



ABLE CHARITIES
HEPLING THE HELPLESS



Give her Hope;
Gift her with
a New Life!

2014
Annual Report

Mission

ABLE's mission is to improve the quality of life for people living in villages in general, with a specific focus on assisting orphans, widows and their children, by offering medical services, education, and vocational activities in an environment that is affordable, congenial and rural based.



Vision

ABLE's vision is to be a leading transparent and professionally managed non-profit organization addressing healthcare, education, and employment in rural India. It is the vision of ABLE to make an honest endeavor to ensure provision of healthcare and education to that segment of rural poor (orphans and children of widows) which is deprived of these basic facilities due to acute poverty and ignorance.

Introduction

The story of ABLE Charities is a saga of service, honesty, compassion and love for the downtrodden including orphans, poor widows, their children, and slum children. Set up in 1993 in a single 150 sq. ft. room, in a remote village Behrola, Palwal(Haryana)on NH-2. about 75kms from Delhi (on way to Agra), ABLE Charitable Hospital has grown to being a 50000 sq. ft. 100 bed hospital.

ABLE is an international registered charity, registered in Canada, UK and US as a non-profit organization.

ABLE serves women, especially widows, their children and orphans.

Having treated over 4,00,000 patients till date and currently we conduct over 700 major surgeries annually. ABLE supports and provides free education to 1500 orphans, children of widows and underprivileged children living in the villages around Palwal and in the slums of Faridabad.

At ABLE, we endeavour to create awareness and sensitize both urban and rural society on various social issues through our different programs and events.



Our President Mr. P.K. Khullar handing over the Memento to Sonam Kalra



Our foreign guest at Manav Rachna International school-sec-14, Faridabad



Fully equipped Dr. Dey Charitable Eye Hospital



Team of Volunteers with Sonam Kalra, Charity Dinner-2014

From the President

Dear Friends ,

Last year has been one of achievements and satisfaction. In this fairly long journey of 23 years of ABLE CHARITIES, we find that there are lots of remarkably great charitable and philanthropic people who are ready to help and join us in this march to serve and improve our society. These people not only helped us but gave their time which gave so much support to us . Poor needy people benefited in turn immensely . WE got tremendously strengthened and kept on expanding our services from medical to education both in rural to urban areas. Though our country of about 130 crore has got gargantuan problems. Our area of work for education to those who might have not studied at all is huge if we simply consider only our own district. We have estimated 1000 orphans and 30 thousand children of widows in need of support.

Though we are improving every year and today we have about 140 orphan and 380 children of widows but the capacity of our service is very obviously small depending upon the support we get. .

Our medical programmes are definitely improving considerably in spite of very stiff competition from private medical institutions. Still we have become a primary Eye Care Center in the whole of Palwal, district. Our average OPD has doubled from last year and we definitely hope to achieve our target of doing 2000 free cataract operations in the coming year.

We also plan to expand Eye counters in small towns so that we can provide cheap or free Eye Canter services to the rural segment either free or at affordable price to them. In coming years if we succeed to raise resources at rate of \$25 per operations or Rs.1500/-

We dream of enrolling 1000 members for our social, educational programs from the students of Faridabad in 2015 and work is being pursued with vigour with all the members of ABLE'S YOUTH.

It is my painful duty to inform all that we lost our Vice president and one of our founding member Mr.Aseem Khullar at peak of his career and comparatively at very young age of 49.

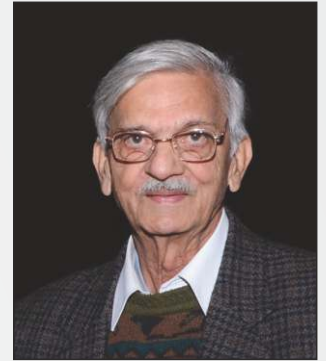
We also lost Mrs Veena Malhotra one of our ardent supports from England who had made her life to serve the poor. Both of them were the role models for everyone who helped us immensely so that we can serve the society in a better way.

We request all to come forward to join in increasing our education for all orphans at Palwal and children in slums of Faridabad. This is only possible by supporting both giving manpower and donations.

