



KDSP's Quarterly Newsletter

# A Little Extra

January '23 - June '23



# Impact Statistics



**175** new individuals registered

**71** parents supported through Humrahi program

**154** households supported by monthly ration packs

**146** Family Support Group sessions conducted since KDSP's inception



**5** life-saving treatments and medical procedures sponsored

**197** children benefitted (AKUH, Indus, Developmental clinics at KDSP, and General paediatrician clinics at KDSP)



**243** individuals made aware about Down syndrome through awareness sessions



**118** additional children benefitted from preschool, afterschool homeschool and mainstream educational programs

**6** teachers trained through remote learning and remedial programs

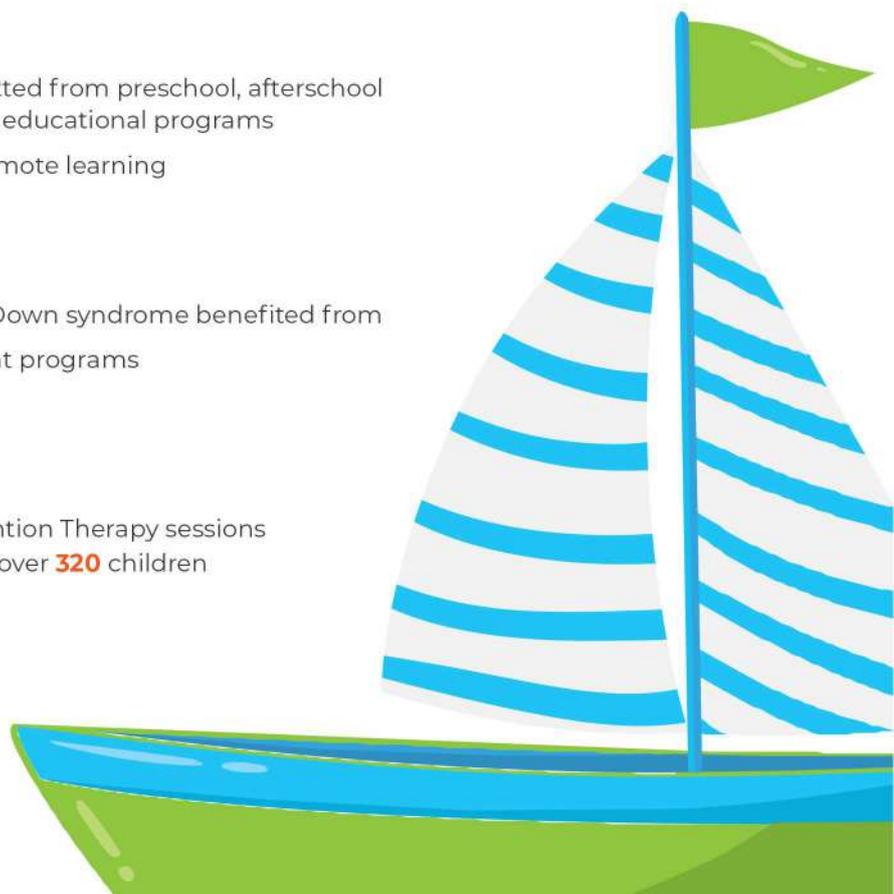


**102** children and adults with Down syndrome benefitted from

**26** running Skills Development programs



**550+** Early Childhood Intervention Therapy sessions scheduled weekly benefiting over **320** children





# Family Support

Family Network expanded to **1870 families**

KDSP continued to offer informational support to parents and caregivers via monthly **Family Support Group sessions** on a variety of topics:



**January:** Genetic Counseling for Parents of Individuals with Down Syndrome

**February:** Strategies to Manage Behavior at Home

**March:** Basic Physical Therapy Interventions for Children with Down Syndrome

**April:** Gastrointestinal Care Needs for Children with Down Syndrome

**May:** Pre-requisites of Handwriting Skills for Children with Down Syndrome

**June:** Summer Learning Plan for Children with Down Syndrome



*On **14 January 2023** families gathered for a **New Year's Hi-Tea**, bonding over resolutions, reflecting on the past, celebrating achievements, and finding strength in shared experiences, all while enjoying delicious snacks and tea.*



