



Karachi Down Syndrome Program

Embarking on an Inclusive Journey

—
ANNUAL REPORT 2021



With the little resources available for individuals with Down syndrome, Karachi Down Syndrome Program (KDSP) was created to serve as a platform that would advocate for the value and inclusion of individuals with Down syndrome and their loved ones.

Many families arrive at KDSP having gone through some tough times, with troubling thoughts of the future. This past year alone was quite tumultuous, with the effects of COVID-19 lingering on and transforming the world in its wake. KDSP was presented with many challenges and opportunities during this time, which allowed us to focus on our mission and create out of it, something greater - KDSP: A KASHTI.

A one stop solution, KDSP embarks on a journey with our families, through the waters of life, whether they are calm or rough. We are with them side by side from the moment an individual with Down syndrome is born to the day they are able to stand on their own feet. KDSP helps foster their dreams and turn them into a reality.

Join us as we embark on this inclusive journey to ensure smooth sailing along the way.





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What is Down Syndrome?

About 1 out of every 700 babies born in the world has Down syndrome. Down syndrome is a genetic condition caused by a full or partial, extra copy of chromosome 21. This additional genetic material alters the course of physical and intellectual development of an individual. A few common physical traits of Down syndrome are low muscle tone, small stature, an upward slant to the eyes, and a single deep crease across the center of the palm. However, each person with Down syndrome is a unique individual and may possess these characteristics to different degrees, or not at all. Down syndrome can be found in people of all ages, races, religious and economic backgrounds.

About KDSP

The Karachi Down Syndrome Program (KDSP) is a non-profit organization formed in March 2014 by a group of concerned parents and passionate individuals who realized the need for a platform to advocate the value, acceptance and inclusion of people with Down syndrome living in Karachi and to provide them with an opportunity to lead self-sufficient and fulfilling lives.

Vision

The Karachi Down Syndrome Program (KDSP) envisions a world in which all people with Down syndrome are accepted, included and are given the opportunity to enhance their quality of life and realize their aspirations in order to achieve them and become valued members of welcoming communities.

Mission

The mission of Karachi Down Syndrome Program (KDSP) is to be the foremost organisation in Karachi for information, networking and advocacy for and about Down syndrome, by people with Down syndrome along with their families, educators, healthcare professionals and the community-at-large.

Values

Dependability (انحصار)

To be trustworthy and reliable.

Empathy (احساس)

To understand and share the feelings of another.

Compassion (شفقت)

To be kind and have concern over the challenges of others.

Integrity (سالمیت)

To be honest and hold strong moral values.

Determination (عزم)

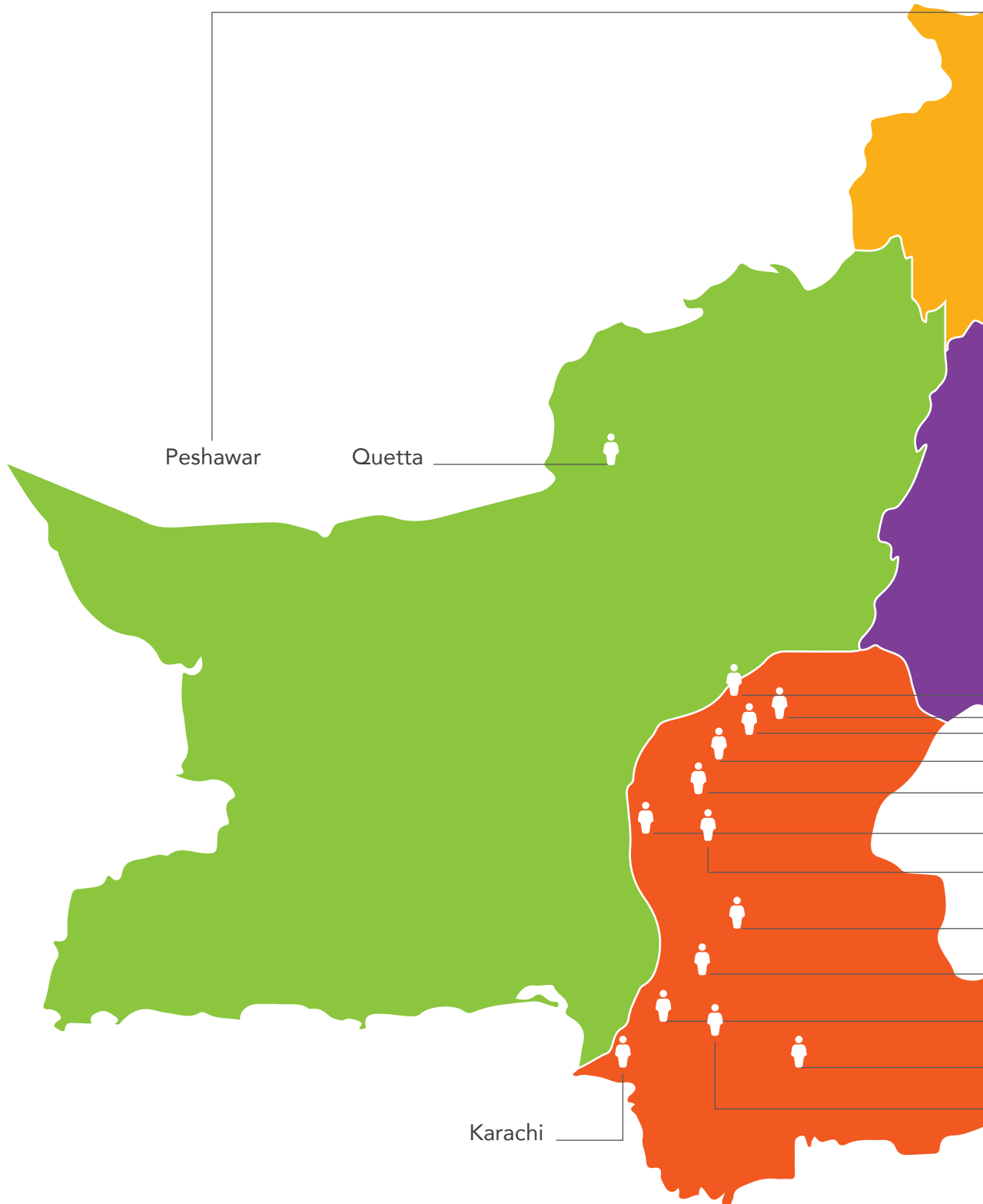
To remain steadfast in our purpose.

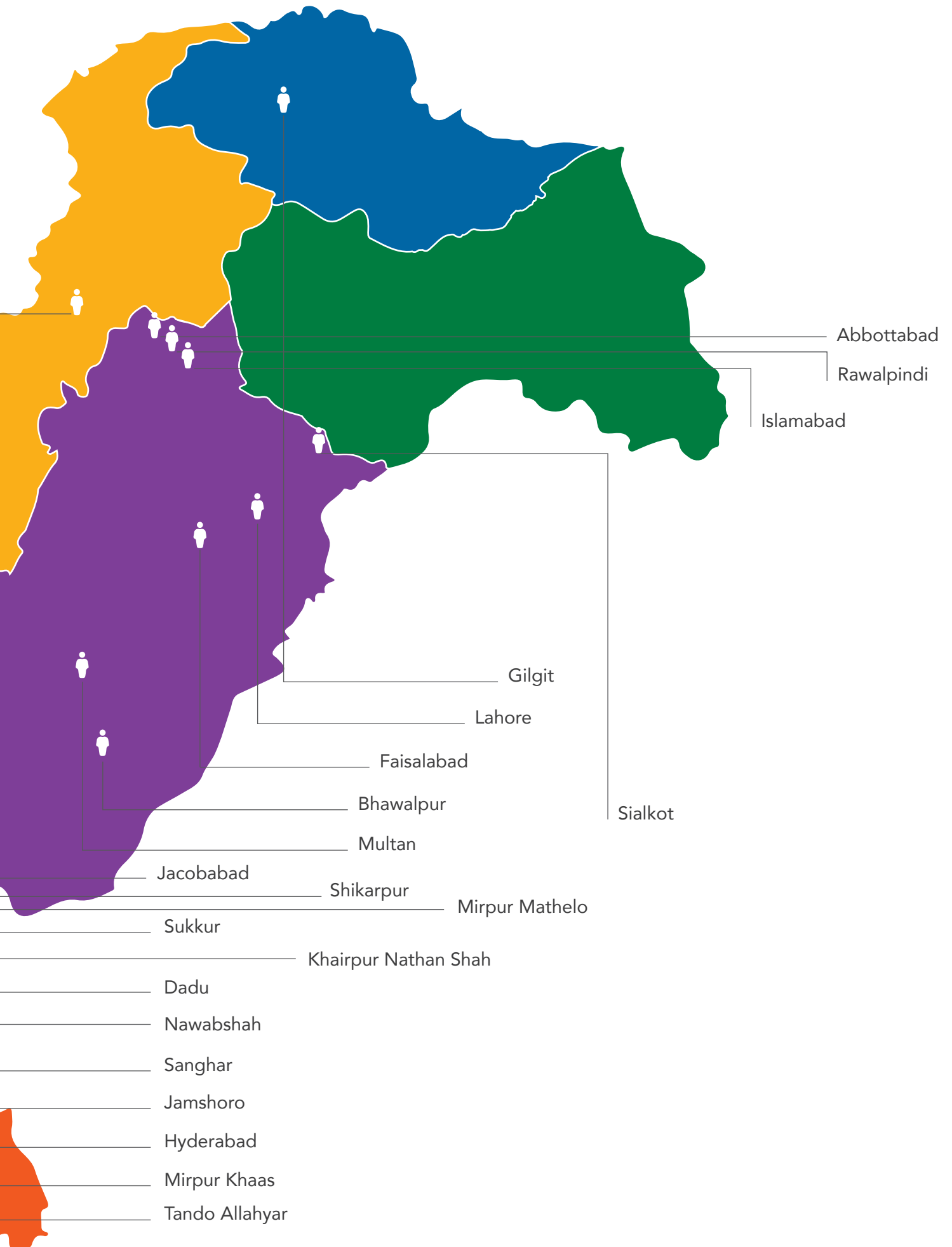
Equity (صداقت)

To remain fair and impartial.

Our Family Across the Nation

Since 2014, KDSP offers services to not just individuals and families in Karachi, but also to those in nearby cities. Since the COVID-19 pandemic, KDSP has also extended services virtually to those residing in multiple locations across Pakistan.





KDSP: A KASHTI

KDSP understands the needs of individuals with Down syndrome and their loved ones and so from the moment a family with a child with Down syndrome is introduced, KDSP embarks on a journey with them, until they feel empowered, included and equal members of society. As they navigate the waters of life, KDSP serves as a KASHTI for its Family Network through its 6 areas of service:

K **Khandani Sahara - Family Support**



Empowering parents and caregivers through informational, emotional and financial support to become the best advocates for their loved one with Down syndrome.

A **Agaahi - Awareness**



Raising awareness about Down syndrome through digital media campaigns, distribution of awareness material in schools and hospitals, public events such as the all-inclusive annual carnival and partnering with relevant stakeholders in the community.

S **Sehat - Healthcare**



Facilitating individuals with Down syndrome through access to affordable, high quality healthcare services by partnering with leading healthcare organizations.

H **Hunar - Enrichment and Skills Development**



Organizing vocational skills training and social, physical and intellectual development programs to cater to children and adults with Down syndrome as well as their families.

T **Taleem - Education**



Providing children with Down syndrome access to a mainstream educational system by inculcating school readiness skills in developing sustainable partnerships with mainstream schools and hosting trainings and workshops for teachers, allied professionals and parents.

I **Ibtidayi Bunyaad - Early Childhood Intervention**



Providing a comprehensive program of speech therapy, occupational therapy, and physical therapy for children with Down syndrome to help achieve their developmental milestones in time and pave the way for their independent living.

Board of Directors

KDSP is guided by the leadership of a competent dedicated group of family members of individuals with Down syndrome and professionals.



Chaudhary Adeel Rasheed
Director & Chairman



Ali Allawala
Director & CEO



Farzeen Ali
Director



Hamidah Walli
Director



Javeria Siddiqui
Director



Nasira Faiz
Director



Syed Fawad Ahmed
Director



Dr. Salman Kirmani
Director

Chairman's Message



Dear Supporters,

This year, the Karachi Down Syndrome Program (KDSP) has successfully completed seven years of delivering services to individuals with Down syndrome and their families across Pakistan. With the support of our well-wishers, KDSP continued to navigate through the challenges posed specifically by the COVID-19 pandemic. While the pandemic has proven to be a significant challenge for all, it has been particularly testing for individuals with Down syndrome and their families as it risked the developmental progress individuals with Down syndrome had been making through KDSP.

At the heart of each decision we took in the past year – from ensuring the services continued virtually, to re-opening in-person services – lay the best interest of all individuals with Down syndrome and their families.

The progress KDSP has made in these past years has gained momentous support and recognition by various stakeholders, more recently, from the Federal Government. With the patronage of Mr. Arif Alvi and Ms. Samina Alvi, the President and the First Lady of Pakistan, KDSP has stepped closer to achieving its dream of creating an equitable and inclusive

society where individuals with Down syndrome are respected, welcomed and have equal rights, access and opportunity.

During the year, the organization also forayed into conducting research to evaluate the impact of the early childhood therapies and preschool interventions during COVID-19 on children with Down syndrome. The research was not only recognized on local and international platforms, but also added value to the credibility and transparency of the services being offered at KDSP for its beneficiaries.



Understanding the growing needs and demands of our beneficiaries, we have plans of expansion in the coming years. Considering this, we plan to establish another service centre in Karachi to double the capacity of education and skills development programs. Besides expanding within the city, we aim to expand nationally by establishing a KDSP – Islamabad Chapter in the coming year to be more accessible to individuals with Down syndrome and their families residing in Punjab and Khyber Pukhtunkhwa (KPK). Simultaneously, we are also developing capacities of local and international individuals and organizations to address the needs of individuals with Down syndrome and families in their regions more effectively. In future, KDSP envisions to be a Regional Centre of Excellence catering to the needs of individuals with Down syndrome, not just in Pakistan, but in the Global South.

