



Karachi Down Syndrome Program



# #Pyaar Baanto

Love, Hope  
and Inclusion

Annual Report 2022



Sailing towards  
an inclusive   
world abundant  
with love & hope.



Karachi Down Syndrome Program (KDSP) advocates for an inclusive society for individuals with Down syndrome. Through its 6 areas of service, KDSP hopes to provide a platform for individuals with Down syndrome where their physical and cognitive skills are polished, thus supporting them to become contributing members of the society.

#PyarBaanto, our annual campaign aims to celebrate life irrespective of individual differences. Launched on the Carnival 2022, the campaign helped spread a message of love and hope while creating awareness for the rights of individuals with Down syndrome. Friendships and bonds deserve to be valued regardless of all sorts of differences and this is what #PyarBaanto also advocates for.

This past year, KDSP was able to expand within its service areas and serve a greater number of beneficiaries. With the inception of the KDSP Learning Center (KLC), a space thoughtfully designed for the Education and Skills Development services at KDSP, new programs such as 'Education for Life' – a skills development program for adults with Down syndrome, were launched. Education for Life slowly but beautifully helped these individuals form a daily routine of learning and exploring through the various classes offered. The program helped these individuals to form strong ties and friendships which will without a doubt last for a lifetime. A ray of hope indeed!

KDSP's KASHTI has been afloat because of the support of its partners, and we hope that with us, they will continue to embark on this journey of creating an inclusive society for individuals with Down syndrome.



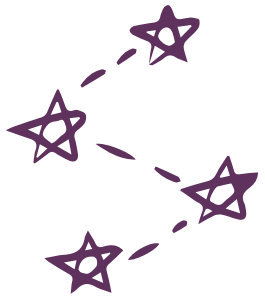




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# What is Down Syndrome?

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, religions 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 respected, accepted, included and are given the opportunity to enhance their quality of life, realize their life aspirations and become valued, contributing members of mobilized communities.

## Mission

Our mission is to be the foremost organization 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

To be trustworthy and reliable.

### Empathy

To understand and share the feelings of another.

### Compassion

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

### Integrity

To be honest and hold strong moral values.

### Determination

To remain steadfast in your purpose.

### Equity

To remain fair and impartial.







# Co-Founder's Note



*This year marked a milestone of eight years of KDSP's establishment and growing to serving 1500+ individuals in KDSP's Family Network.*





Dear Readers,

Eight years ago, when the organization was established, the journey we set out on seemed overwhelming; there were challenges, questions and uncertainties. However, we remained unyielding in our firm belief on never giving up, and to continue sailing through the journey with our eyes fixed on the goal of empowering individuals with Down syndrome and their families.

Eight years on, the journey continues. The journey witnessed calm waves and high tides, storms and success milestones. This year marked a milestone of eight years of KDSP's establishment and growing to serving 1500+ individuals in KDSP's Family Network. While KDSP has successfully made significant progress in terms of the depth and scale of its services, there are many more goal posts for us to cross before we reach the ultimate destination of empowering individuals with Down syndrome and creating a welcoming society for them.

We hope to achieve our goal by establishing KDSP as a Regional Centre of Excellence. Through this, we aim to not only meet the needs of the Down syndrome community in Pakistan, but also those within the South Asian region. Moreover, being a strong

supporter of collaboration and sharing expertise and knowledge, through KDSP we hope to build the capacity of local and international organizations and support groups serving the Down syndrome community in their regions.

Your support always has, and always will, go a long way in helping KDSP achieve its dream. I invite you to continue being our support in this journey of transforming the lives of individuals with Down syndrome and their families within Pakistan and beyond.

Sincerely,

**Ali Allawala**

Co-Founder and Director

Karachi Down Syndrome Program (KDSP)



# Chairman's Note



*I look forward to your continued care for another year of transforming the lives of individuals with Down syndrome and their families.*





Dear Stakeholders,

It brings me immense pleasure to report the closing of yet another meaningful year of serving the Down syndrome community of Pakistan. For us, 2021-2022 was marked by the clear drive of ensuring consistent support to all individuals with Down syndrome and their families at all times, despite the many challenges faced during the year – including bouncing back from the pandemic era, change management for ensuring financial sustainability of the organization, and managing limited capacity to cater to our growing Family Network.

The Board of Directors have been invaluable in offering strategic direction to the organization and its functioning to ensure it remains true to its mission and objectives. A new set of Board of Directors were elected following the completion of the previous term of the board. The Board of Directors were handpicked based on their expertise, network, and passion for giving back to the community. They have subsequently helped introduce a number of notable individuals and organizations to the cause, who have vouched to lend their unwavering support to KDSP. A number of sub-committees were also introduced within the board to ensure deeper transparency and focused efforts towards resource mobilization.

KDSP was also fortunate to receive momentous support and recognition from the Sindh Government. With the provincial government's patronage, KDSP hopes to step closer to serving many more individuals with Down syndrome and their families within the province and beyond.

I now welcome the next fiscal year with optimism and hope. I wish to express my sincere gratitude to our beneficiaries, stakeholders, donors, sponsors, and supporters for their ongoing trust and support. I look forward to your continued care for another year of transforming the lives of individuals with Down syndrome and their families.

Sincerely,

**Chaudhary Adeel Rasheed**  
Chairman and Director  
Karachi Down Syndrome Program (KDSP)





# CEO's Note



As we reached a milestone of having over 1500 individuals with Down syndrome and their families registered as part of our Family Network we expanded to a new facility, a second KASHTI - KDSP Learning Center (KLC).



KDSP's Family Network has drastically grown over the last year and especially during the peak COVID times, due to which we required more space for our network as tough times brought every one of us together. As we reached a milestone of having over 1500 individuals with Down syndrome and their families registered as part of our Family Network we expanded to a new facility, a second KASHTI - KDSP Learning Center (KLC). 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. At KLC we facilitate two essential services - Education and Skills Development.

Due to our growing Family Network we wish to always be the one stop solution to every family. 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 further expanded in our Humrahi program. We got more mothers and caregivers to join hands in their journey together for emotional and informational support. This year also marked us achieving the milestone of conducting our 100<sup>th</sup> Family Support Group session.

**Agaahi – Awareness:** 1770+ individuals were engaged and sensitized about Down syndrome and thousands of hearts were touched through on-ground and digital means. The biggest event of the year – the KDSP Carnival 2022 – brought together over 5500 individuals to share our dream of creating an inclusive society for all individuals.

**Sehat – Healthcare:** 475+ consultations scheduled for individuals with Down syndrome through our Developmental Pediatric Clinics, partner hospitals and healthcare providers.

Healthcare camps on cardiac conditions and vision were also conducted to facilitate routine check-ups for individuals with Down syndrome.

**Hunar – Skills Development:** Our services grew to cater to the diverse needs of 140+ individuals with Down syndrome, with new programs introduced – Photography, Cooking and Baking and Pottery and Painting. Our Education for Life program was launched to help adults with Down syndrome inculcate activities of daily living to ultimately become self-sufficient in their lives.

**Taleem – Education:** 170+ children with Down syndrome and 30+ teachers and parents benefited from our inclusive education, preschool, after-school and home-based learning programs alongside teacher training workshops. This year we introduced a joint course with Aga Khan University Hospital- 'Inclusion Matters' which aims to empower parents, educationists and allied professionals on the best practices of inclusive education.

**Ibtidayi Buniyaad – Early Childhood Intervention:** Our services expanded to offer 400+ weekly sessions of physical, occupational and speech therapy. Furthermore, KDSP had the opportunity to build new collaborations with Dr. Essa Laboratory & Diagnostic Centre amongst other established health organizations.

This year 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 the Orange Tree Foundation (OTF), Aga Khan University, Institute of Education Development (AKU-IED) 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. Additionally, KDSP extended its international footprint by collaborating with the Deborah Foundation in Addis Ababa, Ethiopia, to build the capacity of its professionals to serve the Down syndrome community in Ethiopia effectively.

As always, none of our milestones and successes would have been possible without the generous contribution of our friends, donors and supporters through which KDSP successfully raised PKR. 119,613,382 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 KDSP is set to achieve 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.

Sincerely,

**Samar Naqvi**  
Chief Executive Officer  
Karachi Down Syndrome Program (KDSP)



# Our Family Network

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.

## International Reach

Kabul	Jubail
Burnaby	Jizan
Longueuil	Zurich
Bihar	Teshkent
Kashmir	Dubai
Beirut	Abu Dhabi
Al Buraimi	Sharjah
Riyadh	London
Damam	Manchester
Jeddah	



*Balochistan*



Washuk



Gwadar



# Khyber Pakhtunkhwa

# Azad Jammu & Kashmir

# Punjab

# Sindh

Quetta

Ghizar

Skardu

Timergara

Mansehra

Azad Kashmir

Nowshera

Abbottabad

Muzaffarabad

Peshawar

Wah Cantt

Kohat

Islamabad

Mirpur

Karak

Taxila

Rawalpindi

Bannu

Attock

Jhelum

Gujrat

South Waziristan

Lakki Marwat

Mianwali

Chakwal

Mandi Bahauddin

Daska

Sialkot

D.I.Khan

Khushab

Sargodha

Gujranwala

Zafarwal

Narowal

Sadiqabad

Sheikhupura

Lahore

Faisalabad

Kasur

Mandi Ahmadabad

Okara

Leyyah

Sahiwal

Pakpattan

D.G.Khan

Muzaffargarh

Khanewal

Arifwala

Burewala

Multan

Vehari

Chistian

Bahawalnagar

Bahwalpur

Rahim Yar Khan

Jacobabad

Kashmore

Mirpur Mathelo

Larkana

Sukkur

Khairpur Nathan Shah

Dadu

Naushero Feroze

Moro

Nawabshah

Sehwan

Sanghar

Jamshoro

Tando Allahyar

Hyderabad

Mirpur Khas

Karachi

Tando Muhammad Khan

Badin

Thatta

Makli

- Districts
- Main Cities
- Other Cities



**Board of  
Directors**



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



Chaudhary Adeel Rasheed  
Director & Chairman



Samar Naqvi  
Chief Executive Officer



Ali Allawala  
Director & Co-Founder



Farzeen Ali  
Director & Co-Founder



Danish Aman  
Director



Hamidah Walli  
Director



Rashida Faheem  
Director



Nasira Faiz  
Director



Muzaffar Ali Shah Bukhari  
Director



Syed Fawad Ahmed  
Director



Dr. Salman Kirmani  
Director



# Our Major Accomplishments

**1500+**

Individuals with Down syndrome in KDSP's family network

**500+**

Children with Down syndrome benefitted through subsidized early childhood therapies

**410+**

Early childhood intervention therapies scheduled weekly

**390+**

Individuals benefitted from skills development programs

**800+**

Healthcare referrals facilitated

**190+**

Teachers and professionals trained on best practices of inclusive education

**60+**

Children with Down syndrome receiving education in mainstream schools

**1,750+**

People made aware through various Awareness initiatives

**115+**

Family Support group sessions conducted







**Recognitions  
& Achievements**



# Achievements



## Visit of Mr. Sadiq Ali Memon

Special Assistant to CM Sindh Department of Empowerment of Persons with Disabilities (DEPD) – in December 2021.

## Visit of Brigadier Bilal Mahmud

The Sector Commander ASGR of Sindh and his wife visited KDSP to learn more about the cause and discuss avenues of support.