***Mum Tum aur Hum**, sponsored by **Floor Club** on **June 9, 2023**, offered bonding experiences for mothers and children with Down syndrome through interactive floor and table games, fostering connection and joy.*

## Eid Milan - 2023

On **6 May 2023**, KDSP hosted an **Eid Milan** to celebrate the essence of Eid with the Family Network. Many families of individuals with Down syndrome go through social, emotional and financial challenges. Eid Milan allowed them to celebrate, create beautiful memories, and strengthen their bonds with one another.



**Sibling Serenity** – Discover Yourself Through Yoga and Meditation. On **22 June, 2023**, The session aimed to offer a **therapeutic experience** to siblings of individuals with Down syndrome. Being a sibling to a loved one with Down syndrome is a wonderful experience but for many it can lead to feelings of neglect and isolation. With the help of **Elishbah Popatia** through this session, siblings found the opportunity to come together to experience yoga, meditation and some self-reflection.



# Awareness

## Awareness Sessions January - June 2023

A number of sessions were conducted with schools and organizations during this time period through which around **300 people were made aware** about Down syndrome. Some of these awareness sessions were followed by interactive sessions with individuals with Down syndrome at KDSP:

Liaquat National Hospital School of Physiotherapy | Ziauddin School | Essa Lab |  
Smart School | Utilities Tech | Guest Speaker Session at IBA | Engro |  
Employees at KDSP | Guest Speaker Session at Discovery Center, Beaconhouse

# پیار بانٹو



## Pyaar Baanto - October 2022

This Down syndrome awareness month, KDSP's annual awareness campaign was titled **Pyaar Baanto**. The campaign aimed to spread the message of love, inclusion, and diversity. It not only focused on celebrating the lives of individuals with Down syndrome but also aimed to raise awareness for their right to inclusion in mainstream society.



### Cover Art for 'Pyaar Baanto'

*Ali Hamza, Haroon Shahid, Natasha Noorani,  
Nafisa Khalid, and Bilal Ali*

As part of the campaign, KDSP released its anthem, "**Pyaar Baanto**". The **anthem** is a catchy tune about **spreading love**; it is sung by Ali Hamza, Haroon Shahid, Natasha Noorani, Nafisa Khalid, and Bilal Ali. The Launch Event for KDSP's Anthem, "Pyaar Baanto" took place at the KDSP Learning Centre (KLC) on **1st October 2022**. It was an eventful evening where the KDSP family and artists from the "Pyaar Baanto" anthem came together to celebrate its release. The event was hosted by Khalid Malik and a number of people from the media fraternity graced the event with their presence.



# World Down Syndrome Day



## KDSP Carnival 2023

**KDSP Carnival 2023** was held on **5th February 2023** at the **DHA Sports Club, Moin Khan Academy**. As a part of its objective of raising awareness, KDSP every year organizes its annual carnival in celebration of **World Down Syndrome Day (WDSO)**. The larger purpose of the carnival is to collectively demonstrate an inclusive society where people of all abilities are celebrated, accepted and appreciated. The theme for this year's carnival was **#PyaarBaanto** and through that we hoped to spread a message of love, hope, and inclusion. The event had a footfall of more than **6500 people** which included more than **1450 people** from the KDSP family network. It was a fun-filled day where families came in huge numbers to enjoy a number of games and activities, scrumptious food, stage performances, and a lot more. Our talented crafters also received an overwhelming response at the stall they set up for **Lehr by KDSP!**



## UN Conference - 21st March 2023

We got to attend the **12th World Down Syndrome Day Conference** at the United Nations Headquarters in **New York City**. At the 12th WDSO Conference, self-advocates, supporters, government and UN officials and NGO representatives shared knowledge, experience, and good practice from countries around the world.

