



Karachi Down Syndrome Program



# RECOGNISE THE POSSIBILITIES

ANNUAL REPORT | 2018 – 2019

**Love doesn't count  
chromosomes!**





I CAN NEST

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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. A few of the 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 – although 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, race, religious and economic backgrounds.

## About Karachi Down Syndrome Program (KDSP)

The Karachi Down Syndrome Program (KDSP), a non-profit organization, was formed in March 2014 by a group of concerned parents and passionate individuals who realized there to be a need for a platform for individuals with Down syndrome, based on a severe lack of support and resources for them locally.

KDSP's goal is to advocate the value, acceptance and inclusion of people with Down syndrome living in Karachi and to provide them with the opportunity to lead independent and fulfilling lives.

## Mission

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

## Vision

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



# Board of Directors

**KDSP is guided by the leadership of a competent and dedicated group of parents and professionals.**

**Chaudhary Adeel Rasheed**  
Chairman

**Ali Allawala**  
CEO

**Farzeen Ali**  
Deputy CEO

**Javeria Siddiqui**  
Director

**Nasira Faiz**  
Director

**Dr. Zehra Habib**  
Director

**Hamidah Walli**  
Director

**Danish Elahi**  
Director

**Syed Fawad Ahmed**  
Director

## Directors' Note

“We opened up our hearts and our space to welcome new individuals and families to our happy place.”



### IT GIVES ME IMMENSE PLEASURE TO PRESENT THE KDSP ANNUAL REPORT 2018-19.

KDSP has now successfully completed its 5 years of existence. I am humbled as I reflect on our journey over these years. From having merely 10 families initially registered, we now have the honour of **servicing over 635 families** who reached out to KDSP seeking hope, guidance and support for themselves and their loved one with Down syndrome.

Considering the increasing demand for KDSP's services, we opened up our hearts and our space to welcome new individuals and families to our happy place. The first quarter of the year was spent building a new dream. I am pleased to announce that KDSP's facility has expanded leaps and bounds under its recent expansion plan. The newly established therapy and service centre is spread across 5600 sq.ft. comprising of one vocational training room, one counselling room, one sensory room, one consulting clinic, one activity room and three additional speech therapy, two occupational therapy and two physical therapy rooms.

In its **5th year of service**, KDSP continues to make a difference in the lives of individuals with Down syndrome and their families through six core areas of service:

## FAMILY SUPPORT GROUP

We believe that the key to empowering a child with Down syndrome lies in first empowering the child's family and caregivers. The monthly Family Support Group sessions at KDSP enable caregivers of those with Down syndrome to come together to receive information from an expert and derive support from one another's shared experiences.

This year, Family Support Group sessions provided our Family Network with critical information relevant to areas such as Developmental Pediatrics, Physical Therapy, Healthy Diet and Addressing Behaviour Issues through Speech Therapy.

## AWARENESS

We strive to create an inclusive society for all individuals with Down syndrome through awareness initiatives that help challenge and transform societal perceptions about Down syndrome and people with Down syndrome. Our on-ground and off-ground efforts this year included organizing Down syndrome awareness sessions at educational institutes and organizations, hosting the KDSP Carnival 2019 that brought together 3700 people to celebrate World Down Syndrome Day, a digital media campaign in collaboration with Humans of Pakistan to highlight the experiences of individuals with Down syndrome and their families as well as TV show appearances.

We also inaugurated Guided Tours at KDSP this year for the general public to facilitate their awareness about Down syndrome and to dispel myths associated with the genetic condition.

## EARLY CHILDHOOD INTERVENTION (ECI)

Early Childhood Intervention (ECI) plays an essential role in the development of a child with Down syndrome. It entails giving occupational, physical and speech therapy to children during their early years of life to facilitate them in achieving their developmental milestone on time, leading to successful integration in society. Staying true to our promise made last year, we were able to almost double the capacity of ECI clinics offered this year.

In comparison to the 150 weekly clinics scheduled last year, this year on average over 220 clinics were scheduled weekly to offer therapies to children between ages 0-7 years. Out of all the children receiving subsidized ECI therapies, 56 are receiving additional financial assistance.

## EDUCATION AND TRAINING

All children have the right to receive quality education. According to the Down Syndrome Education International (DSE) UK, an inclusive classroom environment in mainstream schools is best suited to help a child with Down syndrome excel socially and academically. KDSP makes this possible by advocating for inclusive education through its educational programs. The Project for Inclusive Education (PIE) involves partnering with mainstream educational institutions, training their teachers and facilitating admission of children with Down syndrome in those schools. This year 11 new children started attending mainstream schools, increasing the total number of children enrolled in PIE to 26, who are attending KDSP's 15 partner schools. The Early Preschool Experience Program (EPEP) is especially designed to inculcate school readiness in children with Down syndrome and their caregivers for a confident, productive, and smooth transition into mainstream schooling the following year. There was a 50% increase in the number of children enrolled in the program.

A pilot of a new program, Tailored Assistance Program (TAP), was launched to facilitate children between ages 8-12 years with customized assistance to harness each child's numeracy, literacy, arts & crafts, life and music skills.

We also collaborated with the IBA Centre for Executive Education (IBA-CEE) to initiate a first of its kind 3 month Remedial Teacher Training Program to impart teachers of mainstream schools with the best practices of creating an inclusive classroom environment. Such teacher trainings are integral to the vision of providing access to quality education to all children with Down syndrome.

## HEALTHCARE

Through the Down Syndrome Clinic established in collaboration with AKUH, 107 referrals were made to the clinic to help children with Down syndrome receive specialized medical care from the best medical professionals at a subsidized cost.

KDSP also co-funded the heart surgery of a 3 year old girl with Down syndrome with atrioventricular septal defect, leading her to be fully functional in her daily life.

## ENRICHMENT

We continued engaging individuals with Down syndrome of all ages in various skill and hobby building programs throughout the year. The weekly arts and crafts classes for adults with Down syndrome teach them vocational skills that they use to create beautiful products. We sell those products and return a 100% of the sales proceeds back to the crafters to make them financially independent. Moreover, the weekly yoga sessions for adults help enhance their overall physical and mental wellbeing.

For children between ages 0-15 years, we host play and movement, music and movement, story time sessions and regular outdoor visits to foster their cognitive, motor, social and emotional development. In April 2019, KDSP collaborated with the AKUH Sports and Rehabilitation Centre to offer a 12 week swimming module for over 20 children between ages 6-12 years.

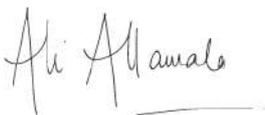
We also conducted a survey amongst our Family Network to receive their feedback on KDSP's services and identify their needs so services could be tailored according to their requirements. The wealth of findings from this survey will be used to introduce new initiatives in the future.

Our goal of providing our beneficiaries with high quality services at an extremely subsidized cost is sustained with the help of generous philanthropists and organizations.

This year, thanks to the generosity of our well wishers, we raised Rs. 29,719,135 through sponsorships and donations.

I would like to extend my deepest appreciation to all donors, sponsors, partners, volunteers, families, KDSP team and Board Members for their invaluable generosity, time, support and contribution towards our cause. I am truly grateful to have the honour of serving the Down syndrome community of Karachi!

