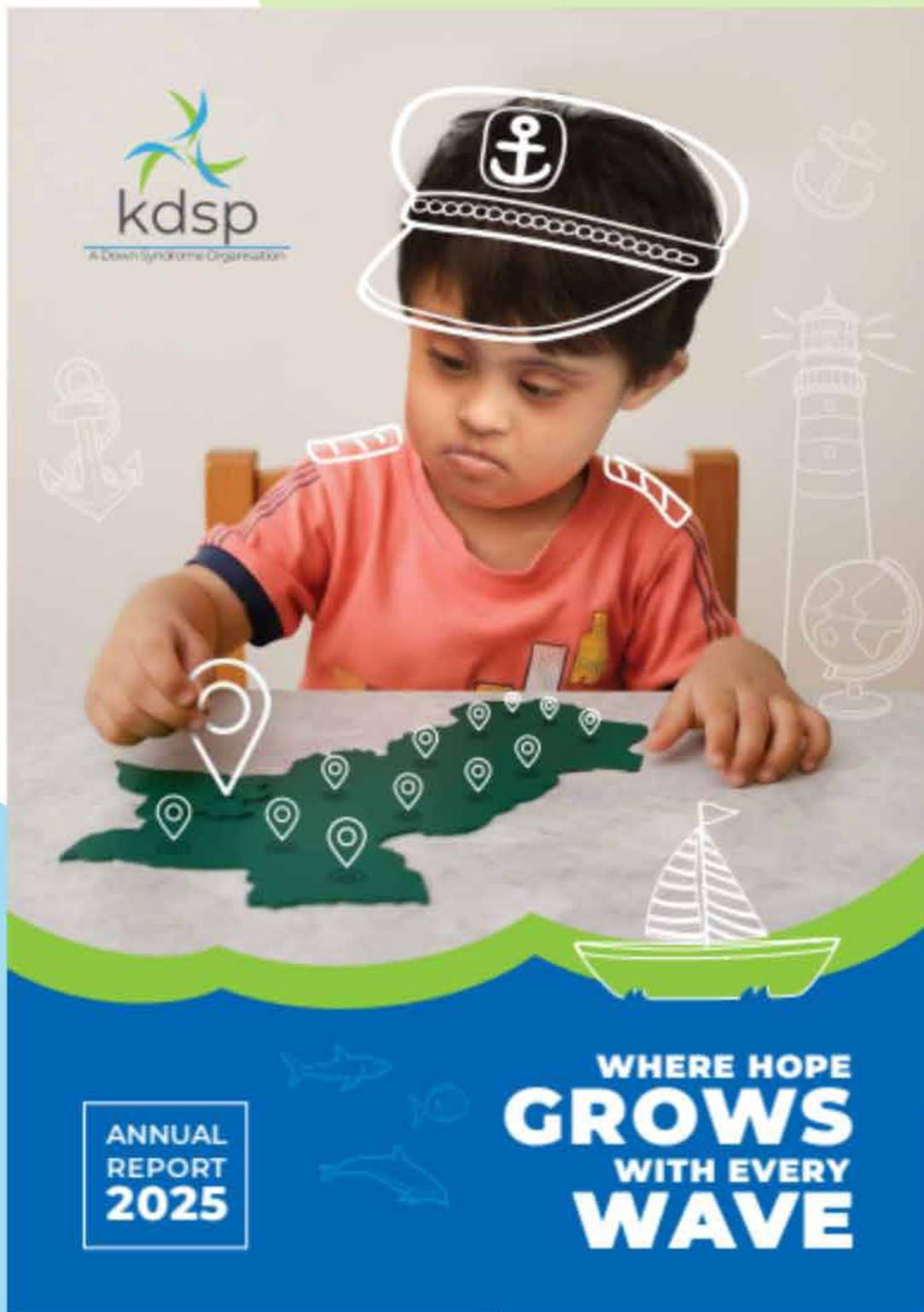


Newsletter

July-December 2025





KDSP Annual Report 2024-2025 Out Now!