### Expanding our partner base:

- **Zhalay Sarhadi** visited the KDSP Learning Center to advocate for an inclusive society and become a part of our journey to support individuals with Down syndrome in the community.
- **Independent Learning Center Visit** - **Faiza Abdul Aziz**, CEO and **Dr. Abdul Karim Khider**, Medical Director at the Independent Learning Therapy based in **Jeddah, Saudi Arabia** visited the KDSP Learning Centre and KDSP Development Centre. We got a chance to learn about the work they do and also shared with them how KDSP is working to provide quality services to individuals with Down syndrome. We hope that that this opens up doors for collaboration.

### Media Appearances

- **Samar Naqvi** on **Express News** on account of World Down syndrome Day
- **Shayan Zafar**, Senior Manager Awareness and HR on **HUM Masala TV**



# Healthcare

## New Collaborations/Partnerships



### Partnership between Ziauddin Hospital and KDSP:

As KDSP and its reach continue to grow, so do the healthcare needs of the expanding clientele registered with KDSP. This year KDSP had the privilege to collaborate with another one of Pakistan's biggest healthcare providers, Ziauddin Hospital. This partnership aims to cater to the healthcare needs of children with Down syndrome in the utmost efficient manner, one that proves to be highly sustainable and beneficial to both the organizations and our clients.

## Success Stories

**Hiba Habib**, a 1.3-year-old girl with severe hearing loss, received funded hearing aids from KDSP, enabling her to hear a wide range of sounds and live a fulfilled life.

**Muhammad Maaz**, an 11.2-year-old boy with dental complications, received KDSP funding for his extensive treatment plan, including extractions, fillings, and fluoride application. He now enjoys improved communication and a comfortable daily life.

**Mannat Mir**, a 4.4-year-old girl, was admitted to AKUH with chest congestion and diagnosed with pneumonia. KDSP provided emotional and financial support during her three-day stay in intensive care. Mannat has fully recovered, participating in ECI therapies and thriving in good health.



# Skills Development

## New Collaborations/Partnerships

### - MoU Signing with Ribat - 18th May, 2023

KDSP recently signed an MoU with Ribat to collaboratively work on skills development and enrichment programs for individuals with Down Syndrome.



**Taekwondo Classes by Karachi Vocational Training Centre (KVTC) - 27th April, 2023**

KDSP in collaboration with Karachi Vocational Training Centre (KVTC) started two Taekwondo batches taught by Mr. Muhammad Siddiq.



**Collaboration with Engro Fertilizers - 7th June, 2023**

KDSP collaborated with Engro Fertilizers for an internship program for individuals with Down Syndrome. As part of this collaboration, KDSP Team also conducted an awareness session with their team.



**Karachi Champs Football Training - 7th June, 2023**

KDSP in collaboration with Karachi Champs Football Club started a 6 weeks football camp for ages 7-14 years old.



### **KDSP x Peek-a-bear in collaboration with Ms. Sharmila Farouqi - 13th May, 2023**

KDSP in collaboration with Ms. Sharmila Farooqui presented a fun playdate at Peek-a-bear Ocean Mall. Children from KDSP's Family Network from the age of 1-12 years participated in it along with their siblings and caretakers. It was a fun filled day with lots of activities and refreshment.



### **- Ribat BasketBall Camp - 5th June, 2023**

KDSP in collaboration with Ribat started basketball training for ages 8 and above at Ribat - The Campus with a current batch of 15 students.

## Everything that happened in the past few months



**Pasha Farms Field Trip**

### **Pasha Farms Field Trip - 17th February, 2023**

Education for Life batch I and II went on a field trip to Pasha Farms. It was a fun filled day where our students got to explore planting and got a chance to take pictures with their favorite farm animals.

### **Yunus Textiles Field Trip - 21st March, 2023**

Education for Life Batch I and II students visited Yunus Textiles on a field trip. They got to see their weaving and stitching practices at the Mills. After that, they did a painting activity with their employees. It was a fun-filled day and everybody enjoyed it a lot.



**Yunus Textiles Field Trip**



**WDSD Celebration**

### **World Down Syndrome Day Celebration with Special Olympics Pakistan (SOP) - 21st March, 2023**

Special Olympics Pakistan (SOP) and their athletes visited the KDSP Learning Center and conducted Zumba and Bocce with the students at KDSP on the occasion of World Down Syndrome Day. Everyone came together to celebrate the day with fun games and activities.

