

Humrahi Program





Karachi Down Syndrome Program

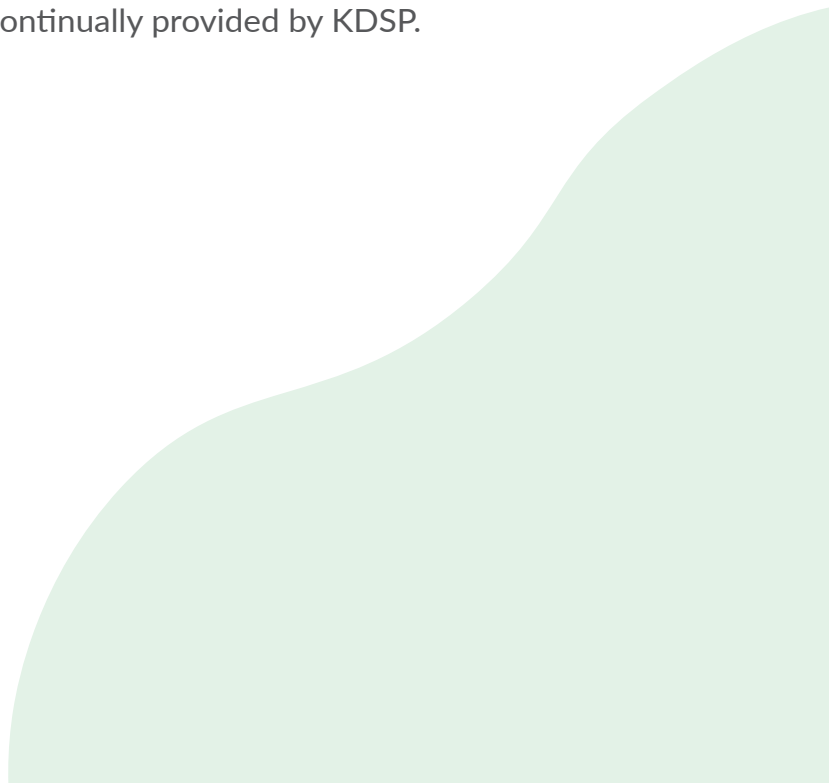


What is Humrahi Program?





Humrahi is a program that aims to connect new families of individuals with Down syndrome who enroll at KDSP to another experienced family within the KDSP's Family Network in order to receive emotional and informational support. Each new family enrolled at KDSP is matched with a Humrahi who then takes the responsibility of virtually guiding the family, in addition to the guidance continually provided by KDSP.





Nadia Nazli Mateen

Mother of Rameen Mateen

Nadia decided to become a humrahi to help other parents of individuals with Down syndrome. She offers a sense of belongingness so no parent ever feels left out or lonely.

Nadia is extremely detail oriented, she applies this skill while connecting with other parents to establish a deeper understanding and emotional connect.

Naghma Naz Qadri

Mother of Abdullah Hasnain

Naghma aspired to become a humrahi to help other parents deal effectively with the emotional challenges they may experience, she wishes to reduce anxiety parents of children with Down syndrome often undergo. With her patient, friendly and sociable personality she aims to support parents through their journey of nurturing a child with Down syndrome.



Dr. Jamshed Hasnain

Father of Abdullah Hasnain

As a humrahi, Dr. Jamshed envisions helping parents of children with additional needs overcome depression, anxiety and phobias and to effectively contribute in improving the lives of children with different abilities. Dr. Jamshed teaches research writing and through his fondness for research he aims to improve the quality of life of individuals with Down syndrome.





Mumtaz Fatima

Mother of Muhammad Mujtaba

Mumtaz decided to be a humrahi to counsel other parents and to help them identify their own inner strengths. As a humrahi, Mumtaz aims to offer emotional comfort to parents as they go through feelings of loneliness and isolation. She believes it is only natural for parents to feel low while starting out their journey with a child with Down syndrome, however a little support and understanding dialogue is all it takes to find strength again.



Sana Kamran

Mother of Abdul Rehman Ahmed

A compassionate and selfless soul, Sana has always wished to be a useful resource towards the community. She understands the initial struggle and challenge parents go through, therefore through Humrahi she decided to help parents who are currently finding themselves where she once was six years ago, alone and lost. Being a humrahi, provided Sana the opportunity to use her skills and experience to empower parents of individuals with Down syndrome.