Explore Our Journey – Learn More

Impact Statistics



- Over **237** new families joined KDSP this year
- The Family Network has now grown to over **2900+** members
- **120+** new beneficiaries were supported through the Humrahi peer mentorship program



- Conducted over **90+** awareness sessions across various platforms
- Engaged and empowered more than **2100** individuals as advocates for inclusion



- Over **250+** in-house clinic appointments were scheduled
- **1300+** healthcare referrals for external consultations were sent
- **180+** healthcare cases were sponsored



- **25** ongoing programs focused on skills development
- **11** EFL students placed in corporates for internships (AKUH, Rajby, Markitt, Bacha Party)
- **8** EFL graduates



- **12** new inclusion partnerships formed with mainstream schools
- **150+** beneficiaries enrolled in education programs such as EPEP, PREP, and TAP
- **8** inclusion scholarships given to students attending mainstream schools



- Over **410+** children are currently availing therapies under the Early Childhood Intervention (ECI) program
- More than **330** home plan sessions were conducted for families
- Approximately **800+** therapy sessions are scheduled each week



Family Support



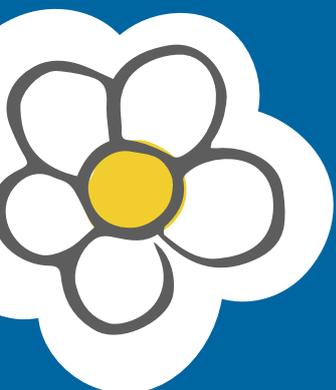
Sukkur Mobile Hub

In October and November 2025, KDSP piloted the Sukkur Mobile Hub, testing mobile hubs and temporary camps to maintain monthly engagement with families, ensure continuity of services, and empower parents supporting children with Down syndrome in remote communities.



Informational Support Groups (ISGs)

Multiple ISGs were conducted on respiratory health, physical therapy in daily routines, behaviour therapy, sleep apnea, and education through IEPs, with the new fiscal year launching through highly engaging, parent-led sessions. Standout ISGs on Behaviour Therapy and Sleep Apnea were conducted to full-house audiences.



Emotional Support Groups (ESGs)

KDSP established nine ESGs in Karachi for our parents, along with one group each in Islamabad and Faisalabad, strengthening peer support, shared learning, and emotional wellbeing across regions.



Parent Empowerment & Engagement

Using the internationally recognized Family Empowerment Survey, KDSP surveyed 135 newly enrolled parents to establish a baseline of parent empowerment and strengthen data-driven Family Support programming.



Humrahi Program Retreat

Under the Family Support Department, volunteer

Humrahi Fehmina Rizwan, mother of Rumaisa Rizwan, was recognized for exceptional commitment, supervision attendance, and positive family feedback during the humrahi retreat program



UNIQUE TOGETHER

Awareness



Down Syndrome Awareness Month (DSAM) 2025

A Month of Action, Awareness & Advocacy

Throughout October, KDSP led a city-wide DSAM campaign—bringing together educators, healthcare professionals, corporates, families, and self-advocates to advance inclusion and understanding of Down syndrome.

Amplifying Voices Through Digital & Media

- Rise & Shine (365 News)
- G Utha Pakistan (GTV)
- Geo Pakistan (Geo News)
- Aaj Pakistan (Aaj News)



The 2nd Annual KDSP Conference

The DSAM Conference anchored the month, convening experts, partners, and the community for powerful discussions on early intervention, education, employment, and lived experiences—turning dialogue into collective action.



Awareness Sessions:

- Academia Civitas
- AGP Pharma
- Alfalah Investments
- Aga Khan University
- Bayview High School
- Beaconhouse
- British Council
- C-ARTS
- Chughtai Labs
- Civil Aviation Authority
- Dow University of Health Sciences
- Giggle Town
- TPL Limited
- The Rotary Club
- University of Karachi
- Ziauddin University
- Jubilee Life Insurance
- Indus Hospital & Health Network
- Kiran Foundation (Salma Ghar)
- Kassim Textile
- Nixor College
- Newway Foundation School
- Pakistan Paper Products
- Phonics Leap
- Jinnah Medical & Dental College
- Rajby Textiles Limited
- Rangoonwala Health and Wellness
- RIMS Trauma Hospital
- Salesflo
- Sindbad
- SM Jaffer
- Sindh Institute of Child Health & Neonatology

14th August | Independence Through Inclusion

KDSP marked Pakistan's Independence Day by celebrating inclusion, creativity, and opportunity. Through collaborations with Jubilee Life Insurance and S.M. Jaffer, among others, individuals with Down syndrome showcased their talents — reinforcing the message that true independence includes everyone.



