

WORLD HEALTHAL TRUST

(Centre for Holistic Health & Education)

Advisory Board of Wc



Annual Report

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President & CEO: Dr. P. Cheena Chawla

CHAIRMAN'S LETTER:

Dear Partners and Friends,

The year 2015 was packed with several activities that had a direct bearing on the welfare of society. Health camps on women's cancers, supported by DLF Foundation, were especially targeted to serve the underprivileged rural populations of Gurgaon. 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 investigations and treatment.

Various Training Programmes and Workshops were specially designed for college students in the field of Biotechnology. Six-month Research/Dissertation projects were conducted for undergraduate students, in tune with the requirement of University Degree Course in Biotechnology. Workshops on 'Positive Thinking and Self Development' were also conducted for school children.

An initiative was taken to grow and maintain various medicinal plants that are used in many home remedies for common ailments, such as *Zingiber officinale* (Ginger), *Coriandrum sativum* (Coriander), *Aloe barbadensis* (Aloe Vera) and *Ocimum sanctum* (Basil) to name a few.

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.

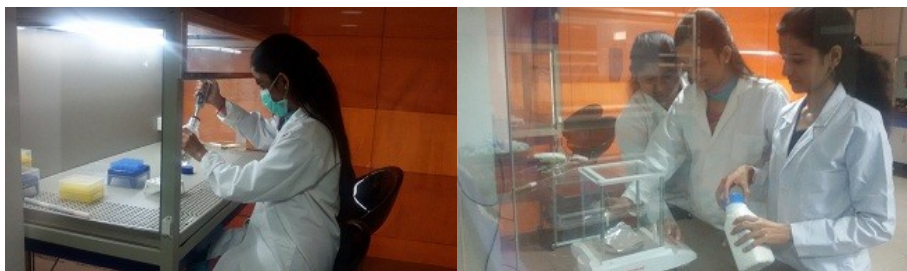
WHT is spreading awareness on prostate diseases and women's cancers in Delhi/ NCR, and has completed three government projects while one project under CSR activity is on-going, as listed:

- 1 Directorate of Health Services (DHS) Government NCT of Delhi, sponsored project entitled “To organize prostate disease awareness programmes in the PHCs & GRCs of East 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 cancers).
- 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 Delhi-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 2015:

- ❖ A six days hands-on Workshop on *Plant Tissue Culture* was jointly conducted by Chimera Gentec Pvt. Ltd. and World Healthal Trust for college students at their research laboratory in 34, Knowledge Park-1, Greater Noida, U.P.

In today’s competitive environment, it is very important to have a cutting edge over the competitors for which the industry requires skilled manpower that is equipped with knowledge about the latest technology and is proficient in effectively applying this knowledge into profit-making ventures. To fulfill this requirement, World Healthal Trust in collaboration with Chimera Gentec Pvt. Ltd. conducted a six days hands-on workshop on Plant Tissue Culture in the first week of January 2015. The participants were students of B.Sc. Biotechnology, studying at Mangalmai College located in Greater Noida. During this Training Programme, scientists from Chimera Gentec and World Healthal Trust shared their knowledge about the basic techniques employed in Biotechnology and Plant Tissue Culture laboratories. They elaborated the science underlying these techniques and explained how they worked through both theory classes and practical lessons. The students freely interacted with the scientists and got their doubts cleared on various aspects of laboratory work.



- ❖ Commemorating World Cancer Day on 4th February 2015, World Healthal Trust conducted a Screening cum Advocacy Camp on Women's Cancers in the Primary Health Centre (PHC), Hayatpur, Gurgaon with financial support of DLF Foundation.

To educate people about the four women's cancers, particularly cervical and breast cancers, and to encourage their prevention, detection, and early treatment, community awareness programmes and screening health camps was conducted in the Primary Health Centre (PHC), Hayatpur, Gurgaon on World Cancer Day, 4th February 2015 with financial support of DLF Foundation. A day prior to the camp, World Healthal Trust had already distributed 2000 pamphlets and several banners were put up in the near-by areas of Hayatpur village to promote maximum participation for the event. WHT team comprising the Founder-President & CEO, Scientists and Support Staff along with two Gynecologists and a Nurse were present at the camp.

A public awareness/advocacy programme for about 60 women was organized in the Primary Health Centre (PHC), All queries of the general public related to the four women's cancers were also addressed by Dr. Chawla along with the gynecologist, Dr. Reeta and Dr. Pinki.

A total of 30 women were screened during the camp for detecting any signs of both cervical cancer and breast cancer. In this group of screened women, eight women showed aceto-white lesions that were visually observed on the application of 5% acetic acid on cervix region. They were in the age group of 30-50 years and were recommended to get the Pap smear test done. Eight women having abnormalities were referred for ultrasound test of pelvic region and one was recommended endometrial biopsy. Out of the 30 women screened for breast cancer, one case was observed to be positive for early signs of breast cancer and was recommended for mammography. The follow-up of the suspect cases was done.