## Thank you!

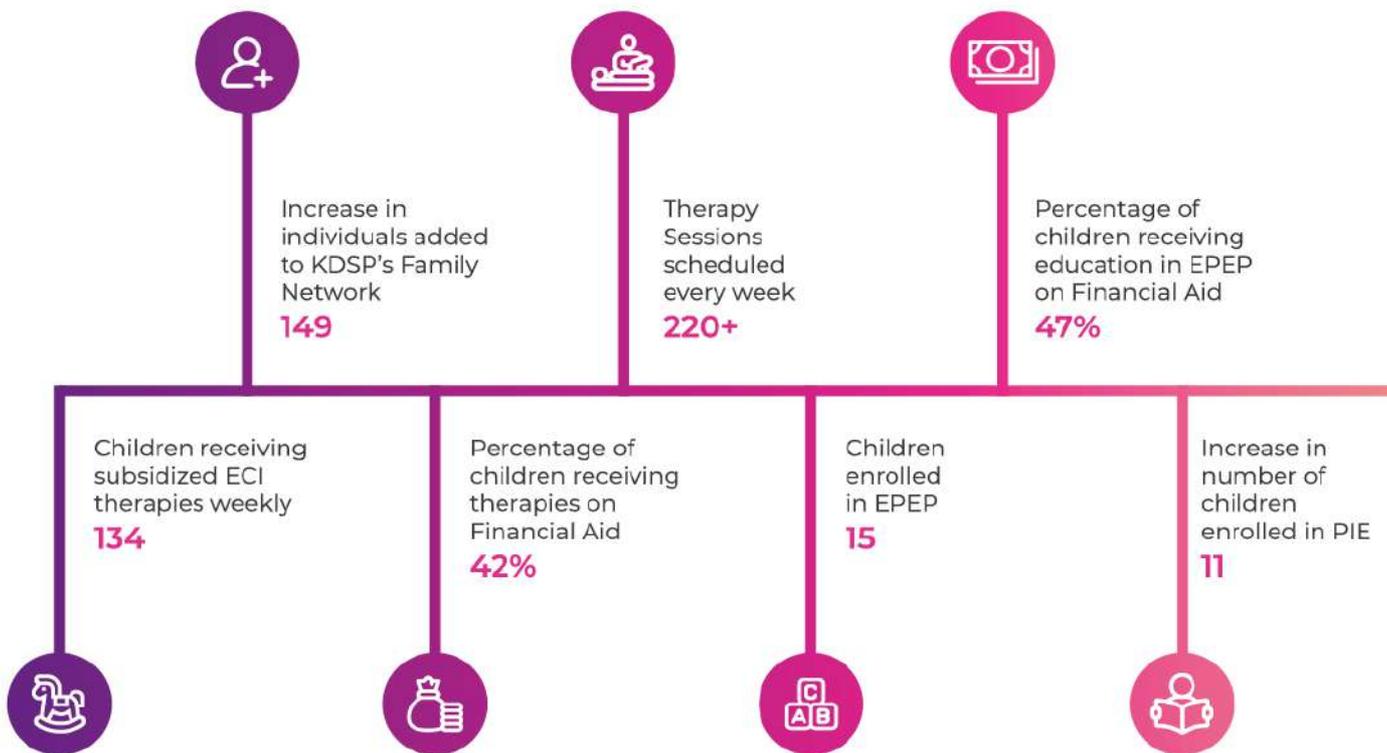


Ali Allawala

CEO  
Karachi Down Syndrome Program (KDSP)

# Major Accomplishments

## Sustained Growth (2018-2019)





Participants in Remedial Teacher Training Course  
**25**



Families empowered through Family Support Group sessions  
**107**



Referrals to AKUH Down Syndrome Clinic  
**107**



Participants in PIE Teacher Trainings  
**48**



Children enrolled in Enrichment Programs  
**89**

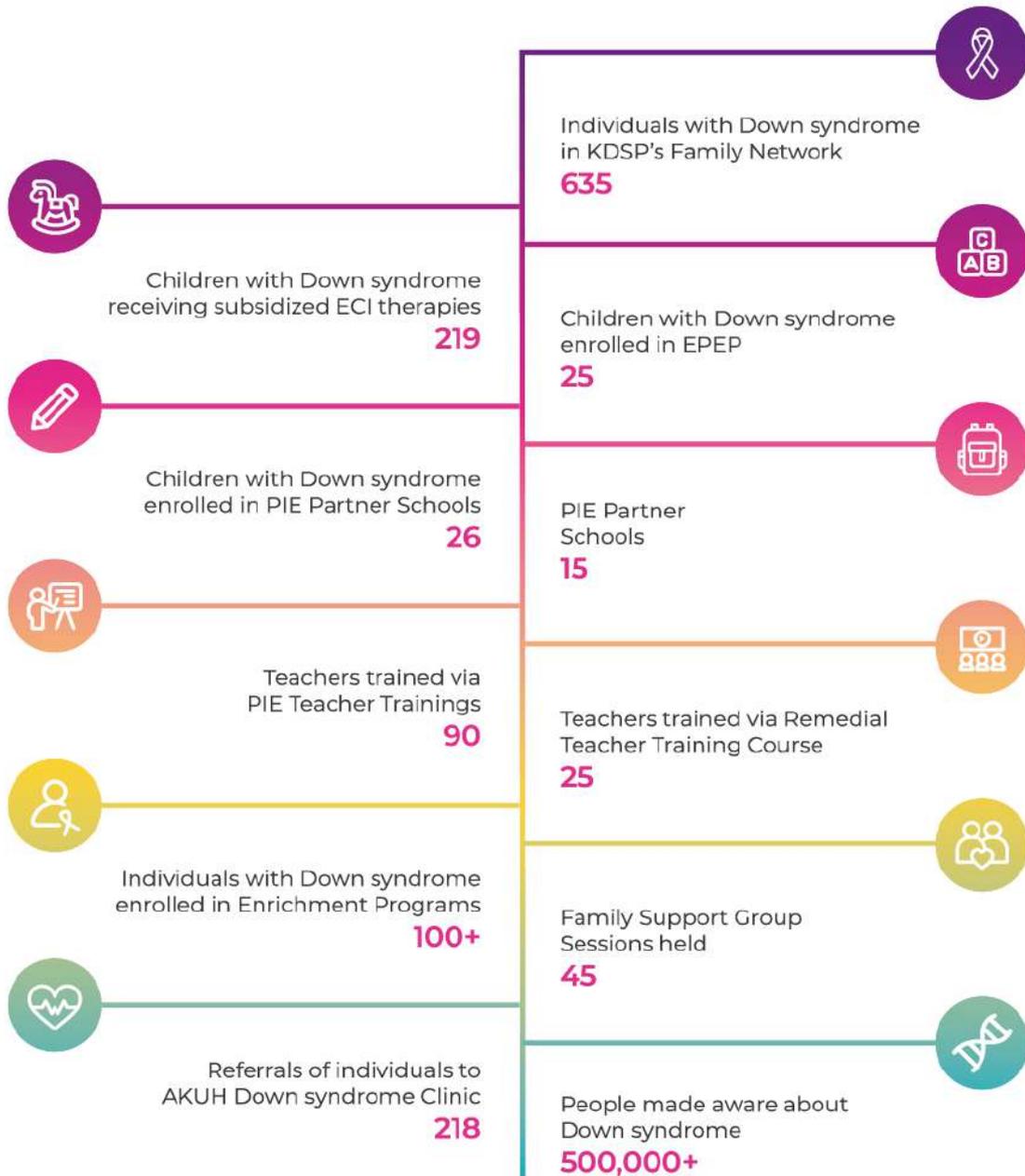


Adults enrolled in Enrichment Programs  
**21**

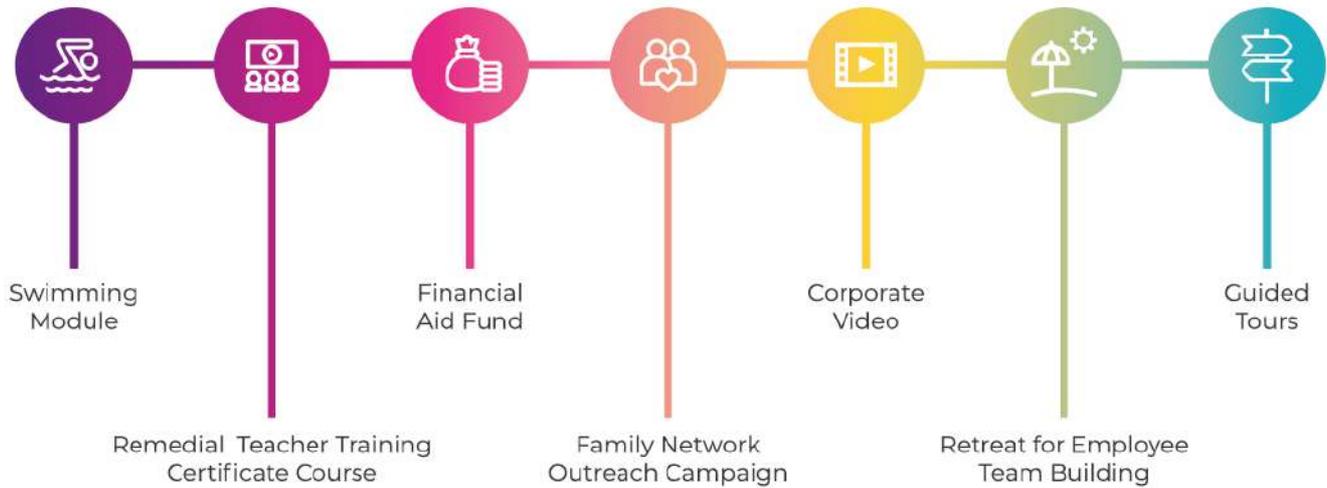


People made aware about Down syndrome  
**200,000+**

# 5 years at a Glance (2014-2019)



# New Initiatives (2018-2019)



# New Collaborations (2018-2019)



IBA Centre for Executive Education (IBA-CEE)



THE AGA KHAN UNIVERSITY

AKUH Sports and Rehabilitation Centre



Candy Club



Union Club

**Extra chromosomes  
bring extra love!**



# Areas of Service



## Early Childhood Intervention (ECI)

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



## Healthcare

Facilitating individuals with Down syndrome through access to subsidized cost, high quality healthcare services by partnering with leading healthcare organizations such as the Aga Khan University Hospital (AKUH).