## KDSP Learning Centre (KLC)- A Second KASHTI joins KDSP's Fleet

KDSP inaugurated its new facility earlier in April, where several well-wishers, Board of Directors and close supporters were invited for a tour of the new facility. The facility hosts two of KDSP's essential services – Skills Development and Education, the classes for which are in full swing.

## KDSP Launches an Inclusion Ambassador Program

No man is an island, similarly the inclusive society KDSP envisions will not come to pass alone, but rather in tandem with many individuals in society. KDSP chose to launch an Inclusion Ambassador Program, whereby staunch supporters such as;

Ms. Shirin Halai, Mr. Irfan Halai, Ms. Kiran Murad, Ms. Uzma Khan, Mr. Khizer Kayani, Mr. Zeeshan Habib, Ms. Ruhbain Adeel and Ms. Nafisa Khalid are now ambassadors for inclusion.

# Recognitions & Collaborations

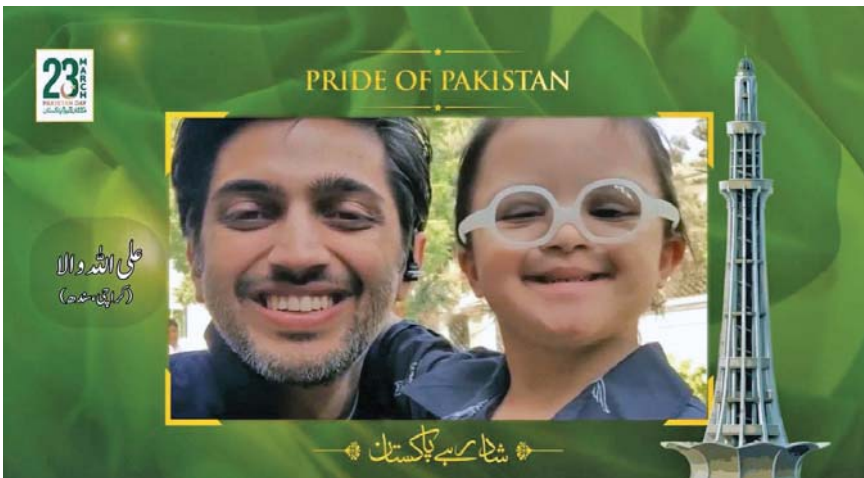


## K-Electric Limited Awards 2022

KDSP's Director – Syed Fawad Ahmed, CEO – Ms. Samar Naqvi and Goodwill Ambassador – Ms. Sidra Iqbal, eagerly received the K-Electric Award for KDSP's work in uplifting the Down syndrome community. This award entails in-kind electricity supply for the fiscal year 2022 – 2023.

## ENGRO IATC 2021 Awards

KDSP was selected as a finalist of the Engro I Am The Change 2021 (IATC) Awards in the Social Development Category. The award recognized KDSP's effort and initiatives taken for COVID-19 relief for its community of individuals with Down syndrome.



## Ali Recognized as The Pride of Pakistan

KDSP's Co-Founder and Director Ali Allawala was recognized as the Pride of Pakistan on the 23<sup>rd</sup> March Pakistan Day Parade alongside other prominent individuals who have made notable contributions in their respective fields.



## Joining Hands with Aga Khan University

KDSP and Aga Khan University partnered within the areas of healthcare and education for the benefit and inclusion of individuals with Down syndrome.

This collaboration will include extending pediatrics, pediatric cardiology, ophthalmology, ENT, nutrition, and physical therapy services for individuals with Down syndrome at the Down syndrome clinic of Aga Khan University Hospital. Along with offering an international joint course on 'Inclusion Matters'. This is a professional development program that seeks to provide teachers, therapists, parents / caregivers, and educational specialists with knowledge and practical skills required to work with children with intellectual disabilities in inclusive settings.



## KDSP Gets Featured on British Broadcasting Corporation (BBC)

KDSP collaborated with Fliss Goldsmith - a children's author and an advocate for diversity and inclusion for her book launch of "Erin Roderick and the Diffability Bunch". She was kind enough to send us copies of her book for our Family Network and a story time session with our individuals with Down syndrome.

'Erin Roderick and the Diffability Bunch' got featured on BBC and by association of her collaboration with KDSP, Fliss spoke about KDSP's areas of service and how the organization continues to positively impact the lives of individuals with Down syndrome.

## Collaboration with Transcend Orthotics & Prosthetics

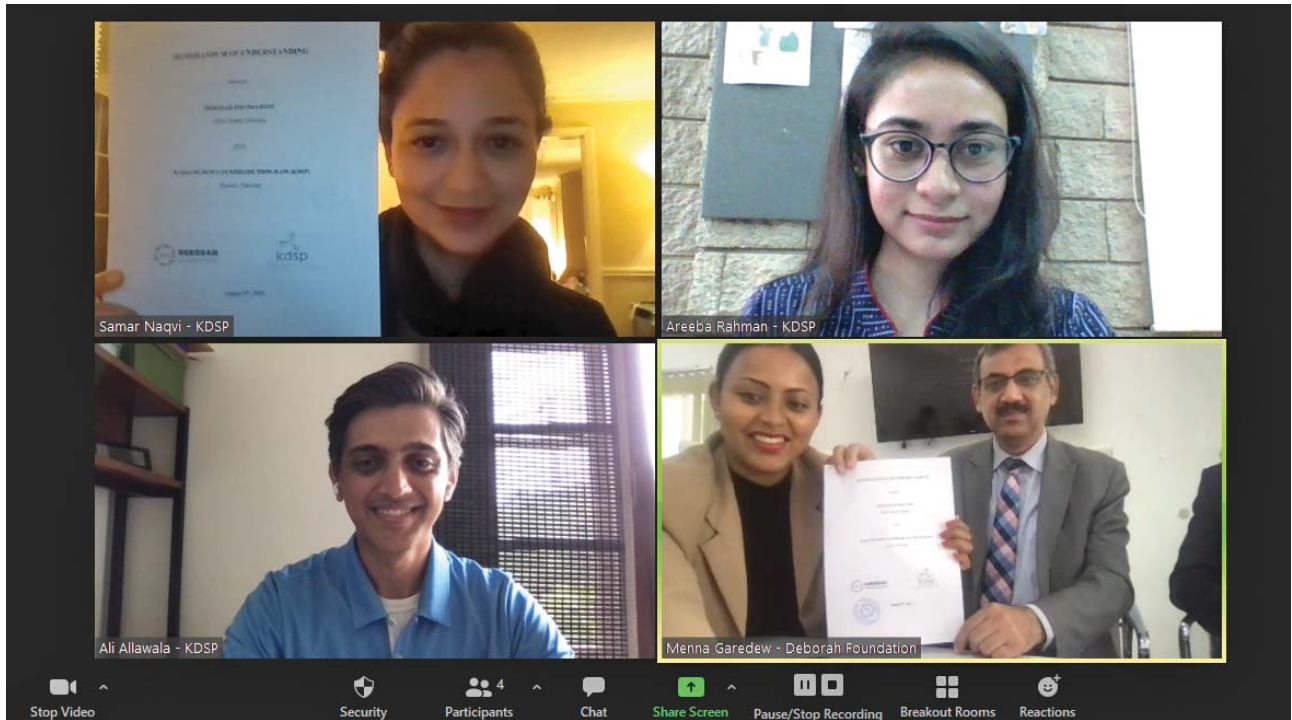
Transcend Orthotics & Prosthetics kindly donated Supra-Malleolar Orthosis (SMOs) for children with Down syndrome availing Early Childhood Intervention services at KDSP. The SMOs will help our children in achieving their developmental milestones on time.





## Therapy Capacity Building Training Delivered to Deborah Foundation

In a recently established collaboration with Ethiopia based Deborah Foundation, KDSP has extended the organization's support via its international capacity building program/framework. Each Head of Department of the three therapy disciplines at KDSP: Occupational Therapy, Physical Therapy and Speech Therapy, met virtually with representatives from Deborah Foundation in order to assess their needs before developing an ideal training schedule to be delivered at intervals over the next three months in order to build and enhance Deborah Foundation's capacity to aid the development of children with Down Syndrome in Ethiopia.



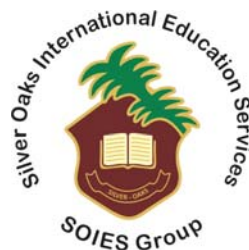
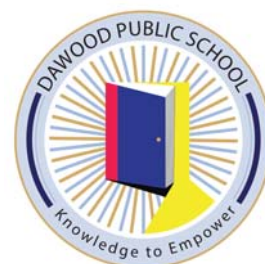
### Joining Hands for Healthcare with Dr. Essa Lab

In February, KDSP signed an MOU with Dr. Essa Laboratory and Diagnostic Centre to provide medical and testing services at subsidized costs for individuals with Down syndrome all across Pakistan. Through this partnership, we hope to ensure that all individuals with Down syndrome have easy and convenient access to essential medical services.

### Partnering with Karachi Vocational Training Centre (KVTC)

KDSP and Karachi Vocational Training Center (KVTC) signed an MOU in January for the larger goal of initiating and running collaborative programs that will benefit individuals with Down syndrome through the exchange of professional expertise and information.

# New Collaborations (2021 - 2022)





**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 become 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 - 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 equal educational opportunities by inculcating school readiness skills in children with Down syndrome, offering afterschool academic support, developing sustainable partnerships with mainstream schools and building home-based learning capacities.



**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.



# Family Support



Khandani Sahara





# *I struggled to accept my son's diagnosis for quite some time and the societal perceptions of the genetic condition made matters worse.*

Ejaz's diagnosis of Down syndrome came as a shock to my husband and I, due to the way it was communicated with the sheer lack of empathy. I struggled to accept my son's diagnosis for quite some time and the societal perceptions of the genetic condition made matters worse. Eventually after 10 years of research to find the perfect school for Ejaz, I came across the Karachi Down Syndrome Program (KDSP).

Upon registering with KDSP we discovered Ejaz had passed the Early Childhood Intervention stage, hence he wasn't eligible for therapies, but that did not stop us from enrolling him in Music and Movement and Remote Education and Learning for Youth (RELY). Consistency is key and being persistent with these classes brought about discernable developmental and behavioral changes within Ejaz.

When trying to enroll Ejaz into the Tailored Assistance Program (TAP), the instructors expressed certain behavioral concerns within Ejaz. However, through Dr. Sidra's guidance and the discontinuation of incorrectly prescribed neurological medication by another doctor, Ejaz began to display fewer signs of agitation. He is now enrolled in TAP and attends their classes regularly amongst peers.

I am grateful for the support and guidance I have received from the KDSP Team, instructors and mothers of other children. I have always felt a sense of community here. My parting advice to other parents of children with Down syndrome is to not be uncertain and scared for your child's future. With the correct interventions and guidance our children are capable of achieving more than the society envisions.

