



Newsletter

January-June 2026



Impact Statistics



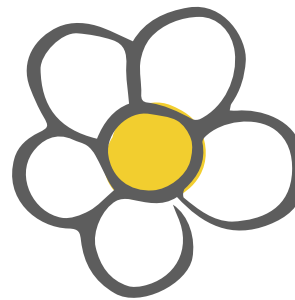
- Over **342** new families joined KDSP in the last six months
- The Family Network has now grown to over **3266** members
- **150+** new beneficiaries were supported through the Humrahi peer mentorship program



- Conducted over **70+** awareness sessions across various platforms
- Engaged and empowered more than **1,980** individuals as advocates for inclusion



- Over **260** in-house clinic appointments were scheduled
- **1,200+** healthcare referrals for external consultations were sent
- **180+** healthcare cases were sponsored



- **26** ongoing programs focused on skills development
- **21** EFL students were placed in organisations for internships



- **12** inclusion partnerships were formed with mainstream schools
- **210+** beneficiaries were enrolled in education programs
- **8** inclusion scholarships were awarded to students



- Over **450** children are currently availing therapies under the Early Childhood Intervention (ECI) program
- More than **320** home plan sessions were conducted for families
- Approximately **1,000** therapy sessions are scheduled each week across chapters





Family Support



Capacity Building through Informational Support Groups (ISGs)

Five Informational Support Group (ISG) sessions were conducted, led by experts including Hafsa Iftikhar, Dr. Fatima Mir, Dr. Aisha Sanober, and Dr. Sidra Kaleem. Topics ranged from functional communication and infectious diseases to emotional co-regulation and understanding seizures, equipping parents with practical strategies to support their children.



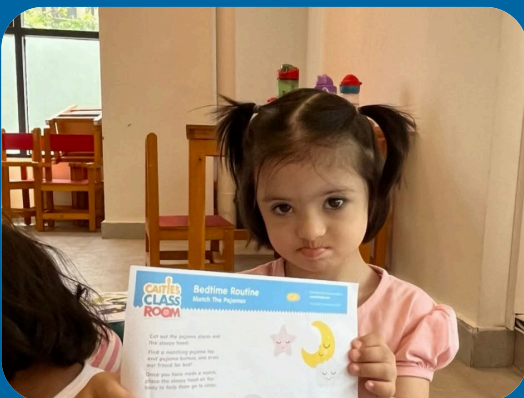
Onederland Anniversary Celebration

As part of their anniversary celebrations, Onederland LuckyOne welcomed individuals with Down syndrome and their families for a day of fun, featuring complimentary rides and games, creating a joyful and inclusive experience.



Celebrating Mothers Day

A special Mother's Day celebration was organized for mothers in the family network, featuring a self-love session followed by an art therapy activity. The event recognized and appreciated the unwavering efforts of mothers while encouraging self-care, reflection, and creative expression.





Humrahi's: Growing Together

The Humrahi network was strengthened through regular check-ins and engaging activities that encouraged connection and mutual support. A special Eid meetup provided an opportunity for celebration and art therapy, supporting meaningful interactions. The training of 24 new Humrahis further expanded the network's reach.



Expanding Emotional Support Groups (ESGs)

Seven Emotional Support Groups were established across Karachi for parents in the Early Preschool Experience Program (EPEP), Tailored Assistance Program (TAP), Program for Reinforcement, Education, and Progress (PREP), and Early Childhood Intervention (ECI) program, promoting peer connection, shared learning, and emotional wellbeing through safe, supportive spaces.

Parent Feedback Session

A feedback session with CEO Tabish Shahzad and parents across all KDSP programs provided a platform for open dialogue, enabling the sharing of experiences and suggestions, and supporting improvements in services and family engagement.

Awareness



KDSP Carnival



On 8th February 2026, KDSP hosted its annual Carnival, A Trip to the Stars, welcoming over 7,000 attendees.