## Education and Training

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



## Enrichment

Organizing vocational skills training, hobby development and social, physical and intellectual development programs to cater to children and adults with Down syndrome as well as their families. Some of these programs include Music and Movement, Storytelling, Cymboree on the Go, Arts and Crafts, Yoga and Beach Retreat.



## Family Support Group

Organizing monthly theme-based sessions to bring together families of individuals with Down syndrome and educate them about various aspects of the condition.



## Awareness

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



**Ayesha Hassan**

**'.....the effort, love and trust you invest in your child at an early age, is returned tenfold to you in the form of their achievements'**



# Early Childhood Intervention (ECI): A Foundation

Ayesha is my third child and my pregnancy with her was by far the hardest. When she was born, the doctors told me that she might have Down syndrome and the Karyotype test proved it. The first few months were extremely trying for my husband and I. However, our families were extremely supportive and they never let us lose hope. My mother in law would constantly remind me that there is no need to worry, that Ayesha is like any other child and we will treat her as such. My family gave me so much hope and love, which I was then able to reinvest into my daughter.

In the beginning Ayesha was in and out of the hospital quite a lot. She had severe health complications at various stages, for which she had to be admitted multiple times. It was around that time that Dr. Salman Kirmani told us about Karachi Down Syndrome Program (KDSP) and between all the hospital visits I still managed to take Ayesha to KDSP. She was assessed and her physical therapy sessions began with Memoona. Gradually, we were convinced to enroll her for occupational and speech therapy as well. As a result, Ayesha began to walk at 16 months, she began to scribble, recognize shapes and colors, grip utensils and pencils, began talking as any infant would and she could even put her shoes on and take them off herself.

I believe that apart from Early Childhood Intervention (ECI), the Early Pre-School Experience Program (EPEP) also played a significant role in getting her ready for school. She never cried when she went to school and settled amongst the children perfectly since her personality was that of a social bird and extremely expressive.

Her consistent progress and growth makes me want to highlight her to the world and set an example for parents and children alike. I want to convince parents that all the effort, love and trust you invest in your child at an early age, is returned tenfold to you in the form of their achievements. Furthermore, since Ayesha required a little extra attention from the beginning, compared to my other children, she is sharper and smarter than them in many ways and she is not even 3 yet! I could not be more proud of my little angel!

**Ayesha Hassan**

Daughter of Maria Hassan

# Early Childhood Intervention (ECI)



## Enabling Timely Achievement of Developmental Milestones and Paving the Way for Independent Living

Running successfully at KDSP since 2015, Early Childhood Intervention (ECI) refers to a comprehensive program of physical therapy, speech therapy, and occupational therapy designed to cater to the developmental needs of children with Down syndrome. Since children with Down syndrome typically face delays in certain areas of development, it is highly recommended to begin ECI at the very beginning of their life. These therapies usually continue from birth to 7 years of age and help in four main areas of development: gross motor and fine motor skills, language, social development and self-help skills.

Each Early Childhood Intervention therapy is offered at KDSP once a week to every child for 45 minutes. One-on-one sessions are conducted so the therapist can give undivided attention to meet each child's needs through customized therapy plans. At KDSP, we believe that empowering the parents is the first step towards raising an empowered child. With the same belief, the ECI therapy clinics at KDSP ensure that parents are present during every therapy session taken by the child, and are simultaneously learning the techniques being used by the therapist so they can reinforce the same with the child at home.

## Highlights 2018-2019

Children receiving subsidized  
ECI therapies weekly

134

Therapy sessions  
scheduled every week

220+

Percentage of children receiving  
therapies on Financial Aid

42%



## Testimonials

'We have been bringing Abu Bakr to KDSP since 2 years. He has developed a few hobbies from his physical therapy sessions. He now likes to play outdoors with his siblings. He is an extremely energetic child and is keen on learning from the environment.'

- Mohammed Arif Khan, Father of Abu Bakr

'Abu Bakr can now climb the ladder without support and can jump on his own. Physical therapy in particular has helped him overcome his phobia of heights.'

- Sameen, Physical therapist of Abu Bakr



**Umme Hani**

**'... doctors told me not to 'waste' money on my daughter's surgery, due to her genetic condition. In my hunt for a good doctor and sound advice, I came to Karachi to visit the Karachi Down Syndrome Program.'**



# Healthcare: Specialized and Quality Care

After giving birth to Umme Hani, I was kept in the dark about her health for quite some time, because I had severe health complications of my own to deal with. It was about 15 days after giving birth, when I found out that she had severe cardiovascular issues, jaundice and Down syndrome. All of this together, proved to be too much and I, as expected, went into shock. I was worried sick about the immediate threat of cardiovascular issues and jaundice, more than her having Down syndrome. As time went by and she showed signs of improvement, I began to educate myself and my family about what Down syndrome was. My husband was extremely supportive and understanding throughout and till this day he pampers Umme Hani, more so than our other children.

Since I reside in Lahore, I had taken Umme Hani to several pediatricians regarding her heart condition. Her atrioventricular valve was defective and many doctors suggested that she would require surgery. I could not trust the doctors within my city, since there was a lack of knowledge on Down syndrome, to the extent that the doctors told me not to 'waste' money on my daughter's surgery, due to her genetic condition.

In my hunt for a good doctor and sound advice, I came to Karachi to visit the Karachi Down Syndrome Program (KDSP) and the Down Syndrome Clinic at the Aga Khan University Hospital (AKUH). The therapists at KDSP called Umme Hani an exception because she was so active and participative in all her sessions, despite having a heart defect. And after her successful surgery at AKUH, her therapists said that she started developing at an even faster pace. AKUH continued to facilitate us with Umme Hani's regular checkups and health concerns related to Down syndrome.

Had that surgery not happened, I don't know what condition my daughter would have been in. She now has the strength to wrestle with her siblings, she tries to say her prayers with me, loves to dance and she's playful and fun loving with everyone she comes across.

I personally feel that every family should get to know someone with Down syndrome. It makes a person more humble, caring and appreciative. Though these 3.5 years haven't been the easiest for my family and I, they have still been our brightest.

## **Umme Hani**

Daughter of Maliha Zeeshan

# Healthcare



## Giving every Child a Chance to Live a Healthy Life

In an effort to provide quality healthcare, KDSP collaborated with Aga Khan University Hospital (AKUH) in April 2017 to introduce a first of its kind one-stop health solutions clinic to facilitate children with Down syndrome and their parents. Prior to its launch, parents struggled to find trained specialists who were able to look after the health challenges faced by their children with Down syndrome. With the launch of the Down Syndrome (DS) Clinic at AKUH, members registered as part of KDSP's Family Network database are able to access subsidized and hassle free medical consultation and life-saving surgeries being offered at the reputed hospital. Alongside this, a developmental pediatrician also conducts yearly clinics at KDSP for the KDSP Family Network.

### Highlights 2018-2019

Referrals to AKUH Down syndrome Clinic

107

Life-saving surgeries performed

1

Individuals with Down syndrome given consultation in KDSP's Developmental Pediatrics Clinic

40

## Surgery Performed

Staying true to its mission of making quality healthcare accessible for all, KDSP facilitated the surgery of a little girl with Down syndrome at the Aga Khan University Hospital (AKUH). Umme Hani Zeeshan (3 years, 3 months at the time of surgery) underwent a heart surgery for her atrioventricular septal defect. She is now able to live a healthy life and can carry out daily activities functionally.

## Developmental Pediatrics Clinic at KDSP

Developmental Pediatrics clinics were conducted at KDSP from 10th to 28th of June 2019, by Dr. Sidra Kaleem, a Developmental Pediatrician fellow at the McMaster University, Canada. Appointments were scheduled Monday through Friday, from 9:30 AM to 1:30 PM and 40 individuals with Down syndrome were given a consultation during this period.



## Testimonial

'KDSP, to me, is the embodiment of family-centered care in Pakistan. The team has collaborated with several institutions and professionals to provide children and youth with Down syndrome the opportunity to become more successful in their day to day functionality. I have learned a great deal about the struggles of the parents through my limited experience with KDSP. KDSP's effort towards empowering the entire family, especially parents, is awe-inspiring and is a benchmark for similar initiatives.'