❖ Community Sensitization on Women's Cancers and Use of Primary Screening Methods to Detect Suspect Women Having Abnormalities in Cervix and Breast

To prevent the high occurrence of cancers among women, several community awareness programmes and screening health camps have been conducted. Two such camps were conducted in March 2015. To commemorate International Women's Day on 17th March 2015, World Healthal Trust with support of DLF Foundation conducted a camp on Women's Cancers in the Amphitheatre, DLF Cyber-City, Gurgaon where primary screening methods were used to detect the suspect women having abnormalities in cervix and breast and second camp was an awareness camp at Recreational Cum Library Centre, Safdarjang Enclave, New Delhi.



❖ One day workshop on 'Positive thinking & Self development' conducted in Genesis Global School, Noida (U.P)

World Healthal Trust conducted a Workshop on Positive Thinking & Self Development" at Genesis Global School, Noida, on 10th April 2015 from 9:00 am to 11:30 am. The aim of the Workshop was to emphasize the benefits of "positive thinking" in daily life, as it brings inner peace, confidence, better health, happiness and satisfaction. The Workshop was attended by students of class VII of Genesis Global School, Noida. The participants were addressed by Dr. P. Cheena Chawla, Founder

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President, World Health Trust and Swami Vijay (Mr Lawrence Girard) of Ananda Sangha who were assisted by Gunnika Chawla, a student of Genesis Global School, Dr. Seema Chaudhary, Scientist, World Health Trust and Ms Megha Singh, Trainee, World Health Trust. This event was Organized with support of Mr. Vivek Pant, Dean Academics, Genesis Global School along with the Faculty members of the school: Mrs. Anuradha, Mrs Richa and Mrs. Bansal among others, who actively participated in conducting various activities. The interactive games focused on self esteem and building confidence in oneself by identifying one's strengths, while engaging students in writing positive statements of admiration for their fellow colleagues/classmates. Leadership, honesty and importance of team work were highlighted in other group exercises. Emphasis on physical activity was also laid as a simple exercise was demonstrated to encourage youngsters to become positive, energetic and enthusiastic!



❖ Development of Quality Plant Material (QPM)

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) has started the 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 citrates* (Lemon grass), *Catharanthus roseus* (Periwinkle), *Curcuma longa* (Turmeric), *Casia augustifolia* (Senna), *Lawsennia iermis* (Mehndi), *Cinnamomum zeylanicum* (Dalchini), *Bryophyllum pinnata* (Patharchur), *Tinospora cordifolia* (Giloy), *Stevia rabavdiana* (Stevia), *Mimosa pudica* (Touch Me Not), *Cinnamom umtamala* (Tejpatta), *Plantago ovate* (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). The seeds of Senna, Isabgol, Basil and Sweet Basil were collected from CIMAP, Lucknow while Black Cardamom Green Cardamom, Curry leaves, Periwinkle and Aloe vera were procured from local nurseries and planted in pots. Plantlets of Giloy and Stevia were also collected from CIMAP, Lucknow and planted in soil under optimum conditions for their growth.



❖ Three students of M.Sc. Biotechnology completed Six-month Dissertation Programme, in tune with the requirement of University Degree Course in Biotechnology

World Healthal Trust completed six-months Dissertation Programme in collaboration with Chimera Gentec Pvt. Ltd. for three students of M.Sc. Biotechnology from Mangalmay College, Greater Noida. Topic of their Projects is given below:

1. Production of Tetanus Vaccine Using Meat Free Media.
2. Enhancing the Thermo-stability of Formulated Tetanus Vaccine by Using Different Stabilizers.
3. Effects of Culture Media Supplemented with Various Growth Regulators on in vitro Regeneration of lentil (*Lens culinaris medik*).

- ❖ Memorandum of Understanding (MoU) was signed between DLF Foundation and World Healthal Trust for jointly undertaking a CSR Project entitled, Women's Cancer Prevention Programme through Awareness Cum Screening Camps in Gurgaon

World Healthal Trust's focal area since its inception has been the prevention of women's cancers in India. To prevent the high occurrence of these cancers among rural women, several community awareness programmes and screening health camps have been conducted. In this direction, a Corporate Social Responsibility (CSR) Project entitled, Women's Cancer Prevention Programme Through Awareness Cum Screening Camps, was approved by DLF foundation and the Memorandum of Understanding (MoU) was signed in July 2015, between DLF Foundation having its office at the 4th Floor, Gateway Tower, DLF Cyber City, Phase III, Gurgaon (Haryana) through its authorized signatory, Lt. Gen. Rajender Singh, CEO, DLF Foundation and World Healthal Trust, having its Registered Office at 57-A Basement, Sant Nagar, East of Kailash New Delhi - 110065, represented by its Founder/President, Dr. P. Cheena Chawla.

The goal of the Project is community screening of underprivileged women for detecting suspect cases having abnormalities in cervix and breast indicative of progression to cancer. As cancer is on the rise in both rural and urban populations, random community screening of two commonest cancers, breast and cervical, along with awareness drive could significantly contribute towards cancer prevention by early detection of suspect cases and timely treatment of those cases.