Awareness Sessions:

- TDF Magnificience
- DSV
- SYNAPSE
- Robotmea
- Jodiabazaar
- International Furniture Limited (IFL)
- PARCO
- KSBL
- Ocean Network
- Gul Ahmed
- Habib Moderaba
- Mama Baby Fund
- Baqai Medical University
- Asia Pacific Dental Students Association (APDSA)
- HBL
- Habitt
- Hutchison's Ports
- NED
- Artistic Denim
- Gadoon Textile
- Dipitt
- Al Karam Towel
- Habib Metro Bank
- Macpac
- Assanpay
- Zindagi Trust
- Soneri Bank
- Academia Civitas



Media Presence



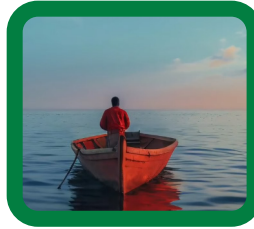
'Rise Beyond Titles'
podcast with KDSP CEO



Bachaa Party x KDSP
Employment Reels



Kiva School - Inclusive
Healing Panel with
KDSP CEO



Khudii
Collaboration



GTV
(Irfan-e-Ramzan)



Aaj News
(Aaj Pakistan)



ARY (Shan-e-Ramzan)



Bol (Ramzan Mein Bol)



Aaj Tv
(Baran-e-Rehmat)



Dawn News
(Chai, Toast Aur Host)



Green Entertainment
(Mehfil-e-Ramzan)



Geo News
(Geo Pakistan)



Fuchsia Magazine -
Podcast with
Tabish Shahzad
and Zahra Halai



Media Coverage
for 'Rangon Ki Lehr'



PTV News - World
Down Syndrome Day



Star Chefs with
Hooriezeah Care for
Mother's Day



Movie screening with
Jubilee Insurance for
Mother's and Father's day



Voices of Inclusion
Conference -
Veritas Learning Center



Zakat Campaign
- Billboards and Collateral



World Down Syndrome Day

In celebration of World Down Syndrome Day, we published a newsletter highlighting the achievements, skills, and businesses of our 2025 Education for Life graduates.



Healthcare



Medical Sensitization Sessions

- National Institute of Child Health (NICH)
- Pasha Hospital
- Lady Dufferin Hospital



New Partnerships

- Rims Trauma Hospital
- Sindh Institute for Child Health and Neonatology (SICHN)
- Hearing Clinic
- Al Khidmat Health Foundation
- Elite Dental Clinic

Healthcare Referrals

Over 350 healthcare appointments were scheduled during this period, enabling beneficiaries to access essential consultations and diagnostic tests. In addition, multiple healthcare cases were supported through hospitalizations, surgeries, and the provision of medicines, ensuring continued medical care for those in need.

Health Camps

Hearing Camps



Eye Camps

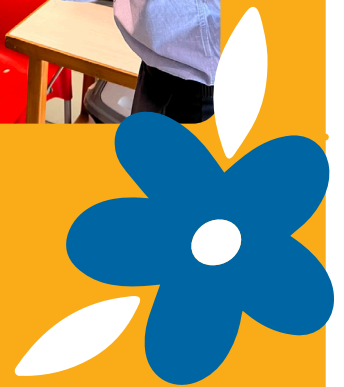


Dental Hygiene and Check up Camps



Sleep Tests and CPAP Devices

Sleep tests help identify sleep apnea, a condition commonly seen in individuals with Down syndrome where breathing repeatedly stops during sleep. Early diagnosis helps prevent long term complications. During this period, 18 sleep tests were conducted and 5 CPAP devices were provided free of cost to support better sleep and overall health.



Skills Development



Lehr by KDSP Pop ups:

- WOW Festival
- Civitas School
- IBA Festival
- Mashion
- IBA Wellness Fair
- Jaffer Brothers Event
- KDSP Carnival
- Habitt – The Love Edit
- Studio Seven
- Elixir School
- MAC Corp
- Yunus Textile Eid Pop-up
- Indus Motor Company's Women's Day Celebration
- Voices of Inclusion Conference at VLC
- Nielsen
- Habitt - Mothers Day
- PSTD WIBCON Conference
- Padel X
- Soneri Bank
- Habib Metro Bank



KDSP Kafe Pop ups:

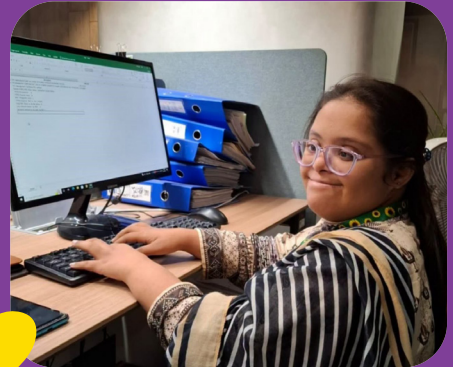
- Mashion
- Jaffer Brothers Event
- KDSP Carnival
- Habitt – The Love Edit
- Studio Seven
- Soneri Bank
- Rangon Ki Lehr Exhibition
- Voices of Inclusion Conference at VLC