Given the need to expand, it has become imperative to explore untapped avenues to source funds to realize our

plans of expansion. A dedicated committee was introduced, comprising of passionate and committed supporters, to achieve this purpose. With time, I expect to garner more support for KDSP’s expansion plans.

I am grateful to have received unwavering support by KDSP’s board of directors, members, goodwill ambassadors, donors, sponsors and all other supporters. I hope this support continues to grow in the coming year, enabling us to transform the lives of individuals with Down syndrome and their families at a much larger scale.

Chaudhary Adeel Rasheed
Director & Chairman

KDSP has stepped closer to achieving its dream of creating an equitable and inclusive society where individuals with Down syndrome are respected, welcomed and have equal rights, access and opportunity.

CEO's Message



The past year has been as turbulent and full of challenges as the one before and the COVID-19 pandemic continued pushing us to define our new normal. As always, the entire team at the Karachi Down Syndrome Program (KDSP) has chosen to keep innovating and pressing forward in striving to provide the best services and solutions to our network of families. One of the highlights of the year was the smooth transition from the virtual to physical space in March 2021 where we rejoiced in welcoming our families back for in person services.

KDSP's Family Network continued to grow during the pandemic with virtual and tele services available for ease of access across the nation, and in some cases, internationally. This year, KDSP reached a milestone of having over 1000 individuals with Down syndrome and their families registered as part of our Family Network. It is heartwarming to witness the trust families place in KDSP to help improve the lives of their loved ones with Down syndrome. This trust serves as one of the driving forces for us to enhance our capacity and quality of services.

During the year, not only did we strive to enhance the impact of our services, but also took the opportunity to reimagine them as part of something greater – KDSP: A KASHTI (a boat). From the moment a family's journey begins after connecting with us,

we accompany them through the waters of life, be they rough or calm, to ensure they sail with KDSP always available to guide and support them. Through our 6 areas of service, KDSP serves as a KASHTI for its Family Network in this beautiful journey.

Khandani Sahara – Family Support: This year, our services expanded to incorporate monthly cash transfers and delivery of monthly grocery bags to deserving families of individuals with Down syndrome experiencing financial challenges due to COVID-19. A new program named Humrahi was also launched, which is a peer support program, where experienced parents and caregivers in KDSP's Family Network offer emotional and informational support to newly enrolled parents and caregivers of individuals with Down syndrome.



Agaahi – Awareness: 970+ individuals were engaged and sensitized about Down syndrome and thousands of hearts were touched through on-ground and digital means.

Sehat – Healthcare: 300+ consultations scheduled for individuals with Down syndrome through our Developmental Pediatric Clinics, partner hospitals and healthcare providers.

Hunar – Enrichment and Skills Development: Our services grew to cater to the diverse needs of 140+ individuals with Down syndrome, with four new programs introduced – Painting and Drawing, Cooking and Baking, Life Skills and Bolly X.

Taleem – Education: 120+ children with Down syndrome and 30+ teachers benefited from our inclusive education, preschool, after-school and home-based learning programs alongside teacher training workshops.

Ibtidayi Buniyaad – Early Childhood Intervention: Our services expanded to offer 390+ weekly sessions of physical, occupational and speech therapy. Furthermore, KDSP had the opportunity to present its case study on ‘The Virtual Shift: early Childhood Intervention Therapies for Pakistani Children with Down syndrome During COVID-19’ at the 36th Annual Pacific Rim International Conference on Disability & Diversity.

The pandemic also provided an opportunity for like-minded organizations serving the community to come together and create a larger impact, which is why KDSP officially collaborated with organizations such as Network of Organizations Working

for Persons with Disabilities (NOWPDP), Dawaii.pk, the Orange Tree Foundation (OTF), Pakistan Coalition for Education (PCE) and Milkar to help raise awareness, provide access to medical consultations and support, advocate for inclusive education across the country and provide scholarships for individuals with Down syndrome to study in mainstream schools. KDSP’s supporters further grew to welcome Sidra Iqbal – a renowned celebrity as our fourth goodwill ambassador to help spread the message of acceptance and inclusion.

I am so grateful for the generous contribution of our friends, donors and supporters through which KDSP successfully raised Rs. 53,038,932 in donations and sponsorships this year. A donor’s trust in the organization is reinforced through legally compliant, robust and transparent financial controls to ensure that all donations and sponsorships go towards improving the lives of individuals with Down syndrome and their families. Your support will help us go a long way in transforming the lives of individuals with Down syndrome and their families.

In the upcoming year I hope KDSP will achieve new and greater milestones. I look forward to the support of our friends, families, well-wishers and partners in creating a more equitable and welcoming society for individuals with Down syndrome and their families.

Ali Allawala
Director & CEO

“Being challenged in life is inevitable,
being defeated is optional.”

- Roger Crawford

Recognitions & Achievements



Major Accomplishments



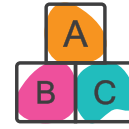
1100+

Individuals with Down syndrome in KDSP's Family Network



400+

Children with Down syndrome benefited through subsidized Early Childhood Intervention therapies



300+

Individuals benefited from Enrichment and Skills Development programs



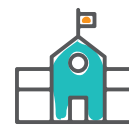
90+

Family Support Group sessions conducted



490+

Healthcare referrals facilitated



50+

Children with Down syndrome receiving education in mainstream schools



390+

Early Childhood Intervention therapies scheduled weekly



170

Teachers and professionals trained on best practices of inclusive education



Millions

of hearts touched through Awareness initiatives

New Collaborations (2020-2021)



Recognition and Collaborations

People of Determination International Exhibition & Conference PODIEC 2021

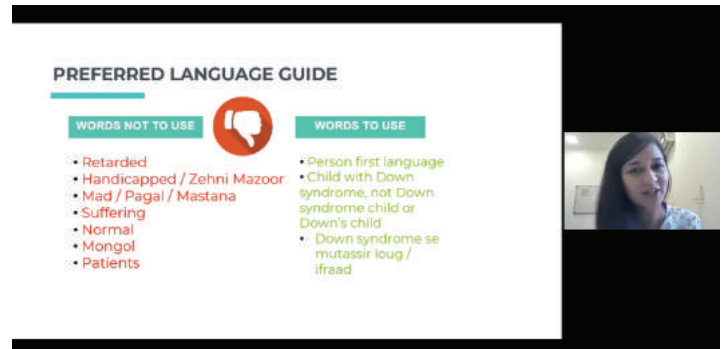
KDSP was invited to participate and represent its work for individuals with Down syndrome, at the People of Determination International Exhibition & Conference (PODIEC) 2021 in March. The conference aimed to bring together like-minded people and organizations to advocate for the inclusion of persons with disabilities in our country.



Meeting with The President of Pakistan

With time, the disability landscape in Pakistan has become brighter and more forth-right in recognizing citizens with disabilities as contributing members of the state. As proponents of this, the President of Pakistan, Mr. Arif Alvi and First Lady, Ms. Samina Alvi are engaged in dialogue with the Board of Directors at KDSP to discuss the future regarding the inclusion, equality and accessibility of opportunities for individuals with Down syndrome in Pakistan. Both parties met again in March 2021, continuing the conversations initiated in 2020.

KDSP has been striving for the integration of individuals with Down syndrome into mainstream society. In the days to come, the organization looks forward to working alongside the Federal Government as to making these plans a welcome reality.



MoU established with Network of Organisations Working for Persons with Disabilities Pakistan (NOWPDP)

In June 2021, KDSP formalized its collaboration with NOWPDP- a well established organization advocating for all individuals with disabilities across Pakistan, to increase awareness, improve accessibility to resources and opportunities for individuals with Down syndrome and advocate for inclusion in society as a common mandate between the two organisations.



KDSP Collaborates with Dawaai



With unprecedented COVID-19 spikes within the country, KDSP collaborated with Dawaai Pakistan to increase awareness about Down syndrome, provide better access to medications and quality services for individuals with Down syndrome and their families. Through the collaboration, families registered with KDSP could benefit from free of cost tele-consultations, a discount on lab tests and redeemable vouchers.

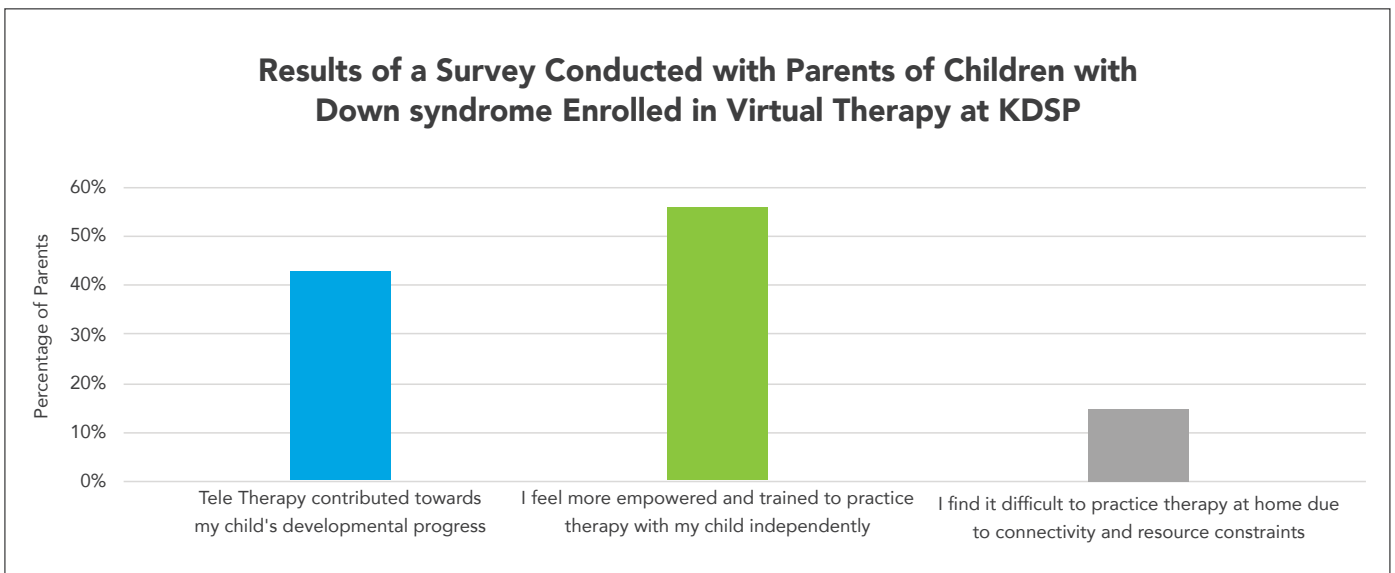
Partnership with Ziauddin University

Since 2017 KDSP has a long running partnership with the Ziauddin University- College of Speech Language and Hearing Sciences (ZU-CSLHS), inviting excellent new graduates and clinicians from the institute to practice and supervise at KDSP each year. As a result, children with Down syndrome at KDSP, benefit continuously for the development of their communication skills from the expertise of trained therapists.



KDSP Research Presented at Conferences

KDSP successfully applied and was accepted to present its paper 'The Virtual Shift: Early Childhood Intervention Therapies for Pakistani Children with Down Syndrome During COVID-19' in the 36th Annual Pacific Rim International Conference On Disability & Diversity, hosted by University of Hawaii from March 1-2, 2021; as well as Aga Khan University Hospital's 23rd National Health Sciences Research Symposium held from February 11-13, 2021.



KDSP partners with Pakistan Coalition of Education (PCE)

KDSP partnered with the Pakistan Coalition of Education (PCE) to advocate for the inclusion of individuals with Down syndrome in mainstream education. Together along with other organizations that work for persons with disabilities, we developed a policy paper proposing reform in national educational policies to enable inclusion. KDSP also presented a lecture on inclusive education for children with Down syndrome at a virtual youth caucus organized by PCE.

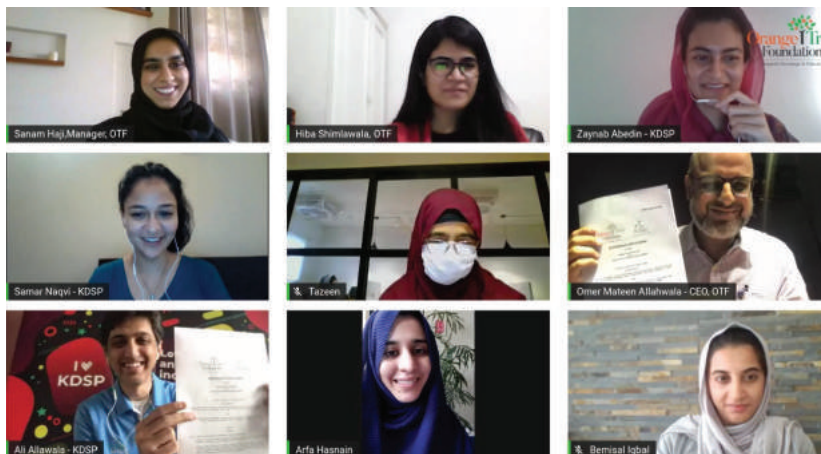
Naveed Pervez wins the 'I Am the Change Impact Award' from Engro Foundation

In December 2020, Naveed Pervez, part of the administration team at KDSP, won the Engro Foundation's 'I Am The Change (IATC)' Impact Award 2020 for the category of NGO/Industry Field Worker. Many families in our network were hit hard during the pandemic and KDSP launched a COVID-19 Relief Response for distributing ration and other essentials for those in need. Naveed was at the front line of this project, tirelessly working to ensure that KDSP's Family Network was provided for in these times. KDSP is proud of Naveed's achievement and happy to have him as a part of the team.



KDSP's CEO wins the HBL PSL - Hamaray Heroes Award Powered by Inverex

Ali Allawala, CEO and Co-Founder of KDSP was awarded the HBL PSL 2021 Hamaray Heroes Award powered by Inverex, live in the Karachi Kings v/s Islamabad United match ceremony in February 2021 for his work towards uplifting the Down syndrome community. KDSP is thankful to HBL PSL and Inverex for this valuable recognition and their support for KDSP's cause.