Strategic Partnerships & Global Representation

- Built high-impact collaborations with Jubilee, Giordano, Engro, McKinsey, Lucky Core Industries, SM Jaffer and more.
- KDSP Collaborated with Giordano to raise awareness on Down syndrome
- KDSP's ongoing collaboration with Bachaa Party had us making creative and informative content to spread awareness
- KDSP's Website was Revamped with a brand new look but the same mission - to enhance advocacy for Individuals with Down syndrome in Pakistan



- MoU signed with The Rotary Club (Karachi Safe City) to advance inclusion efforts in Sindh



- KDSP's very own Zahra Halai represented individuals with Down syndrome at the UN Best Diplomats Conference 2025 in Dubai





Healthcare



Medical Sensitization Sessions

KDSP conducted targeted medical sensitization sessions across leading institutions to strengthen clinical understanding of Down syndrome and promote inclusive care practices.

- Ziauddin University Hospital
- Dow University of Health Sciences (DUHS)
- Jinnah Medical & Dental College (JMDC)
- RIMS Trauma Hospital
- Liaquat National Hospital



Strategic Partnerships

KDSP expanded its ecosystem of support through key institutional partnerships: Institute of Professional Psychology, Bahria University, Chughtai Labs. These collaborations enhance diagnostic access, psychological services, and long-term multidisciplinary support for KDSP families.



Down Syndrome Arena Clinic Camps (SIUT)

Monthly multidisciplinary clinics at SIUT ensured consistent follow-up, early intervention, and family guidance.

Specialized Health Camps

Hearing Camps

Dental Camps

Eye Camps

Sleep Tests & CPAP Distribution

Sleep apnea—commonly seen in individuals with Down syndrome—was proactively addressed through KDSP’s sleep health initiative. Early diagnosis and intervention support better sleep, cognitive functioning, and long-term health outcomes.



Behavior Therapy Facilitator Trainings

In July–September 2025, KDSP conducted facilitator trainings across all programs, strengthening evidence-based behavior management, data recording, reinforcement strategies, and professional boundaries to ensure consistent, high-quality Behavior Therapy delivery.



Skills Development



Employment & Inclusion

KDSP supported multiple internships, employment training, and workplace sensitization sessions with partners including AKU, Rajby Textiles, PKIC, TPI, Bacha Party, RM, and KDSP departments.



Education for Life (EFL)

EFL focused on skill-building, industry exposure, and strong parent engagement through orientations, project showcases, factory visits, hygiene and first-aid trainings, engagement activities, and multiple Parental Involvement Sessions.

Education for Life graduates showcased their final projects—spanning photography, block printing, weaving, and painting—celebrating the successful completion of their program and the skills they gained.



Education for Life (EFL) Project Showcase



Lehr Travelled To:

- Ziauddin University
- Habib Bank
- AKU Carnival
- COTHM
- KDSP Conference
- Habib Metro Gala
- Bayview Academy
- Beaconhouse Defence
- Bed & Bath (Retail Collaboration)
- DEPD
- Connect Hear
- The Commons
- Dawlance
- K-Electric
- PKIC Cricket Tournament
- Soneri Bank
- Crafters Guild
- KDSP Golf



KDSP Kafe

The KDSP Kafe provided students hands-on vocational exposure through live events, institutional launches, and corporate engagements. Students built confidence, teamwork, and service skills while representing KDSP with pride.



Kafe Represented At:

- COTHM
- KDSP Conference
- The Commons
- K-Electric
- Habib Metro Gala
- KDSP Golf
- HBL Conference
- DEPD
- Dawlance



Skills Lab & Program Strengthening

Skills Lab and Skills programs focused on student engagement, parental involvement, and internal capacity building, including parental orientation sessions, compassion training for instructors, KIMS software implementation, recreational inclusion activities, and the annual Winter Camp—ensuring consistency, quality, and joyful learning experiences.