Employment

KDSP facilitated multiple internship and employment 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 Name	Place of Internship
-Aarish Afroz Ali	Bachaa Party
-Azeem Nadeem Khan	Studio 7
-Dua Shahid	PKIC
-Nauroz Khan	Markitt Habitt
-Hassan Patel	Academia Civitas
-Fatimeh Shirazi	TDF MagnifiScience
-Abeer Khan	TDF MagnifiScience
-Rania Sheikh	TDF MagnifiScience
-Alina Mehmood	PKIC
-Hassan Mansoor	KDSP



Rangon Ki Lehr Volume 4

Rangon Ki Lehr Vol. 4 was held at the Arts Council of Pakistan, where students' paintings were exhibited over two days. Guests were welcomed and guided through the gallery, with insights shared on the vision behind each artwork and the techniques used to bring them to life. The exhibition was well received, with visitors appreciating the creativity and expression reflected in the work.

The event was honored by the presence of distinguished guests including:

- H.E. Sureshete Boontinand, Consul General of Thailand in Karachi
- Ms. Dian Astuti, Counsellor for Socio Cultural Affairs, Indonesia
- Mr. Tuaha Farooqi, Secretary DEPD (Chief Guest)
- Mr. Farman Ali Tanwari, Regional Director Karachi (DEPD)
- Mr. Faiz Ul Hassan, Group Head JLI
- Mr. & Mrs. Irfan Halai, Director Espresso
- Aman Pir, Chairman Committee FPCCI
- Ronak Lakhani, Chairperson Special Olympics Pakistan
- Yousuf Bashir Qureshi, Fashion Designer and Artist

Representatives from Bachaa Party, PARCO, and Pakistan Beverage Limited were also in attendance.



Field Trips

A field trip was held for the Education for Life Year 1 at Hutchison Ports, where students learned about trade and how ports operate. They observed how containers are handled and saw the process of loading and unloading ships. The students also visited the control rooms where machines are operated to move containers in and out, giving them a clearer understanding of how the port functions.



KDSP Graduation

Education for Life Year 3 students celebrated their accomplishments alongside teachers, families, and friends, marking the close of one chapter and the start of a new journey.

Thank you to Nusair Teli, Bachaa Party, KernelPop, and Rajby Textile for contributing items and supporting the celebration.



Inclusive Cooking Camp

An Inclusive Cooking Camp brought together typical children and students with Down syndrome, who learned side by side through cooking activities that built teamwork, confidence, and practical skills.



Education



KDSP Graduation 2026

The Education Department celebrated Graduation Day for students completing the Early Preschool Experience Program (EPEP), Program for Reinforcement, Education and Progress (PREP), and Tailored Assistance Program (TAP). Students received certificates and special titles in recognition of their achievements, followed by a celebration with families and staff.

Thank you to Bachaa Party, KernelPop, Rajby Textile, and Nusair Teli for contributing items and supporting the event



Gaming Day

Students in the Tailored Assistance Program (TAP) participated in a Gaming Day featuring activities such as badminton, football, Uno, Ludo, and Pictionary, promoting teamwork, communication, and problem-solving in a fun and inclusive environment.



Eid-ul-Fitr Celebration

Students in the Tailored Assistance Program (TAP) celebrated Eid Day through fun and engaging activities, promoting the values of togetherness, gratitude, and sharing in a festive environment.



World Down Syndrome Day Celebration

To celebrate World Down Syndrome Day, an event was organized to raise awareness and promote inclusion. Students from Elixir School joined in activities that encouraged friendship and collaboration, while mothers also participated, making it a shared experience for families.

Leap Showcase

To mark the completion of the Learning, Empowering, and Advocacy Program (LEAP), parents presented projects reflecting their key learnings and experiences, followed by a certificate distribution recognizing their commitment and participation, with the Founder, CEO, and staff in attendance.



Fancy Dress Day

An Inclusive Fancy Dress Day was held for children in the Early Preschool Experience Program (EPEP) in collaboration with Mishab School, where children showcased colourful costumes, building confidence, encouraging self-expression, and celebrating inclusion in a joyful environment.



Visit to Wonder Whirl

Students from the Program for Reinforcement, Education and Progress (PREP) visited Wonder Whirl Cafe, where they took part in interactive play and recreational activities, supporting social interaction, confidence, and learning beyond the classroom.