**Shaban Arshi Azeemi**  
Mother of Syed Ejaz Ali Azeemi



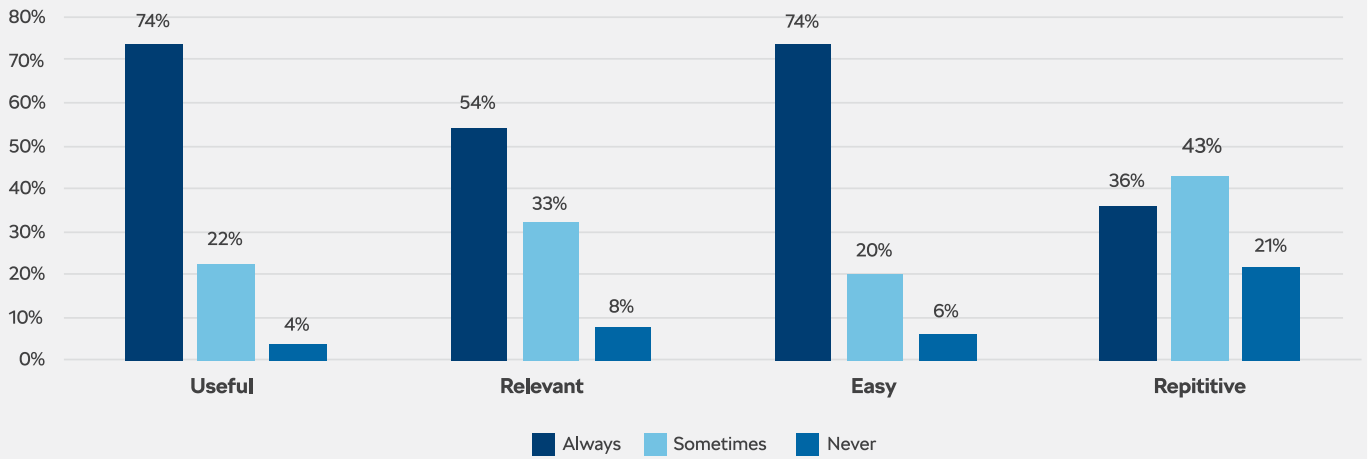
# Family Support Group

KDSP continued to offer monthly informational Family Support Group sessions to parents and caregivers of individuals with Down syndrome on diverse topics of which, behavioral concerns, therapies and the physical and emotional health are a few of the many.

Month	Topic	Speaker
July 2021	FSG 89-Behavior Management for Children with Down syndrome	Ms. Faiza Bhamani
August 2021	FSG 90-Developmental Needs of Children with Down syndrome	Dr. Sidra Kaleem
September 2021	FSG 91-Toilet Training Strategies for Children with Down syndrome	Ms. Maha Khan Ms. Sadia Bostan Ms. Saba Farooq
October 2021	FSG 92-The Importance of Self Care for Caregivers of Individuals with Down syndrome	Ms. Aamna Zuberi Ms. Shanzeh Babar
November 2021	FSG 93-Ophthalmological Care Needs for Individuals with Down syndrome	Dr. Irfan Jeeva
December 2021	FSG 94-Importance of a Healthy Diet for Individuals with Down syndrome	Dr. Hira Farooq
January 2022	FSG 95-Physical Therapy for Individuals with Down syndrome: <ul style="list-style-type: none"> <li>• Role of Physical Therapists from Birth to Adulthood</li> <li>• Importance of Fitness Programs for Adults with Down syndrome</li> </ul>	Dr. Nadia Ashiq Dr. Memoona Salman Sheikh Dr. Kajal Kaur Dr. Sanya Shaban Ali Ratnani Dr. Bakhtawar Feroz Ali
February 2022	FSG 96-Building Reading Skills through Speech Therapy	Ms. Hafsa Iftikhar Ms. Hina Fatima Nazir
March 2022	FSG 97-Pulmonological Care Needs for Individuals with Down syndrome	Dr. Muhammad Fareeduddin
April 2022	FSG 98-Socio-emotional Skill Building for Individuals with Down syndrome	Ms. Aisha Motiwala
May 2022	FSG 99-Cardiac Care Needs for Individuals with Down syndrome	Dr. Fatima Ali
June 2022	FSG 100 – Starting an Educational Journey for Children with Down syndrome – Early Years	Ms. Mehmooda Shabbir



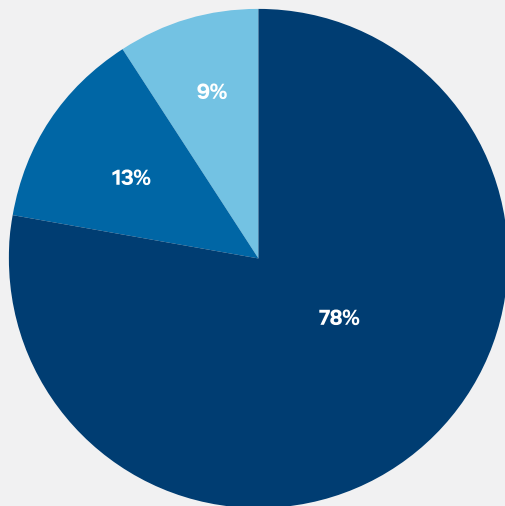
### Information shared during the Family Support Group Session is



## Humrahi Program

Humrahi was launched as a program to create a parent peer support group which aims to offer informational and emotional support to families within KDSP’s Network through trained parent mentors.

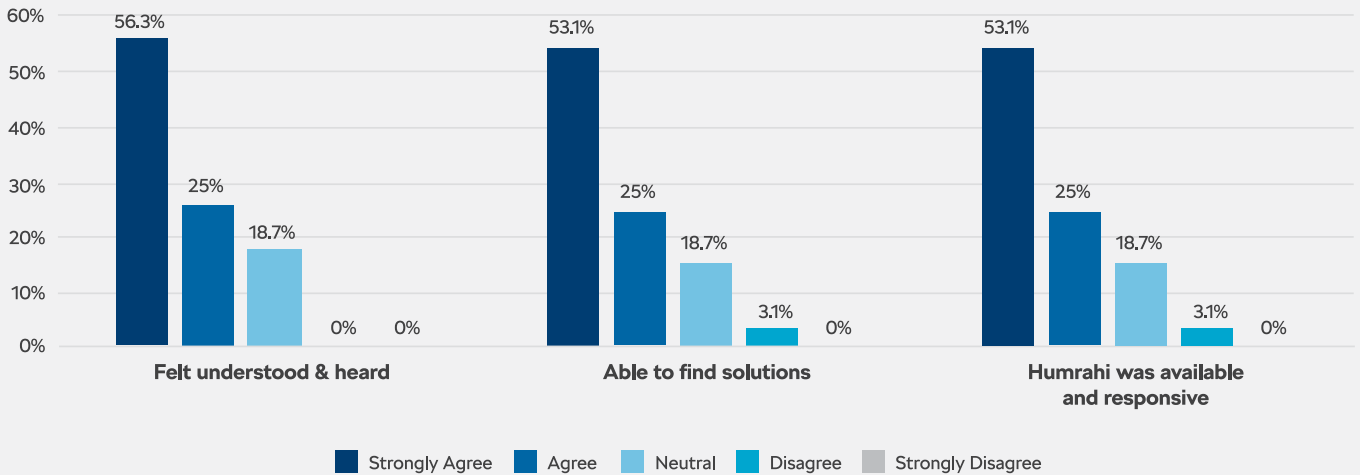
In October 2021, the program launched its second cohort with new parents completing the Humrahi training, hence broadening the circle of support for parents within KDSP.



### What kind of support did you reach out to Humrahi for?

- Informational Support
- Emotional Support
- Both

## Effectiveness of the Humrahi Program



## Puberty Support Sessions

KDSP organized a training on Supporting your Child with Down Syndrome through Puberty which benefited many parents and caregivers of individuals with Down syndrome. The session was conducted by renowned professionals within their fields working for individuals with Down syndrome, including Dr. Salman Kirmani - Pediatrics, Ms. Aamna Zuberi - Clinical Psychologist, Dr. Kishwar Enam - Pediatrics and Ms. Mahrukh Iftikhar - Psychologist.

### Review

“ The sessions were very impressive and motivational. They surely are very helpful and informative for guardians of individuals with Down syndrome. I appreciate KDSP’s efforts in arranging these sessions and I look forward to attending more in the future.

**Shahnaz Jahan**  
Mother of Mahad Iqbal



## Early Preschool Experience Program Support (EPEP)

An emotional processing support group led by an integrative psychotherapist and counsellor – Ms. Zahabia Anwar Ali was launched for parents and caregivers of children enrolled within EPEP in May 2022. The support group was aimed at providing parents with a safe and open space to share their challenges, emotions and feelings in order to find strength and support.



# Behavior Management Workshop

In January 2022 a workshop was organized on **Behavior Management for Caregivers** of Individuals with Down syndrome. The workshop led by experts was divided into two sessions

- **Understanding Parent's Perspective - led by Ms. Zahabia Anwar**

Emotional support group for participants to share their challenges and openly express their emotions and feelings associated with the behavioral challenges exhibited by their children.

- **Understanding, Managing, and Teaching Behaviors - led by Ms. Isma Khan:**

An in-depth training to explore and discuss managing behaviors within individuals with Down syndrome.



## Testimonial



Cash transfers and grocery bags through KDSP have been a great source of support for my household during these trying times when the economy is bad and inflation is high. I believe these two services were sent to us by God's will. I have a big family, the cash sent by KDSP helps fulfill my son's needs including his clothing, shoes etc. May God bless KDSP and give more success to the organization.

**Muhammad Irfan**  
Father of Syed Azan Ali Shah

☞ The session was very helpful and informative. Isma is undoubtedly the best at what she does, she practically delivered strategies and kept the session interactive. I was able to apply the learnings with my daughter during her toilet training journey.

**Mariya Hassan**  
Mother of Ayesha Hassan



## Art for Siblings

Being the sibling of a person with Down syndrome can be a wonderful experience, however it may feel isolating at times. The workshop enabled participants to learn abstract art techniques led by Ms. Fatema Siddiki, in a safe and positive space while also allowing them to creatively express themselves and seek support from shared experiences.

To conclude the workshop, Ms. Fizza Vohra – Sibling of an individual with Down syndrome spoke to other siblings about her journey of having a sister with Down syndrome.



## Testimonial



When Ayan was born we knew nothing about Down syndrome. It was a very confusing and worrying period for us as he was extremely weak for his first 8 months. But when we finally discovered KDSP we enrolled him in all 3 ECI therapies right away. I got support from the Humrahi program which helped me assemble my worried thoughts! My child is able to call out to his father by saying 'baba', he can understand instructions, and my son can walk as well. He has a fondness for eating and does so all by himself! Only some assistance on my part is needed.

**Anam Noman**  
Mother of Ayan Noman



## Our Impact

320+

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

25

Family Support Group sessions conducted

90+

Parents benefited by support offered through Humrahi program

14

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





# Awareness

Agaahi



# Coming to this new place changed everything for us; not only all our confusions were cleared but it gave us a new way to view Down syndrome.

Getting to know that your first born daughter has a condition that you know nothing about was surely a stressful thing to deal with. When I got to know that Anabia had Down syndrome, I was not just extremely worried about my daughter's future but had no clue how to go about it.

The doctors did not tell us anything in detail rather scared us even more. People around us would tell us that there is not much you could do for kids with Down syndrome in Pakistan. However, when Anabia was around 3 years old, a friend of mine told me about KDSP. Coming to this new place changed everything for us; not only all our confusions were cleared but it gave us a new way to view Down syndrome, a view that unlike the society did not make us think of the condition as a curse rather a way of life for our daughter.