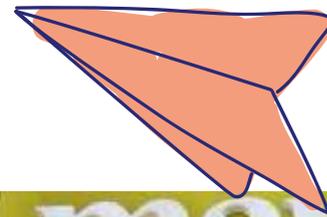
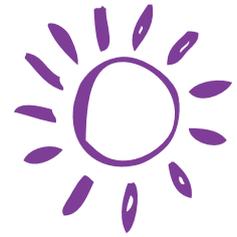


Internship Placements

During July–December 2025, KDSP facilitated multiple internship placements for individuals with Down syndrome, providing hands-on workplace exposure, skill development, and pathways toward long-term employment through supportive and inclusive partner organizations.

Student Internship Placements:

- Zahra – Human Resources, Aga Khan University (AKU)
- Zikrah & Amatullah – H Café
- Danish – Human Resources, PKIC
- Hassan – Resource Mobilization at KDSP
- Muneeb – KDSP (ECI & Healthcare Departments)
- Unzila – Administration, KDSP
- Danish – IT Department, TPI
- Sara & Azeem – Rajby Textiles
- Hamza – Store Assistant, Bacha Party



Education



ROSS Training

From July to November 2025, KDSP conducted annual ROSS Inclusive Education Trainings across partner schools—including Stream School, Vivi The Bear, Raast, My Cambridge, AMI, NOWPDP, Civilizations, Rahi, Samrahi Montessori, Elixir, Camelot, DPS, The Learning Tree, Beaconhouse, Habibians, Phonics Leap, CCS – First Forest, and The Neway Foundation School—equipping educators with practical strategies to support students with Down syndrome and fostering more inclusive classrooms.



Early Preschool Experience Program (EPEP)

The new academic year began with orientation and joyful first days, reinforced by celebrations of Independence Day, Blue Day, Yellow Day, and Children's Day, along with parent sessions on home planning, gentle parenting, behaviour management, and literacy, while two PTMs supported reflection on progress and next steps.



Tailored Assistance Program (TAP)

TAP built confidence beyond the classroom through parent orientation and PTMs, experiential learning like the Giggle Town field trip, inclusive sessions with Civitas School, celebrations of Independence Day and Sports Day, and facilitator-led guidance supporting parents of non-verbal students with practical communication strategies.



Program for Reinforcement, Education & Progress (PREP)

PREP welcomed families with Playhouse Orientation and Independence Day celebrations. Hands-on parent engagement through Autumn Day and focused sessions on numeracy, home planning, and structured routines complemented the classroom experience, while PTMs ensured shared understanding of each child's progress.



Program for Inclusive Education (PIE)

PIE extended inclusion beyond KDSP by conducting inclusive education trainings and awareness sessions at schools such as APS, Phonics Leap, Newway Foundation, Islamic Horizon Cambridge, Beaconhouse (Jauhar & Newlands), Civitas, NJV, and NOWPDP, supporting inclusive classroom practices and IEP development.

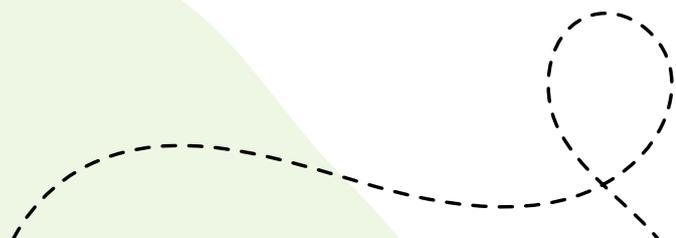
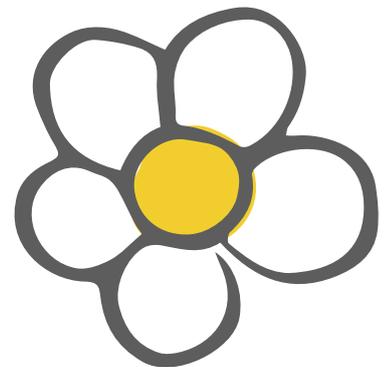


Early Preschool Experience Program (EPEP)

X

Program for Inclusive Education (PIE)

A joint session for parents focused on transition to mainstream schools, equipping families with guidance on school readiness, inclusion, and next-step planning for students moving forward.



Early Childhood Intervention



Strengthening the Basics

KDSP strengthened foundational skills through targeted therapies and facilitator training. Handwriting Without Tears enhanced multisensory strategies for visual-motor integration and functional writing. Classroom Strategies for Children with Down Syndrome equipped facilitators to support receptive and expressive language, including alternative communication for non-verbal learners.



