Hayatpur Village of Gurgaon on 14th November 2014 from 11:00 am to 2:00 pm. The aim was to educate people about the four women's cancers, particularly cervical and breast cancer, and to encourage their prevention, detection, and early treatment.

The women were enthused by the information provided on women's cancers. They shared their views and queries with Dr. Chawla. Specially designed, easy-to-understand leaflets (in Hindi) on the four women's cancers (Endometrial Cancer, Breast Cancer, Ovarian Cancer, and Cervical Cancer) were distributed to all the women gathered in the camp. All queries of participating women related to the four women's cancers were also addressed by Dr. Chawla. Dr Seema Chaudhary, Scientist, World Healthal Trust spoke to the women about their reproductive health and personal history of any disease. She also got their registration forms filled for the forthcoming screening camp at the same place. In all 30 women got themselves registered for the primary screening of cervical and breast cancers that would be conducted in a separate camp scheduled for 4th February 2015.



All women were requested to spread information about the four women's cancers in their households and near-by community. Among the 45 participating women, five women showed keen interest in promoting this information on a large scale in their community. The women attending this camp told that they had never got screened for any of the four gynecological cancers; and had not even thought that such kind of symptoms may lead to cancers.

- **Advocacy Health Camp at Anganwadi Centre, Shikohpur village of Gurgaon on 17th December 2014 Conducted by World Healthal Trust with Financial Support of DLF Foundation**

A 'Free Cancer Awareness' camp for women - was held on at Anganwadi Centre Shikohpur Village of Gurgaon on 17th December, 2014 from 11:30 am to 2:00 pm by World Healthal Trust (WHT), in collaboration with DLF Foundation, Gurgaon under the Project 'DLF-WHT Cancer

Awareness and Screening Camps'. A few days prior to the camp, World Healthal Trust with support of DLF Foundation had already distributed 2000 pamphlets in the village households besides putting up several banners in the near-by areas of Shikohpur village to promote maximum participation for the event.

The participants were addressed by Dr. Seema Chaudhary, Scientist, World Healthal Trust. Speaking in easy-to-understand Hindi, she sensitized the gathering about the four cancers that only affect women: Cervical, breast, ovarian and endometrial cancers. She spoke about the high prevalence, cause, risk factors and striking symptoms of each of the four cancers. While elaborating about these cancers, one by one, she stressed on early detection and timely treatment as cancer is 100% treatable if detected timely.



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requested to spread information about the four women's cancers in their Community. These cancers affecting only women are: cervical, breast, ovarian and endometrial cancers. Among 35 participating women, eight women showed keen interest in promoting this information on a large scale in their community.

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