- Dr Sidra Kaleem, Developmental Pediatrician Fellow



**Memoona Zain**

**'She learned to socialize and interact with people around her and we got the confidence to enroll her in a mainstream school.'**



# Education and Training: The Way Forward

I carried Memoona to the full term of pregnancy without any complications. A day after she was born, the doctors had suggested she might have Down syndrome. However, we didn't heed their concern, because we saw her as any typical child with functioning toes and fingers and an adorable face. Later when Memoona fell sick due to jaundice and had to be admitted into the hospital, we had her karyotype test done, which came back positive.

None of the doctors we went to, could explain to us what Down syndrome was, what it entailed and how we can make our child's life better, so my husband and I are self-taught. Gradually we came to realize that our knowledge was not enough and we needed professional guidance to help Memoona achieve her developmental milestones. Hence, we visited the Karachi Down Syndrome Program (KDSP) to get advice and guidance on how to improve her quality of life. We were recommended to enroll her for the Early Childhood Intervention (ECI) program immediately.

Although she started going for therapy every week, our biggest concern was her education and whether she would ever be able to go to school. Little did we know that KDSP's Early Preschool Program (EPEP) would be a beacon of hope for us.

While our daughter was enrolled in KDSP's preschool program, we observed a few immediate changes in her. Initially she was extremely attached to my husband and I, and she would be afraid to attend EPEP, but with the enduring support of her teachers, she slowly began to enjoy school. Her posture improved and she was able to sit by herself, without assistance. Her attention span improved and she was able to focus on and interpret things happening around her, correctly. Most importantly, the EPEP program not only gave confidence to Memoona to adapt to new surroundings, but to us as well. She learned to socialize and interact with people around her and we got the confidence to enroll her in a mainstream school.

Memoona is currently 4 years old and is ready to get enrolled into a mainstream school. We believe that without the extra confidence, support and effort that KDSP invested in our daughter and us, Memoona wouldn't be prepared to have such a smooth transition and adjustment into a mainstream school.

## **Memoona Zain**

Daughter of Afshan & Qazi Zainulabidi

# Education and Training



## Transforming Lives Through Inclusive Education

Education and Training at KDSP consists of the following programs:

- Early Preschool Experience Program (EPEP)
- Remedial Teacher Training (RTT)
- Project for Inclusive Education (PIE)
- Tailored Assistance Program (TAP)

### Highlights 2018-2019

Children enrolled in EPEP

15

Percentage of Children receiving education in EPEP on Financial Aid

47%

Increase in number of Children enrolled in PIE

11

Participants in PIE Teacher Trainings

48

Participants in Remedial Teacher Training Course

25

## Early Preschool Experience Program (EPEP)

Early Preschool Experience Program (EPEP) is a one year program especially designed to prepare a child with Down syndrome, between 1.5 to 2.5 years, for a confident, productive, and smooth transition in an inclusive school environment in later years.

EPEP aims to provide a relaxed, happy and secure environment for a child with Down syndrome, one in which s/he can develop socially, cognitively and physically through structured educational play, therapies and activities. The main goal is to help the child interact with other children, learn to share and play, and become familiar with basic concepts of numbers, colors and shapes etc. In addition, their gross and fine motor skills, self-help habits, language and concept development are also given special focus.



## Project for Inclusive Education (PIE)

Project for Inclusive Education (PIE) partners with mainstream educational institutes through training their teachers and helping prepare Individualized Education Plans (IEPs) for children with Down syndrome to help set their academic, social, cognitive, motor-sensory, and self-help goals in accordance with their developmental level such that they can be successfully included.

Once children with Down syndrome begin attending KDSP's partner schools and IEPs are developed, KDSP ensures that the IEP for each child is closely followed and evaluated every six weeks. KDSP also conducts regular trainings for teachers of partner schools on various topics to enlighten them with the knowledge derived from international best practices to lead inclusive classrooms.

## Remedial Teacher Training (RTT)

The Education and Training department at KDSP in collaboration with the IBA Centre for Executive Education (IBA-CEE), introduced the Remedial Teacher Training Certificate Course in April 2019. These 3 month-long professional developmental courses aim at providing teachers, therapists and educational specialists with knowledge and practical skills required to work with children with Down syndrome and other visual learners in inclusive classrooms and settings.



The course attracted registrations from individuals working in the field of education, therapy and mental health. Through more than 60 hours of training comprising of theory, observations, practical application and case study presentations, the participants learned the skills and knowledge imperative for creating an inclusive classroom environment for all children.

## Tailored Assistance Program (TAP)

A pilot of a new program, Tailored Assistance Program (TAP), was launched to facilitate children between ages 8-12 years with customized assistance to harness each child's numeracy, literacy, arts & crafts, life and music skills. KDSP will be launching this program in the following year.



**Sarim Ahmed**

**'A platform for hobby building, skills development, financial empowerment and strengthening of family bonds...'**



# Enrichment: Skill and Hobby Building

True to its vision of helping people with Down syndrome lead fulfilling lives and in light of the negligible skill enhancing and recreational opportunities available to them, KDSP has introduced several Enrichment programs over the years.

Enrichment programs at KDSP are subdivided into the following:

## Child Enrichment

Child Enrichment Programs are organized for children aged 0-15 years and aim to contribute to children's cognitive, motor, social and emotional development.

Programs for 2018-2019 include:

- Story Time
- Gymboree on the Go
- Music and Movement
- Visit to SPARK Play Center
- Swimming
- KDSP Summer Camp 2019

## Adult Enrichment

Adult Enrichment Programs are organized for adults aged 16 years and above and aim to engage them in skill, hobby building, mental and physical wellbeing activities, meanwhile giving them a sense of financial empowerment and encouraging a passion for entrepreneurship.

Programs for 2018-2019 include:

- Arts and Crafts
- Yoga

## Family Enrichment

Family Enrichment Programs are organized to bring together families of individuals with Down syndrome to foster stronger family bonds and connections.

Program for 2018-2019 includes:

- Beach Retreat



Mohammad Abdullah

**'My son is hearing and speech impaired and these sessions gave him an opportunity to learn how to communicate effectively'**



# Child Enrichment: A Whole New World

Growing up, Abdullah had a very traumatic childhood. As a baby, he had to have an open heart surgery, due to a heart defect. Then a couple of years later, in 2012 he was diagnosed with blood cancer, for which he had to receive chemotherapy till 2015. All the doctors in Saudi Arabia advised us to move to another country, for the prospect of more opportunities available for my little boy, elsewhere. You see, along with having Down syndrome, Abdullah also had a hearing and speech impairment and there weren't any places which would cater to him in Saudi Arabia, so we eventually decided to come to Pakistan.

My daughter found out about the Karachi Down Syndrome Program (KDSP) and it was then that I met with Ali Allawala and his wife Farzeen Ali in 2015. Ever since Abdullah joined KDSP, he was enrolled in a few of the child enrichment programs.

Since the past year, the Music and Movement sessions have been a constant in Abdullah's life. When he first started attending them, he would not be as active and social due to his health condition and nervousness. However, I can say this with complete conviction now that he is a different child altogether.

The music and movement instructor, Faizan, made him confident enough to interact with the other children around him. The activities and tools which Faizan uses in his sessions, helped to improve his fine and gross motor skills. A certain rigidity in his movements was replaced with fluidity. He walked around with more confidence and became excellent at mirroring Faizan's movements, which also helped him become more expressive. Certain aggressive behaviors of his were also taken care of because the energizing activities were an outlet for my son, where he could expel all the pent up energy, in the healthiest way possible.

**Mohammad Abdullah**  
Son of Samina Qamar

# Child Enrichment



## Ensuring Optimal Development of Skills Needed for Social Inclusion

### Highlights 2018-2019

Children enrolled in  
Enrichment Programs

89

### Testimonials

'Gymboree is one of the most interactive sessions for young children, here at KDSP. Ali remains engaged throughout the sessions and he enjoys socializing with other children his age. I have been bringing Ali for the Gymboree sessions since 2017 and have noticed a significant difference in his speech. I believe the singing truly helps him with his vocabulary and pronunciation.'

- Father of Ali Hassan

'Abdullah has always been a sporty child. He has grown to enjoy swimming, amongst other sports and ensures no swimming session is skipped. I feel like this also gives him an opportunity to release any pent-up energy he may have, in a healthy manner.'