We want to thank all our donors and sponsors whose trust in us has been a great blessing. We acknowledge the unstinting support that various government officials at various level have provided. We look to the next year with hope and prayers for serving the poor in a bigger way .

With Best Regards,

Prem Kumar Khullar, Squadron Leader (Retd)
President, ABLE Charities



Prem Kumar Khullar

Non-Formal Education Centers Faridabad

A series of schools have been established for providing free education to the underprivileged children in 2014. This initiative focuses on children of the slum dwellers and those coming from below poverty line families. In addition to providing teachers, free text books and stationary is being provided to around 1000 students at Faridabad.

We have established a chain of free schools increasing the number from 6 to 14 there by increasing the intake of students from approx. 400 to over 1000 now for the underprivileged. These schools cater to children coming from marginalized families, slums and unorganized migrant labor communities, with the aim of realizing their aspirations of studying in quality establishments.

Apart from the focus on providing free instruction and improving the knowledge base of the students, these schools also promotes and emphasize on confidence building and personality grooming. We also promote the concept of volunteerism and encourage engagement of community volunteers in the running of these schools.

ABLE'S schools ensured regular attendance among all students, the overall attendance was 81.1%.



Health Awareness Programmes at ABLE Non-Formal Centres



It is anybody's observation that the quality of living of poorer section of Indian society is abysmal by any standards keeping in view acute shortage of accommodation, water, lack of electricity and toilets. It is noted and observed by us very often that not only children but even the elders do not have a basic level of hygiene.

Keeping the above in view and in line with our commitment to 'Health for All' we have a regular programme for organizing health camps which apart from providing solutions, focus on information dissemination and preventive healthcare practices.

An important feature of our healthcare initiatives is organizing health camps in slums itself as part of our commitment towards a healthy society. In these health camps we called experts as resource persons. We also organized a comprehensive health information dissemination programme, to impart health education and sensitize communities on various preventive and promotive health care issues including Nutrition and Hygiene.

Women Day Celebration



Women's Day was celebrated on 8th March 2014 in the ABLE Hospital, Behrola, Palwal. Mr. Banga, one of the leading industrialists of Faridabad was the chief guest of the event. Children consisting mostly supported by ABLE Charities and some other schools of nearby villages performed a skit on female foeticide and pleased the audience with their dance. All the students were given books according to their respective classes. The event was followed by a community lunch.

Republic Day Celebration

On 26th January, 2014 ABLE youth celebrated Republic Day in Sector -2 slum school. The volunteers of ABLE Youth taught the students about the significance of republic day, Indian flag and The National Anthem. They were also taught the importance of personal hygiene. In the end, Paras Bajaj a volunteer in ABLE Youth celebrated his birthday by organising a 'langar'(community lunch) for all the children in school.



Annual Charity Dinner



23rd August with International Sufi singer Sonam Kalra ABLE Charities organized a singing night at The Taj Vivanta Srujkund on 23rd August to help our busy urban residents rediscover

our rich musical heritage of sufi singing.

Snacks and beverages rounded out the evening and provided an opportunity for the guests and performers to mingle. The event was attended by 400 people from NCR.

ABLE in news



ABLE celebrated 23rd Annual Day on 18th Sep.



On 18th Sep.2014, ABLE CHARITIES celebrated its 23rd founding Day The ceremonies began in a traditional way by lighting of the lamp by the chief guests and other dignitaries present. With a pleasant nip in the air, the students exhibited the various facets of their talents with dance, drama, music and other cultural activities. It seemed like a festive celebrations as the lawn was filled with grandparents of orphans children and widows and their children, who took out time from their busy schedule and gathered in a large number to support and encourage the charity work and their children as they performed.

Hand Washing Drive (June, July, August 2014)

Hand washing plays a vital role in reducing the number of days children miss school because of unhygienic practices resulting in unnecessary and avoidable sickness.

A training session was organised on Personal Hygiene was held at Joyride Play School Sector 15, on 15th June, 2014 by Dr. Neeta Dhabhai, a WHO representative on hand washing. This session was for all ABLE YOUTH children to make them trained people to teach further on hand washing to our slum children



Then the volunteers of ABLE Youth took the initiative and carried this hand washing activity among 6 non- formal education centres of ABLE Charities and trained over 1000 children. It was made sure that regular follow ups were done.