### **Cooking Workshop with Haya Emaan - 4th-6th May, 2023**

Education for Life batch I students had a three day cooking workshop with Haya Emaan. Haya is a sous chef at Eleven Madison Park. Our young chefs in the making had a great time in the kitchen, baking pizza, frosting cakes and learning new culinary skills.



**Cooking Workshop**



**KDSP Summer Camp**

### **KDSP Summer Camp - 6th June, 2023**

KDSP held a Summer Camp for individuals with Down syndrome aged 7 - 14 years. The summer camp was a collaborative effort of the Skills Development and Education department at KDSP. It included a number of fun and learning sessions such as Explore Nature, Cook for Fun, Cool Off and Sports, Beauty and Creativity along with a number of different field trips.

## Some other important highlights

Candle Making Course with Rangoonwala | Starting the 2nd Batch for Education for Life Pop-Up Canteen for KDSP Employees | Eid Milan Party | Visit to KFC Nursery Branch



Introducing '**Lehr**' by KDSP, an extraordinary brand that emerged from the depths of the Karachi Down Syndrome Program in **November 2022**. Just like the relentless waves of the ocean, our crafters with Down syndrome have overcome countless challenges to create beautiful handcrafted products filled with love.

'Lehr' symbolizes their unwavering resilience, unbreakable determination, and unwavering courage. It serves as a beacon of hope, keeping KDSP's KASHTI afloat amidst turbulent waters, and enabling it to navigate the calm seas with boundless joy. With 'Lehr,' our crafters proudly showcase their incredible talents, demonstrating that true strength lies in the depths of one's spirit.



## Events/Exhibitions

### **Lehr at Crafters Expo - November 13th, 2022**

Handcrafted products made with love were up for sale. Photographs taken by individuals with Down syndrome during their photography classes were also displayed

### **Lehr at Al-Furqan Welfare Organization - 11th March, 2023**

Lehr by KDSP put up a stall on Al-Furqan Welfare Organization's Annual Day. We received great response on our Crafters' products.

### **Lehr by KDSP at the Locate Karachi - 3rd-4th June, 2023**

KDSP put up its crafters' stall 'Lehr by KDSP' at The Locate Karachi on 3rd and 4th June, 2023. The products created by the Crafters with Down Syndrome were well appreciated by the audience at the event along with the merchandise. All proceeds made at the stall went back to crafters with Down syndrome.



# RANGON KI LEHR

Rangon ki Lehr - KDSP's first ever Art Exhibition. The exhibition showcased the amazing works of **artists with Down syndrome** at **Karachi Down Syndrome Program (KDSP)**, who have a unique perspective on the world. Their art is full of vibrant colors, intricate details, and heartfelt emotions that speak to the audience on a deep level. This exhibition serves as a powerful reminder that art knows no boundaries and that everyone has a creative voice that deserves to be heard.



Visitors were mesmerized by the stunning **paintings, murals, and photography** on display, each piece showcasing a unique perspective on the world.

The exhibition includes a ceremony of appreciation to honor the artists' hard work and dedication, followed by refreshments to celebrate the occasion. The Chief Secretary of Sindh, Dr. Muhammad Sohail Rajput was the chief guest for the event. We received an overwhelming response and proceeds from the exhibition went to artists with Down syndrome at KDSP. The **Event was covered by Aaj News**, Also special thank you for Esquires and Zerritta Flowers for being our event partners.



**ESQUIRES**  
THE ORGANIC COFFEE CO

**ZERRITTA  
FLOWERS**



# Education

## Events/Highlights

### 1. Annual Inclusive Education Training

21st - 28th January

The training was held in collaboration with the **Institute of Business Administration (IBA)**. The 3-day training program included 6 interactive sessions, from understanding the learning profile of individuals with intellectual disabilities such as Down syndrome, **Autism and ADHD**, to learning how to incorporate academic modifications, developing individualized education plans, and managing behavior in a mainstream classroom setting.