- Mother of Abdullah Ali Khan

## Story Time

The monthly story time sessions are geared towards developing language, motor, and interpersonal skills of children between the ages of 0-7 years. The session is conducted by Nazia Kashif from 'Mommies and Muffins'. Nazia uses rhymes and movements to interweave books with props and music creating an exciting session of laughter and learning for children. It is a wonderful social experience for children as they take in all aspects of the story and interact with their peers.



Parents are encouraged to bring along the siblings of children with Down syndrome in order to promote an inclusive, joyful and family environment.

## Gymboree on the Go

KDSP collaborated with Gymboree Pakistan, an organization devoted to fostering creativity and confidence amongst young children, in September 2017. The sessions are going strong and continue to contribute towards the speech, gross motor, and cognitive development of the children.



Gymboree on the Go sessions are held on the first Saturday of every month for children between ages 3 – 10 years. Each session revolves around a different theme, and incorporates exciting play and movement activities to help children understand daily living concepts of distance, size, direction, shape, texture, and more. Siblings are also welcomed in these sessions which helps promote an inclusive, joyful and family environment.

## Music and Movement

Music and Movement sessions continued this year due to the participants' keen interest. The sessions are carried out by Faizan Masood, a certified Integrative Counselor (CPCAB-UK) and Movement & Expressive Art Specialist.

The sessions offer a fun movement, thematic and dance-based intervention, with the aim to foster the following in a child:

- Gross motor and fine motor muscle coordination
- Creative thinking
- Turn taking
- Self-esteem
- Verbal and non-verbal skills
- Emotional introspection
- Musical and kinesthetic intelligence
- Social skills



## Visit to SPARK Play Center

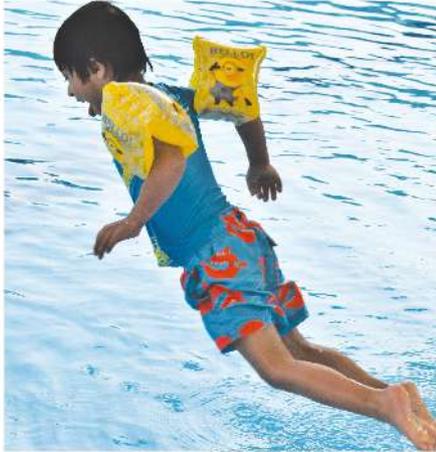
An exclusive celebration for Down Syndrome Awareness Month was held in October 2018 by SPARK Play Centre for children between ages 3 to 10 years. The children had a great time having fun as they engaged in storytelling, sand play and music activities.



## Swimming

KDSP kickstarted a 12-week swimming module in April 2019 for children aged 6-12 years, in collaboration with the AKU Sports and Rehabilitation Centre. The module seeks to enhance gross motor skills and overall physical wellbeing for children with Down syndrome.

Up until June 2019, 3 successful batches graduated from their swimming module, showing signs of major improvement in their gross motor skills.



## KDSP Summer Camp 2019

A 3 week-long summer camp was hosted in June 2019 for children between the ages 3-10. The children participated in a variety of engaging activities, ranging from yoga to pizza making, pot painting, pool play, story time and seed planting.





**Fatimeh Shirazi**

**'It gave my daughter a lot of hope, motivation and sense of entrepreneurship.'**



# Adult Enrichment: A Journey to Empowerment

Fatimeh is the youngest and the most loved in our family. She has 2 elder brothers and 2 elder sisters who have always adored and spoiled her in every way possible.

Shortly after Fatimeh's birth, the nurse had informed me that my daughter has Down syndrome. I was lucky enough in that sense, since the nurse told me what Down syndrome was and which features made my daughter a little different from the rest. I can still recall how I hugged her to my chest all night and just cried, but when the morning came, I had accepted her as one of my own. However, my family took a little time adjusting to the idea and accepting that what Fatimeh had was not abnormal, or something that could be fixed. It was just a genetic condition which set her apart from the rest.

When she turned 4, we started looking for education prospects that would suit her. As Fatimeh was growing up, we had been through 4 different schools, either because she had outgrown their classes or because she couldn't adjust easily. Eventually, we had to discontinue her schooling as well, because we didn't see anyone catering to her specific needs.

She sat idle for quite some time after that. Her favorite past time was dancing, playing games, watching wrestling shows and eating, since she was a food enthusiast. During this time one of my children then came across the Karachi Down Syndrome Program (KDSP) and all the activities they offered. I immediately had Fatimeh enrolled for the Arts and Crafts and Yoga programs.

Not only did she enjoy those two classes, but it brought a structure and sense of order in her life. She used to enjoy coming to Yoga classes because of the music that played in the background, along with the exercises, she used to consider it similar to dancing. Whilst in the Arts and Crafts class she grew to love stitching and making key chains. Furthermore, she learned to stay occupied with the homework Mahtab Aunty would give to practice and make at home. In fact when Mahtab Aunty used to tell the class how 100% of the proceeds, from the sale of the products, would go back to the individual who made it, Fatimeh's eyes used to light up and she would say that she's going to be a boss and going to run her own business this way. It gave my daughter a lot of hope, motivation and sense of entrepreneurship, which I am forever grateful for.

**Fatimeh Shirazi**

Daughter of Mahroo Khanam

# Adult Enrichment



## Ensuring Optimal Development of Skills Needed for Social Inclusion and Financial Empowerment

### Highlights 2018-2019

Adults enrolled in Enrichment Programs

21

### Testimonials

'Noha is a person who loves to stay busy constantly, so she prefers to immerse herself in the homework given after Arts and Crafts class. This class brings a certain regularity and rhythm in her work and it also gives us an opportunity to bond over the task, since the parents work closely with their children.'

- Husna Ara, Mother of Noha

'Anus has grown quite fond of yoga. He enjoys attending the session with other people his own age and religiously follows the exercises being conducted by the trainer. There has been a significant improvement in his health and overall behavior and there is a noticeable reduction in his weight and anger issues.'

- Mother of Anus Durrani

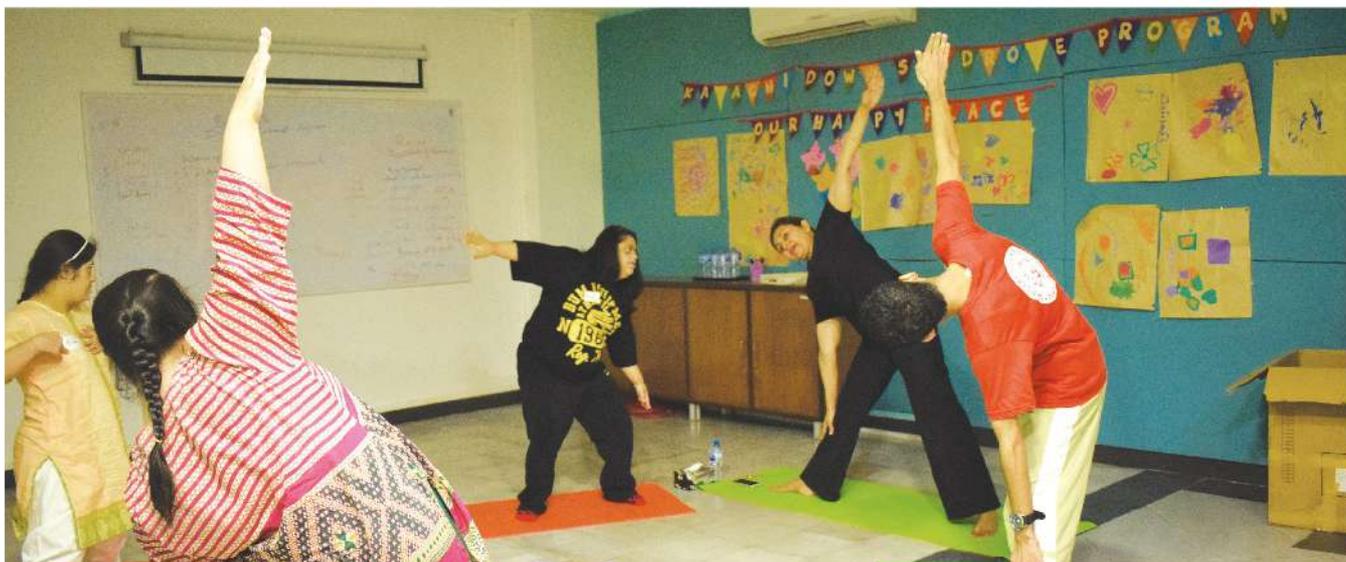
## Arts and Crafts

The sessions are conducted by Mrs. Mahtab Pirzada who is a home-based craft entrepreneur and a former creative consultant for the Sindh Rural Support Organization. Under her mentorship, adults aged 16 and above hone their fine motor skills by learning how to cut, sew, weave and embroider. They learn to make handicrafts such as cushions, rugs, phone covers, bags, key chains and stuffed toys. The products are then sold through different avenues and full proceeds of the sales are given to the crafters with Down syndrome, subsequently providing a sense of financial empowerment. KDSP takes great pride in all the crafters who have, over the years, diligently developed their skills through these sessions.



