

A LITTLE EXTRA

Karachi Down Syndrome Program's Quarterly Newsletter



Advocating the value acceptance and inclusion of people with Down syndrome in Karachi

Volume 4, Issue 1 | November 2017 to March 2018

IN THIS ISSUE

Editorial | 01

Speak Out | 02

In the Spotlight | 02

Activities at KDSP | 03

KDSP World Down Syndrome Day Campaign Highlights | 05

EDITORIAL

Dear Readers,

Welcome to a fresh issue of a Little Extra!

Our team has been pretty occupied since the last few months gearing up for the most awaited World Down Syndrome Day Campaign!

This year's campaign has been extra special – for the very first time, we launched an awareness video which was funded by members of our own Family Network! Apart from this, we also hosted the annual KDSP Carnival to celebrate the World Down Syndrome Day! This year, we went bigger – both in terms of venue and the number of attendees at the Carnival. As part of the campaign, a thought-provoking interschool competition by the name of "Mission Inclusion Champs" was also launched to raise awareness about the importance of inclusion amongst young children.

This issue presents an overview of the awareness campaign, along with highlights of the activities held at KDSP. A beautiful poem written by a mother of a son with Down syndrome is also featured, and it is sure to melt your heart!

For feedback, please write to us on publications@kdsp.org.pk

Happy Reading!
KDSP Team.



Karachi Down Syndrome Program

"A company set up under section 42 of the Companies Ordinance, 1984."

WHAT IS KARACHI DOWN SYNDROME PROGRAM?

KDSP is an organization formed by a group of parents and passionate individuals advocating the value, acceptance and inclusion of people with Down syndrome in Karachi.

SPEAK OUT

تو ہے بیٹا میرا

امبرین آصف، والدہ محمد ذیام آصف

کہ
"تو ہے بیٹا میرا"
لوگوں کی باتیں، ڈاکٹرز کا کہنا
مجھ کو پڑے گا بہت کچھ سہنا
میں رکھوں گی تیرا خیال
بنوں گی ہر قدم تیری ڈھال
رب دے گا اس کا صلہ
میں بس یہ جانتی ہوں
کہ
"تو ہے بیٹا میرا"

ہاتھوں کی لکیرے گر جدا
مجھ کو نہیں پروا
میں بس یہ جانتی ہوں
کہ
"تو ہے بیٹا میرا"
کیسے بھی ہو فیچرز
نہ ہو بول چال
مجھ کو نہیں کوئی ملال
اب رب سے بھی ہے نہ گلہ
میں بس یہ جانتی ہوں



ACTIVITIES AT KDSP



GYMBOREE ON THE GO

In the monthly sessions held over the past few months, the Gymboree team incorporated exciting play and movement activities to help our little kids learn the concept of big and small, up and down, and in and out.

STORYTIME SESSION

Hiba Masood from DramaMama was back at KDSP for another delightful storytime session in December 2017! The children, along with their siblings, listened to "Pete the Cat" story and enjoyed the associated rhymes and movements.



ACTIVITIES AT KDSP



ARTS AND CRAFTS FOR ADULTS

Our super talented crafters continue to surprise us with their creativity and adroitness! In the past few months, sewing and weaving classes were combined, and the participants are now making beautiful rugs, cushions, blankets, keychains and stuffed toys. The handicrafts made by the participants were a hit at the Indie Crafts Expo held on December 3, 2017 and at the KDSP Carnival 2018.

Some of our arts and crafts class participants began an advanced module in weaving offered by the Textile Department at the **Indus Valley School of Art and Architecture** from March 31, 2018. The module will last for 8 weeks and aims to impart professional weaving skills amongst the crafters. We'd like to thank the Indus Valley School of Arts and Architecture for recognising the talent of our crafters and for creating an opportunity for them to hone their skill!

WORKSHOP ON BEHAVIOUR MANAGEMENT

The Education and Training Department at KDSP hosted a workshop on behavior management for teachers of partner schools on February 22, 2018. The workshop was conducted by Isma Khan, a Behavior Therapist, and addressed the pressing behavior concerns which teachers of children with Down syndrome mainstream educational setting had.