Facilitator Trainings

KDSP provided trainings to our EPEP and TAP Facilitators to support communication, movement, and sensory needs. Training covered AAC and visual supports, posture and muscle tone exercises, and occupational therapy techniques for sensory regulation.



Therapy Team Professional Development

KDSP therapists advanced evidence-based practice through hands-on professional development. Motor development training focused on head control, rolling, and sitting, while Dynamic Movement Intervention enhanced skills in promoting neuroplasticity, body awareness, and functional motor control—strengthening both clinical expertise and home-based parent support.





Resource Mobilization



Donor and Corporate Visits

- Rajby Textiles
- Faysal Bank
- Alfalah Asset Management
- Jubilee Life Insurance
- AGP Pharma
- NBP Funds
- Mr. Rashid Bukhari, Director, Megaplus Group
- Mr. Salman Pervez (Peximp Trading Company), along with his wife
- Pakistan Mortgage Refinance Company
- Directors of Ebrahim Ali Bhai Foundation: Mr. Rohail Kandawala, Mr. Numair Kandawala, and Mr. Khizer Kiyani
- Bank Islami
- Kassim Textile
- Pak Qatar Takaful
- Aziz Tabba Foundation
- Packages Group
- Mr. Adil Sheikh
- Mr. Mussaddaq Zulqarnain, Chairman, Interloop
- Mr. Umair Yousuf, Director, The Factory Edit (TFE), along with the TFE team
- PARCO



Presented Plaques to Our Donors:

We are incredibly grateful for their support and contribution to our decade long mission.

- Ali Chawla — Director, Alpha Container Industries
- Abbott - Dr. Raef Ahmed, Medical Director
- Nabil Jangda Director Tier One Forum
- Umair Yusuf — Director, Silver Denim Pvt. Ltd.
- Nuruddin Abjani — Managing Director, Global Tyre
- Faisal Bilwani
- Fahad Shoukat — CEO, ARMCOM
- Omer bin Zahid — Director, Nadeem Textiles
- Burque Corporation – Mr. Ahsan Yahya — Chief Executive, Burque Corporation
- Humza Tabani — Chairman & CEO, Tabani Group; Chairman, Tabani Corporation
- Sayeeda Leghari — MD & Chairperson, Sukkur Beverages Pvt. Ltd.
- Farooq Vohra
- Shahwaiz Ahmed — Director, Indus Dyeing & Manufacturing
- Saeed Allawala — Chairman of the Board, ATCO Laboratories Limited
- Mishgah Uzair Khalid — Executive Director, Standard Chartered Bank
- Sameer Sabir — Group Sales Director, Usman Anjarwala Group of Companies
- AGP Pharma - Mr. Kamran Nasir, CEO
- Jerjees Seja — CEO, ARY Digital Network

KDSP Golf Tournament – The Second Swing 2025

The KDSP Golf Tournament – The Second Swing 2025 presented by Candyland was held on November 23, 2025, bringing together seasoned golfers in support of inclusion for individuals with Down syndrome at KDSP. We were deeply honored to host our Chief Guest, Mr. Amir Paracha, CEO of Unilever Pakistan Limited, along with Guests of Honor, Mr. Nusair Teli and Mr. Ahmed Ismail. The event was hosted by our Goodwill Ambassador, Mr. Shafaat Ali, whose presence and support added to the spirit of the day. We extend our heartfelt gratitude to all our partners for their generous support.

Collateral Support: Jubilee Insurance, Unilever, Naheed, Spar, Image, Chop Chop Wok, Espresso, EFU Life Insurance.



23rd November 2025

KDSP Third Chapter in North Nazimabad Launch

We extend our heartfelt gratitude to the Department of Empowerment of Persons with Disabilities for their invaluable support in establishing our new facility in Karachi. This center will enable us to serve more individuals with Down syndrome and ensure our services are more accessible to all. Their partnership marks a vital step toward building a more inclusive future. The North Chapter was inaugurated on 22nd July 2025 by Mr. Murad Ali Shah, Chief Minister of Sindh.