## Yoga

Individuals with Down syndrome, aged 16 and above, are invited to attend a class full of peace and tranquility, every week at the KDSP premises. Yoga meets both the physical and mental needs of individuals with Down syndrome. It strengthens the body, improves self-esteem, develops concentration, and increases body awareness.



To achieve the peaceful and relaxing environment one needs for yoga, our instructors incorporate a blend of aromatherapy, lights and calming music to help provide an environment conducive for our participants' mental wellbeing.

# Family Enrichment



## Building Stronger Family Bonds

### Testimonials

'I was extremely satisfied by this event in particular, which was organized by KDSP. Everything was well planned and all the facilities were provided. I brought Aafiya's siblings along too and they enjoyed the retreat so much that now they are convincing me to take them again. My entire family is eagerly waiting for KDSP to host another event like this, soon.'

- Mother of Aafiya Ashraf

'Our entire family was overjoyed at the prospect of going to the beach. We enjoyed that day to the fullest. Everything was spectacularly organized! If I were to rate the event, I would definitely give it a 100/100. I look forward to attending it again soon.'

- Mother of Izyan Rehan

## Beach Retreat

A fun-filled Beach Retreat was organised in April 2019 for families' of individuals with Down syndrome that are a part of KDSP's network. The retreat featured tug of war, racing competitions and delicious food for parents and caregivers to get some time off from their routines and enjoy in the outdoors with their children.





**Abrish Fayyaz**

**'... an environment  
where no parent feels  
alone in raising their  
child with Down  
syndrome.'**



# Family Support Group: A Community of Parents

Abrish's birth was a bittersweet moment for my husband and I. While we were overjoyed about the birth of our healthy baby girl, we were also told that she has Down syndrome. I still remember the shock on my husband's face and the tears which rose to both of our eyes. Back then, we had no knowledge on what Down syndrome was and the hospital in which Abrish was born, didn't facilitate us in that regard either.

When our daughter was just a month old, we found out about the Karachi Down Syndrome Program (KDSP) and breathed a sigh of relief. None of the doctors we had gone to so far, had given us the hope or advice a parent wants to hear regarding their child. Each visit with previous doctors had included demotivating, discouraging and hopeless comments, one after the other. KDSP changed that for us drastically.

As Abrish availed almost all the services KDSP had to offer, such as; healthcare, early childhood intervention and the early pre-school experience program, she continued to show signs of improvement. Once she graduated from EPEP, we had her enrolled into 'Little Heaven', an inclusive partner school of KDSP's.

Around this time Abrish had begun to achieve all of her milestones and I should have been happy and stress relieved. However, that was not the case and I used to look for an outlet, where I could discuss all my increasing concerns. KDSP used to hold Family Support Group (FSG) sessions for this very reason and I started attending those, once every month. These sessions were extremely beneficial because the topics selected were extremely relevant to the problems most of us face when it comes to our children. The information helped us track Abrish's developmental milestones and helped us in correcting our own parenting style and strategies. We were able to communicate with doctors who specialize in their field and get most of our queries addressed. Furthermore, the Family Support Group sessions gave us an opportunity to interact with other parents, share our problems with them, learn from their experiences and create an environment where no parent feels alone in raising their child with Down syndrome.

There was always something new to learn from every session, however the session which impacted me the most, was that on siblings. How, we often neglect our other children, due to the extra attention our child with Down syndrome requires. I learned to create a balance between the attention I would devote to each of my children, so neither of them would feel left behind.

**Abrish Fayyaz**

Daughter of Kehkashan Fayyaz

# Family Support Group



## Improving Parents' Understanding of Down syndrome and Promoting Support within the Group

### Highlights 2018-2019

Families empowered through Family Support Groups

107

### Family Support Group

Discovering that one's baby has Down syndrome can be very overwhelming. Families and caregivers are met with countless questions, uncertainties and often feel alienated. During this time, the single most important source of relief can be someone who has gone through the same experiences.

Family Support Group sessions have been a regular feature since our inception. Each monthly session brings together approximately 30-40 parents and caregivers to promote a better understanding of Down syndrome and associated conditions, enhance coping skills, and empower them to become advocates for their child. The sessions function as a forum where parents and caregivers can discuss new information, share ideas, navigate the challenges of raising a child with Down syndrome together, and offer emotional support to each other developing a sense of belonging. An expert is also invited in each session to discuss various issues pertaining to education, healthcare, development, and emotional well-being.

## In the past year, the following Family Support Group sessions have been conducted:

	Date	Topic	Speaker
1	Sep 22, 2018	ENT Care Needs for Children with Down syndrome	Dr. Moghira Siddiqui Assistant Professor, AKUH
2	Oct 27, 2018	The Importance of Cardiac Care for Children with Down syndrome	Dr. Babar Hassan Paediatric Cardiologist Consultant and Service Line Chief, Children's Hospital, AKUH
3	Nov 24, 2018	The Role of Behavior Therapy for Children with Down syndrome	Ms. Isma Khan Board Certified Behavior Analyst
4	Dec 22, 2018	Importance of Dental Care Needs for Children with Down syndrome	Dr. Saleha Shah MSc Clinical Dentistry UK, BDS
5	Jan 12, 2019	A Team Approach to Getting Better Outcomes for Individuals with Down syndrome	Dr. Salman Kirmani Associate Professor & Chair, Department of Paediatrics & Child Health, Aga Khan University
6	Feb 09, 2019	Caring for Siblings of Individuals with Down syndrome	Dr. Ayesha Mian Associate Professor and Chair, Department of Psychiatry, AKU
7	Mar 16, 2019	Language Building Strategies for Children with Down syndrome	Ms. Saamia Bilal Head of Speech-Language Therapy Department, KDSP Ms. Anushay Hussain Supervisor, Speech-Language Therapy Department, KDSP
8	Apr 20, 2019	Managing Behavior Through Language for Children with Down syndrome	Ms. Saamia Bilal Head of Speech-Language Therapy Department, KDSP
9	May 11, 2019	Importance of Physical Therapy for Children with Down syndrome	Dr. Zehra Habib Assistant Professor Dept. of Paediatrics and Child Health, AKUH
10	Jun 22, 2019	A Team Approach to Getting Better Outcomes for Individuals with Down syndrome	Dr. Sidra Jafri Fellow at McMaster University, Canada



**Silah Adil**

**'Silah – Our reward.  
I don't think we could  
have found a better  
name for our daughter.'**



# Awareness: Changing Mindsets

When Silah was born, the doctor informed us that she may have Down syndrome. I didn't even know what Down syndrome meant at that time. My wife overheard the conversation and was devastated. It didn't take us much time to accept the diagnosis but we had a question, "what should we do now?" Luckily, my wife had heard about the Karachi Down Syndrome Program (KDSP). We contacted KDSP while still at the hospital. And so, our journey with Silah began.

My wife has been one of the most important contributors in Silah's development. I haven't been as involved. I am a bit of a lazy person, but her mother keeps me on my toes to ensure that I follow all guidelines received by the therapists. Without my wife, Silah wouldn't be here.

I love Silah's adorable smile. It washes away all my worries. Whenever she smiles, you can't hold yourself from smiling back at her. I recall I was out shopping with my family and was holding Silah in my arms. A group of people who had been smiling at Silah from a distance for a while, came to me and requested to take a selfie with her. Her smile already seems to be making her famous.

I dream of seeing Silah set herself as an example of the smartest person with Down syndrome. Owing to tireless efforts by her mother and our family, I can confidently say that she is on the right track. I can't wait for her to grow up and make this dream come true'

## **Silah Adil**

Daughter of Muhammad Adil Ashfaq

# Awareness



## Promoting Awareness about Down syndrome to Transform Negative Perceptions and Increase Acceptance

### Highlights 2018-2019

People made aware about Down syndrome

200,000+

### Testimonial

'My friends and I found the entire event to be extremely fun and illuminating. After interacting with so many children with Down syndrome, I realized one thing and that is, not everyone with Down syndrome is the same. They all have their different temperaments and personalities. Another thing I realized was, the pride parents felt in their children and that made my heart happy, to see the parents so invested in their child's life.'