I have to say that the KDSP carnival is one of my most favourite things that happen here. The first ever carnival I attended was an eye-opener, I wasn't expecting it to be this grand. With every passing year, it just kept getting better. I always urge all my family and friends to come along; I even set up a food stall at the last carnival. It is heartwarming to see kids with different kinds of abilities coming together to have a blast!

We eagerly wait for the carnival every year! I think I would not have been able to do anything for Anabia if it wasn't for KDSP.

**Abdul Rehman**

Father of Anabia Rehman





# Down Syndrome Awareness Month Campaign 2021

October is recognized as Down Syndrome Awareness Month (DSAM), for which KDSP set out to incite change for an inclusive tomorrow. Organizations and schools were encouraged to create 'A Ripple of Change Today, A Wave of Inclusion Tomorrow' – creating opportunities for individuals with Down syndrome by stepping forward to make a difference to transform lives and mindsets. KDSP collaborated with Espresso to help pave the way for an inclusive and equitable society. Whereby, Espresso curated a special item on their menu for Down syndrome awareness. Several awareness sessions were conducted with organizations such as; Ismail Industries Limited, Soorty Enterprises, 10Pearls, AAA Hospitality, Orange Tree Foundation, Legal Aid Society and Sheikh Khalifa Bin Zaid School.

KDSP collaborated with Ismail Industries Limited during Down Syndrome Awareness Month, whereby as part of their community outreach initiatives, the employees who visited KDSP not only received an awareness session about Down syndrome, but also received a guided tour of the facility and got to partake in an interactive sewing and stitching activity with our crafters with Down syndrome.

KDSP's Goodwill Ambassadors, Ali Hamza and Hasan Rizvi joined us for Music and Movement and Paper Crafts. The day was full of joy, sweet laughter and warm hearts.



# #PyaarBaanto – World Down Syndrome Day Campaign 2022

## KDSP Carnival 2022

The theme for World Down Syndrome Day (WSDS) 2022 was **#PyaarBaanto**, the essence of which was to spread love with and for individuals with Down syndrome. On Sunday, March 20 KDSP successfully conducted its 7<sup>th</sup> Annual Carnival in celebration of World Down Syndrome Day. Through the years, the event has aimed to create a safe and inclusive space for not only individuals with Down syndrome but for the society at large. The carnival brings to life a vision and hope for a society that is accepting and inclusive of all persons with disabilities. Over **5,500 individuals participated in our Carnival festivities** by partaking in engaging activities, creative games, stage performances and indulging themselves in delicious food.







## World Down Syndrome Day Video

This year KDSP aimed to show a different perspective - the importance of mainstream inclusive education and its benefits for not only individuals with Down syndrome, but their typical peers as well. Typical children can be seen doting on their friends with Down syndrome, depicting a strong bond of friendship that is to be cherished and seen as an example for the society at large. Children truly understand and embody the concept of empathy over sympathy.



## Karachi Eat 2022

KDSP participated in Karachi Eat 2022 held on 14th - 16th January 2022 by setting up a stall featuring products made with love by our crafters with Down syndrome. Attendees of the festival showed great support and appreciation for the skill and craft displayed through the products.

## Media Sensitization Workshop

KDSP partnered with the Network of Organizations Working for Persons with Disabilities in Pakistan (NOWPDP) to construct a roadmap to address and dispel certain myths and stigmas related to individuals with disabilities through a Media Sensitization Workshop.

The event brought together journalists and producers from many news agencies, of which two media giants; Aaj News and Express Tribune were present.



## KDSP within Digital Media



### Kiya Kahe Ga Kazi

Ms. Samar Naqvi was invited to Mr. Akber Kazi's 140th podcast – Kiya Kahe Ga Kazi to not only raise awareness about Down syndrome, but to also talk about the role KDSP plays in creating endless opportunities for individuals with Down syndrome within the society.

### DigiTales with Faizan Syed

Mr. Faizan Syed – Co-Founder of East River invited KDSP's Co-Founder and Director – Mr. Ali Allawala onto the seventeenth episode from Season 2 of DigiTales. The conversation proved to be quite enlightening for the audience as several myths regarding Down syndrome were dispelled, all the while raising awareness about Down syndrome.



## MASHION

### Frequently Asked Questions with MASHION

Ms. Faiza Wahab – Head of Speech Therapy at KDSP, represented the organization on MASHION's Instagram during our World Down Syndrome Day campaign. The collaboration between one of the biggest digital platforms of Pakistan and KDSP aimed to address the masses by imparting necessary information regarding the genetic condition.



## International Day of Persons with Disabilities with KVTC

On account of International Day of Persons with Disabilities, Karachi Vocational Training Centre (KVTC) invited Ms. Samar Naqvi – KDSP's CEO as a panelist in a discussion hosted by them. The discourse was aimed at discussing the importance of advocating for the inclusion and rights of persons with disabilities, including those with Down syndrome across all spheres of our society.



## National Youth Conference – Pakistaniyat

Ms. Samar Naqvi was invited as a panelist at the National Youth Conference held in December 2021 on the theme "Pakistaniyat". Deriving examples from KDSP's journey, Ms. Naqvi reinforced how coming together for a common purpose and staying steadfast can create ripples of change at micro and macro levels within society.

## Employee Engagement

The program helps create valuable experiences for employees from various organizations by allowing them to engage with individuals with Down syndrome in meaningful collaborative activities. In turn, enabling the creation of a more sensitized, diverse and inclusive society. KDSP successfully conducted five Employee Engagement sessions through the year with;

Pearl Continental Karachi

Ismail Industries Limited

The Body Shop

Crescent Steel

Allied Products Limited



## Our Impact

# 1780+

Individuals engaged and sensitized about Down syndrome





# Healthcare



Sehat



# When we compare the child who was in and out of hospital as a child and now look at all that he has gone on to achieve, we believe that KDSP breathed life back into my son.

Ali was quite unwell when he was born and frequent doctors visit seemed to have become the norm for us. During a visit to the doctor, a hospital staff member informed us of Ali's diagnosis, which brought with it a sense of ease and fear. Ease, because now we had a condition to attribute his poor health towards and fear because no one guided us on the way forward.

Later upon being admitted into a hospital after a bout of pneumonia, we were informed that Ali had a hole in his heart and was immuno-compromised. During this difficult time a doctor referred us to KDSP, where upon being registered, KDSP offered to pay for his IVIG treatment to sustain him. On his road to recovery, Ali was enrolled within all Early Childhood Intervention therapies at KDSP and we saw a tremendous change in him.

Not only did we see Ali gain energy and start to walk independently but he began to reach other developmental milestones in a timely manner as well. When we compare the child who was in and out of hospital and look at all that he has gone on to achieve, we believe that KDSP breathed life back into my son.

In the past I have guided more than 25 parents to come to visit KDSP and benefit from the services provided here that are tailor-made for individuals with Down syndrome. These services not just cater to the unique needs of individuals with Down syndrome but also aid in their journey of becoming independent members of society.

**Muhammad Naeem**  
Father of Ali Naeem



## Aga Khan University Hospital - First Down Syndrome Clinic

KDSP's partnership with Aga Khan University Hospital (AKUH) continues to provide high quality and subsidized services to our individuals with Down syndrome, through the Down Syndrome Clinic established with the hospital in 2017.

At first parents would struggle to find trained specialists who were able to look after the health challenges faced by their children with Down syndrome. The clinic serves as a one-stop healthcare solution for individuals with Down syndrome, where they receive specialized care through doctors who are experts within their fields.



## Behavior Therapy Launch

The program was launched in February 2022, under the guidance of BCBA certified - Ms. Faiza Bhamani. Ms. Faiza overlooks the Registered Behavior Technicians to assist them in independently conducting observations and assessments of individuals with Down syndrome requiring behavioral interventions.



## Down Syndrome Training at The Indus Hospital

KDSP organized a one-day workshop at Indus Hospital in April 2022. The workshop invited physicians and residents of the hospital to attend a three part training covering the basics of care delivery for individuals with Down syndrome.

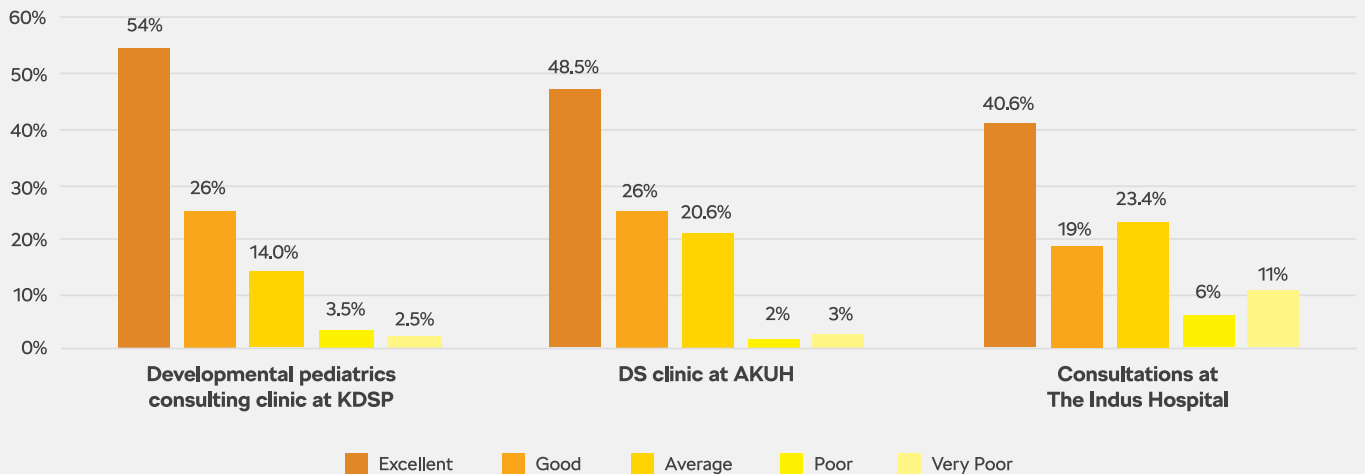
The following sessions were conducted as a part of the training.

- General Down syndrome Awareness - Ms. Cyra Khawar
- The Healthcare Aspects of Managing a Child with Down syndrome - Dr. Sidra Kaleem
- Counseling and Guidance for Parents - Ms. Rida Khan

The three part workshop allowed to involve multidisciplinary personnel to address the various factors that can help deal with health concerns an individual with Down syndrome might face.



## Rate the Quality of the Services Provided During Your Visit



## Vision- A Priority

An Eye Testing Clinic was held in March to help screen for common ophthalmological concerns faced by individuals with Down syndrome. The clinic provided testing for refractive errors and the attendees were prescribed glasses accordingly.



## Cardiology Clinic at KDSP

KDSP hosted a Pediatric Cardiology Clinic with Dr. Fatima Ali (Pediatric Cardiologist, Aga Khan University Hospital) in June 2022. Dr. Fatima Ali held a clinical screening and parents counseling clinic for simple congenital heart diseases at KDSP for which she was able to provide guidance on precautionary measures and future steps for individuals requiring treatment.

### Testimonial



I still remember my first time here at KDSP, I was crying as I was worried about my son's health. When Muayeed was born, his first 5 months were spent in the hospital as he had a hole in his heart and he got really bad pneumonia. KDSP's Healthcare services have enabled him to improve and live a healthy fulfilling life.