Friends of KDSP

Friends of KDSP 2025 US Tour

In September 2025, Friends of KDSP Chapters across the U.S. hosted a series of inspiring fundraisers in support of KDSP’s mission. From Houston to San Francisco, these events brought communities together to celebrate inclusion, empower individuals with Down syndrome in Pakistan, and strengthen our global family. Each gathering was filled with warmth, laughter, and meaningful conversations, as supporters learned more about KDSP’s programs and the impact of their contributions. The generosity and dedication of every host and participant made it possible to provide resources, education, and opportunities that transform lives. These events were a beautiful reminder that compassion, solidarity, and the belief in a more inclusive world truly know no boundaries.

A special thanks to Zoe Viccaji, Arsalan Rabbani, Jeremy McLellan, our speakers; Azhar Azeez, Hamza Hafiz, and everyone who volunteered their time and energy to make these events memorable. Your passion and support remind us that together, we can build a more inclusive and empowering world for every individual with Down syndrome in Pakistan.



Friends of KDSP Hosts Appreciation Box

- Houston Chapter (5th Sept): Jawwad Rawra, Shershah, Sameer Ali,
 - Tehmina Apa
- Seattle Chapter (6th Sept): Saira Bano, Hamna Faisal, Batool Apa, Sarah Puri
 - Austin Chapter (7th Sept): Maheen & Imran, Zoe Viccaji
- Dallas Chapter (12th Sept): Arif Sawani, Shabbir Sawani, Shaukat Gaziani,
 - Fahad Ahmed, Haji Modi Vally, Hussain Kedwaii
 - Boston Chapter (13th Sept): AK & Hafsa, Dr. Hajra
 - Chicago Chapter (19th Sept): Kiran & Talha, Kashif & Asfa
 - San Francisco Chapter (21st Sept): Asim Memon & Mariyam Asim



During Ali, Tabish and Saira Bano's visit to The Rise School of Houston, and were deeply inspired by the school's commitment to truly inclusive education. From classrooms to common spaces, every corner reflected a welcoming environment where children of all abilities learn, play, and grow together. They were especially impressed by the thoughtful support and tailored programs for children with Down syndrome, ensuring they have equal opportunities to thrive academically, socially, and emotionally. The experience reaffirmed the importance of inclusion and the profound impact it has on building confidence, independence, and a sense of belonging in every child.



We were delighted to welcome friends and supporters from across the United States to KDSP's Learning Center and Development Center in Karachi and KDSP's Islamabad Chapter. Their visits were a wonderful opportunity to share our work firsthand, connect over our mission of inclusion, and see the impact of our programs on the lives of individuals with Down syndrome and their families.

Donor Visits in Pakistan:



Abdul Karim visiting KDSP's Learning Center during his trip from Boston, MA



Mansoor Naqvi with his daughter Aleena during their visit to KDSP's Learning Center



Hina Naqvi from Los Angeles, CA at our KDSP Development Center





Islamabad Chapter

Skills Development Program

KDSP Islamabad's Education for Life (EFL) and Skills Lab programs continued to empower children with Down syndrome through holistic academic, vocational, and creative learning. Activities included painting, block printing, weaving, music, yoga, and cooking, building practical skills, confidence, and creativity. Highlights included:

- Beaconhouse Visit
- Crusteez Visit
- Parent Involvement – Physical Fitness
- Fall Day & Linking Hearts Workshop
- Winter Camp



Education

KDSP's EPEP, PREP, and TAP programs focused on early learning, routines, and family engagement. Parent involvement and inclusive activities reinforced growth beyond the classroom:

- EPEP & PREP Orientation: Welcomed students and parents, set baselines, and familiarized families with routines.
- IEP Celebration Days: Fun-filled themed days—Banana Day, Plant Day, face painting, circle time, and hands-on activities—promoting life skills, creativity, and inclusion.
- Parent Involvement Sessions: Guidance on literacy, numeracy, and daily routines strengthened home-school connections.