- Maham Nahal, Volunteer at the KDSP Carnival 2019

## Awareness efforts by KDSP included the following for 2018-19

### Corporate Video

KDSP developed its very first Corporate Video to establish its areas of service in detail, echo its mission and vision and share the story of a child with Down syndrome who has benefited from KDSP. The video was launched at the KDSP Golf Tournament 2019 and subsequently used during various awareness sessions to enable masses to learn more about KDSP.



### Family Network Outreach Campaign

According to estimates there are approximately 20,000 to 30,000 individuals with Down syndrome living in Karachi. Out of this only 635 individuals are currently connected with KDSP. The Family Network Outreach Campaign was launched in February 2019 with the goal to connect with individuals with Down syndrome and their families who are currently not part of KDSP's Family Network and to help them benefit from the required timely interventions and other services offered by KDSP. The goal is being achieved by reaching out to various hospitals, special schools, therapy clinics and organizations working for persons with disabilities.

## World Down Syndrome Day Campaign 2019

### KDSP Carnival 2019

KDSP organized an inclusive carnival for all, including individuals with Down syndrome and their families, on Sunday, February 24, 2019 at the DHA Sports Club – Moin Khan Academy. The Carnival featured exciting games and activities for all children including puppet shows, dance competitions and magic shows, delicious food for the adults a musical performance by Zoe and Rachel Viccaji for everyone.

The carnival was attended by 3700 individuals.



### Humans of Pakistan Campaign

Ahead of the World Down Syndrome Day 2019 celebrated internationally on March 21, KDSP collaborated with Humans of Pakistan, a local digital media blog, to launch a social media awareness campaign. Parents of 8 individuals were interviewed who expressed their achievements and how they braved against the negative social attitudes for themselves and their children.

### Dawn News TV Show

The KDSP team and a family registered in KDSP's Family Network were invited to the special World Down Syndrome Day episode of Dawn News TV's morning show "Chai, Toast aur Host" on Wednesday March 20, 2019 to raise awareness about Down syndrome and KDSP's mission.

## Awareness Sessions

KDSP conducted Down syndrome awareness sessions at Kiran Foundation and Convent of Jesus and Mary, Karachi for students of secondary grades. The session sensitized the students on what is Down syndrome, preferred language guide, the value of treating them with kindness and respect and the importance of including them as part of our society.



## Guided Tours

KDSP opened its doors to the public in an effort to educate people regarding Down syndrome and to clarify the myths associated with the genetic condition. Participants who were part of the tour also got a chance to tour the facility, learn about services offered by KDSP and how they can make a difference in the lives of individuals with Down syndrome and their families.



## ARY Ramzan Transmission

KDSP's CEO, Mr. Ali Allawala, Dr. Salman Kirmani Chairperson, Department of Paediatrics at AKUH and Silah Adil, with her parents, appeared live on Shan-e-Ramzan's Naiki Segment on ARY Digital on May 25, 2019.

The show raised awareness about Down syndrome and the importance of Early Childhood Intervention among millions of people and highlighted the role of KDSP in transforming the lives of individuals with Down syndrome.



# supporters unite for a cause



# Fundraisers

## Kopykats Play - Kyun Nikala

As part of its fundraising and donor acknowledgement initiatives, KDSP bought out a show of the renowned play Kyun Nikala, written by the maestro Anwar Maqsood and directed by Dawar Mehmood on Monday, September 10, 2018 at the Arts Council, Karachi. KDSP's exclusive night of the show was generously sponsored by Hilton Pharma Pvt. Ltd. Through ticket sales and donations by the audience, KDSP was able to generate funds to provide quality services for those with Down syndrome.

## KDSP Golf Tournament 2018

Avid golfers of Karachi came together to support KDSP by participating in its inaugural golf fundraiser "KDSP Golf Tournament 2018" on Sunday, November 25, 2018 at the Karachi Golf Club, Karsaz. The tournament aimed to reach out to a community of golfers to raise awareness about Down syndrome and generate funds to support the highly subsidized services KDSP offers for individuals with Down syndrome and their families. 20 teams played the tournament that followed a 4-player Texas Scramble format, including Hole-In-One, Longest Drive and Nearest-To-The-Pin contests.



## Kopykats Play - Naach Na Jaanay

KDSP hosted an exclusive show of the play Naach Na Jaanay, written by Anwar Maqsood and produced by the Kopykat Productions held at the Arts Council, Karachi, to celebrate 'World Down Syndrome Day' on March 21, 2019. KDSP's exclusive show was generously sponsored by Tecno Pack Industries Pvt. Ltd. Through ticket sales and donations by the audience, KDSP was able to generate funds to provide quality services for those with Down syndrome.



# Sponsors, Partners & Donors

## KDSP CARNIVAL 2019

### Platinum Sponsor



### Gold Sponsor



### Silver Sponsors



### Banner Sponsors



### Gift Bag Sponsors



## Raffle Sponsors

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## Media Partner

ARY  
DIGITAL

## Radio Partner

FM 91  
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## Beverage Sponsor

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# Sponsors, Partners & Donors

## KDSP GOLF TOURNAMENT 2019

### Hole-in-One Sponsor



### Gold Sponsor



### Silver Sponsors



### Media Partner



### Raffle Sponsors



### Refreshment Sponsors



### Beverage Sponsor



### Dessert Sponsors



### Food Sponsor



## KYUN NIKALA PLAY SPONSOR



## NAACH NA JANAY PLAY SPONSOR



## ROOM DONORS FOR THE KARACHI DOWN SYNDROME PROGRAM (KDSP) FACILITY

ROOMS	DONORS
<b>EPEP Area (1<sup>st</sup> Floor)</b>	Ms. Akhtar-un-Nisa Allawala
<b>Occupational Therapy Room 1 (5<sup>th</sup> Floor)</b>	Abrar & Noreen Hasan
<b>Occupational Therapy Room 2 (5<sup>th</sup> Floor)</b>	Engro Vopak & Engro Elengy Terminal Limited
<b>Speech Therapy Room 1 (5<sup>th</sup> Floor)</b>	Ali Saleem Wynne
<b>Vocational Training Room (5<sup>th</sup> Floor)</b>	Begum & Haji Mohammad Ashfaq Chawla

# Affiliations & Collaborations



## DOWN SYNDROME ASSOCIATION HOUSTON (DSAHO)

KDSP collaborated with Down Syndrome Association Houston (DSAHO) in 2014 to facilitate exchange of knowledge and information related to Down syndrome.

## REACH PEDIATRIC THERAPY CENTRE

KDSP collaborated with Reach Pediatric Therapy Centre in 2015 to provide professional networking opportunities for therapists working with children in Down syndrome in Pakistan and to offer online informational sessions for parents of children with Down syndrome.

## DOWN SYNDROME EDUCATION INTERNATIONAL (DSE)

KDSP collaborated with Down Syndrome Education International (DSE) in 2016 to benefit from the knowledge and expertise of professionals at DSE in order to expand the scope of Project for Inclusive Education (PIE). DSE also trained master trainers at KDSP to equip them to meet educational needs of children with Down syndrome.

## **ZIAUDDIN UNIVERSITY - COLLEGE OF SPEECH LANGUAGE AND HEARING SCIENCES (ZU- CSLHS)**

KDSP collaborated with Ziauddin University - College of Speech Language and Hearing Sciences (ZU - CSLHS) in 2017 to benefit from the expertise and supervision of trained therapists for its regular Speech Therapy Clinics as well as to provide an opportunity to ZU - CSLHS therapists to further enhance their skill sets.

## **AGA KHAN UNIVERSITY HOSPITAL (AKUH)**

KDSP collaborated with Aga Khan University Hospital (AKUH) in 2017 to introduce the Down Syndrome Clinic - a one-stop health solution to facilitate children with Down syndrome and their parents.

## **GYMBOREE PLAY & MUSIC PAKISTAN**

KDSP collaborated with Gymboree Play & Music Pakistan in 2017 to conduct monthly music and activity sessions for children with Down syndrome at KDSP.

## **IBA CENTRE FOR EXECUTIVE EDUCATION (IBA-CEE)**

KDSP collaborated with IBA-CEE to launch the Remedial Teacher Training Certificate Course in February 2019. IBA-CEE provides opportunities to professionals to enhance their careers by gaining knowledge and insight of best practices in the fields of education, management and many others. Both IBA-CEE and KDSP hope to continue working collaboratively to impart knowledge and training to those who work with children with Down syndrome and other visual learners.