**Anita**  
Mother of Muayeed Alam

## Developmental Pediatric Clinics

Developmental Pediatric Clinics were introduced at KDSP in 2018 with the aim to help parents identify the developmental trajectory of their children 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. Having a doctor on board has enabled many parents to benefit from this service for their children with Down syndrome.

## Medical Procedures Sponsored

### Huzaifa Raees

15  
Years

In 2021, Huzaifa was diagnosed with epilepsy. KDSP has supported Huzaifa by providing for necessary medication, which has helped manage his epilepsy diagnosis and prevent him from having further neurological deterioration.

### Wasi Uz Zaman

6  
Years

Wasi was unable to achieve his milestones due to his spiral dis-alignment. He was prescribed a Thoracolumbar Sacral Orthosis (TSO) for his posture correction, which was sponsored by KDSP and custom made for Wasi. Ever since, Wasi has shown improvement in performance during therapy sessions, including his sitting tolerance and subsequent participation in activities.

### Mauyeed Alam Shah

4  
Years

In January 2022, Mauyeed underwent a bout of pneumonia which affected his already weakened immune system and lungs. KDSP along with AKUH Welfare sponsored Mauyeed's treatment and since then he has recovered and is in full spirits.

### Khadija Hanif

4  
Years

Khadija Hanif got pneumonia in November 2021 and was in need of oxygen support. Khadija was admitted in the NICU at the Indus Hospital upon referral by KDSP and has since then fully recovered and returned to her speech and occupational therapy sessions at KDSP.

### Miral Murad

1.5  
Months

Miral Murad was less than 1.5 months old when she was registered at KDSP. Miral underwent a heart surgery for the correction of Ventricular Septal Defect and Atrioventricular canal defect. Unfortunately Miral succumbed to her ailment and passed away during the procedure. Her family remains to be connected with KDSP and we hope to continue providing them with the utmost strength and support.

### Muhammad Muneeb Khan

6  
Months

Muhammad Muneeb Khan was diagnosed with complete Atrioventricular Septal Canal Defect for which KDSP sponsored part of Muneeb's surgery along with AKUH welfare. Muneeb was admitted for surgery in August 2021 to close his CAVC. Sadly, on the third day after his open heart surgery, Muneeb passed away. This loss has brought a lot of sadness and our prayers are with his family.

**Umaima Mazhar Ali**

**1.10  
Years**

Umaima was diagnosed with an unclosed hole in her heart. Before proceeding with surgery, Umaima was put on medication and had an angiography which was sponsored by KDSP in October 2021. Since her procedure Umaima has fully recovered and has returned to her daily living activities.

**Testimonial**



Ever since we came to KDSP, I have seen a drastic change in my child's development. Before KDSP they all would look down upon my son but now they too know that my son is capable of doing many wonderful things.

**Fatima**  
Mother of Ahmed Raza



**Our Impact**

**6**

Surgeries and medical procedures sponsored at leading healthcare institutions

**350+**

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

**120+**

Consultations facilitated at KDSP's developmental pediatric clinic

**130+**

Consultations, diagnostic tests and medicine/equipment sponsored





# Skills Development

Hunar



*She is not only learning new skills but these sessions have helped her improve her communication skills as well.*

Eman started taking her Education for Life classes when she was 15. Eman takes pottery, painting, block printing, sewing, and computer classes; out of all these, painting is Eman's favourite. It has been 2 years and my daughter has shown immense progress during this time. She is not only learning new skills but these sessions have helped her improve her communication skills as well.

She is now able to express herself better and also understands things faster. I wish that Eman excels in her computer classes so that she grows up to be an independent person. I am really glad with my child's development and I would want to thank KDSP for that!

**Nafeesa**

Mother of Eman Arif



# Child Skills Development

KDSP's programs for skill development 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, 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







### WonderGames

These sessions use immersive augmented reality games to develop gross motor skills and hand-eye coordination 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



## Adult Skills Development

KDSP's programs for adult 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 flow routine.

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 embroider to create handicrafts.

Ms. 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. Maliha Zafar Soofi  
Founder – Wabi Sabi  
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



## Block/ Screen Printing

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

Ms. Maliha Zafar Soofi  
 Founder – Wabi Sabi  
 Age group: 16 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.

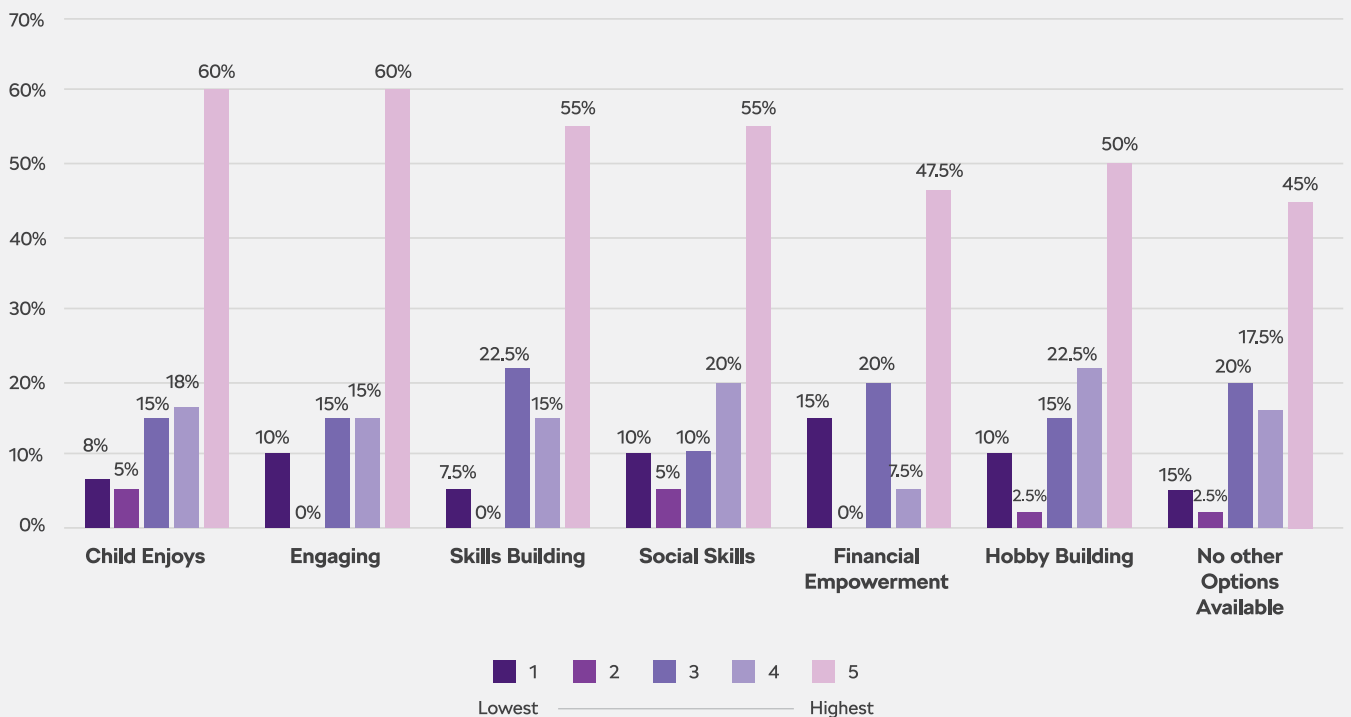
Ms. Erum Kazi  
 Age group: 10 and above

## Computer Skills

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

Mr. Abbas  
 Age group: 12 and above

Reasons for Attending these Skills Development Programs





# New Programs and Activities



## Education for Life

This program was officially launched in May 2022. The program offers life skills classes, vocational training and physical activities for young adults with Down syndrome.

## Photography

Ms. Ayesha Mir conducts the photography classes where she provides individuals with Down syndrome the opportunity to learn about camera angles, lighting and editing. The class incorporates field trips to allow students to photograph new spaces and landscapes.

## Playhouse Club

The playhouse club was launched for children aged 4-12 to help them explore their creativity and learn to think outside the box. Activities ranged from augmented reality games to number sequence and spelling games.

## Cooking and Baking

Within the culinary classes conducted by Ms. Zainab Durrani students learn a variety of different skills such as using kitchen equipment in a safe and independent manner, accurately measuring ingredients, and using their sense of taste, touch and smell to create their own food items.



## Pottery & Painting

In classes conducted by Ms. Sadaf Zeeshan, students are provided with a creative outlet and the opportunity to use a range of painting mediums and clay art material.

## Life Skills Certification

Students were provided certification for successful completion of the one year long module. In this program they were provided lessons on communication, identity, self-care, emotions, money, time management and digital awareness.



## Family Enrichment



### Family Beach Retreat

Families made a day out of it by building sand sculptures with their children and relaxing by the shore with their loved ones.

### Pearl Continental Hi-Tea

Pearl Continental Hotel Karachi organized a painting activity for individuals with Down syndrome and members of the staff to raise awareness for a more inclusive society. 20 children and their families participated in the activity and enjoyed a hi-tea organized by the hotel.



## Field Trips

### Society for the Rehabilitation of Special Children (SRSC) Sports Day

KDSP's shining athletes went to the SRSC sports day in December 2021 for a 25 meter race. Despite the chilly breeze, the athletes were eager to participate and celebrate their achievements with friends and family.





## 7 Chefs

7 Chefs Institute organized a cooking and baking workshop for our individuals in their professional kitchen. The participants were carefully guided by the chefs during the process and awarded certificates at the end of the workshop to celebrate their process.



## SKBZ One Day Camp

Pro Athletic Cricket Club invited individuals with Down syndrome aged 10 and above for a one-day cricket camp, where individuals were trained in a few basic cricketing skills. Whilst being allowed to have fun with target practice, running around with their peers and taking turns bowling.



## Experiential Learning with The Body Shop

The Body Shop and KDSP collaborated to arrange a week full of fun and learning for individuals with Down syndrome in December 2021. The week consisted of clay art sessions, storytelling, block printing, a trip to the beach, and an education trip to the Body Shop's outlet in Dolmen mall Clifton.

## TDF Magnificience Centre

KDSP arranged a day for students enrolled in the Tailored Assistance Program and Life Skills Program to visit the TDF Magnificience Centre in January 2022. The students enjoyed exploring the many displays and learning about various scientific concepts and technology.





## Crafters Exhibitions

Sewing and Stitching, Weaving, Block / Screen Printing and Paper Craft programs cater to the development of particular skills and hobby building of adults with Down syndrome. The adults learn to make handicrafts which are then sold through different avenues and full proceeds of the sales are returned to the participants to give them a sense of financial empowerment as well as to encourage a passion for entrepreneurship.

KDSP displays the products made by our crafters at exhibitions and craft shows, to not only raise awareness about the cause but to also instill a sense of entrepreneurship within our individuals with Down syndrome, upon the sale of their products. Crafters products were displayed in the following events:

Karachi Markets Forum-Pitstop

Bohemian- A Fair of Creatives

Institute of Business Administration-Climate Change Conference

Mohammad Ali Jinnah University-Mental Health Day

Crafter's Expo-Happiness is Homemade

The Locale Karachi



All products are made with love by crafters with Down syndrome! To shop and learn more about the KDSP Shop, please visit [www.shop.kdsp.org.pk](http://www.shop.kdsp.org.pk)

### Testimonial



From being anxious, stressed and upset about my child's lack of progress in his health, coming here to KDSP has changed our mindset completely and has made us extremely hopeful like every other parent. I can't wait to see what the future holds for my son who enjoys his music classes along with occupational and physical therapy.