Some of the activities conducted by the members of ABLE Youth were Personal Hand washing.

Poem Recitation

Teaching Moral Values and Ethics



The GULLAK (Piggy Bank) Project is a self-sustained project for fund collection and our little initiative to bring a smile on the faces of the underprivileged. The idea was given by President of ABLE Youth, PranjulKathuria.

The 'gullak' project was launched on 18th June, 2014. The idea behind this project was to raise funds by collection of money, saved by volunteers of ABLE Youth on a daily basis. Anyone who was interested could take a gullak and put some amount on a regular basis. These gullaks were then broken on 8th September. An amount of Rs. 12500 was collected and used as the start-up money for Diwali Mela.

Seminar On Adolesnt Health

On 29th July, 2014 ABLE had a seminar on 'Adolescence' for boys. The aim of the seminar was to educate ABLE Volunteers about the problems encountered by teenage boys. The seminar was addressed by Dr. Neeta Dhabhai which focussed on the ways to deal with those problems namely growth of hair, hoarse voice, dealing and masturbation.

The idea was to educate school children through ABLE Volunteers to remove their doubts about growing up and impact clarity on such topics. It was an interactive session and a knowledgeable one. The seminar took place in Param Diagnostics, Sector 10.



ABLE Cleanliness Drive



To show our support to the 'Swatch Bharat Abhiyaan' initiated by our worthy Prime Minister, Shri Narendra Modi, ABLE Youth organised a cleanliness drive on 2nd October in Sector 15 market. Members from ABLE Charities and ABLE Youth actively participated in the drive. They cleaned the whole sector 15 market and also created awareness about the importance of keeping surroundings clean.

Diwali Mela

Diwali being the festival of lights, ABLE youth worked day and night to light up the lives of the underprivileged students. Members of ABLE Youth from various schools and colleges such as Apeejay, Delhi Public School, MVN came together and made various handmade stuff like cards, shagun envelopes, candles, diaries and diyas etc.

The students under the guidance and supervision of Mrs. Pooja Dahiya bought the raw materials and sat together to make various artistic things. We are happy and proud that this time ABLE stepped out of Gymkhana Club Sector 15-A, Faridabad and also put up stalls in Gargi college; Delhi University, Amity University, Noida and Garden Estate, Gurgaon. Due to this effort approx. Rs.60,000 was earned to be used for slums school education.



Around 50 students came up enthusiastically to help for the noble cause.

Foreign Students Visits

In the first week of November, 5 interns from UK were accompanied by their teachers to INDIA that is Tony Truscot and Ms. Puneet. They stayed in ABLE HOSPITAL, Palwal. They were shown the proper school where the orphans and children of widows are sent to studies which is supported by ABLE CHARITIES. They also visited the slums schools of ABLE to understand the living conditions of the poor as well as the informal education being imparted to the poor students. They became good friends of ABLE Youth members who escorted them to tourist places like Taj Mahal and those of Delhi. Everyone was really nice and cooperative. Their visit to India was an experience of a lifetime. They also promised they will go back and work for ABLE CHARITIES in UK.



Children's Day Celebration



On children's Day i.e 14th November, 2014, ABLE Charities organized a picnic for all the slum school children in Central Park, Sector 12, Faridabad. There were around 200 children accompanied by 8 teachers. Camlin India, conducted a drawing competition and they distributed gifts to the best 10 and artists. Children were presented with colours and other stationary items by Camlin. Then there were activities like races of different age groups and fun games and even teachers participated in the games.

Children were offered with eatables and a gift. Further, they showcased their talent of singing and dancing.

Christmas Celebrations

On the day of Christmas, ABLE Youth made an effort to put a smile on the faces of the children of slum schools. The chief guest of the event was Ms. Sharmila Sahay, MD, Timex Group India along with Mrs. Suruchi Ashokan. The event took place at Central Park, sector 12 where all arrangements were done. Co-curricular activities like drawing, cut-paste activity etc. were taken place. Children were told the significance of this day through a story. The event was followed by distribution of chocolates and pastries to them.