Field Trip to Special Olympics Pakistan

Students and their parents from the Early Preschool Experience Program (EPEP) visited Special Olympics Pakistan, where children participated in physical activities while parents gained insight into the importance of sports and inclusion.



Early Childhood Intervention



Behavioral Management Training for Therapists

KDSP conducted a specialized training for therapists on positive behaviour support, equipping them with evidence-based strategies to better understand, manage, and promote positive outcomes for children with Down syndrome.

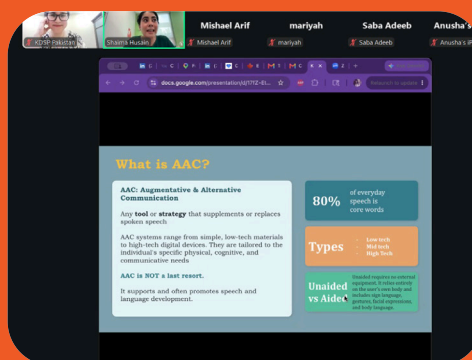


17th Paediatric Neurological Conference 2026

KDSP's Physical Therapy team attended the 17th Paediatric Neurological Conference to strengthen clinical expertise and stay updated on the latest evidence-based approaches in pediatric neurological rehabilitation.

Augmentative & Alternative Communication (AAC) Training

Speech therapists participated in advanced AAC training to enhance communication support for individuals with complex communication needs, enabling more effective and independent expression for children with Down syndrome.



Resource Mobilization

Donor Visits:

1. Ms. Aisha Javed - Director AGI Denim
2. Ms. Zehbiya Motiwala
3. Mr. Waleed Ahmed - Packages Limited
4. Mr. Medi Aslam Group Director Packages
5. Mr. Adnan Maqsood Exec. Director DPSF
6. Mr. Noman Shakir - CFO Dawood Foundation
7. Mr. Essam Rehmani -Chairman - Rehmani Group of Companies
8. Packages Limited
9. Mr. Abdullah Feroze
10. Mr. Nihal Qasim
11. Bank Al-Habib
12. Gadoon Textile Mills
13. PARCO
14. Habib Metro Bank
15. Bachaa Party



KDSP presented Donor Plaques to:

- Mr. Danish Iqbal - GulAhmed Energy
- Mr. Tabish Javed - Master Oils
- Mr. Azhar Abbas - Geo News
- Mr. Syed Haider Ali - Packages Limited



MoU Signing ceremony with Cnergyico PK Limited and Abasscyit Benefit

KDSP is grateful for signing of a Memorandum of Understanding (MoU) with Cnergyico PK Limited and Abasscyit Benefit, marking the beginning of a meaningful partnership dedicated to supporting individuals with Down syndrome towards our services for early childhood intervention. Together, we are taking an important step toward building a more inclusive and supportive community, where every individual with Down syndrome has the opportunity to reach their full potential.



Corporate Engagement

Meetings were held with Interloop and Sitara Chemical Industries in Faisalabad, Fast Cables, Packages Limited and Bank of Punjab in Lahore to explore opportunities for collaboration. Discussions focused on potential support through skills development, internships, and inclusive initiatives for individuals with Down syndrome, as part of their corporate social responsibility efforts.





North Nazimabad Chapter

Since its launch in July 2025, the North Nazimabad Chapter has completed a full year of impactful service, providing holistic support to individuals with Down syndrome and their families. Through structured programs, inclusive activities, and capacity-building initiatives, the chapter has focused on skill development, early intervention, education, and family empowerment, creating meaningful opportunities for growth, independence, and community inclusion.

Family Support

Informational Support Group Sessions (ISG)

A series of ISG sessions covered key topics including sensory development, oral motor skills, balance training, and summer learning. Parents gained



Emotional Support Group Sessions (ESG)

ESG sessions provided a supportive space for parents to share experiences and learn coping strategies, focusing on emotional well-being, resilience, and self-care.



Feedback Session

A feedback session enabled parents to engage with leadership, share experiences, and provide suggestions to enhance programs and services.



Education

EPEP (Early Preschool Experience Program)

EPEP students participated in a variety of themed events including Red Day, Animal Day, Fruits & Vegetables Day, Pyjama Party, Mother's Day, Eid Milan, Bakra Eid, and Farewell Day. These activities supported motor skills, sensory exploration, communication, creativity, social-emotional growth, and family engagement through fun, play-based learning experiences.



Program for Reinforcement, Education and Progress (PREP)

PREP students celebrated Eid Milan and Mother's Day through interactive activities that promoted creativity, social interaction, and strong family involvement, creating meaningful and enjoyable shared experiences.