Collaboration with Orange Tree Foundation (OTF)

Orange Tree Foundation (OTF) joined hands with KDSP in August 2020 to facilitate educational scholarships for deserving children with Down syndrome attending mainstream schools as part of KDSP's Program for Inclusive Education (PIE) as well as KDSP's Early Preschool Experience Program (EPEP).

The KDSP COVID-19 Response



Establishing a Wider Reach

With geographical boundaries becoming blurred due to the introduction of virtual services, a greater number of individuals with Down syndrome and their families residing outside of Karachi registered with KDSP to benefit from services.



Exploring the Virtual Space

Going The Extra Mile: Virtual Family Support Group Sessions

Informational Family Support Group sessions regarding all aspects of Down syndrome continued via weekly Facebook live sessions to continue providing knowledge to parents and caregivers on various useful topics.

Virtual Awareness Sessions

Awareness sessions were adapted for the virtual space and offered via platforms like Zoom, Google Meet and Microsoft Teams to several educational institutes and organizations; with some even making use of Facebook and Instagram Live to create long lasting awareness conversations.

Developmental Pediatric Tele-Clinics

As hospitals began online consultations, KDSP too kept up the practice of conducting Developmental Pediatric Clinics by Dr. Sidra Kaleem. Consultations were provided via WhatsApp video call to children between 0-17 years of age.

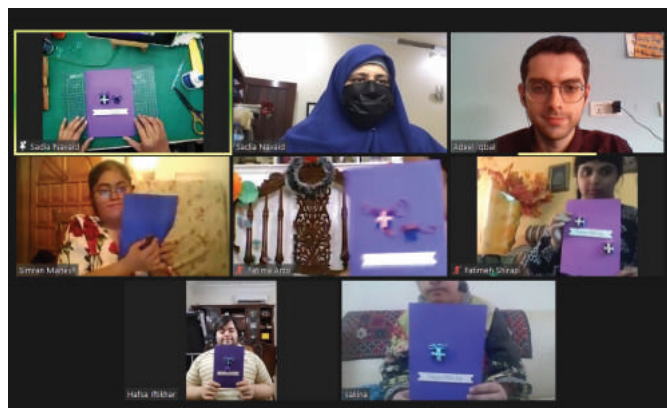
Virtual Vocational Training

Not only did the pandemic open up skills development to individuals with Down syndrome within the comfort of their own homes, but now KDSP was also able to welcome instructors to conduct classes from across the globe, thereby widening the pool of trained individuals who could lend their expertise in Pakistan. Through the pandemic, KDSP continued to introduce many new programs from Painting and Drawing

to Cooking and Baking and even Computer Skills as the increasing need for digital awareness was realized.

Continuing Education Despite COVID-19

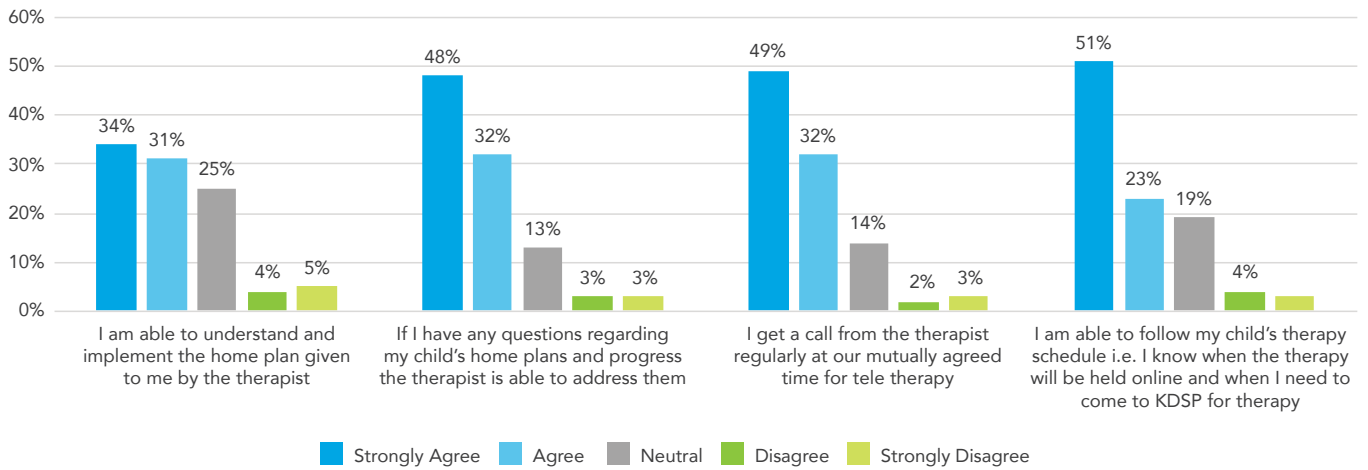
Education is of the utmost importance to young and developing minds and so the existing Education programs at KDSP too, quickly adapted their syllabi and switched to the virtual space. To assist parents with managing and teaching their children, KDSP was able to launch programs and conduct workshops to train parents in home-schooling and e-learning practices.



Virtual Delivery of Therapies

Since therapies are crucial in establishing a foundation that will contribute to the daily functioning of an individual, it was identified that ECI at KDSP could not pause despite the pandemic. Almost as soon as the country underwent lockdown, KDSP shifted its physical, occupational and speech therapy programs to the virtual space. Audio and video calls were arranged to ensure that all therapy sessions continued.

Parental satisfaction levels with virtual and in-person therapies:



New Opportunities

With such a rich learning experience available, it was up to KDSP to turn the situation around and make the most of this unique opportunity to introduce new practices and adapt the old ones for the way ahead.



Individualized Home Plans - Education

A series of measures were also put in place so that all students stayed on track with their education. Parents were guided on the educational practices to cultivate the ideal environment conducive to learning and provided with online resources to continue with educating their children. Home plans were also introduced to monitor and track the children's progress.





Individualized Home Plans - Therapies

Therapists at KDSP conducted meetings with the parents of children on the wait-list for therapies and devised customized home plans as per the child's needs to ensure that the individuals with Down syndrome were able to best utilize their formative years and get on track for their development and timely achievement of milestones.

Increased Parental Involvement

Virtual therapies led to a great increase in parental involvement. A language of love, 'physical touch' was expressed and received by the child, through the parent, as parents practiced and followed therapists' instructions. Parents became more actively engaged as they regularly sent videos and pictures of their child's progress to the therapists.



Ration and Cash Disbursement

Grocery packages and cash transfers through Easypaisa are arranged on a monthly basis to provide relief to families impacted financially due to COVID-19.

Welcoming Back our Families



Adjusting Amidst a Pandemic: Re-opening of In Person Services

Early Childhood Intervention

Accordingly, when it was pronounced safe to re-open public spaces, ECI therapies were the first service to be resumed physically, from February 2021. Over 290 children with Down syndrome availing therapy and their families got a chance to meet with their therapists once again and make use of the space, equipment and support available at KDSP. Therapy sessions were scheduled at 50% capacity along with strict SOPs in place to ensure everyone's safety.



Education

The Early Preschool Experience Program (EPEP) and the Tailored Assistance Program (TAP) were reopened in March 2021 at 50% capacity for physical classes, for the first time since the pandemic started. Students who opted for physical classes felt welcomed and happy to see their teachers whom they recognized from the virtual classes.



Enrichment and Skills Development

After running virtually for a year, the programs of the Enrichment and Skills Development Department were also gradually re-opened for in-person attendance from March 2021. It was a relief for many and everyone from the parents to the individuals enrolled in vocational training classes were excited to be re-united with their beloved instructors and friends.

Moving ahead, the unique situation presented by the pandemic has been a challenging but beneficial experience in assessing the accessibility of services and devising a hybrid system ahead as the new way forward.



Family Support





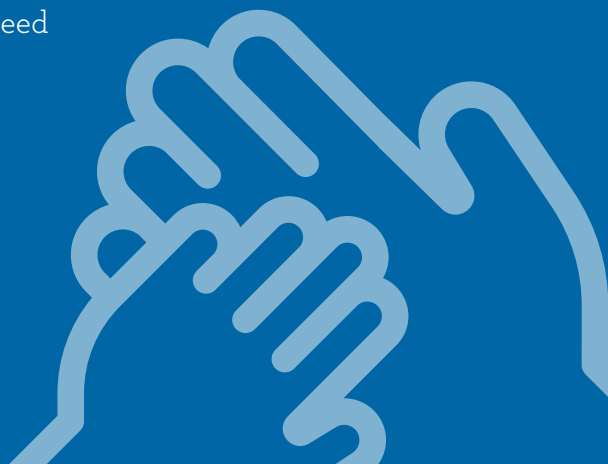
As a child, Fahad could not support his neck and needed help sitting independently. Worried, I took him to a hospital in Rawalpindi where he was diagnosed with Down syndrome. I am employed by the Pakistan Air Force and in my locality that was the first time I heard of the condition. Immediately I had felt lost about what to do.

I discovered KDSP through an internet search. It was the first sign of hope I had found and I applied to be posted in Karachi immediately. Meanwhile I did my best to support Fahad, including enrolling myself for a Masters in Special Education to gain knowledge and skills to cater to my child's needs. If I could not find anyone to help me with him, I was determined to become that somebody myself.

Since I was in a different city, Fahad was registered at KDSP virtually. Just when I was about to get posted in Karachi, the pandemic struck and it took my family another year to move here. During this time, KDSP became a source of immense support and comfort. Since getting registered, I have attended every single Family Support Group session held. Not only did these sessions provide me with knowledge about various topics, they have also taught me how to overcome challenges and work on my son's development. One of the most useful sessions I attended was on dental hygiene and through that I worked with Fahad to develop his teeth brushing habits. Now he is able to brush his teeth independently and never skips it. At KDSP, Fahad has also improved his motor skills and built his vocabulary.

I am extremely impressed with the quality of services available at KDSP and the kind and courteous team present. Their dedication and guidance has played a big part in Fahad's development. I have already facilitated the registration of four families of children with Down syndrome at KDSP and I am eager to be a source of hope for many others, the same way this organization has been for me.

Muhammad Saeed Anjum
Father of Muhammad Fahad Saeed



Our Impact



330+

Individuals with Down syndrome newly registered in KDSP's Family Network

30

Family Support Group sessions conducted



130+

Households supported through monthly grocery bag distribution and cash transfers

60

Parents benefited by support offered through Humrahi program

13

Humrahis offered emotional and informational support to other parents from KDSP's Family Network

Building a Community of Caregivers

Discovering that their baby has Down syndrome can be difficult for many parents. Families and caregivers are met with countless uncertainties and often feel alienated in society. During this overwhelming time, connecting with others who share similar experiences can be a source of great comfort. KDSP's Family Support services aim to provide holistic emotional, informational and financial support for parents and caregivers at each stage of raising their loved one with Down syndrome. The aim is to empower parents and caregivers to become the best advocates for their loved one with Down syndrome.

Family First Contact Meeting

When a family wishes to enroll their child with Down syndrome at KDSP, a Family First Contact Meeting is set up with them to better understand the background, developmental trajectory, concerns regarding their child and to enroll the child in appropriate programs at KDSP according to their needs. This initial meeting between the family and KDSP's Family Support representative helps us to provide them with services, adequately tailored to their needs.

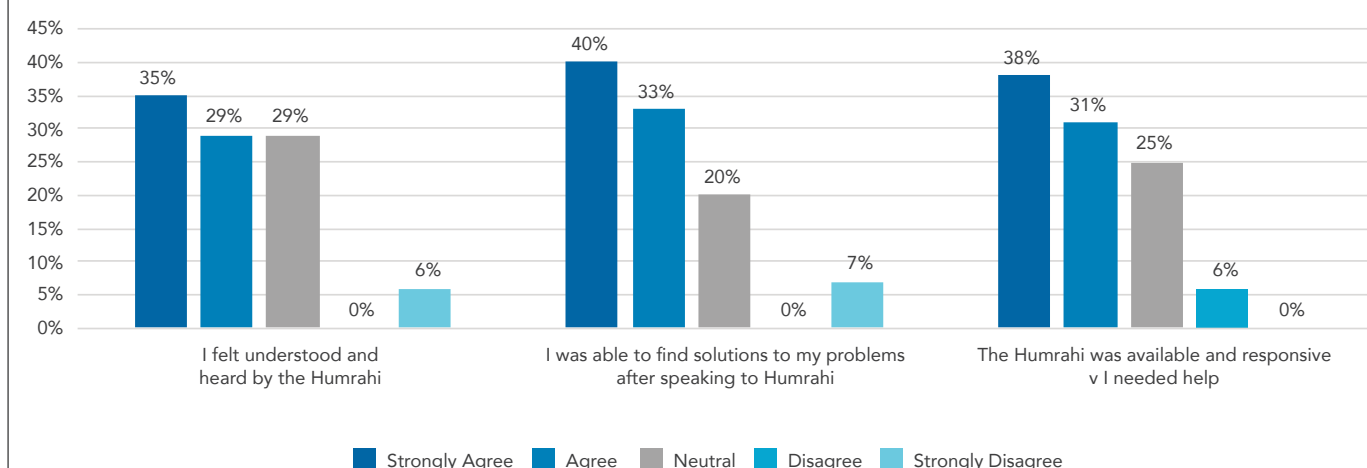


Humrahi Program

In October 2020, KDSP launched Humrahi, a peer support program which offers emotional strength and informational support to newly enrolled parents and caregivers of individuals with Down syndrome by connecting them virtually with experienced parents and caregivers. After receiving an initial training in basic counseling techniques, Humrahis (parent mentors) are assigned their mentees. Monthly supervision sessions were conducted virtually with mental health professionals to facilitate and continually empower Humrahis in the process of providing support to others.



Effectiveness of the Humrahi Program



1000 Individuals Registered in the Family Network

In January 2021, KDSP marked a milestone by having 1000 families registered as part of its Family Network. In 2014, the journey that started out with just 10 families, has turned into a greater adventure. Over the years KDSP is grateful for the 1000+ families who continue to place their trust in us.

Feedback Matters

KDSP arranged its annual feedback meeting for parents and caregivers in February 2021. The meeting was held via Zoom where members of the Family Network shared their valuable feedback and concerns with Mr. Ali Allawala, Co-Founder and CEO at KDSP and Ms. Farzeen Ali, Co-Founder and Deputy CEO at KDSP. The meeting provided parents and caregivers a safe space to have a heart to heart discussion with those having similar experiences as their own.