### 2. EPEP World Down Syndrome Day Spring Festival

10th March

The EPEP students and their parents celebrated **World Down Syndrome Day** with a beautiful spring festival filled with flowers, activity stations, pictures and a quiz for the parents! The students also got to help make flower necklaces for their mothers!



### 3. EPEP Graduation Ceremony

22nd May



21 students from our **Early Preschool Experience Program (EPEP) Batch of 2023** completed a year of learning communication, language, fine and gross motor, cognition, play, socio-emotion and self-help skills. The batch dressed up in matching shirts and walked down a ramp with little graduation caps as their parents cheered in the audience. Our donors also joined this celebration with family and staff to see our graduates step into mainstream schools and continue their academic journey. **Education for Life Batch I** students also set up a pop-up canteen at the event which was loved by all our guests.

### 4. TAP Watermelon Day

3rd June

The TAP team planned a Watermelon Day for the students in a fun filled and informative way. The students were asked to dress up in watermelon themed colours. They learned numeracy, literacy skills and life skills through engaging in creative watermelon themed activities.





# Early Childhood Intervention (ECI)

## Parent Orientation Sessions

May – June 2023

A series of **5 sessions** were conducted for parents who have their children enrolled in Early Childhood Intervention (ECI) therapies. The parents were trained on **Behavior Management techniques** by certified Behavior Therapists, motivated on the significance of early intervention by departmental heads and apprised on ECI policies by the team, to ensure consistent progress by the enrolled children.



## Sensory Integration Workshop

17 May 2023

A full-day workshop was conducted on "**Sensory Integration**" by a Senior Occupational Therapist, "**Ms. Nighat Tahir**" for our team of ECI therapists which include Occupational, Physical, and Speech-Language therapists. They were trained on various techniques which they can utilize for sensory regulation of children with Down Syndrome.

## Visit by School of Physical Therapy, Liaquat National Hospital 25 May 2023

Students from the School of Physical Therapy at Liaquat National Hospital visited KDSP Development Center (KDC). Along with an awareness session on Down syndrome, the students received an informational session by **Ms. Nadia Ashiq, Head of Physical Therapy**. The students had designed various activities which they shared with therapists to be used with children in therapy sessions.



Our beloved children with Down syndrome from the Early Childhood Intervention program celebrated a major milestone during our event themed '**Little Steps to a Brighter Future.**' and therapists came together to celebrate milestones achieved through their early therapies, physical, occupational and speech therapies.



# Events & Engagements

## Donate-A-Thon Campaign & Lucky Draws

Every year around **World Down Syndrome Day**, KDSP runs its annual donation drive called '**Donate-A-Thon**' (**5th December, 2022 to 18th March, 2023**) to support and empower individuals with Down syndrome. This year, the drive started on 5th December, 2022, and concluded at the KDSP '**Rangon Ki Lehr**' Art Exhibition, on 18th March 2023, where our Lucky Draws were held in which both the Donors and Ambassadors had the opportunity to win exciting gifts sponsored by our partners. KDSP would like to give a heartfelt thank you to all participants and partners for their continued support this year.



## KDSP Golf Tournament '23

15th January, 2023

The Annual KDSP Golf Tournament was held on 15th January 2023, and brought together seasoned golfers to support inclusive education for children with Down syndrome at KDSP. We were beyond honored to welcome our **Chief Guest, British Deputy High Commissioner Ms. Sarah Mooney** to the event. In addition, **President Mr. Arif Alvi** graced us with his presence, and participated within the Golf Tournament, everyone thoroughly enjoyed the tournament and ceremony. Our very own KDSP crafters shop, Lehr, had a stall too. What an exciting day it was.



“A Night for Inclusion” ft. **Hasan Raheem & Bilal Maqsood**. The 90's and 20's together at the first-ever KDSP Concert.

The KDSP Concert demonstrated the profound power of music in transcending boundaries and creating a world that embraces diversity. A total of 3000+ people gathered for this cause. By coming together for this memorable event, the audience and organizers alike showed their unwavering commitment to empowering individuals with disabilities and promoting a more inclusive future.