**Muhammad Younas**  
Father of Muhammad Umer

## Our Impact

40

Adults enabled to be financially independent

90+

Children benefitting from skills development programs

45+

Adults benefitting from skills development programs

1630+

Crafters products sold via various platforms

6

Additional skills development programs introduced for children and adults



# Education

Taleem



**At KDSP I was also encouraged and shown ways of how I can give my child the best life. People see him and feel sympathy, he was made fun of but this is not the case anymore.**

Since the very beginning; I have believed that having access to quality education is the best tool for living an independent life. However, I was not supported by our society to give that life to my child and on top of this, Umer was unable to go to school due to his health condition, which made it difficult for him to sit in one place for too long.

My husband came across KDSP through a Ramzan Transmission program and reached out right away and for the past 4 years, we have been connected with KDSP. Our first contact with KDSP was very welcoming and comforting. We were guided about how we can help Umer live a successful and good life. Gradually, Umer became part of RELY and we started his educational journey and now, both, he and I eagerly wait for new content to be shared with us to learn more, as I believe education is the key to success. I would say, ever since my child has been associated with KDSP, his development has improved drastically. My son can now read both Urdu and English. My son is very responsive now and this is a big milestone for him as he did not interact with many people before.

At KDSP I was also encouraged and shown ways of how I can give my child the best life. People see him and feel sympathy, he was made fun of but this is not the case anymore. My child is capable of doing anything he wishes with support from his parents and getting educated. My husband too helps out a lot with his education and guides me as to how I could teach Umer.

My advice to new parents would be to not think of the word "no". These children can do everything as long as they are educated and have the right support. So please educate your child because they can do it. It is just a matter of hard work!

**Misha Farooq**  
Mother of Umer Farooq







## 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, 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.

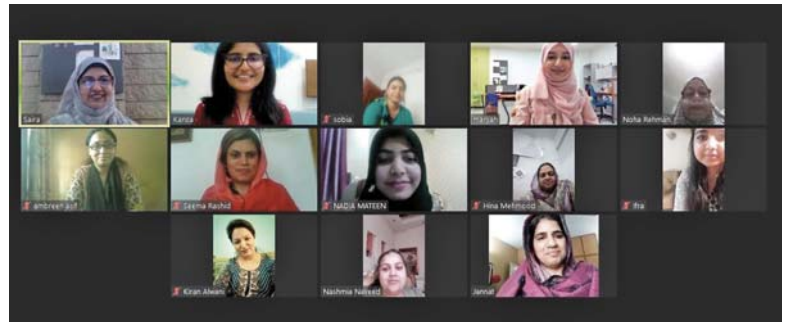


## Tailored Assistance Program (TAP)

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.

## Remote Education and Learning for Youth (RELY)

Launched during the pandemic in 2020, RELY is 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.



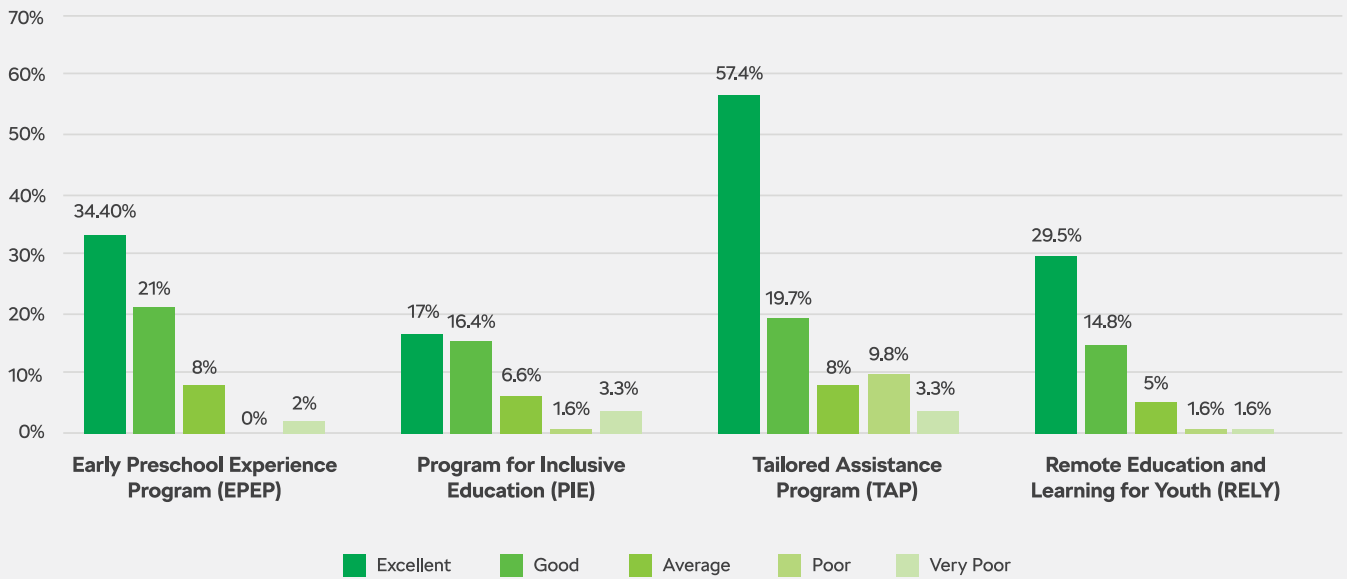
### Testimonial



Rameen avails the RELY service here at KDSP and will be starting with schooling- KG 1 in August. My daughter is extraordinary! She is able to count 1-50 numbers quite easily, she makes decisions herself and her memory is great. She previously availed EPEP and graduated from it 1 year ago. With KDSP I have a "Dil ka rishta".

**Nadia Nazli**  
Mother of Rameen Mateen

## Rate the Quality of Service Received



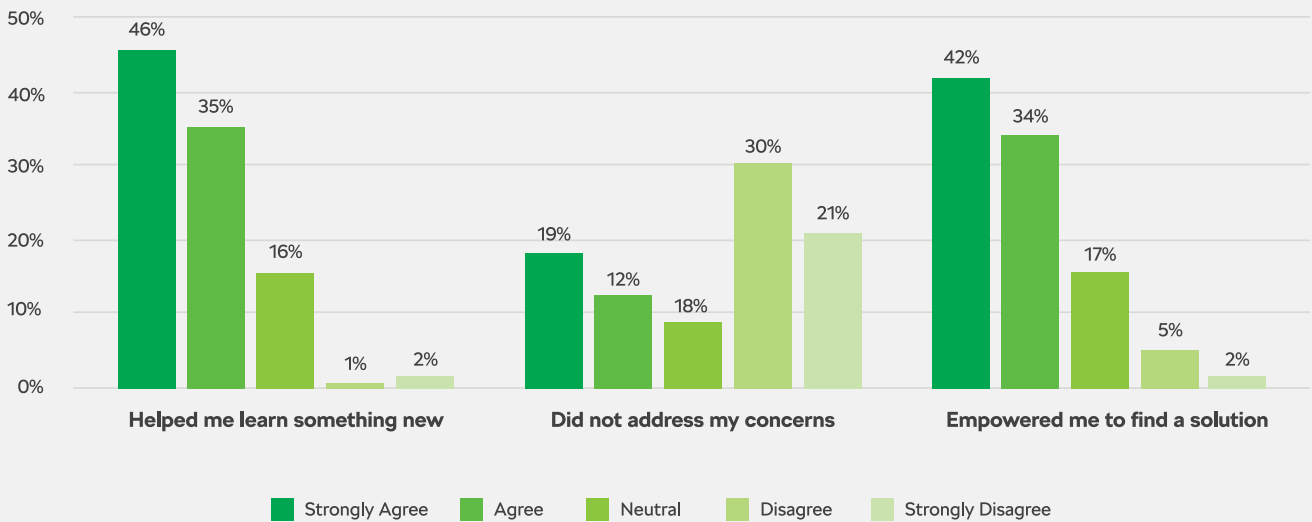
## RELY and EPEP Parent Training Session

A training session was conducted for the outgoing EPEP batch by the RELY team. It focused on making parents aware of the importance and use of IEPs in mainstream schooling and also trained parents on how to write SMART goals and develop IEP plans.

BCBA Certified expert, Isma Khan, delivered a session targeted towards parents on how to effectively manage behavioral challenges with individuals with Down syndrome during homeschooling.



### Did you find the Facilitation Helpful for Yourself and/or Your Child?



## Partnerships for Inclusive Education



### Dawood Public School

KDSP officially embarked on a journey for inclusive education with Dawood Public School, a well reputed, all-girls school in Karachi, by signing a partnership MoU.

### Silver Oaks Islamabad

KDSP is proud to announce its partnership with the Silver Oak Inclusive School (SOIS), Islamabad as part of its Program for Inclusive Education (PIE). KDSP and SOIS look forward to working together to promote quality education opportunities for individuals with Down syndrome in Islamabad.





## Center for Inclusive Care

An MoU was signed between Center of Inclusive Care (CIC) and KDSP to facilitate the therapeutic and remedial needs of young individuals with Down syndrome.



## Conference Proceedings

In August, Ms. Bushra Amin, who is the Coordinator of the Early Preschool Experience Program at KDSP team presented the research paper titled 'Impact of Virtual Learning on Preschoolers with Down Syndrome Amidst COVID-19' at the World Congress for Special Needs Education (WCSNE). Whilst Ms. Saira Ibrahim presented the paper above at the Inclusive and Supportive Education Conference (ISEC) hosted by University College London (UCL).

### Testimonial



Wajiha was diagnosed with Down syndrome soon after her birth, but it took around six months for us to process it. Wajiha's physical and behavioral development has been incredible from the beginning, however her intellectual development in regards to education was tough as I was not sure where and if my child could get education. However, when we came to KDSP those worries of mine went away as my daughter is doing so well in this regard due to her RELY classes.

**Hina**  
Mother of Wajiha Mubeen



## Our Impact

30+

Children enrolled in KDSP's preschool

50

Additional children provided financial assistance for education programs

14

Additional children began attending mainstream schools

105+

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

33

Additional teachers trained in inclusive practices



# Early Childhood Intervention



Ibtidayi Bunyaad



# *Sallah is currently benefiting from Occupational, Speech, and Physical therapies, and is also enrolled in EPEP classes at KDSP- along with evening remedial classes.*

Muhammad Sallah was born pre-maturely in a hospital in Lahore, where we were settled at the time. He battled with several infections amidst a raging Covid-19 pandemic. Traveling back and forth hospitals became an everyday occurrence for us as Sallah had to get regular injections for his deteriorating health. This was the most distressing time for us.

Sallah was diagnosed with Down syndrome soon after his birth and right away he dealt with double pneumonia. Due to his compromised immune system that made his stay at Intensive Unit Care, which was also increasingly daunting for us especially his mother of course. When we received the news of Sallah's diagnosis we tried our best to keep an open mind, but it was a struggle to attend to "sympathetic calls" from many people. Regardless, both of us stayed strong and resilient in the face of unprecedented circumstances and challenges, we had to for our child! The support of close family and friends and belief in God's will aided us to seek the best help for our beloved son.

Sallah is aged four now, and we have observed a drastic improvement in his personality while tracking his progress after moving to Karachi in order to benefit from KDSP's services- on Dr. Kirmani's recommendation. Sallah is currently benefiting from Occupational, Speech, and Physical therapies, and is also enrolled in EPEP classes at KDSP- along with evening remedial classes. My son has now started independently walking and immensely enjoys spending time at KDSP with his peers and therapists.