“After receiving guidance and support from a Humrahi, we felt relieved and relaxed as a family. The connection has helped remove our worries regarding our child with Down syndrome. We’ve come to learn a lot from the mother who supported me. She is very active and courteous, herself. Now we have accepted that Marjan will have developmental needs and healthcare conditions which can be dealt with to improve her life.”

- Ramsha Khan, Aunt of Marjan Imran

Family Support Group Sessions

Family Support Group sessions have been a regular feature at KDSP since its inception. Each monthly session brings together caregivers to facilitate their understanding of Down syndrome and associated conditions. Experts are invited to conduct these sessions and discuss various topics. The sessions function as a forum where parents and caregivers learn new information, share ideas and offer emotional support to each other to develop a sense of belonging to a community.



Supporting Your Child with Down Syndrome Through Puberty

In February 2021, KDSP arranged a series of informational sessions on puberty and psycho-sexual awareness "Supporting your Child with Down Syndrome through Puberty" for parents and caregivers of individuals with Down syndrome. The sessions led by experts and experienced parents offered learnings through four themes: Medical, Psychological, Social and Parent's Perspectives of their experience which aimed to help parents navigate the tricky terrain and cater to their child's needs through puberty.



Puberty- A Medical Perspective, conducted by Dr. Salman Kirmani, a Pediatrician, Geneticist, Assistant Professor and Chairperson of Women and Child Health Division at Aga Khan University Hospital (AKUH)



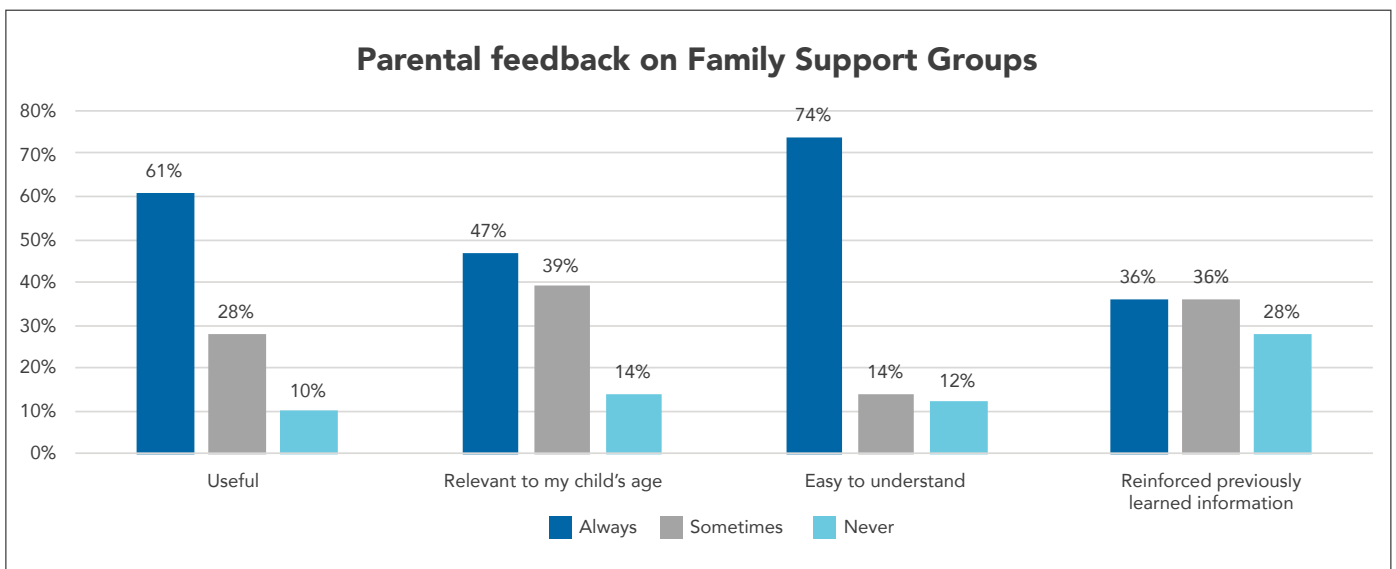
Puberty in Individuals with Down Syndrome - A Psychological Perspective, conducted by Ms. Waliyah Mughis, a Clinical Psychologist with specialization in Early Childhood Neurodevelopmental Disorders at Aga Khan University Hospital (AKUH)



Protecting Your Child from Abuse- A Social Perspective, conducted with Ms. Tooba Zafar Sial, Coordinator of Life Skills Education at Ahung and Ms. Muniza Yasin, Senior Trainer at Ahung



Supporting Adolescents with Down Syndrome through Puberty- A Parent's Perspective of Their Experience, conducted by Dr. Ayesha Sorathia, mother of Hasan Patel and Dr. Asha Mahesh, mother of Simran Mahesh



Lending Support as a Group

In May 2021, KDSP arranged for a support group session for parents and caregivers of adults with Down syndrome under the mentorship of Huma Hussan, a Certified Humanistic Counsellor and Psychotherapist. Participants were invited to the session to have a heart to heart discussion regarding their fears, challenges and joys of parenting as caregivers of adults with Down syndrome.



“Puberty sessions were a great learning experience and an instant motivation booster. The sessions helped change my perspective about my child’s experience with puberty and offered a refined lens to view things. I learnt about the importance of building an open and honest communication with my child, and how visual aids and social stories can help children learn and unlearn concepts. I even adopted visual learning strategies with my child after the session which proved successful in offering the intended outcome.”

- **Madiha Adil, Mother of Abdullah Adil**

Family Support Group Sessions

Family Support Group sessions conducted by KDSP in the past year

Understanding Behavioral Challenges and Interventions for Individuals with Down Syndrome

Ms. Rebecca A. Sharp

BCBA and Psychologist, Senior Lecturer and Lead of Mental Health in South Asia Network at Bangor University, Wales, UK



Educational Support for Mainstream Schooling

Ms. Fehmina Rizwan

KDSP Family Network Member

Ms. Tayyaba Aatir

KDSP Family Network Member



Virtual Opportunities and Challenges in Education

Ms. Nasira Faiz

Principal at The AMI School Nursery Branch

Ms. Bushra Amin

Coordinator- EPEP at KDSP

A Sneak Peek into Wonder Games

Mr. Syed Muhammad Bilal

Director of Special Projects at WonderTree



Developmental Trajectory of Children with Down Syndrome

Dr. Sidra Kaleem

Developmental Pediatrician and Pediatric Neurologist at AKUH

Importance of Skill Development for Individuals with Down Syndrome

Ms. Mahtab Tariq Peerzada

Craft Instructor at KDSP and Founder at Tmugs Crafts

Virtual Therapy Experience for Children with Down Syndrome

Ms. Hafsa Iftikhar

Speech and Language Therapist at KDSP

Ms. Mariya Hassan

KDSP Family Network Member



Helping Children with Down Syndrome Communicate their Emotions

Ms. Saamia Bilal

Speech and Language Therapist at KDSP

Ms. Shafaq Safdar

Clinical Psychologist and Special Educator - Child and Adolescent Mental Health service at AKUH



Parental Awareness on Legal Rights of Individuals with Down Syndrome

Mr. Khalid Sherwani
Senior Program Associate - Advocacy at NOWPDP

The Impact of Reopening Schools on Children's Health and Development

Dr. Ali Saleem
Service Line Chief, Children's Hospital and Assistant Professor - Department of Pediatrics and Child Health at AKUH

Help your Child Learn Weaving and Block Printing

Ms. Eimaan Fawad
Weaving Instructor at KDSP



Handwriting Skills for Children with Down Syndrome

Ms. Najma Adam
Head of Occupational Therapy Department at KDSP

Build Bridges with KDSP: Get to Know about Down Syndrome

Ms. Areeba Rahman
Senior Manager Family Support and Awareness at KDSP

Be Inspired: In conversation with Parents and their Child with Down Syndrome - Part One

Ms. Syeda Alishba Amin-ud-din
Artist, Entrepreneur and Feminist Activist

Be Inspired: In conversation with Parents and their Child with Down Syndrome - Part Two

Ms. Zahra Halai
Assistant Teach - EPEP at KDSP

Ms. Shirin Halai
Mother of Zahra Halai

Ms. Cyra Khawar
Assistant Manager Awareness at KDSP

Dr. Iffet Sultana
Mother of Alishba

Be Inspired: In conversation with Parents and their Child with Down Syndrome - Part Four

Mr. Hasan Patel
Crafter at KDSP

Dr. Ayesha Sorathia
Mother of Hasan Patel



Be Inspired: In conversation with Parents and their Child with Down Syndrome - Part Three

Ms. Huma Baber
KDSP Family Network Member

Facilitating Word Combinations with Simple Strategies

Ms. Faiza Shahzeb
Head of Department - Speech and Language Therapy at KDSP

Cardiac Care for Individuals with Down Syndrome

Dr. Fatima Ali
Pediatric Cardiologist
at AKUH

ENT Care Needs for Individuals with Down Syndrome

Dr. Moghira Siddiqui
Assistant Professor,
ENT and Eye Service Line
Chief at AKUH

Impact of Music and Movement on the Development of Individuals with Down Syndrome

Mr. Faizan Masood
Certified Integrative Therapist
and Counsellor - CPCAB UK
and Movement and
Expressive Art Specialist

Dental Care Needs for Individuals with Down Syndrome

Dr. Aneeka Anwar
Pediatric Dental Specialist at Dr. Sameer Quraeshi and Associates

Dr. Ayesha Hanif
Periodontist at Dr. Sameer Quraeshi and Associates and Clinical Lecturer -
Department of Periodontology at Ziauddin University

Dr. Tahir Shoab
Pediatric Consultant at Hakimi Dental Clinic



Skin Care Need for Individuals with Down Syndrome

Dr. Sabeika Raza Kerawala
Chief Resident -
Dermatology at AKUH

Parents as Partners - Importance of Parental Involvement in Children's Education

Ms. Saira Nazneen Ibrahim
Head of Education Department at KDSP

Ms. Nasira Faiz
Principal at The AMI School nursery branch

Ms. Huma Baber
KDSP Family Network Member



Effective Communication Strategies for Older Children with Down Syndrome

Ms. Faiza Shahzeb
Head of Department -
Speech and Language Therapy at KDSP

Ms. Hafsa Iftikhar
Speech and Language Therapist at KDSP





The sessions function as a forum where parents and caregivers learn new information, share ideas and offer emotional support.



Awareness

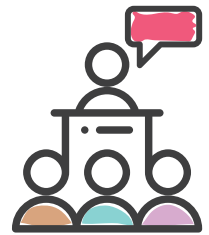




Our Impact

970+

individuals engaged
and sensitized about
Down syndrome.



We live in a society that does not welcome differences and people are afraid of the unknown. Essa's birth was nothing short of a momentous occasion and our love for him remained unchanged even after learning of his diagnosis. As the parent of a child with Down syndrome, I often had to struggle with curious stares, insensitive remarks and societal misperceptions.

In 2019 I came across a TV show in which Ali Allawala spoke about his journey with his daughter with Down syndrome and I instantly related to it. I sent the show's video to my family which resulted in a major breakthrough. My family became more understanding of the condition and the developmental interventions Essa would require.

I have followed KDSP's awareness initiatives for up to three years now and never before have I seen an organization that is raising awareness to create a more inclusive society for individuals with Down syndrome like this. I had the opportunity to attend an awareness session by KDSP which debunked a few myths surrounding Down syndrome I possessed. I was 25 at the time of Essa's birth and now if someone tells me 'Only mothers aged 35 and above have children with Down syndrome', I have the information provided by KDSP to prove otherwise to them, confidently.

We had been looking forward to attending the KDSP carnival this year and when we learned of the cancellation due to COVID-19, we felt the opportunity had been missed. Shortly after, we received a special delivery of "Carnival in a Box" from KDSP which comprised of two boxes filled to the brim with goodies for Essa and the family. In such overwhelming times, we were beyond elated to see KDSP remember us in their World Down Syndrome Day celebrations. We felt like we truly belonged to the KDSP family!

Maryam Zohaib

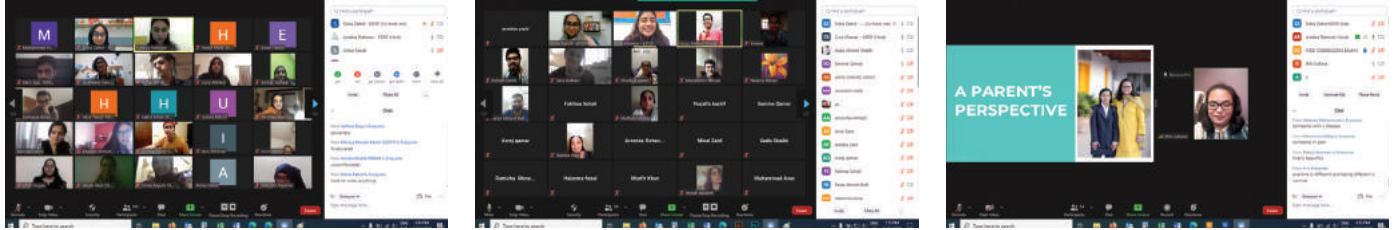
Mother of Essa Bin Zohaib



Transforming Perceptions

Down Syndrome Awareness Month Campaign 2021

With October being recognized as Down Syndrome Awareness Month, KDSP organized a campaign to change perceptions and advocate the value, acceptance and inclusion of individuals with Down syndrome within society.



A special informational series was organized on Facebook, where KDSP's Family Network members got the opportunity to share their journey of raising a loved one with Down syndrome. Making use of similar social media platforms, KDSP also connected with social media influencers and indulged in a series of conversations with groups of mothers to raise awareness and increase parental readiness to accepting the joys and hardwork put into raising a child with Down syndrome. KDSP also raised awareness about Down syndrome through sessions with like-minded organizations such as Engro Foundation, WonderTree and United Nations Association Pakistan (UNAP).