## **AKU SPORTS AND REHABILITATION CENTRE**

KDSP collaborated with the AKU Sports and Rehabilitation Centre in April 2019 to launch a swimming module for children with Down syndrome. KDSP and AKU Sports and Rehabilitation seek to explore further opportunities to provide programs for physical wellness and skills enhancement for individuals with Down syndrome.

## **CANDY CLUB**

Candy Club is the only forest school in Pakistan; based on NBECE, NBL and Waldorf Education System. Their goal is to provide enriching educational opportunities for children where the process of nurturing is natural and child centered. KDSP collaborated with the Candy Club to offer an outdoor learning opportunity for children enrolled in the Early Preschool Experience Program (EPEP).

## **UNION CLUB**

KDSP collaborated with Union Club to offer an outdoor learning opportunity for children enrolled in the Early Preschool Experience Program (EPEP).

where the  
numbers are!

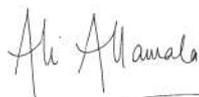


# Statement of Financial Position

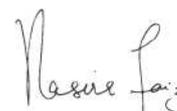
As at June 30, 2019

ASSETS	NOTE	2019	2018
		RUPEES	
<b>Non-current Assets</b>			
Property and Equipment	4	3,002,125	1,357,196
Long term deposit	5	840,000	840,000
		3,842,125	2,197,196
<b>Current Assets</b>			
Loans, advances, deposits and prepayments	6	480,893	928,803
Other receivables	7	1,638,903	921,472
Short term investments	8	13,152,518	7,539,160
Cash and bank balances	9	11,999,536	12,806,952
		27,271,850	22,196,387
<b>TOTAL ASSETS</b>		<b>31,113,975</b>	<b>24,393,583</b>
<b>Fund and Liabilities</b>			
<b>Fund</b>			
General fund	10	600,000	600,000
Specific fund	13		
Accumulated Surplus		27,903,855	16,692,097
		28,503,855	17,292,097
<b>Liabilities</b>			
<b>Non-current liabilities</b>			
Deffered income	11	870,793	5,512,458
<b>Current Liabilities</b>			
Trade and other payables	12	1,739,327	1,589,028
<b>Contingencies and Commitments</b>			
	13		
<b>TOTAL FUND AND LIABILITIES</b>		<b>31,113,975</b>	<b>24,393,583</b>

The annexed notes 1 to 27 form an integral part of these financial statements.



Chief Executive Officer



Director

\* External audit conducted by: A. F. Ferguson & Co.

# Income & Expenditure Statement

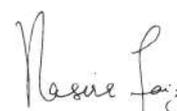
## For the year ended June 30, 2019

INCOME	NOTE	2019	2018
		RUPEES	
Donations		15,219,630	5,328,051
Deffered income utilized	11	6,699,505	70,875
Income from KDSP Carnival	14	13,394,990	12,904,333
Therapy income	15	2,710,075	2,247,625
Early Pre-Education Program (EPEP) fees	16	1,040,000	874,000
Training income		675,000	-
Handicrafts and merchandise		109,634	-
Fundraising income		3,440,000	-
Program and Events income		3,078,076	367,988
Other income	17	1,044,859	332,025
		<b>47,411,769</b>	<b>22,124,897</b>
<b>EXPENDITURE</b>			
Cost of operations	18	30,164,151	15,434,171
Administrative expenses	19	6,035,860	2,903,205
		36,200,011	18,337,376
		<b>11,211,758</b>	<b>3,787,521</b>
<b>SURPLUS FOR THE YEAR</b>			

The annexed notes 1 to 27 form an integral part of these financial statements.



Chief Executive Officer



Director

\* External audit conducted by: A. F. Ferguson & Co.

# Statement of Cash Flow

For the year ended June 30, 2019

## CASH FLOWS FROM OPERATING ACTIVITIES

	2019	2018
	RUPEES	
<b>Surplus for the year</b>	11,211,758	3,787,521
Adjustment for non-cash item:		
- Depreciation	619,505	364,840
- Profit on savings bank account	(1,044,859)	(332,025)
- Loss on revaluation of investments at fair value	386,642	329,088
- Deferred income utilized	(6,699,505)	(70,875)
- Bank charges	71,720	8,352
	<u>4,545,261</u>	<u>4,086,901</u>
<b>Working capital changes</b>		
Decrease / (Increase) in current assets		
Advances and prepayments	447,910	(833,780)
Other receivables	(717,431)	(567,781)
	<u>(269,521)</u>	<u>(1,401,561)</u>
Increase / (Decrease) in current liabilities		
Trade and other payables	150,299	989,537
	<u>(119,222)</u>	<u>(412,024)</u>
Restricted donations received	2,057,840	5,583,333
Cash generated from operations	<u>6,483,879</u>	<u>9,258,210</u>
Long term deposit	-	(840,000)
Net cash generated from operating activities	<u>6,483,879</u>	<u>8,418,210</u>

## CASH FLOWS FROM INVESTING ACTIVITIES

Purchase of investments	(6,000,000)	-
Profit received on savings bank account	1,044,859	332,025
Capital expenditure	(2,264,434)	(338,429)
Net cash utilized in investing activities	<u>(7,219,575)</u>	<u>(6,404)</u>

## CASH FLOWS FROM FINANCING ACTIVITIES

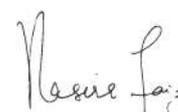
Bank charges paid	(71,720)	(8,352)
Deferred donations utilized	-	-
Net cash utilized in financing activities	<u>(71,720)</u>	<u>(8,352)</u>

Net (decrease) / increase in cash and cash equivalents	<u>(807,416)</u>	<u>8,403,454</u>
Cash and cash equivalents at beginning of the year	12,806,952	4,403,498
Cash and cash equivalents at end of the year	<u><b>11,999,536</b></u>	<u><b>12,806,952</b></u>

The annexed notes 1 to 27 form an integral part of these financial statements.



Chief Executive Officer



Director

\* External audit conducted by: A. F. Ferguson & Co.

# Get Involved



## Volunteer Program

Throughout the year, we need volunteers to donate their time and energy to promote our mission through various projects and events. Our volunteering program will allow you the opportunity to contribute in activities of your interest. If you would like to be an advocate with us, please fill out the form below to keep updated on our events, seminar, workshops, fundraising activities and other ways to help out and make a difference in the lives of people with Down syndrome!

[www.kdsp.org.pk/getinvolved/volunteer-form](http://www.kdsp.org.pk/getinvolved/volunteer-form)

## Internship Program

During summers and winters, we require interns to dedicate their time and energy to promote our mission through various projects and events. Our internship program will give you the opportunity to contribute in areas of your interest. If you would like to intern with us, please keep an eye out for applications for both internship seasons or write to us 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. We are 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 our Website: [www.kdsp.org.pk/getinvolved/careers](http://www.kdsp.org.pk/getinvolved/careers)

## Sponsorships

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

If you are interested in knowing more about sponsorship opportunities at KDSP, write to us at [fundraising@kdsp.org.pk](mailto:fundraising@kdsp.org.pk)

## Donations

KDSP offers its services to individuals with Down syndrome and their families at highly subsidized rates. The financial resources required to provide high quality services stand much higher. You can support KDSP in bridging this gap by donating through the following ways:

### 1 Cash

Cash donations can be given by hand to our Fundraising representative at the KDSP Office.

### 2 Cheque (Cash or Crossed)

Cheque should be made in the name of "Karachi Down Syndrome Program" and addressed to the Fundraising team.

### 3 Direct Bank Transfer/Bank Deposit

ACCOUNT TITLE	Karachi Down Syndrome Program
BANK NAME	Bank Al Habib Limited
BANK BRANCH	Citi Tower Branch, Shakra-e-Faisal, Karachi - Pakistan
ACCOUNT NUMBER	1088-0081-003932-01-6
IBAN	PK53 BAML 1088008100393201
SWIFT CODE	BAML PKKA

### 4 Online Transfer

Donations can be made online with your Debit/Credit card via the Secure Payment Portal on KDSP's website. Please visit: [www.kdsp.org.pk/get-involved/donation/bank-donation](http://www.kdsp.org.pk/get-involved/donation/bank-donation)

#### Please Note:

- For 3 and 4, please notify the fundraising team of your donation after your transaction is complete by emailing at [fundraising@kdsp.org.pk](mailto:fundraising@kdsp.org.pk)
- All donations are exempt from Income Tax
- Donations can be made in full or partial form (frequency as per Donor's wish).

# spreading a million smiles



ZAVIA



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 kdsprogram |  @KhiDownSyndrome  
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 Karachi Down Syndrome Program

"A company set up under Section 42 of the Companies Ordinance, 1984 and certified by the Pakistan Centre for Philanthropy"