We believe that children with Down syndrome have incredible potential and advise new parents to seek early intervention for their children and invest in them while paying no heed to what society dictates, so that these children can have a far better shot at life than what the society affords them currently.

**Imran Atta**  
Father of M.Sallah





## Communication Skills Training

In September 2021, Mr. Muhammad Ali conducted a training session about effective communication to further skills development initiatives for therapists of KDSP.



## Conference Proceedings

KDSP presented its paper, The Virtual Shift: Early Childhood Intervention Therapies for Pakistani Children with Down syndrome During COVID-19 at ICON-22, a conference hosted by The Indus Hospital (TIH).

The paper was also presented at the 2nd International Annual Conference at Centre for Business and Economic research (CBER), hosted by the Institutions of Business Administration (IBA). KDSP also proudly announces that the aforementioned paper has been published in Volume 17, Issue 3 of the Review of Disability Studies: An International Journal.

## External Speaker Sessions

Dr. Nadia Ashiq, Head of Physical therapy at KDSP delivered a session at Indus Hospital on Child Growth & Development Patterns. Engaging the audience with the latest research in the field, Dr. Nadia guided attendees on principles of typical and neuro-divergent developmental trajectories.

Dr. Nadia Ashiq and Ms. Samar Naqvi, CEO at KDSP, were also invited by Iqra University for a seminar on World Down Syndrome Day, as more and more organizations are making a shift and adopting inclusive practices.



## Re-opening in-person ECI and Healthcare services at 100%

After 18 months of conducting therapies virtually and via a hybrid set-up exploring the physical and virtual space, the ECI clinics finally resumed for on-site therapies fully- from October 2021. 260+ children with Down syndrome enrolled for therapy and their families were finally able to return comfortably and make use of the space, equipment and support available at KDSP. Therapy sessions continued with strict SOPs in place to ensure safety for everyone; all caregivers were required to submit proof of vaccinations before being granted into the office premises.

## Occupational Therapy Training

In September 2021, Ms. Anjum Rahim provided insightful training on, "Supporting Functional Performance at Home and School for 3-7 year old children with Down syndrome". The training incorporated the use of different materials and techniques that are important for children with Down syndrome.



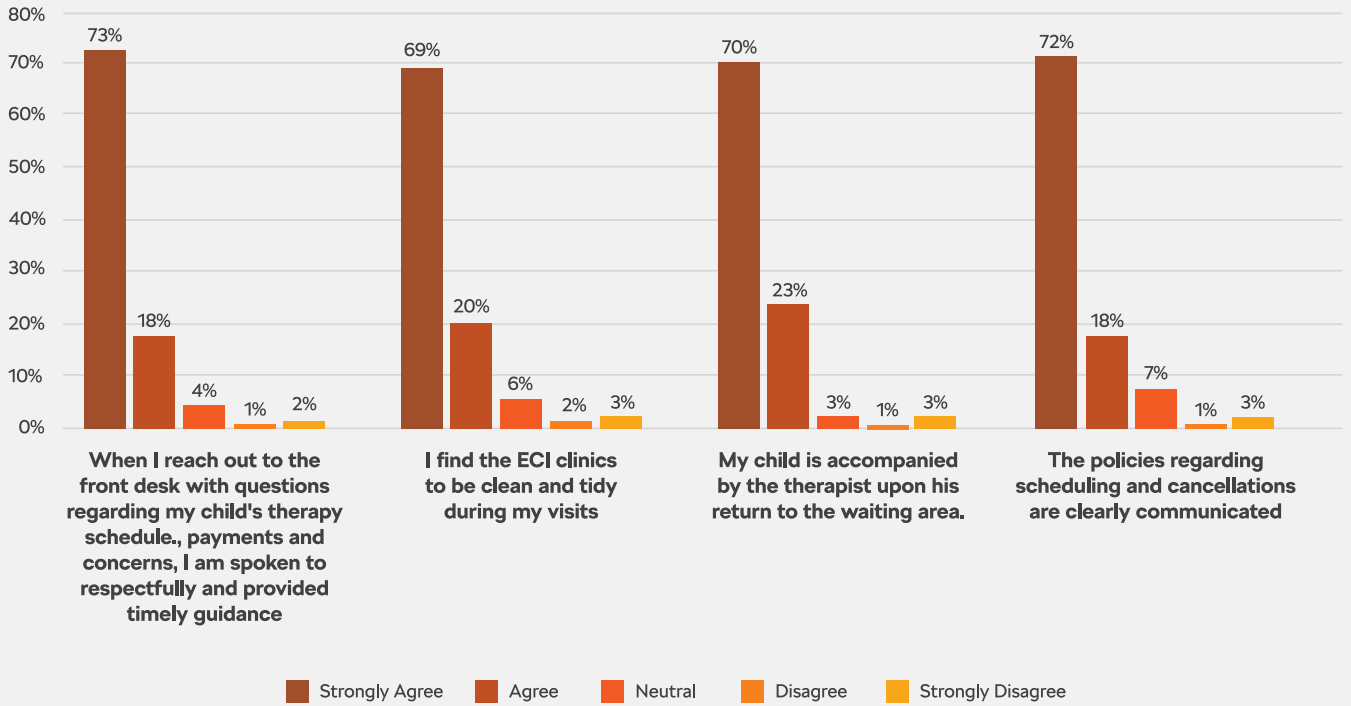
### Testimonial



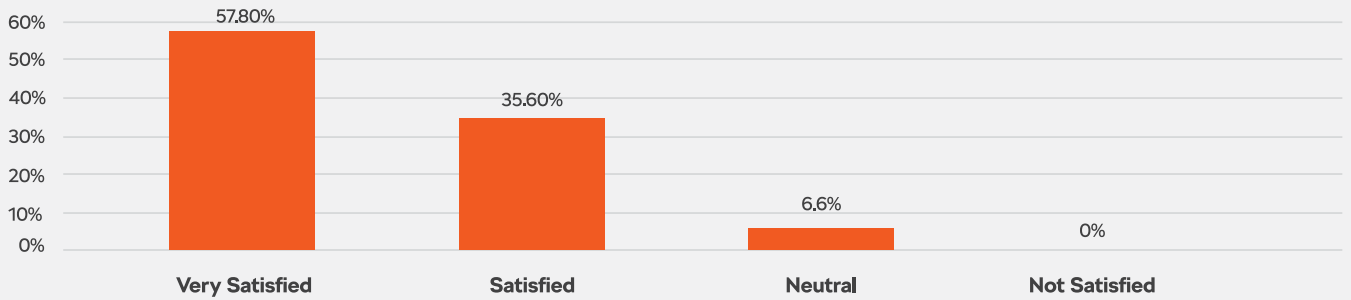
Amna is our gift from God who is joyful and loves attending her classes here at KDSP. It is a place that provides one with every service in a very caring manner. I believe it is about time Down syndrome is de-stigmatized, and parents start accepting children just the way they are and provide them with the care and help they truly deserve.

**Saira Gul**  
Mother of Amna Saleem

### Ratings for Specific Experience at ECI



### Ratings for Overall Experience at ECI



## Our Impact

**350+**

Children's developmental outcomes improved through early childhood intervention therapies

**410+**

Early childhood intervention therapy sessions scheduled weekly

**120+**

Children benefited from financial assistance for early childhood intervention therapies





# Resource Mobilization





# KDSP Golf Tournament 2021

KDSP hosted the 3rd edition of its Golf Tournament in November 2021, bringing together seasoned golfers for a fundraiser to support inclusive education for children with Down syndrome. A successful tournament was held under a Texas Scramble format and a total of 25 teams participated. The First Lady Mrs. Samina Alvi not only graced the event as a Chief Guest, but also participated with a team of her own.



# KDSP Zakat Campaign



In April 2022, KDSP launched its zakat campaign to help serve certain underserved families within the Family Network. The campaign gathered immense support from KDSP's local and international supporters, thus providing relief to many families in need.

During the campaign, KDSP's Board of Directors and team members represented the organization on several television shows, to not only raise awareness about Down syndrome but to garner public support for the campaign.

Account Title: Karachi Down Syndrome Program • Bank Name: Meezan Bank Limited • Bank E

ARY Digital: Shan-E-Iftar





Samaa: Iftar Transmission



Aaj Entertainment: Baran-e-Rehmat



## Support Beyond Borders

Over the years, KDSP's ardent benefactors have extended their support from beyond borders. The following are a few recent examples of individuals who took it upon themselves to connect with the cause and raise funds for our individuals with Down syndrome.

In July 2022, Zainab Ali an Occupational Therapist in the United States of America embarked on a 21 day journey to raise funds for KDSP and its individuals with Down syndrome.

During the month of October we had the privilege of collaborating with Fliss Goldsmith, a children's author and an advocate for diversity and inclusion in the United Kingdom. Having set out on a goal to raise funds for KDSP, Fliss surpassed her intended target of generating support for individuals with Down syndrome and their families.

### Supporting KDSP

"I chose to support the Karachi Down Syndrome Program (KDSP) because they are a one stop solution for not only individuals with Down syndrome, but also a supportive resource for families and community members. Being an American-Pakistani who is studying in the field of occupational therapy, I wanted to give back to an organization in Pakistan that aligns with my passion of supporting individuals with disabilities and promotes inclusivity. KDSP provides high quality resources across a wide range of service areas. Their work is truly very impressive and is demonstrated through their hardworking, dedicated and professional team members. Their work is integral and deserves all the support in order for them to continue to provide essential services to their network as well as to be able to expand to other areas of Pakistan."

**Zainab Ali**  
International KDSP Supporter

KDSP is set up under section 42 of the Companies Ordinance 1984 and certified by the Pakistan Centre for Philanthropy (PCP)

### Supporting KDSP

*Meet*  
**Fliss Goldsmith**

In August, she set out on the goal to raise a £1000 for our cause.

This past weekend, she succeeded in raising £1150!

We would like to thank Fliss for her tireless work to raise funds for individuals with Down syndrome in Pakistan.