KDSP World Down Syndrome Day Awareness Campaign 2021



The COVID-19 pandemic presented many opportunities to connect with those around us. Keeping this in mind, the theme for KDSP's World Down Syndrome Day (WDS) 2021 awareness campaign was, "Connect with Down Syndrome," encouraging people in our society to connect with individuals with Down syndrome and learn more about the genetic condition. Organizations, influencers, and educational institutions were invited to understand the realities of individuals with Down syndrome through awareness sessions, guided tours and social media campaigns.

The KDSP Family Network along with members of the team, made appearances on national television and radio, to help create awareness about Down syndrome.

Aaj Pakistan

Bakhabar Savera

FM 91

Indus News



World Down Syndrome Day Awareness Video

KDSP launched an awareness video to depict the capabilities of individuals with Down syndrome as dependable and responsible individuals for their families, and as contributors to the larger society. The campaign video was a huge success, with the combined efforts of Kiran Murad, Ayesha Jalil, Yasir Qazi, the Y Productions Pakistan team, and featured the renowned actress Sanam Saeed. The project was backed by the sponsorship of Feroze1888 Mills Limited.



Carnival in a Box

Due to COVID-19, with on-ground activities restricted, KDSP continued its tradition of celebrating with the Family Network by delivering 'Carnival in a Box,' consisting of a themed box full of treats for approximately 700 families.



Down Syndrome Representation

Roundtable with Orange Tree Foundation

For World NGO Day on February 27 2021, the Orange Tree Foundation (OTF) held a Roundtable Talk with Pakistan's thought leaders in the nonprofit sector. A very distinguished panel was invited to talk about a few of the most pertinent challenges and situations faced by nonprofit organizations in Pakistan, including CEO and co-founder of KDSP, Ali Allawala. The remaining panel consisted of Dr. Abdul Bari of The Indus Hospital & Health Network, Mr. Mushtaq Chhapra of The Citizens Foundation, Dr. Ahson Rabbani of the ChildLife Foundation, Ms. Shazia Amjad of Pakistan Centre for Philanthropy and Mr Omar Mateen of OTF.



Ali Allawala was lauded for his efforts and continual provision of high quality services virtually despite the newly arising challenges brought by the pandemic.



Taskeen Shares Parents' Perspective



A mental health and well-being service, Taskeen Pakistan collaborated with KDSP to help reflect upon the journey of parents and caregivers of individuals with Down syndrome. The short videos narrated the experiences of parents overcoming the false social beliefs about individuals with Down syndrome.

KDSP Welcomes Fourth Goodwill Ambassador

KDSP officially welcomed Ms. Sidra Iqbal, an Award Winning Journalist, Television News Anchor and Development Activist as its fourth Goodwill Ambassador. With the ever expanding KDSP initiatives, we hope to engage with a wider audience and raise awareness about Down syndrome on a larger scale through the guidance and support of our Goodwill Ambassadors.



Down Syndrome Sensitization Sessions

KDSP regularly conducts Down syndrome sensitization sessions across organizations, academic institutions and social media platforms, to ensure the inclusion and acceptance of individuals with Down syndrome within all spheres of society. KDSP continued to conduct these sessions to change perceptions with several educational, corporate and non-profit organizations, including Institute of Business Administration (IBA), Ziauddin University, FrieslandCampina Engro Pakistan Limited, Alkaram Textile Mills, Taskeen and Pakistan Telecommunication Limited (PTCL), to mention a few.



“The session heightened my understanding of the genetic condition and made me aware of the stigmas attached to those who are slightly different from us within society. I've seen many people with Down syndrome when I lived in the United States, but have hardly come across any in Pakistan. Kudos to KDSP and all the amazing work that you guys are doing!”

Sensitization Session Participant

Thank you for being so thoughtful about our kids. Fatimeh received her Carnival In a Box, and she is extremely happy and excited to open it and find all her favourite items in it. KDSP never fails to make our kids feel important.”

- Mahroo Khanam, Mother of Fatimeh Shirazi

Healthcare





Mohammad Usman was diagnosed with Down syndrome soon after his birth. The doctors told me first and I broke the news to my wife. We were very worried as we had never heard of the condition before and did not know what it would mean for our son's life. Before we could address these concerns however, Usman fell ill and instead of celebrating his birth, we spent many nights at the hospital. After multiple tests and what felt like an endless wait, his doctor revealed that Usman had a hole in his heart. We were at a loss for words.

Meanwhile Usman's doctor referred us to the Karachi Down Syndrome Program (KDSP) and told us to seek their support regarding his genetic diagnosis. I remember when we first came to KDSP, we were welcomed with open arms and they treated us with so much kindness and respect, I felt like my son was a prince. Upon registering I told the team about Usman's heart problem and KDSP immediately facilitated our appointments with Dr. Babar Hasan at Aga Khan University Hospital (AKUH) who told us Mohammad Usman required surgery immediately. I am a daily wage earner with 2 other kids at home, I support my parents and the rest of my family. I could not afford such an expensive procedure. Once again KDSP supported us every step of the way, from assisting us financially to providing us comfort till the day of his surgery. Mohammad Usman underwent a successful surgery in February 2021 to close the hole in his heart. Since then, he has transformed into a much healthier and happier child.

I cannot express the extent of my gratitude towards KDSP. Their generosity and compassion is unmatched. They helped neutralize all my fears and worries and I will always remember how they surpassed my expectations in helping me care for my son.

Amir Murad

Father of Mohammad Usman



Our Impact



9

Surgeries and medical procedures sponsored at leading healthcare institutions

190+

children referred for healthcare consultations to KDSP's partner healthcare organizations



110

Consultations facilitated at KDSP's Developmental Pediatrics Clinic

50+

Consultations, diagnostic tests and medicine /equipment sponsored

A Chance to Live a Healthy Life

Individuals with Down syndrome often have underlying health conditions for which they require timely medical attention. Quality healthcare services suited to the needs of individuals with Down syndrome are almost non-existent, which makes it difficult for them to receive healthcare intervention at affordable costs. The healthcare service at KDSP ensures that all individuals with Down syndrome have access to high quality healthcare at subsidized costs through collaborations with leading healthcare providers.

Aga Khan University Hospital - First Down Syndrome Clinic

KDSP continues to provide access to quality healthcare through its collaboration with Aga Khan University Hospital (AKUH). The partnership was established in 2017 to introduce a first of its kind one-stop healthcare solution to facilitate children with Down syndrome. Prior to this, parents would struggle to find trained specialists who were able to look after the health challenges faced by their children with Down syndrome. With the launch of the Down Syndrome Clinic at AKUH, members registered as part of KDSP's Family Network database are able to access subsidized and hassle-free medical consultation offered at the reputed hospital.



Child and Adolescent Mental Health Response (CAMH)

As part of Aga Khan University Hospital's (AKUH) Child and Adolescent Mental Health Response, KDSP collaborated with AKUH in September 2020, to refer parents of children with Down syndrome to receive occupational, speech and behavior therapy training from experts within each field. The training was provided free of cost and parents were trained in independently managing and providing the aforementioned therapies to their children.



The Indus Hospital – Expanding Services

To extend services across various areas of Karachi, in 2019, KDSP collaborated with The Indus Hospital (TIH) to provide free of cost services to members of the KDSP Family Network. The partnership aimed to expand KDSP's Healthcare services, while increasing awareness about Down syndrome and improving access to quality healthcare.



Developmental Pediatric Clinics

Developmental Pediatric Clinics were introduced at KDSP in 2018 with the aim to help parents identify the developmental trajectory of their child with Down syndrome. The clinics are conducted by Dr. Sidra Kaleem Jafri, who is a Developmental Pediatrician and an Assistant Professor in the Department of Pediatrics and Child Health at Aga Khan University Hospital. These clinics continue to benefit the KDSP Family Network members as they receive regular consultations at their ease.

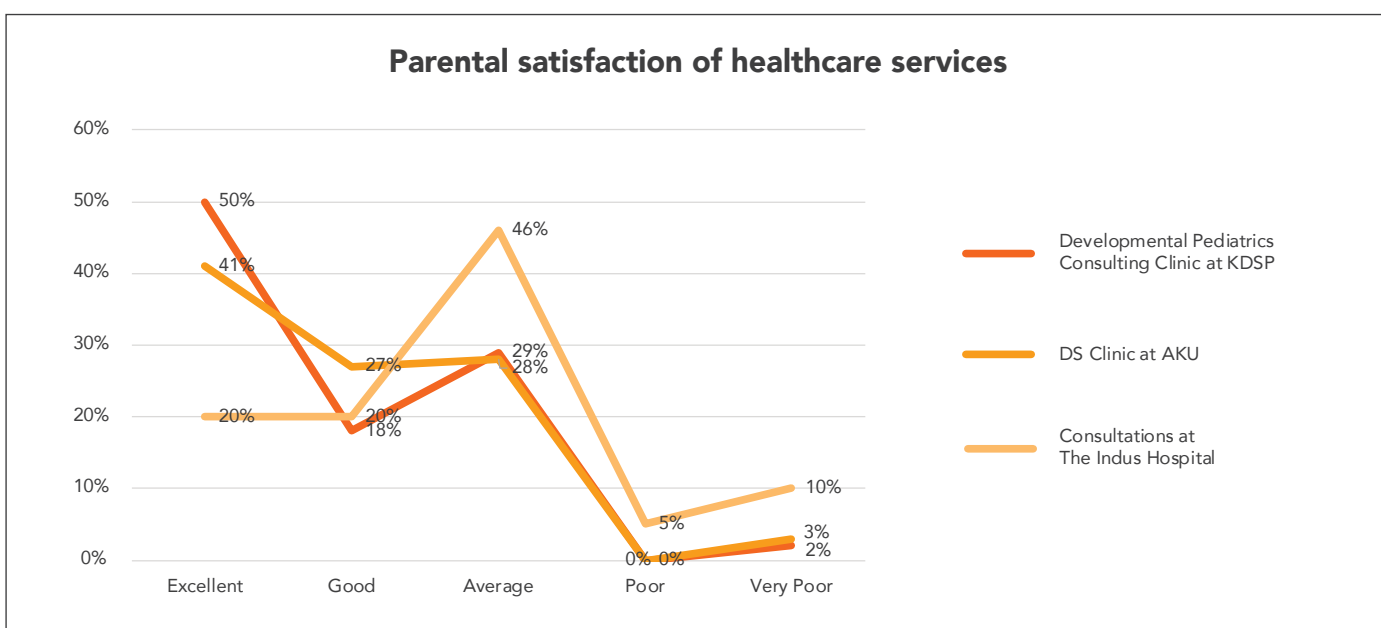


“When Ibrahim became ill, we were unable to afford healthcare services due to financial constraints and we enlisted the help of KDSP to provide him with the specialized care he needed. The team at KDSP were extremely cooperative and helped us get an appointment at AKUH quickly. They also helped cover Ibrahim’s medical expenditure, after which he is now able to partake in his daily activities and live a regular life.”

- Syed Raheel Hasan Shah, Father of Ibrahim Ali

Pediatric Cardiology Camp

KDSP organized a one-day cardiology camp for all children with Down syndrome within the Family Network. The camp was led by Dr. Fatima Ali, a renowned Pediatric Cardiologist at AKUH. Children with Down syndrome are often at risk of developing cardiac complications, due to which regular screenings are imperative. The camp aimed to provide clinical screenings and parental counselling for simple congenital heart diseases.



Surgeries and Medical Procedures Sponsored



Usman Amir | Age 1.5 Years

It was discovered that Usman had an unclosed hole in the heart, for which he underwent a successful surgery under the care of Dr. Babar Hasan and is now active and in good health.

Urwa Bano | Age 1 Year

Urwa was afflicted with severe pneumonia for which she had to be put under constant observation and care at AKUH. After undergoing extensive treatment she was discharged soon to make her way back home fully recovered and in good health.

Abdul Hadi | Age 1.5 Years

Abdul Hadi was diagnosed with an unclosed hole in his heart, for which he underwent a successful surgery under the care of Dr. Babar Hasan at AKUH and is now able to energetically partake in activities in his life.

Mannat Mir | Age 2.5 Years

Mannat previously suffered from a severe case of pneumonia and needed regular check-ups at AKUH to ensure maximum functionality of her lungs.

Ibrahim Ali | Age 2 Years

Ibrahim suffers from complexities in his heart and was referred to cardiac specialists at AKUH who eagerly took on his case and started his treatment.

Muhammad Ali Rehmatullah | Age 5 Years

Due to his ill health Ali was referred to AKUH and it was discovered he had complexities in his heart and lungs for which his treatment began immediately.

Muhammad Zarar | Age 3 Years

Muhammad Zarar fell ill while travelling to Karachi to visit KDSP from Quetta and had to be admitted to a local hospital in Cattle Colony, Karachi. The family was provided 100% financial aid for the treatment of their son and upon visiting Karachi they were referred to AKUH for further treatment.

“We celebrated Urwa’s first birthday at the hospital while she was undergoing treatment, but it was a happy occasion because despite her previous spell of illness, she was able to celebrate. KDSP was extremely supportive throughout her treatment and recovery and we are grateful to the team at AKUH in providing our daughter with the best possible care she could receive.”

- Mohammed Talha, Father of Urwa Bano

Enrichment and Skills Development





When Taha was born, my mother's gynecologist warned us that we shouldn't lay too much hope on his survival and future. Instead it would be better to focus on his present development so he could lead a good life. We enrolled Taha in multiple schools but none had the capacity to cater to his educational and developmental needs for long.

When we came across KDSP in 2014, we were very excited to have found a place where Taha could continue learning. We had him registered immediately. Taha is very social and has been quite self-sufficient while growing up. It did not take him long to get adjusted at KDSP and to make new friends. In his time here, he has been a part of many programs, including Sewing & Stitching, Yoga and Life Skills. His favorite is Painting & Drawing. These classes helped him exercise his creativity and increase his attention span as he is very focused on his tasks. He takes great care in selecting his tools, before proceeding with his vision. Many of the products Taha has made in his classes have received much recognition via the virtual KDSP Shop. The sales he makes by crafts sold contribute to his financial independence.

Taha has always had a drive to achieve and he has great aspirations about his future. He is determined to be employed and have his own house. The skills imparted by KDSP programs have done wonders for his confidence and in developing his vocational abilities. Taha is currently interning at an esteemed dental clinic in Karachi where his supervisors are most pleased with his hard work and determination. He is very excited about his work there and has great plans on how he will spend his stipend.