**3rd December** marks the **International Day of Persons with Disabilities** and all ticket proceeds went towards supporting and empowering individuals with Down syndrome at the Karachi Down Syndrome Program (KDSP). The KDSP Concert set a remarkable precedent for future events, inspiring communities to come together, embrace diversity, and create a world where everyone feels valued and included.



## Winter Soiree with Friends of KDSP

3rd February, 2023

KDSP's supporters came together to host a fundraising dinner, with rocking entertainment! The event was emceed by our goodwill ambassador, Shafaat Ali and concluded with a concert by renowned Noori Band.



## A Musical Affair with Friends of KDSP

17th February, 2023

Another exciting fundraiser was hosted by supporters of KDSP. A musical night with a concert by the legendary rockstars Noori, great food and company, the night was truly one for the books!



## Zakat Campaign

KDSP had a **Zakat campaign** throughout the holy month of **Ramzan** to collect zakat for individuals with Down syndrome. We encouraged individuals to give their Zakat to KDSP to help us build an inclusive society in which individuals with Down syndrome have the opportunity to flourish.

Media Appearances for the Zakat Campaign:

- Shan e Ramzan on ARY Digital
- GEO Pakistan on GEO News
- Baran e Rehmat on Aaj
- Kher e Ramzan on Express News





## British Deputy High Commission Karachi

**Mr. Martin Dawson**, Deputy Head of Mission, British Deputy High Commission visited KDSP. It was such an honour to meet with him, show him our facilities and discuss possible areas of collaboration to work collectively towards the inclusion of individuals of Down syndrome in Pakistan!

## US Consulate Karachi

We had the pleasure of hosting officials from the **US Consulate Karachi**, including Acting Consul General - Mr. Liam O'Flanagan, Public Affairs Officer - Mr. Lee McManis, Cultural Affairs Officer - Mr. Vince Murphy and Public Diplomacy Specialist - Ms. Zahra Hajyani. During their visit, they learnt about KDSP'S journey, and met with our preschoolers and adult skill trainees, and got to learn more about our facilities.



## Recycle for Charity

We were very grateful to have a visit from not only one, but two groups of Recycle for Charity! One of our very own **EPEP** teachers, **Zahra Halai**, led the discussion as they got to learn more about our facilities and programs offered at KDSP.

## Humaniti

Canadian non-profit organization, Humaniti, visited KDSP with our goodwill ambassador Shafaat Ali to learn more about the work that we do, as we showed them around and engaged in great discussion surrounding empowering individuals with Down syndrome.



## Soneri Bank

The marketing team from **Soneri Bank** visited KDSP to discuss possible future collaborations regarding supporting individuals with Down syndrome, and engage with our **EPEP** class during their 'Colour Red Day.' It was lovely to share this fun occasion alongside them.



## Wasim Khan

We were honoured to have the ICC General Manager, **Mr. Wasim Khan**, visit KDSP to learn more about our programs, and see our facilities.



We would like to thank our esteemed partners

Annual Report 2021- 2022 Partners



Donate-A-Thon Campaign & Lucky Draws



KDSP Concert 2022



Eid Milan 2023



EPEP Graduation 2023



ECI milestones 2022



# KDSP Carnival 2023

Title Partner



Platinum Partners



Gold Partners



Silver Partners



Banner Partners



Gift Bag Partners



Snack Partners



Ticket Partners



Media Partners



Digital Media Partner



Radio Partner



Travel Partner



Tea Partner



Train Partner



Community Engagement Partner



Event Coverage Partner



First Aid Partners



Hygiene Partner



Beverage Partner



Accessibility Partner



Venue Partners



Event Partners



# KDSP Golf Tournament 2023

Title Partner



Platinum Partners



Gold Partners



Silver Partners



Hole-in-One Partners



Lunch Partner



Beverage Partner



Tea Partner



Coffee Partner



Dessert Partner



Ice Cream Partner



Media Partner



Caddies' Lucky Draw Partners



Gift Partners



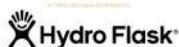
Giveaway Partners



Event Partners



Online Scoring Partner



Rangon ki Lehr

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