Nimra Kashif

Mother of Muhammad Mustafa Kashif

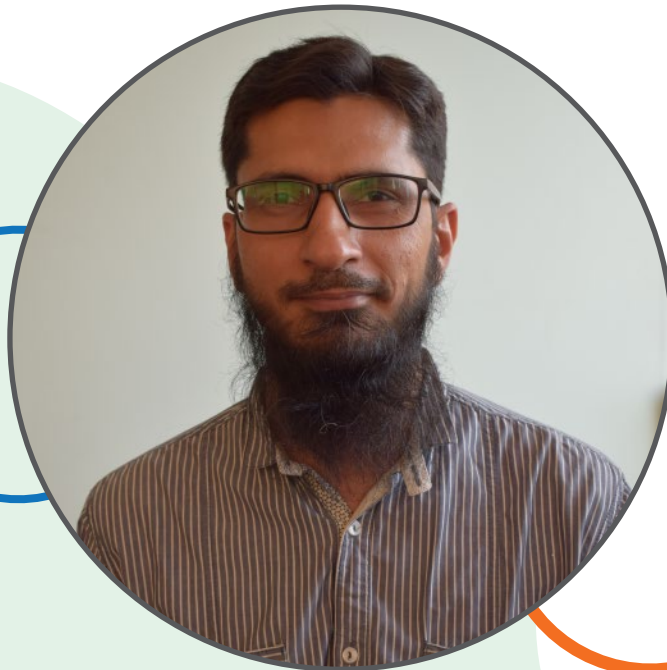
A chocolate lover at heart, Nimra enjoys the little things in life. She chose to become a humrahi to empower parents and caregivers of individuals with Down syndrome by educating them about Down syndrome, and its possible accompanying health conditions. Using her experience with her son Mustafa, Nimra offers guidance and support to newly enrolled parents at KDSP.



Muhammad Kashif

Father of Muhammad Mustafa Kashif

Muhammad Kashif wanted to pass on the support and assistance he received from KDSP and being a humrahi provided him the perfect opportunity to do so. With his resilient nature Kashif fights with tough situations head on. He does not let challenging situations weaken him instead manages to live and learn through each experience. In his free time, Kashif loves to travel and read up on historical facts.





Rahat Bano Siddiqui

Mother of Ruhaab Fatima

A kind and compassionate being, Rahat understands the emotional turmoil parents experience as they find themselves without support and strength trying to understand the needs of their child with Down syndrome. Being an experienced parent, she wants to guide and offer emotional strength and support to parents when they need it the most. Rahat manages to radiate a calm and collected demeanor which helps others feel at ease around her.



Shumaila Farhan

Mother of Syeda Fasiha Farhan

An empathetic soul, Shumaila has long wanted to offer meaningful support and care for other parents and Humrahi provided her the perfect opportunity to help and assist them. As an avid reader, Shumaila enjoys reading Urdu novels, her favorite author being Umera Ahmed.

Ambreen Riaz

Mother of Muhammad Ziyam Asif

Having been through a challenging yet joyful journey with her son Ziyam, Ambreen has learnt through her experiences. She wishes to lend support and company to parents in times of isolation, stress and lack of guidance. Ambreen offers hope and motivation to parents when they need it most. As a creative genius, Ambreen uses her arts and craft abilities to recycle objects and create low cost resource material to engage her son in useful activities.



Laila Sadaf Shah

Mother of Zainab Manzoor Memon

With her happy go lucky nature and friendly persona, Laila took up the role of humrahi to offer support, assistance and guidance to parents of children with Down syndrome. Having realized the importance of Early Childhood Intervention, Laila now wanted to advocate for the significance of ECI within parents and caregivers of young children. She did not want any parent to feel deprived of basic facilitation and guidance during the most crucial years of their child's life.





Huma Anjum

Mother of Xunairah Babar

An optimistic and caring individual, Huma chose the path of Humrahi to help create awareness and acceptance within parents blessed with children with Down syndrome. Being an experienced parent herself, she believes although the terrain may be rough the journey is worth it and as a humrahi she offers to walk others through their respective journeys. Adventurous at heart, Huma also loves to travel, read travelogues and Urdu biographies.



Maryam Naeem

Mother of Essa bin Zohaib

Maryam associated herself with Humrahi to empower parents of children with Down syndrome. She radiates positivity and always looks at the brighter side of things, with her positive attitude Maryam wishes to be a reliable and reassuring support for other parents so no parent ever feels lonely along their journey.

Fehmina Rizwan

Mother of Rumaisa Rizwan

Fehmina chose for herself to be a humrahi to guide, assist and support other parents. She believes children with Down syndrome require care, attention and love, if given in abundance, the journey becomes very smooth. Fehmina practices empathy and active listening, two qualities which put others at ease and enable them to openly share their experiences with her.





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