KDSP has provided us with great support in Taha's adulthood, always nurturing his talents. We are so proud of Taha's progress and it is a dream of ours to see his dreams come true.

Hafsa Iftikhar

Sister of Taha Iftikhar



Our Impact

30+

Adults enabled to be financially independent



90+

Children benefiting from Enrichment and Skills Development

50+

Adults benefiting from enrichment programs



1550+

crafters products sold via various platforms

4

Additional skills development programs introduced for children and adults

The Journey to Empowerment

Given the opportunity, individuals with Down syndrome are able to lead fulfilling lives. Considering the negligible recreational opportunities available, KDSP introduced several skill enhancing enrichment programs over the years to equip individuals with Down syndrome with the necessary training to have rich experiences in life.

Enrichment and Skills Development Programs at KDSP are divided into three primary categories: Adult, Child and Family Enrichment. The Department not only focuses on training a wide array of individuals but also nurturing the bonds within families for a more fruitful experience.

Child Enrichment and Skills Development

KDSP's programs for child enrichment are organized for children aged 0-15 years and aim to contribute to the cognitive, speech, motor and socio-emotional development of children with Down syndrome.

Story Time

These sessions use rhymes and movements to creatively interweave storytelling with music.

Ms. Nazia Kashif
Mommies and Muffins
Age group: 2-10



Gymboree Play and Music

These sessions incorporate play and movement activities to teach daily living concepts of size, direction, shape and texture.

Gymboree Pakistan
Age group: 3-10

Music and Movement

These sessions use dance and music to foster creative thinking, muscle coordination and musical and kinesthetic intelligence.

Mr. Faizan Masood
Age group: 4 and above



Wonder Games

These sessions use immersive augmented reality games via the revolutionary educational platform, WonderGames.

WonderTree

Age group: 4-12



Teddy Tennis

These sessions utilize visual, auditory and kinesthetic learning techniques to inspire children to play tennis.

Teddy Tennis Pakistan

Age group: 2.5-10



“Ayan loves attending Music and Movement and BollyX at KDSP. He enjoys it a lot and gets to do these activities with his sister, which has brought them closer together. KDSP has provided an excellent avenue for my son to do what he loves.”

- Maryam, Mother of Ayan Ali Soomro

Adult Enrichment and Skills Development

KDSP's programs for adult enrichment and skills development aim to teach adults with Down syndrome opportunities to enhance their skills to help them become self-sufficient.

Yoga

These sessions promote mental concentration and improve flexibility through yoga.

Ms. Dhanak Aijaz
Co-Founder - Acro Yoga Karachi
Age group: 11 and above



Sewing & Stitching



These sessions help in learning how to cut, sew and stitch to create handicrafts.

Mrs. Mahtab Pirzada
Entrepreneur and Founder- TMUGS Crafts
Former Creative Consultant -
Sindh Rural Support Organization
Age group: 16 and above



Weaving

These sessions teach the expert usage of hand looms and frames to create beautifully woven items.

Ms. Eimaan Fawad
Former Print Designer - Sania Maskatiya
Age group: 16 and above



Paper Craft

These sessions teach how to create objects using paper and quilling techniques.

Ms. Sadia Navaid
CEO - Phulwari Crafts





Vegetable Planting

These sessions give hands-on knowledge about planting vegetables and taking care of the plant as it yields produce.

Dr. Sobia Ali
 Founder - Apni Sabzi Khudh Ugao
 Age group: 8 and above



Clay Art

These sessions use clay as a medium to create pottery pieces as form of creative self expression.

Founder - Ms. Abeer Asim
 Mudpie Studio
 Age group: 10 and above



Block/Screen Printing

These sessions teach the basics of block and screen printing to create a vast array of products.

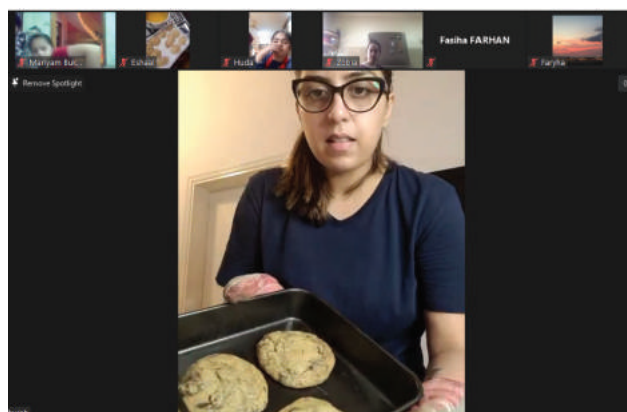
Ms. Eimaan Fawad
 Former Print Designer- Sania Maskatiya
 Age group: 12 and above



Cooking and Baking

These sessions guide enthusiastic chefs-in-making to cooking up some delicious meals and desserts.

Ms. Mahwish Aziz
 Certified Pastry Chef and Owner - Surgaries Bakery
 Age group: 10 and above



New Programs Introduced



Painting and Drawing

These sessions teach sketching and painting techniques as a form of self-expression.

Ms. Sana Asad
Founder - Wild About Art Co, Bahrain
Age group: 10 and above



BollyX Program

These sessions incorporate dance fitness techniques of the international BollyX program.

Ms. Ahlam Premjee
Certified BollyX Dance Fitness Instructor
Age group: 10 and above



Life Skills Program

These sessions teach skills across multiple modules ranging from self care, time management, communication skills and money management to digital awareness.

Ms. Erum Kazi
Age group: 10 and above



Computer Skills

These sessions teach technical computer skills for navigating digital and online spaces and using different softwares.

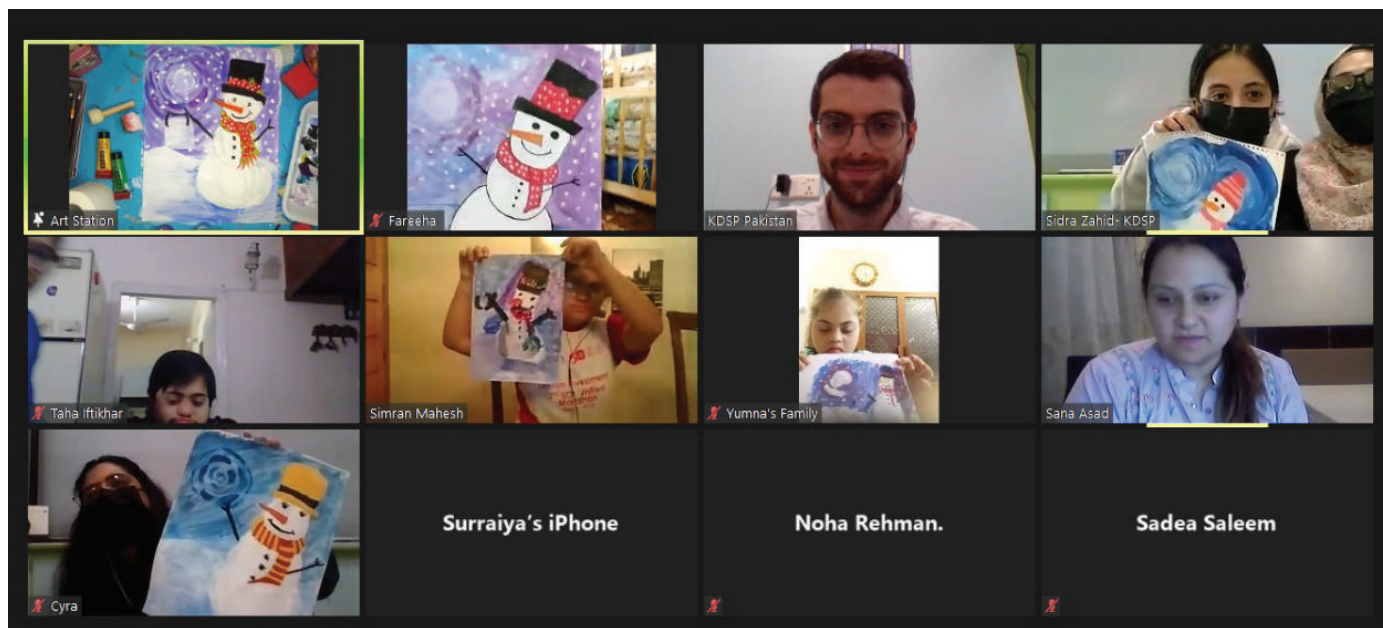
Mr. Abbas Jivani
Age group: 12 and above

Family Enrichment and Skills Development

Family enrichment programs are organized to bring together families of individuals with Down syndrome to strengthen family bonds and connections.

Family Painting Workshop

A family enrichment session was held in collaboration with Wild About Art Co, Bahrain in December 2020. The workshop, conducted by Ms. Sana Asad via Zoom, consisted of step by step guided drawing using different art mediums and facilitated families in creating art together.



Trip to a Farm House

Show You Care arranged a fun filled farm house retreat for persons with disabilities in April 2021. 8 families of individuals with Down syndrome were invited for a day filled with lots of fun activities and some fresh air.



Equipping Instructors in Occupational Therapy Techniques

In January 2021, the Early Childhood Intervention Department arranged an online occupational therapy session for the arts and crafts instructors. The session was conducted by Ms. Najma Adam, Head of Occupational Therapy at KDSP, and aimed to help the instructors employ occupational therapy techniques to enhance fine motor skills of crafters with Down syndrome. Occupational therapy practices employed in vocational training will increase effectiveness and enhance the fine motor skills of individuals with Down syndrome in practical life.

Field Trip with The Shamil Initiative

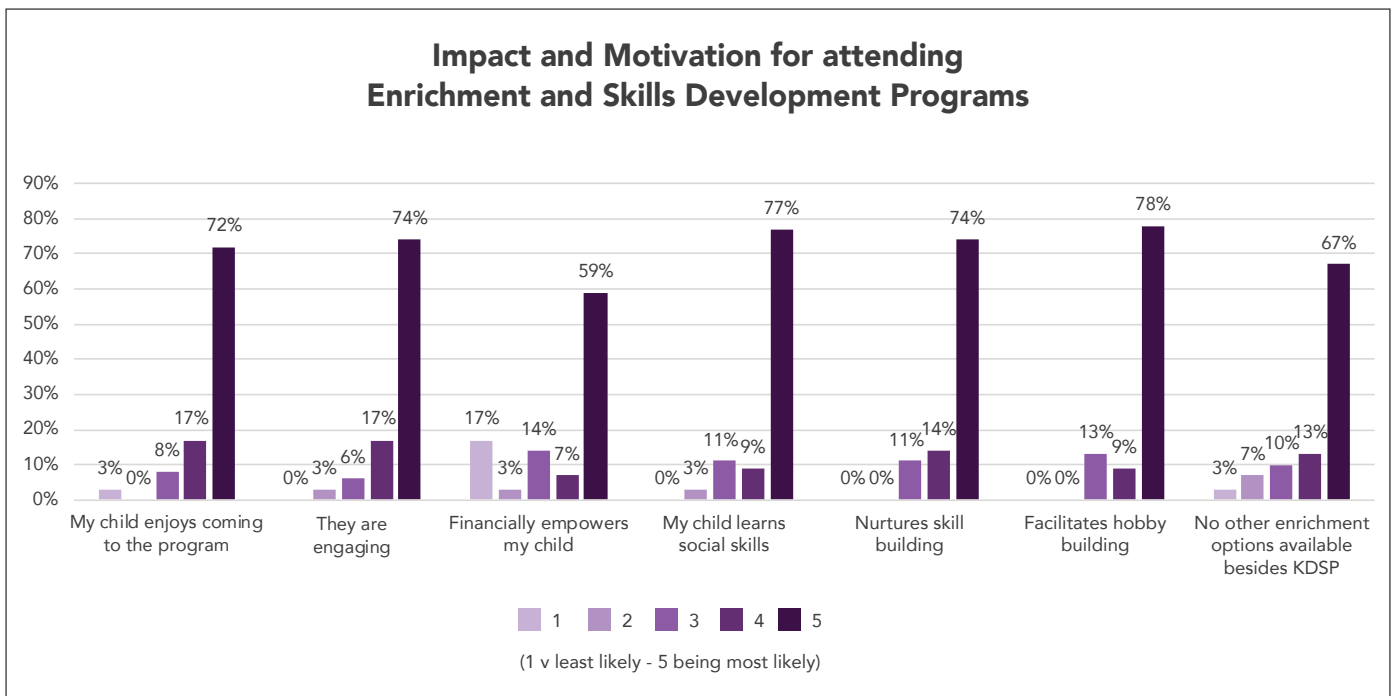


A few adults with Down syndrome from the Screen Printing and Block Printing classes at KDSP visited the Saddar premises of The Shamil Initiative for a Screen Printing Workshop.

The Shamil Initiative is an organization that creates socially conscious and environmentally sustainable products while empowering disenfranchised individuals and individuals with disabilities. The aim was to give these participants an exposure in screen printing techniques to help prepare tote bags for KDSP's Golf Tournament.



Impact and Motivation for attending Enrichment and Skills Development Programs

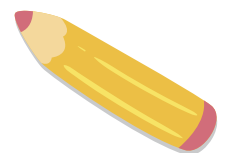
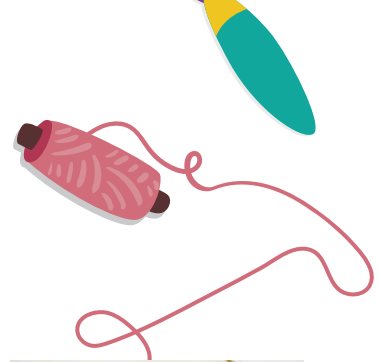


"After attending multiple enrichment programs at KDSP, Yumna's creativity is unparalleled. During the pandemic, while other children at home got tired of being indoors, Yumna not only practiced the projects provided by the KDSP instructors, but also engaged her younger siblings and cousins in the activities at home. Surrounded by individuals her age and partaking in fun activities such as Music and Movement and Bolly X, Yumna has also become more vocal and confident in expressing her needs and desires."