ABLE Charitable Hospital - Medical Activities of 2014

In the field of medical work in the hospital there was a considerable improvement. We got induction of an orthopedic surgeon and a physician though only on part time basis. Since something is better than nothing, we welcome them hoping that there will be a considerable improvement in due course of time in these fields of Medical services.

Since we are a service oriented organization we carried out 108 medical camps in the villages. In these camps we identified over 1300 cases out of which 943 were operated upon in the year 2014. Another about 200 were identified during the OPD and the total no of operations done in the hospital was 1043 in 2014.

Total OPD done by the hospital during the year was 21400 out of which 5600 was eye OPD and 6300 was the general OPD in 46 villages where the medical camps were done. OPD in the hospital was 9500 in the year.

We distribute free basic generic medicines in the villages. The cost of these medicines was Rs.1,23,000 that is \$2000 per year. During to our funding situation we try to conserve our resources and distribute medicines where we feel it is important and urgent to give free medicines.

Dr. Thomas and paediatrician from Nottingham – UK stayed with us for 5 weeks. He visited 8 villages and checked the sick children apart from doing some basic OPD of children in the hospital also. Since the no. of children reporting to the hospital is very limited to most of the children checked by him in the village which he visited and the no. was exceeding 700 though unfortunately exact record has been lost.

We have nearly 700 people under our free medical programme that is nearly 140 orphans, 340 children of widows and 190 widows. Total amount spent on these people was nearly Rs.1,85,000 that is \$3000.

In the year of 2014, our general operations fell to 362 but we consider it reasonably satisfactory because the quality of operations was very good such as in one kidney operation – 820 odd stones were taken out and in another case a liver was also operated.



Specialist Camps



Specialist Health Camps are integrated as part of our healthcare programmes. Regular health camps are organized in rural areas focusing on Eye care, tuberculosis, worm infestation, skin infections and STI/HIV/AIDS. These camps are aimed at generating awareness, diagnosis and treatment of health hazards.

Preventive techniques are especially encouraged through these camps. Lady Gynecologists devote special sessions for girls on reproductive health and hygiene apart from general care during menstruation. A comprehensive health checkup for all age groups is conducted by Medical Officers in specialist camps. Over 25,000 villagers and the people who lived in slums have benefited from these Specialized Health camps till date.

ABLE Charities Thanks To All The Supportes And Donors

Members of executive council of ABLE Charities (India)

Sh. P.K.Khullar
Sh. Om K. Khullar
Sh. Jagjit Lal
Mrs. Rani Lal
Mrs. Shailaja Lal
Mr. S.C. Mahna
Mr. Rajesh Mahna

Thanks to Members of ABLE Charities (Faridabad Team)

Sh. Anand Mehta
Sh. Atul Chopra
Sh. Harsh Rampal
Mrs. Neeta Aneja
Mrs. Alka Khanna

Thanks to our Special Donors (From Faridabad, Gurgaon)

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Thanks to our Special Donors (From Delhi)

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Mr. Vijay Chutani
Mr. Dhariye Bhardwaj
Mr. Sawtantra Goyel
Dr. Amita Gupta
Dr. Manju Saluja
Dr. Rajeev Aggarwal
Mr. Raj Singh (Advocate)
Mr. Virender Pahuja
Principal. Narayan Singh

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Rotary Club, Faridabad
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Rotary Club, Faridabad Greater
Rotary Club, Faridabad Sanskar
Rotary Club, Faridabad Aravali
All members of ABLE YOUTH
Shaki Club, Faridabad

And all the Doctors and staff of ABLE Charitable Hospital, Palwal

**HELP US TO HELP THOSE WHO CAN NOT HELP THEMSELVES.
I WOULD LIKE TO DONATE**

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ENGLAND: ABLE Charitable Trust. UK Regd. Charity No 1067010.

INDIA: ABLE Charitable Hospital, Charity No. S/25077 of 1993 (Delhi)
ABLE Charities, Yes Bank, Acc.No: 006990300000048, IFSC Code: YESB0000069

For bank details & addresses in respective countries contact :

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