The main objectives of the project is sensitization of women and creating awareness towards cervical and breast cancers using advocacy material developed specially by World Healthal Trust and a popular talk cum presentation, while screening about 30 participating women for breast & cervical cancers by primary screening methods and providing them free medicines, if needed. Referral/transport of suspect cases of above cancers to local Hospitals/Diagnostic centre with requisite facilities for further tests and treatment is also a part of this project. Complete follow-up and assistance would also be given to women detected with such abnormalities and undergoing treatment for these cancers.

- ❖ One-day Workshop on Self Development in Genesis Global School, Noida (U.P)

World Healthal Trust conducted a workshop on 'Self Development' at Genesis Global School, Noida, on August 22, 2015. It was conducted with the aim to emphasize on the importance of Self Development in the life of each and every individual, as it is a way for people to assess their skills and qualities, consider their aims in life and set goals in order to realize and maximize their potential.

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Personal development may include learning of new skills, spiritual development, enhancing the quality of life, promoting healthy lifestyle and improving social abilities.

Around 80 participants including both boys and girls of classes 8 and above, staying in the hostel of Genesis Global School, Noida attended the workshop. The participants were addressed by Dr. P. Cheena Chawla, Founder President, World Healthal Trust who while explaining about meditation laid emphasis on the fact that our breath and mind are like two best friends as they work quite in unison. This, she said, is the baseline of understanding how yoga and meditation work. Mr. M. B. Gupta, Acharya, Ananda Sangha explained about the super conscious living exercises. Dr. Seema Chaudhary, Scientist, World Healthal Trust co-assisted in conducting various super conscious living exercises. Mrs. Sunita Bansal, House Parent, Genesis Global School was also present on the occasion.



❖ Women's Cancers (Cervical and Breast) Screening cum Awareness Health Camp Using Primary Screening Methods Conducted by World Healthal Trust, with Financial Support of DLF Foundation on September 9, 2015

A camp was conducted in the Primary Health Centre (PHC), Hayatpur, Gurgaon on September 9, 2015 with financial support of DLF Foundation. WHT team comprising the Founder-President & CEO, Scientists and Support Staff along with two Gynecologists and a Nurse were present at the camp. 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. A few days prior to the camp, World Healthal Trust had already distributed 2000 pamphlets and several banners were put up in the near-by areas of Hayatpur village to promote maximum participation of women for the event.

A public awareness/advocacy programme for about 35 women was organized in 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, the risk factors and symptoms associated with each of the cancers and the importance of early screening and timely treatment. A total of 17 women were screened during the camp for detecting any signs of cervical cancer and breast cancer. In this group of screened women, none of the women showed aceto-white lesions that were visually observed on the application of 5% of acetic acid on cervix. Two were recommended to get the Pap smear test done due to some other abnormalities. Two women were referred for USG (ultrasound) test of abdomen and pelvic region. Out of the 17 women screened for breast cancer, five cases were observed to be positive for early signs of breast cancer and were recommended for Mammography.



❖ Women's Cancers (Cervical and Breast) Screening cum Awareness Health Camp Using Primary Screening Methods Conducted by World Health Trust, with Financial Support of DLF Foundation on October 6, 2015

The camp held on October 6, 2015 at Primary Health Centre (PHC), Nawada Fatehpur, Gurgaon was attended by many young school-girls besides older women both in the reproductive and menopausal age groups. After the awareness talk, these girls promptly answered questions that showed an appreciable uptake of information effected by personal interaction, using easy-to understand IEC material that explained all four women's cancers through colourful leaflets, FAQ based pamphlets and posters that were all in Hindi, the language familiar to the village people, particularly the school-going girls.

A total of 21 women were screened during the camp for detecting any signs of cervical cancer and breast cancer. In this group of screened women, four were recommended to get the Pap smear test done due to some abnormalities. In fact, most women had denied the VIA test, for detection of

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abnormalities in cervix, due to various reasons mentioned in the Table below. Six women were referred for USG (ultrasound) test of abdomen and pelvic region.



- ❖ Awareness cum screening camp on Women's Cancers was conducted by World Health Trust on November 7, 2015 at Primary Health Centre (PHC), Shikopur, Gurgaon with financial support of DLF Foundation.

WHT team comprising the Founder-President & CEO, Scientists and Support Staff along with two Gynecologists and a Nurse were present at the camp. 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. A few days prior to the camp, World Health Trust had already distributed 2000 pamphlets and several banners were put up in the near-by areas of Shikopur village to promote maximum participation of women for the event.

A total of 34 women were screened during the camp for detecting any signs of cervical cancer and breast cancer. In this group of screened women, eleven were recommended to get the Pap smear test done due to some abnormalities.



- ❖ Women of Sakatpur village, Gurgaon were screened for breast and cervical cancers using primary methods on December 7, 2015 at Primary Health Centre (PHC) of this village.

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A public awareness/advocacy programme for about 55 women was organized in 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. A total of 32 women were screened during the camp for detecting any signs of cervical cancer and breast cancer. Out of the 32 women screened for breast cancer, two cases were observed to be positive for early signs of breast cancer and were recommended for Mammography.



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