- Rukhsana Naqvi, Mother of Yumna Batool

KDSP Shop

The KDSP Shop was launched on Facebook to promote crafters with Down syndrome at KDSP who create beautiful handicrafts and empower them financially. Products created are sold via this platform, and all proceeds earned are given to the crafters whose products are sold.



Education





When Kaneez was born, my husband and I had a hard time comprehending her Down syndrome diagnosis. We didn't have any prior knowledge about the genetic condition and so we took to researching about it and discovered the Karachi Down Syndrome Program (KDSP) as the only organization within the city catering to individuals with Down syndrome.

Kaneez was quite unwell in her early years, hence we waited till she was 11 months old to enroll her in KDSP's Early Childhood Intervention (ECI) and Early Preschool Experience Program (EPEP). Whilst in EPEP, Kaneez learnt sign language through which she can now communicate her everyday needs to us; including hunger, thirst, toilet usage and even her feelings. Through the carefully structured lesson plans and video tutorials, Kaneez and I felt a sense of independence in being able to execute activities effectively. Furthermore, when EPEP opened up for physical classes in 2021, Kaneez got the opportunity to socialize and interact with her peers, which further allowed her personality to blossom. The teachers invested their soul and heart into ensuring a safe, smooth and comfortable learning environment for all the children, even when EPEP was virtual during COVID-19!

The day she graduated from EPEP was a bittersweet moment for me as a parent. Kaneez is now ready to attend the mainstream school, where she will study alongside typically developing peers her age. I am confident that I will be able to provide a conducive learning environment for her at home as well, through the information, tools and techniques KDSP has empowered me with.

Ramooz Noman

Mother of Kaneez Fatima



Our Impact

15+

children enrolled in KDSP's preschool



40+

Children receiving financial assistance for education programs

14

Additional children began attending mainstream schools



75+

Children benefited from home-based educational plans to continue the learning process

30+

Additional teachers trained in inclusive educational practices

Inclusive Education for All

Children with Down syndrome develop best academically, intellectually and socially in an inclusive educational environment, where they study and grow alongside their typically developing peers. However, the concept of inclusive education is not too prevalent in Pakistan, despite its benefits for children of all abilities. Therefore, KDSP aims to promote the inclusion of children with Down syndrome into mainstream educational institutions through several programs.

Early Preschool Experience Program (EPEP)



EPEP at KDSP is a one year school readiness program for children between 1.5 to 3 years that aims to offer a smooth and successful transition in a mainstream school for children and parents. EPEP ensures this by helping children enhance their communication and language, fine motor skills, gross motor, cognition and play, social, emotional and self-help skills while involving parents as partners in their child's education.



Program for Inclusive Education (PIE)

PIE was set up to form partnerships with mainstream educational institutions to facilitate the admissions of children between ages 3 to 6 years. KDSP takes active measures to improve social, academic and cognitive conditions for children with Down syndrome within schools, by facilitating the end to end inclusion process. KDSP also trains parents and teachers of students enrolled in PIE to develop Individualized Education Plans (IEPs) in accordance with the child's developmental level.

As part of PIE, KDSP's Education Department organized an online orientation session in October 2020, for mainstream schools to provide teachers and administration an introduction to the Down syndrome profile and academic intervention strategies for students.

Remedial Teacher Training Course (RTTC)

KDSP successfully conducted an extensive professional skills development course in remedial teaching in December 2020. The Remedial Teacher Training Course (RTTC) allowed a pool of diverse participants to learn from experts in their field, encompassing topics such as, behavioral management, inclusion facilitation, early intervention therapies, academic modifications and accommodation in mainstream classrooms.

Tailored Assistance Program (TAP)

TAP was launched in November 2019 to provide after school academic assistance to school-going children between ages 8-14 years to enhance their academic and social outcomes. The program aims to impart basic level numeracy, literacy, vocational, social and life skills for self-sufficiency and independence. Monthly curriculums are customized according to the developmental level of the children.



"The Tailored Assistance Program at KDSP has been very beneficial for my daughter. She has learnt a lot of fun activities and she is able to repeat the projects at home. Before TAP, Rifa was quite shy and did not engage much but gradually we have seen an improvement in her confidence level and she has become friendlier. Her father and I are very proud of everything she has achieved so far."

- **Sanober, Mother of Rifa Rehmatullah**

Resource Development Training for Parents

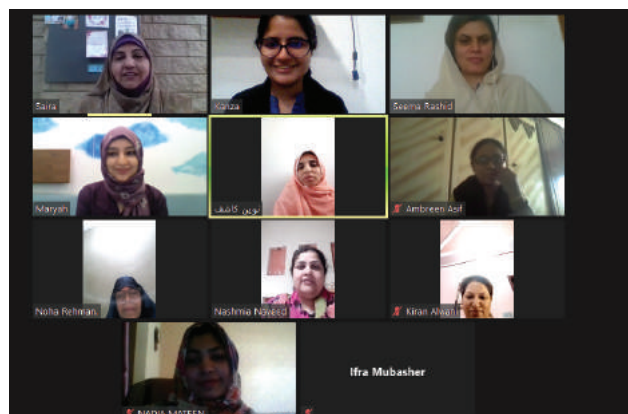
In January 2021, KDSP hosted an insightful session for parents, navigating the uncertain realities of online education. The session was able to shed light on how to make learning at home meaningful yet fun using cost effective resources for all children with Down syndrome enrolled in TAP. The sessions emphasized the importance of parent and teacher cohesiveness to foster the success of the students.

Re-launch of Remote Education and Learning for Youth (RELY)

RELY was initially launched as a program borne out of necessity during the pandemic to equip caregivers with the information to create ad-hoc education plans for their children with Down syndrome at home.



The re-launch in February 2021 introduced a meticulously engineered and structured curriculum which was introduced to the parents through several training sessions. Training topics included homeschooling methods and techniques, IEP development and SMART goals setting. Ms. Isma Khan (ABA Specialist) was invited as a guest trainer, to teach parents how to effectively manage the behavior of their children with Down syndrome at home.

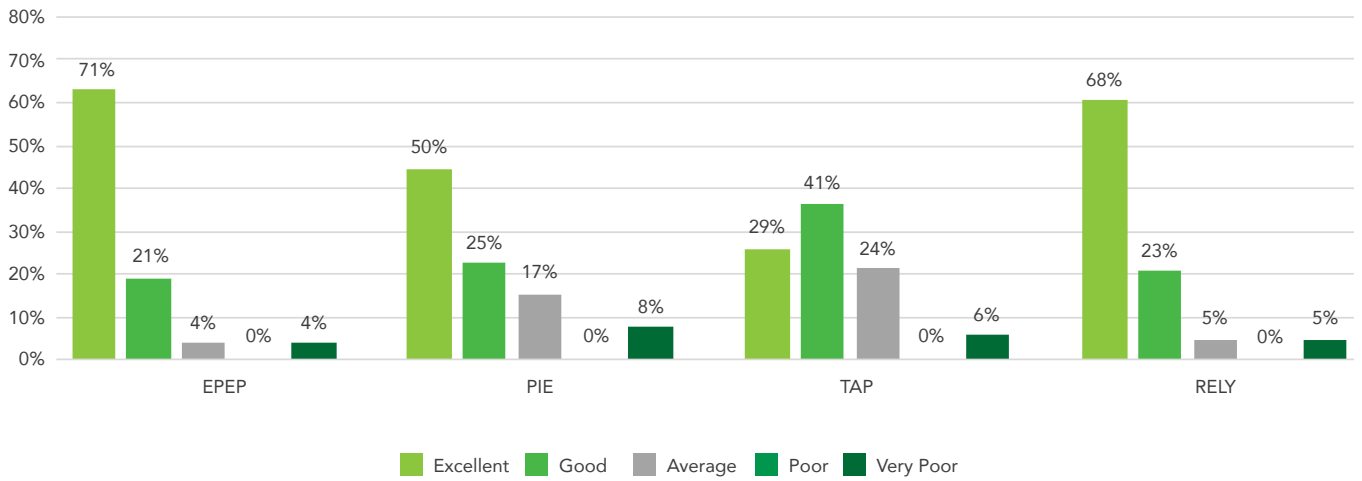


Special Olympics Pakistan Field Trip

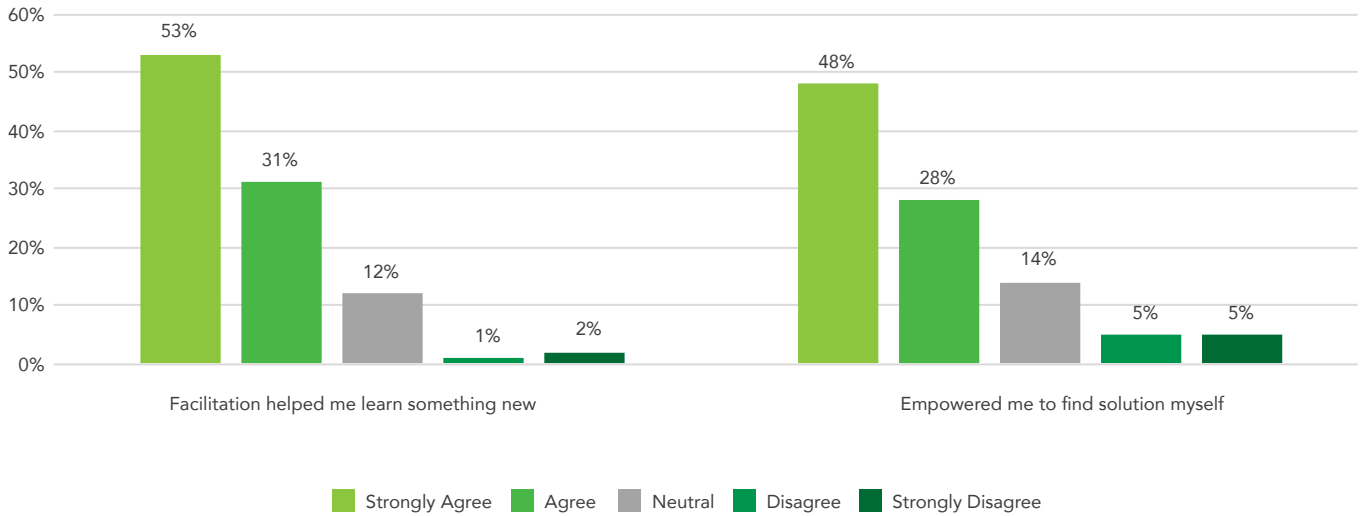
In March 2021, KDSP organized separate field trips for its students enrolled in the Early Preschool Experience Program (EPEP) and Tailored Assistance Program (TAP), to celebrate World Down Syndrome Day at the Special Olympics Pakistan Young Athletes' playroom. The playroom has been expertly designed with areas divided to cater to children of differing age groups, serving as an exciting experience for KDSP's students.



Parental feedback on educational services



Effectiveness of the facilitation received from Education



Early Childhood Intervention





Our Impact

300+

Children's developmental outcomes improved through Early Childhood Intervention therapies



390+

Early Childhood Intervention therapy sessions scheduled weekly



165+

Children benefited from financial assistance for Early Childhood Intervention therapies

My husband knew Yashra had Down syndrome within two days of her birth, but I was told eight months later. I was always worried for Yashra, as she was sick a lot and did not begin crawling or walking timely like other kids. As soon as I learnt of her diagnosis I was distraught. I had no idea how to raise a child with Down syndrome and I did not receive any guidance at the time.

A few months after the disclosure, I got to know about KDSP and immediately enrolled Yashra for Early Childhood Intervention (ECI) therapies. They made me realize how important therapies were for Yashra's development and Yashra joined KDSP during the pandemic and at the time, her father was out of work. Our financial conditions were quite bleak and I was uncertain whether we would be able to continue her therapies. KDSP extended support through financial aid to ensure Yashra could attend all her sessions. I made sure to keep up with all the instructions and practice exercises her therapists gave, at home. Before receiving physical therapy, Yashra had difficulty in supporting her back and could not sit independently. However, within 3 months of physical therapy, she had started walking around our house. KDSP provided Yashra with supramalleolar orthosis (SMOs) to further assist in her mobility. Everyone in my family was ecstatic to witness her progress. In retrospect, I do not know what I would have done without KDSP.

With regular therapies at KDSP, Yashra's developmental progress has reached at par with other children her age. KDSP has made me hopeful about Yashra's future and I am excited to think what more she will go on to achieve in life.

Erum Naz

Mother of Yashra Khan



Establishing a Foundation for the Future

Since its inception, KDSP has successfully conducted Early Childhood Intervention (ECI), consisting of a comprehensive program of physical therapy, occupational therapy and speech and language therapy designed to cater to the developmental needs of children with Down syndrome. Individuals with Down syndrome typically face delays in certain areas of development, therefore it is highly recommended that therapeutic intervention strategies are implemented as early as possible in a child's life.

At KDSP, these therapies are delivered to children from birth to seven years of age. They aid four main areas of development: gross motor and fine motor skills, self-help skills, language and social development.

Upon enrollment, all children undergo assessments to determine their individualized needs essential for their development. Every child has a 45 minute long session scheduled every week, where they receive undivided one-on-one attention from their therapist, to ensure their developmental needs are met through customized therapy plans. Aligned with KDSP's goal of empowering caregivers, each caregiver is encouraged to be present during their child's therapy session, so they can learn the techniques used by the therapist and reinforce the same at home.

Adjusting Amidst a Pandemic

As life adjusted to the pandemic and it was pronounced safe to re-open public spaces, ECI therapies were the first service at KDSP to be resumed physically, from February 2021.



Over 290 children with Down syndrome availing therapy and their families got a chance to meet with their therapists once again and make use of the space, equipment and support available at KDSP. Therapy sessions were scheduled at 50% capacity along with strict SOPs in place to ensure everyone's safety.



Innovative Practices and Research

With the onset of COVID-19 came new opportunities to learn and adapt services. Given the new avenues for exploring therapy delivery in a virtual space throughout a lockdown, the Early Childhood Intervention Department conducted a research, comparing the impact of early intervention therapies delivered by virtual and by in-person means. The research, titled, 'The Virtual Shift: Early Childhood Intervention Therapies for Pakistani Children with Down Syndrome During COVID-19, allowed for an assessment of the adapting services, the innovation introduced in the time period to overcome unforeseen challenges posed, as well as insight on the way forward and improving strategies for efficient therapy delivery for ideal developmental outcomes.