FAMILY SUPPORT GROUP SESSIONS (FSGS)

Following are the details of the Family Support Group sessions held at KDSP from November 2017 to February 2018:

SESSION NO.	DATE	TOPIC	SPEAKER	NO. OF ATTENDEES
30	November 18 th , 2017	Importance of an Interdisciplinary Approach to Healthcare and Developmental Milestones in Children with Down Syndrome	Dr. Sidra	25
31	December 23 rd , 2017	Importance of Healthy Diet in Children with Down Syndrome	Dr. Bushra Mushtaq	23
32	January 20 th , 2018	Stress Management of Families of Children with Down Syndrome	Ms. Muneera Rasheed	27
33	February 17 th , 2018	Ophthalmologic Care Needs for Children with Down Syndrome	Dr. Irfan Jeeva	31

IN THE SPOTLIGHT

PARTICIPATION IN THE LAHORE LITERARY FESTIVAL (LLF)

KDSP has collaborated with Tania Naima Khan, author of the book titled "Hope" to publish its South Asian version later this year. The book aims to present an optimistic view about Down syndrome to new mothers of children with Down syndrome and to mothers expecting a baby with Down syndrome. The CEO at KDSP, Ali Allawala, and Tania Naima Khan were invited to the Lahore Literary Festival, held on March 24, 2018, to speak about the upcoming South Asian version of Hope and to highlight its significance in changing perceptions about Down syndrome amongst the people of Pakistan and those of other South Asian countries.



RESEARCH PRESENTATION AT THE ANNUAL COMBINED SECTIONS MEETING (CSM) BY THE AMERICAN PHYSICAL THERAPY ASSOCIATION (APTA)

The Physical Therapy Department at KDSP has made us all proud by conducting the first research of its kind on "The Effect of Early Intervention Physical Therapy using the Parent Empowerment Program for Pakistani Children with Down Syndrome." The research was accepted for a poster presentation at the annual Combined Sections Meeting (CSM) by the American Physical Therapy Association (APTA) held on February 23, 2018 at New Orleans. The research poster also won the Global Health SIG award for Social Responsibility.



CAMPAIGN HIGHLIGHTS

FOR WORLD DOWN SYNDROME DAY

KDSP WORLD DOWN SYNDROME DAY AWARENESS VIDEO

RELEASE DATE	RELEASE MEDIA	NO. OF PEOPLE REACHED	NO. OF VIEWS	NO. OF LIKES	NO. OF SHARES
March 2 nd , 2018	Facebook and Youtube	500,479	690,000	3,400	1,386



"There is no greater disability in society, than the inability to see a person as more."

-Robert M. Hensel

As every year, KDSP launched an awareness video on account of World Down Syndrome Day 2018. The video revolved around the theme of helping the society understand the world from the perspective of an individual with Down syndrome. The video featured a person with Down syndrome urging the society to see individuals with Down syndrome as people with hopes and dreams similar to everyone else's, and to focus on their abilities. The thought provoking video left people envisioning the need for creating opportunities to help people with Down syndrome achieve their true potential.

We'd like to extend our gratitude to the Director and Script Writer of this video Shahzeb Khalid, Producer Safaa Rauf from MadMedia and their support team, including co-DoP's Shahzeb Khalid and Arsalan Ahmed, Assistant Director Abeer Mahar, Production Designers Zaeema Tahir, Sabah Saeed, and Set Designer Danial Hasan from Artlet, Sound Designer Anser

Soomro, Line Producer Ayaz Khan, Production Manager Unaid Saleem and Salman Khan, Post Production Shakir Ali, Editor Syed Shariq Naseem, DIT Qaiser Sheikh, Asma Nabeel at Crew Motion Pictures and YBQ (Yousuf Bashir Qureshi) and Anum at the Commune Artist Colony, for their compassion, dedication and patience that went into the creation of this video.

This year's awareness video was also extra special as it was funded by families of individuals with Down syndrome who were also part of KDSP's Family Network. Our Family Network has always been our biggest strength and we just can't thank them enough for extending their support to further our mission of raising awareness about Down syndrome. As always, a special shoutout goes to our champions with Down syndrome, and their families, who have always been our pride and inspiration. It is such an honour for us to represent and advocate for them!

CAMPAIGN HIGHLIGHTS

FOR WORLD DOWN SYNDROME DAY

KDSP CARNIVAL 2018

DATE	TIME	VENUE	FOOTFALL
Sunday, March 18, 2018	3:00 pm to 7:30 pm	DHA Sports Club - Moin Khan Academy	Over 3000

This year too World Down Syndrome Day was celebrated with great enthusiasm at the KDSP Carnival organized in honour of children with Down Syndrome - aiming to raise awareness and acceptance towards Down syndrome.