KDSP is set up under section 42 of the Companies Ordinance 1984 and certified by the Pakistan Centre for Philanthropy (PCP)





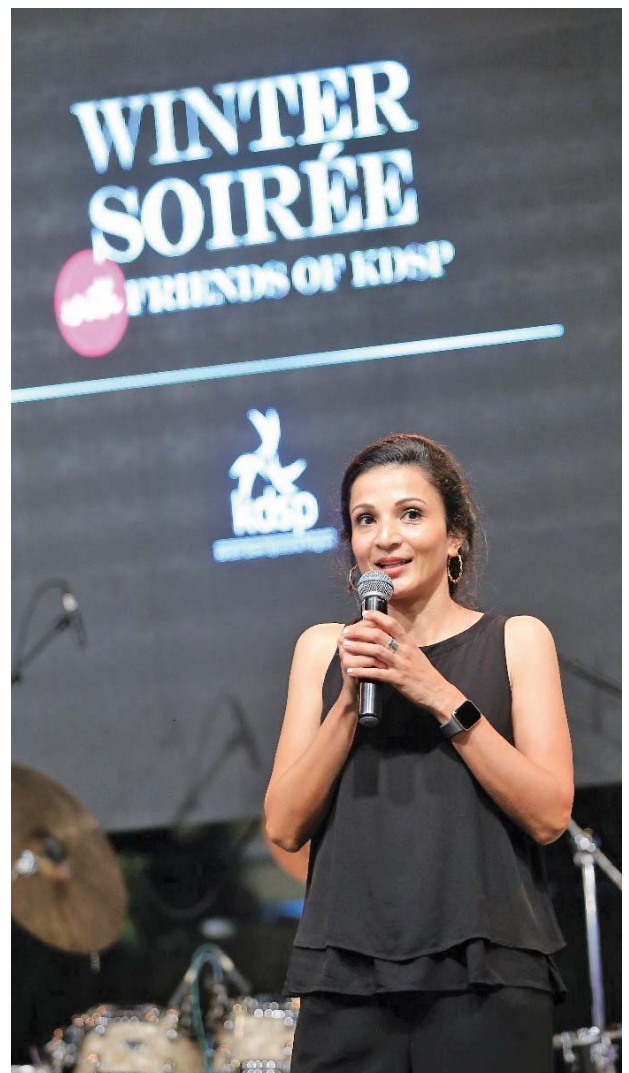
## Donate-A-Thon 2022

KDSP conducted its largest annual donation drive – Donate-A-Thon 2022, which was brought to a close at the Annual KDSP Carnival in March 2022. Many supporters came together and donated generously to help make this a success.

## Seasonal Soirees with Friends of KDSP

KDSP's ardent supporters came together to host a fundraising Winter Soiree for the cause. The event was hosted by Mr. Shafaat Ali and came to a close with a concert by renowned Pakistani rock stars Mr. Ali Hamza, Mr. Junaid Khan and Mr. Haroon Shahid.

Marking the turning of seasons, KDSP's benefactors came together yet again to host a Spring Soiree fundraiser, where Ms. Sidra Iqbal hosted the delightful evening and Mr. Anwar Maqsood kept the audience engaged with his prose, poetry and humor.





# Our Partners

## KDSP Golf Tournament 2022

### Title Partner



### Platinum Partner



### Gold Partners



### Silver Partners



### Community Partner



### Investment Partner



### Golfers' Lucky Draw Partners



### Caddies' Lucky Draw Partners



### Hole-In-One Partners



### Ice Cream Partners



### Iced Tea Partner



### Coffee Partner



### Dessert Partner



### Lunch Partner



### Beverage Partner



### Media Partner



### Hygiene Partner



### Gift Partners



### Giveaway Partners



### Event Partners



# KDSP Carnival 2022

## Title Partner



## Platinum Partners



## Gold Partner



## Silver Partners



## Volunteer Shirts Partner



## Train Partner



## Gift Bag Partners



## Banner Partners



## Beverage Partner



## Dessert Partner



## Hygiene Partner



## Tea Partner



## Snack Partners



## Media Partner



## Radio Partner



## Community Engagement Partners



# KDSP Carnival 2022

## Public Relations Partner



## Execution Partners



## Event Partners



## Accessibility Partner



## Official Ticketing Partners



# KDSP Donate-A-Thon 2022

## Ambassadors' Lucky Draw Partners



## Donors' Lucky Draw Partners





# Other Partnerships

Celebration Partner for KDSP Eid-UI Fitr Gift Baskets



Celebrations Partners for KDSP's Early Preschool Experience Program (EPEP)'s Graduation Ceremony 2022



Dental Activity Partners for KDSP Summer Camp



Engagement Activity Partner for KDSP Summer Camp





# Financials




# Statement of Financial Position

As at June 30, 2022

	2022	2021
	(Rupees)	
<b>ASSETS</b>		
<b>Non-current assets</b>		
Property and equipment	38,123,325	2,552,098
Right-of-use assets	41,986,980	40,321,983
Long term deposits	1,940,000	1,870,000
	<u>82,050,305</u>	<u>44,744,081</u>
<b>Current assets</b>		
Advances and prepayments	713,480	130,162
Other receivables	4,934,255	1,195,191
Short term investments	-	16,503,041
Cash and bank balances	54,984,969	41,449,117
	<u>60,632,704</u>	<u>59,277,511</u>
<b>TOTAL ASSETS</b>	<u><u>142,683,009</u></u>	<u><u>104,021,592</u></u>
<b>FUND AND LIABILITIES</b>		
<b>Fund</b>		
General fund	600,000	600,000
Accumulated surplus	55,505,347	42,032,632
	<u>56,105,347</u>	<u>42,632,632</u>
<b>Liabilities</b>		
<b>Non-current liabilities</b>		
Deferred income	30,629,506	17,047,529
Lease liability	44,597,546	38,555,879
	<u>75,227,052</u>	<u>55,603,408</u>
<b>Current liabilities</b>		
Current portion of lease liability	3,564,282	2,397,014
Trade and other payables	7,786,328	3,388,538
	<u>11,350,610</u>	<u>5,785,552</u>
<b>TOTAL FUND AND LIABILITIES</b>	<u><u>142,683,009</u></u>	<u><u>104,021,592</u></u>



Chief Executive Officer



Director



# Income and Expenditure Statement

For the year ended June 30, 2022

	2022	2021
	(Rupees)	
<b>INCOME</b>		
Donations	42,217,218	33,898,014
Donate A-Thon	16,738,880	15,545,000
Income from KDSP Golf event	6,451,069	-
Deferred income utilized	32,311,535	12,717,714
Income from KDSP Carnival	14,260,099	-
Therapy income	2,891,055	2,143,530
Education and training	2,348,850	1,335,737
Family Support	-	-
Handicrafts and merchandise	224,710	310,770
Fundraising income	-	-
Program and events income	541,609	233,266
Fees and subscription	-	-
Other income	1,935,945	1,766,643
	<b>119,920,970</b>	<b>67,950,674</b>
<b>EXPENDITURE</b>		
Cost of operations	92,305,511	48,434,334
Administrative expenses	14,142,744	7,432,721
	<b>106,448,255</b>	<b>55,867,055</b>
Surplus for the year	<b>13,472,715</b>	<b>12,083,619</b>

  
Chief Executive Officer

  
Director

# Statement of Cash Flows

For the year ended June 30, 2022

	2022	2021
	(Rupees)	
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>		
Surplus for the year	13,472,715	12,083,619
Adjustment for non-cash items:		
- Depreciation on property and equipment	1,888,132	847,010
- Depreciation on right-of-use assets	8,457,930	1,604,725
- Profit on savings bank account	(1,373,027)	(606,511)
- Interest on short term investments	(562,918)	(1,160,132)
- Loss on revaluation of investments at fair value	-	-
- Deferred income utilized	(32,311,535)	(12,717,714)
- Interest on lease liabilities	5,232,936	619,967
- Bank charges	129,820	128,363
	<b>(5,065,947)</b>	<b>799,327</b>
<b>Working capital changes:</b>		
Decrease / (Increase) in current assets:		
- Advances and prepayments	(583,318)	195,180
- Other receivables	(3,739,064)	857,379
	<b>(4,322,382)</b>	<b>1,052,559</b>
Increase in current liabilities:		
- Trade and other payables	4,397,790	905,415
	<b>75,408</b>	<b>1,957,974</b>
Restricted donations received	45,893,512	23,227,333
Cash generated from operations	<b>40,902,973</b>	<b>25,984,634</b>
Increase in long term deposits	(70,000)	(835,000)
Net cash generated from operating activities	<b>40,832,973</b>	<b>25,149,634</b>
<b>CASH FLOWS FROM INVESTING ACTIVITIES</b>		
Purchase of investments - net	16,000,000	-
Profit received on savings bank account	1,373,027	975,749
Profit received on short term investment	1,065,959	1,652,833
Capital expenditure incurred	(37,918,759)	(743,998)
Net cash generated from / (utilized in) investing activities	<b>(19,479,773)</b>	<b>1,884,584</b>
<b>CASH FLOWS FROM FINANCING ACTIVITIES</b>		
Lease rentals paid	(7,687,528)	(2,017,400)
Bank charges paid	(129,820)	(128,363)
Net cash utilized in financing activities	<b>7,817,348</b>	<b>(2,145,763)</b>
Net cash and cash equivalents generated during the year	<b>13,535,852</b>	<b>24,888,455</b>
Cash and cash equivalents at beginning of the year	41,449,117	16,560,662
Cash and cash equivalents at end of the year	<b>54,984,969</b>	<b>41,449,117</b>



Chief Executive Officer



Director

# Get Involved

Your support will keep the KDSP KASHTI afloat!

## 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](http://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](mailto: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](http://www.kdsp.org.pk/getinvolved/careers.php)

## Sponsorships/Partnerships

KDSP offers the opportunity to sponsor/partner several of its programs and provides avenues to increase the visibility of other companies. KDSP offers a range of sponsorship/partnership 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/partnership opportunities at KDSP, write at [resourcemobilization@kdsp.org.pk](mailto:resourcemobilization@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 via your donations/sadqa and Zakat contributions

Donation

Zakat



## Ways to give Donations and Zakat contributions locally:

### 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 Resource Mobilization team) or picked up from desired location within Karachi.

### Direct Bank Transfer

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

#### Donations Bank Accounts

**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 B AHL 1088 0081 0039 3201

**Swift Code**  
BAHL PKKA

**Account Title**  
Karachi Down Syndrome Program

**Bank Name**  
Habib Metropolitan Bank Limited

**Bank Branch**  
Business Avenue Branch Karachi

**Account Number**  
60165203117140256863

**IBAN**  
PK04 MPBL 0165 0271 4025 6863

**Swift Code**  
MPBL PKKA

#### Zakat Bank Account

**Account Title**  
Karachi Down Syndrome Program

**Bank Name**  
Meezan Bank Limited

**Bank Branch**  
Al Tijarah Branch

**Account Number**  
0159-0105548977

**IBAN**  
PK71 MEZN 0001590105548977

**Swift Code**  
MEZN PKKA

### 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](http://www.kdsp.org.pk/get-involved/donation/online-donation)

### Cash or Cash Cheque

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

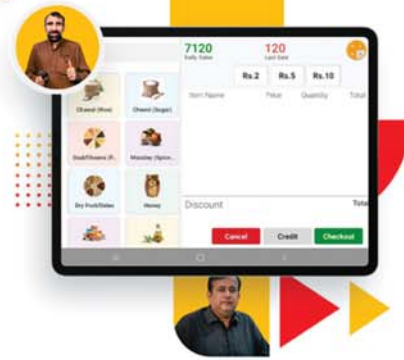
## Please note

- › 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 Resource Mobilization team by sending a screenshot via WhatsApp to 0315-3300033 or emailing at [resourcemobilization@kdsp.org.pk](mailto:resourcemobilization@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 Resource Mobilization team for Corporate Donation packages.



## ABOUT US

SnappRetail is transforming the retail industry through its digital platform creating a virtual network of retailers and connecting the sector to a digital economy.



Resource Linked is the largest RaaS (Retail-as-a-Service) provider in the country, catering to 50,000+ retailers in 100+ cities with 4000+ employees through deployment of 4 apps. Through its retail technology and other retail-oriented services for FMCG companies in Pakistan, it aims to revolutionize retail.





Karachi Down Syndrome Program

021-34315377 | 021-34395377 | 0334-3355377

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[www.kdsp.org.pk](http://www.kdsp.org.pk) | [info@kdsp.org.pk](mailto:info@kdsp.org.pk)



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

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