Introduction of Audiological Assessments

This year the MoU with ZU-CSLHS was renewed in February 2021 with a new batch of clinicians and supervisors coming in. Both the organizations agreed to also begin audiological assessments for children with Down syndrome who need support to enhance their hearing capacity. These assessments could allow for improved targeted strategies for children facing hearing impairments and will be offered at subsidized rates for KDSP.



"I have seen greater improvements in Hassan after coming to KDSP in comparison to online sessions. It is wonderful to connect with the therapists' in-person. I feel safe coming to KDSP seeing the strict SOPs that are followed here and the excellent crowd control."

- Rozeena, Mother of Hassan Abbas

Fundraising

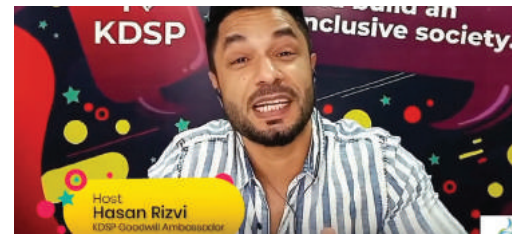


Supporting the Cause



Building Bridges with KDSP

KDSP hosted its first-ever live virtual event, 'Building Bridges with KDSP,' aired on its Facebook and YouTube channels in September 2020, featuring an evening of music, laughter and entertainment hosted by KDSP's Goodwill Ambassadors - Mr. Ali Hamza, Mr. Syed Shafaat Ali and Mr. Hasan Rizvi. The aim of the event was to serve as a virtual treat for KDSP's supporters, partners, Family Network members, bloggers and the general public while raising awareness about Down syndrome through an interactive experience. We deeply appreciate the efforts of our wonderful partners, Shiny Floor, IAL Saatchi and Saatchi and Digitz for bringing together a great show.



Sana Safinaz collaborates with the Weavers at KDSP

The leading clothing couture brand collaborated with KDSP, to shed light on the capabilities of individuals with Down syndrome and the aspirations they hold for their lives. A short documentary was developed that narrated the story of Rabia Shamim, one of the crafters at KDSP and her journey.

Moreover, Sana Safinaz extended their generous support towards the weaving program part of the Enrichment and Skills Development department.



An Eventful Night with KDSP

KDSP's strongest supporters and well-wishers gathered together for a fundraiser event in November 2020 titled, 'An Eventful Night with KDSP,' to create awareness about KDSP and garner support for the work done. KDSP is immensely grateful to Mr. and Mrs. Danish Aman, Mr. and Mrs. Jerjees Seja, Mr. and Mrs. Humza Tabani and Mr. and Mrs. Noman Vohra for their unwavering support.



KDSP Donate-A-Thon 2021

KDSP's largest annual donation drive - 'Donate-A-Thon' ran from 1st January to 21st March 2021. 100+ Ambassadors including students and working professionals helped raise funds to support and empower individuals with Down syndrome in KDSP's network through donation books worth Rs10,000 each. Each donor and ambassador got a complimentary entry into the Lucky Draws, which were held on 31st March 2021, with many participants securing exciting prizes.



KDSP Zakat Campaign



In April 2021, KDSP launched its Zakat Campaign 2021 to benefit underserved families of individuals with Down syndrome in its network. The campaign gathered immense support from KDSP's generous supporters, thus providing relief to many families in need.



Our Partners

KDSP World Down Syndrome Day 2021 Campaign Partner



KDSP Carnival in a Box – Gift Box Partners

Gift Box Delivery Partner



Gift Box Partners

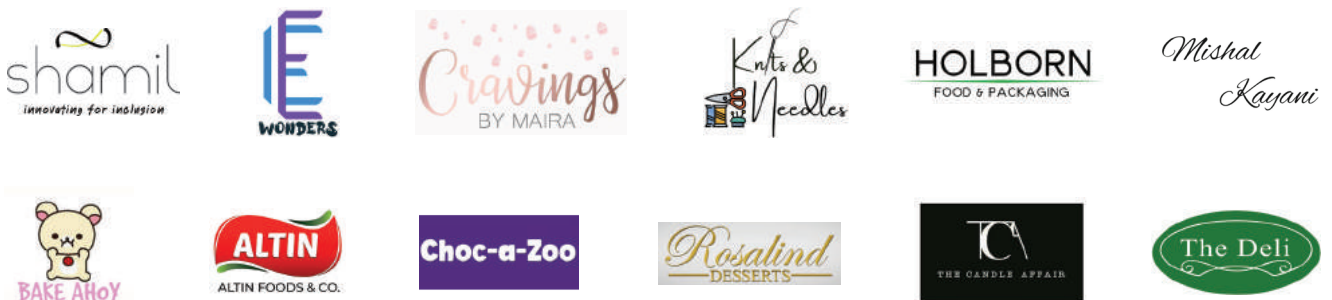


KDSP World Down Syndrome Day 2021 Media Partner

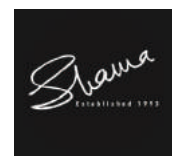


KDSP Donate-A-Thon 2021 Ambassadors' Lucky Draw Partners

Gift Box Partners



KDSP Donate-A-Thon 2021 Donors' Lucky Draw Partners



Financials



Statement of Financial Position

As at June 30, 2021

	Note	2021 (Rupees)	2020
ASSETS			
Non-current assets			
Property and equipment	4	2,552,098	2,655,110
Right-of-use assets	5	40,321,983	3,209,451
Long term deposits	6	1,870,000	1,035,000
		<u>44,744,081</u>	<u>6,899,561</u>
Current assets			
Advances and prepayments	7	130,162	325,342
Other receivables	8	1,195,191	2,052,570
Short term investments	9	16,503,041	16,995,742
Cash and bank balances	10	41,449,117	16,560,662
		<u>59,277,511</u>	<u>35,934,316</u>
TOTAL ASSETS		<u>104,021,592</u>	<u>42,833,877</u>
FUND AND LIABILITIES			
Fund			
General fund	11	600,000	600,000
Accumulated surplus		42,032,632	29,949,013
		<u>42,632,632</u>	<u>30,549,013</u>
Liabilities			
Non-current liabilities			
Deferred income	12	17,047,529	6,168,672
Lease liability	13	38,555,879	2,063,022
		<u>55,603,408</u>	<u>8,231,694</u>
Current liabilities			
Current portion of lease liability	13	2,397,014	1,570,047
Trade and other payables	14	3,388,538	2,483,123
		<u>5,785,552</u>	<u>4,053,170</u>
Contingencies and Commitments	15		
TOTAL FUND AND LIABILITIES		<u>104,021,592</u>	<u>42,833,877</u>

The annexed notes 1 to 29 form an integral part of these financial statements.

Ali Alawala

Chief Executive Officer

Nasir Farz

Director

Income and Expenditure Statement

For the year ended June 30, 2021

	Note	2021	2020
		(Rupees)	
INCOME			
Donations		33,898,014	11,134,117
Donate-A-Thon		15,545,000	10,719,999
Deferred income utilized	12	12,717,714	6,075,175
Income from KDSP carnival	16	-	9,976,430
Therapy income	17	2,143,530	2,211,200
Education and training	18	1,335,737	634,700
Handicrafts and merchandise		310,770	182,709
Fundraising income		-	7,305,000
Program and events income		233,266	418,828
Other income	19	1,766,643	2,957,078
		67,950,674	51,615,236
EXPENDITURE			
Cost of operations	20	48,585,026	43,675,476
Administrative expenses	21	7,282,029	5,662,430
Loss on revaluation of investments at fair value		-	232,172
		55,867,055	49,570,078
Surplus for the year		12,083,619	2,045,158

The annexed notes 1 to 29 form an integral part of these financial statements.

Ali Alawala.

Chief Executive Officer

Nasir Faiz

Director

Statement of Cash Flows

For the year ended June 30, 2021

	Note	2021	2020
		(Rupees)	
CASH FLOWS FROM OPERATING ACTIVITIES			
Surplus for the year		12,083,619	2,045,158
Adjustment for non-cash items:			
- Depreciation on property and equipment	4.2	847,010	821,404
- Depreciation on right-of-use assets	5	1,604,725	1,604,725
- Profit on savings bank account	19	(606,511)	(1,149,060)
- Interest on short term investments	19	(1,160,132)	(1,808,018)
- Loss on revaluation of investments at fair value		-	232,172
- Deferred income utilized	12	(12,717,714)	(6,075,175)
- Interest on lease liabilities	20	619,967	666,893
- Bank charges	21	128,363	40,302
		799,327	(3,621,599)
Working capital changes:			
Decrease / (Increase) in current assets:			
- Advances and prepayments		195,180	155,551
- Other receivables		857,379	(413,667)
		1,052,559	(258,116)
Increase in current liabilities:			
- Trade and other payables		905,415	743,796
		1,957,974	485,680
Restricted donations received		23,227,333	11,373,054
Cash generated from operations		25,984,634	8,237,135
Increase in long term deposits		(835,000)	(195,000)
Net cash generated from operating activities		25,149,634	8,042,135
CASH FLOWS FROM INVESTING ACTIVITIES			
Purchase of investments - net		-	(3,079,654)
Profit received on savings bank account		975,749	1,149,060
Profit received on short term investment		1,652,833	812,276
Capital expenditure incurred		(743,998)	(474,389)
Net cash generated from / (utilized in) investing activities		1,884,584	(1,592,707)
CASH FLOWS FROM FINANCING ACTIVITIES			
Lease rentals paid		(2,017,400)	(1,848,000)
Bank charges paid		(128,363)	(40,302)
Net cash utilized in financing activities		(2,145,763)	(1,888,302)
Net cash and cash equivalents generated during the year		24,888,455	4,561,126
Cash and cash equivalents at beginning of the year		16,560,662	11,999,536
Cash and cash equivalents at end of the year	10	41,449,177	16,560,662

The annexed notes 1 to 29 form an integral part of these financial statements.

Ali Alawala

Chief Executive Officer

Reza Faraz

Director

Get Involved

Your Support Will Keep the KDSP KASHTI Going



Volunteer Program

Throughout the year, KDSP need volunteers to lend their time and energy to promote its mission through various projects and events. The volunteering program at KDSP will allow participants the opportunity to contribute in activities of their interest. To be an advocate with KDSP please fill out the form below to keep updated on events, seminars, workshops, fundraising activities and other ways to help out and make a difference in the lives of people with Down syndrome!

To sign-up, please fill the **Volunteer Form on the KDSP website:**

www.kdsp.org.pk/getinvolved/volunteer-form.php

Internship Program

During summers and winters, KDSP requires interns to dedicate their time and energy to promote its mission through various projects and events. The internship program at will give participants the opportunity to contribute in areas of their interest. To intern with KDSP, please keep an eye out for applications for both internship seasons or send an email at info@kdsp.org.pk for more information.

Careers

KDSP is guided by the leadership of a competent and dedicated group of professionals. KDSP is an equal opportunity employer. All applicants, irrespective of their gender, religion, ethnicity or disability are encouraged to apply.

For vacancies, please visit the **Careers page on the KDSP website:**

www.kdsp.org.pk/getinvolved/careers.php



Sponsorships

KDSP offers the opportunity to sponsor several of its programs and provides avenues to increase the visibility of other companies. KDSP offers a range of sponsorship packages, including visibility in its publications and events and disseminating promotional material and recognition on its social media.

If you are interested in knowing more about sponsorship opportunities at KDSP, write at fundraising@kdsp.org.pk or contact us at 0315-3300033.

Donations and Zakat Contributions

KDSP offers its services to individuals with Down syndrome and their families at highly subsidized rates whereas the financial resources required to provide high quality services stand much higher. Please consider donating generously to any of the following areas to help bridge this gap:

General Donation

Zakat

Specific Donation

Family Support (Khandani Sahara)
Awareness (Agaahi)
Healthcare (Sehat)
Enrichment and Skills Development (Hunar)

Education (Taleem)
Early Childhood Intervention (Ibtidayi Bunyaad)
Financial Aid

Ways to give Donations and Zakat contributions locally:

1 Crossed Cheque:

Crossed Cheque for Donations and Zakat contributions can be developed in the name of "Karachi Down Syndrome Program" and dispatched to the KDSP office (addressed to Fundraising team) or picked up from desired location within Karachi.

2 Direct Bank Transfer:

Transfer your Donations and Zakat contributions to the relevant KDSP Bank Accounts:

Donations Bank Account

Account Title:

Karachi Down Syndrome Program

Bank Name

Bank AL Habib Limited

Bank Branch

Citi Tower Branch

Account Number

1088-0081-003932-01-6

IBAN

PK53 BAML 1088 0081 0039 3201

Swift Code

BAML PKKA

Zakat Bank Account

Account Title:

Karachi Down Syndrome Program

Bank Name

Bank AL Habib Limited

Bank Branch

Citi Tower Branch

Account Number

1088-0081-003932-04-9

IBAN

PK53 BAML 1088 0081 0039 3204

Swift Code

BAML PKKA

3 Online Transfer:

Give your Donations and Zakat contributions with your Debit/Credit Card (Visa or Mastercard) using the HBL Secure Payment Portal on the KDSP Website. Please visit: www.kdsp.org.pk/get-involved/donation/online-donation

4 Cash or Cash Cheque:

Donations and Zakat contributions in the form of Cash or Cash Cheque can be handed over to our Fundraising representative at the KDSP office.

Please note

- Donations and Zakat contributions can be made in full or partial form/installments (frequency as per Donor's wish)
- Donations are exempt from Income Tax (please visit our website for KDSP's Tax Exemption Certificate)
- For Direct Bank and Online Transfer, please notify the Fundraising Team by sending a screenshot via WhatsApp to 0315-3300033 or emailing at fundraising@kdsp.org.pk
- An official receipt will be issued for every Donation and Zakat contribution made.
- Please visit our website to view KDSP's Shariah Certificate and ways to contribute internationally.
- Please contact the Fundraising team for Corporate Donation packages.



TAKING RATINGS TO NEW HORIZONS

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