The carnival was a roaring success this year! The entire venue was filled with laughter and excitement all evening long, and the children squealed in delight upon seeing the jungle themed decor. People of all age groups were well entertained. The younger ones waited patiently in queues to play games or be a part of different activities such as t-shirt painting, hand-casting, face painting and card making. The adults enjoyed their time at various food stalls and crafters stall, where a variety of mouthwatering snacks and beautiful handicrafts grabbed their attention. KDSP's merchandise stall was one of the most admired stalls of the evening, as it sold the handicrafts made by the adult participants of KDSP themselves and was loved by everyone!



CAMPAIGN HIGHLIGHTS

FOR WORLD DOWN SYNDROME DAY



The entire carnival was a pleasure in itself. However, nothing was as heartwarming as watching the children dance away to the music on stage and have the time of their lives. The excitement at the event heightened once Zoe Viccaji's concert started and the crowd swayed to her melodious songs.

Over 3000 people came together to celebrate the World Down Syndrome Day at the carnival, and with this KDSP moved one step closer to achieving its vision of an inclusive society where people of all abilities are accepted and celebrated.



CAMPAIGN HIGHLIGHTS

FOR WORLD DOWN SYNDROME DAY

SPONSORS AND PARTNERS

EVENT SPONSORS



BANNER SPONSORS



GIFT BAGS SPONSORS



SPECIAL SPONSORS



CAMPAIGN HIGHLIGHTS

FOR WORLD DOWN SYNDROME DAY

RAFFLE GIFT SPONSORS



MEDIA PARTNER



RADIO PARTNER



TRAVEL PARTNER



TICKETING PARTNER



PHOTOGRAPHY PARTNER



PHOTOBOOTH PARTNER



CAMPAIGN HIGHLIGHTS

FOR WORLD DOWN SYNDROME DAY

MISSION INCLUSION CHAMPS 2018

NO. OF PARTICIPATING SCHOOLS	NO. OF PARTICIPANTS
7	151

The Mission Inclusion Champs was an inter-school competition, sponsored by English Biscuit Manufacturers, and launched by KDSP in January 2018. The competition served to advocate the value and need for social inclusion amongst the young children. The participating schools, or "Inclusion Allies" as we titled them, were Falconhouse Grammar School Campus 2, The City School (Gulshan and PECHS branches), The Learning Tree, International School of Studies, Dawood Public School and The AMI School.

To achieve its aim of creating awareness, the competition required the students to answer a few questions after thoroughly reading the through the book Aiza Alina published by KDSP, which possessed the central idea of how everyone has more similarities than differences, coming to the realization why social inclusion is a necessity. The competition also involved an artwork competition where the students were encouraged to draw themselves as an Inclusion Superhero, Out of the numerous creative artworks received, selected artworks were displayed on the Superhero Wall at the carnival. The audience at the carnival were encouraged to view the artwork displayed and cast a vote for the most appealing one.

Best Effort Awards were presented to:

- Fatima Sohail - Dawood Public School
- Maria Saleem - Falconhouse Grammar School Campus 2

- Adyan Ahmed - The AMI School
- Zach Almeida - The Learning Tree
- Reja Rehan - The City School Gulshan Junior C
- Alwisha Faisal - The City School PECHS Junior B

Viewers Choice Award was presented to:

- Nabeeha Tariq - Dawood Public School



CAMPAIGN HIGHLIGHTS

FOR WORLD DOWN SYNDROME DAY



CARNIVAL FEEDBACK

“Really appreciate KDSP for continuous efforts for these kids and for organizing the event...” – Hussain Rehan

“Well done. The occasion exemplified the spirit of inclusion.” – Arshia Ahmed

“It was such a great evening! Thank you KDSP for everything.” – Samreana Imran

“It was a great fun. Very well organized. Kudos!” – Amber Rashid

APPEARANCE IN KHALID MALIK’S SHOW ON FM91

KDSP’s CEO, Ali Allawala, and Deputy CEO, Farzeen Ali, appeared on Khalid Malik’s show “Morning Jam” on FM91 on March 21, 2018. Through this, the KDSP team raised awareness about Down syndrome, the work of KDSP, and the need for providing individuals with Down syndrome equal opportunities in our society.

Coming together is a beginning;
Keeping together is progress;
Working together is success.

- Henry Ford



Karachi Down Syndrome Program

"A company set up under section 42 of the Companies Ordinance, 1984."

Karachi Down Syndrome Program

Suite no. 102, First Floor, Jason Trade Centre
Main Shakra-e-Faisal, Karachi.

(9221) 34315377, (9221) 34395377 | E: info@kdsp.org.pk | www.kdsp.org.pk