HealthCare

KDSP Islamabad prioritized accessible healthcare for children with Down syndrome:

- **Medical Camp: Comprehensive health checkups for KDSP kids.**
- **Hospital Partnership: Collaboration with Akbar Niazi Teaching Hospital for ongoing checkups and treatment.**



Family Support

KDSP Islamabad prioritized accessible healthcare for children with Down syndrome:

- **ISG – Parental Involvement: Led by KDSP parents highlighting the role of active engagement.**
- **ISG – Common Infections: Medical guidance from KDSP doctors for families.**
- **CEO Meetup: Chapter team engagement with CEO Tabish, fostering collaboration and planning.**





Faisalabad Chapter

Launched recently with the generous support of Interloop Limited, KDSP Faisalabad has hit the ground running. In just six months, the chapter has established a comprehensive model of care, combining education, skills development, family support, healthcare, and awareness—laying the groundwork for KDSP’s vision of inclusive opportunities for children with Down syndrome across Pakistan.



Education

PREP (Program for Reinforcement, Education, and Progress) empowered children with structured learning and consistent progress, supported by parental involvement:

- Batch 01 & 02 Orientation & Homeplan Session
- Teachers’ Day & Independence Day
- Parent–Teacher Meeting

Skills Development Program

KDSP Faisalabad’s Skills Lab and EFL programs nurtured creativity, independence, and practical life skills:

- Painting Class
- Fitness Class
- Computer Class
- International Chefs Day



Healthcare & Early Childhood Intervention

KDSP Faisalabad prioritized holistic care through health camps and early therapies:

- Cardiac & Pediatric Health Camps
- MOUs with Mujahid & Shifa Hospitals
- Early Childhood Intervention (ECI) Therapies



Family Support

Parents received practical guidance and support to reinforce learning at home:

- ISG – Occupational Therapy: Practical strategies for supporting children’s development.

Awareness

KDSP Faisalabad promoted understanding and inclusive practices in schools, workplaces, and hospitals:

- First Steps School & University of Faisalabad: Sessions fostering inclusive education and societal awareness.
- Interloop Textiles & Shifa Hospital: Encouraging workplace and healthcare inclusion through awareness and sensitivity training.





North Nazimabad Chapter

North Nazimabad Chapter – A New Horizon for Inclusive Care

Launched in July 2025 with the support of the Government of Sindh, KDSP North Nazimabad has rapidly established a comprehensive model of care. In its first five months, the chapter has introduced education programs, skills programs, family support initiatives, healthcare services, and early childhood interventions—creating a strong foundation for KDSP’s vision of inclusive opportunities for children with Down syndrome in Pakistan.



Education

The education programs strengthened learning, inclusion, and parental engagement across all ages:

- PREP & TAP Parental Sessions: Focused on managing disruptive behaviors and stress management, equipping parents with reinforcement strategies and simple techniques to balance caregiving.
- EPEP Parental Sessions : Highlighted the importance of homeplans and introduced the PIE program, guiding families toward inclusive schooling pathways.



Skills Development Program

The Skills Development Program engaged children in hands-on activities to build creativity, coordination, and life skills through Painting for artistic expression and fine motor development, Clay Art for sensory exploration, Cooking Class to develop independence and teamwork, Taekwondo to promote discipline and physical fitness, and Parental Involvement Sessions to guide families in supporting academics and computer studies at home.



Family Support

KDSP North Nazimabad supported parents in understanding behaviors and building resilience through ISGs, which provided practical strategies for managing challenges and fostering positive outcomes, and a CEO Feedback Session that engaged parents and facilitators in reviewing program effectiveness and strategic direction.

Healthcare & Early Childhood Intervention

The chapter prioritized comprehensive healthcare and therapy through Hearing Camp and Pediatric Health Camp, providing screenings, assessments, and referrals to support holistic child health, and students' Graduation, which celebrated children like Mohammad Shahmeer—who completed Early Childhood Intervention across three therapies, marking important developmental milestones.

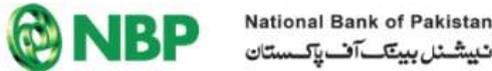


KDSP Golf Tournament 2025 - The Second Swing

Title Partner



Platinum Partners



Bank AL Habib Limited



Silver Partner



Giveaway Partners



Fitness Partner

Golfers' LuckyDraw

Media Partner

Apparel Partner

Lunch Partner

Coffee Partner



Beverage Partner

Ice Cream Partner

Caddies Lucky Draw Partner



Hole in One Partners

Gift Partners



Partner



Beverage Partner

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