Tailored Assistance Program

TAP students marked Eid Milan and Mother's Day with inclusive celebrations that encouraged peer interaction, family participation, and a sense of community through engaging and joyful activities.



Skills Development

Skills Lab

Multiple Skills Lab programs were launched, including Yoga, Paper Craft, Computer Skills, Teddy Tennis, Clay Arts, Cooking, and Taekwondo.

These programs focused on developing physical fitness, creativity, fine and gross motor skills, digital literacy, independence, and overall well-being through structured and engaging learning experiences.



Field Trip to Dipitt

As part of the EFL program, students visited the Dipitt factory to observe food production processes, gaining practical exposure to workplace practices, safety, hygiene, and teamwork.



Taekwondo Championship

Students participated in a Taekwondo Championship, showcasing their skills while promoting confidence, discipline, physical fitness, and sportsmanship.



Early Childhood Intervention & Healthcare

Basic Life Support (BLS) Training

A BLS training session equipped staff with essential emergency response skills, including CPR, choking management, and handling medical emergencies, ensuring a safer learning environment.



Eye Screening Camps

Eye camps were conducted in collaboration with LRBT to promote early detection and management of vision issues. Participants received screenings, consultations, and guidance for further treatment, supporting overall development and quality of life.



Therapist Training Sessions

Specialized training sessions were conducted for therapists, focusing on child-centered, play-based intervention approaches and behavior management strategies to enhance communication, motor skills, and overall participation.



Islamabad Chapter

Now completing two years since its establishment, the Islamabad Chapter has continued to expand its impact by providing comprehensive support to individuals with Down syndrome and their families. Through structured programs, inclusive activities, and community engagement initiatives, the chapter has strengthened its focus on education, skill development, early intervention, and family support, creating meaningful opportunities for growth, independence, and inclusion.

Family Support

Informational Support Group Sessions (ISG)

A series of ISG sessions covered key topics including physical therapy management, functional communication, and nutrition. Parents gained practical strategies to support their child's development, health, and communication across different stages of life. practical strategies to support their child's development, behavior, and independence at home.



Education

EPEP (Early Preschool Experience Program)

EPEP students participated in a range of activities including Family Day, Shapes Day, Fun Week, and themed experiences such as Pajama Party, Career Day, and Eid celebrations. Parent involvement sessions on enrichment, numeracy, literacy, routine building, and managing family dynamics further supported learning, creativity, and family engagement.



Program for Reinforcement, Education and Progress (PREP)

PREP students engaged in activities such as Orange Day and Eid celebrations, along with parent involvement sessions focused on life skills and cognitive development, supporting independence and active participation.



Tailored Assistance Program (TAP)

TAP students took part in Orange Day and Eid celebrations, alongside parent sessions on life skills and memory development, encouraging social interaction, skill-building, and inclusive participation.



Education for Life

EFL students participated in literacy workshops, cultural celebrations, creative activities, and family engagement sessions, promoting life skills, creativity, and social development.



Skills Development

Skills Lab programs included Painting, Block Printing, Cooking, Computer Skills, Physical Fitness, and Zumba. These sessions focused on creativity, physical development, technical skills, and independence through structured activities.



Healthcare Camps

• Sensitization Sessions

Awareness sessions were conducted at United Charter School, Shifa Dental College, Harfun, and Shifa Tameer e Milat University to promote understanding and inclusion of individuals with Down syndrome within the wider community.



• Healthcare Camps

Healthcare initiatives included eye, hearing, and dental camps conducted in collaboration with partner organizations (AV Hearing Aids, Al Shifa Eye Trust Hospital and Shifa College of Dentistry) supporting early detection, intervention, and overall well-being.





Faisalabad Chapter

The Faisalabad Chapter has now completed one year since its establishment, continuing to expand its outreach through structured programs, awareness initiatives, and essential services for individuals with Down syndrome and their families.

Family Support

• Informational Support Group Sessions (ISG)

ISG sessions covered key topics including behavior management and pre-linguistic skill development. Parents gained practical strategies to support communication, emotional regulation, and daily routines at home.

• Emotional Support Group Sessions (ESG)

A series of ESG sessions provided parents and caregivers with a supportive space to share experiences and learn coping strategies, focusing on emotional well-being, resilience, and self-care.



Education

Students participated in activity-based learning throughout the year, including Ramadan and Eid celebrations with parental involvement to build cultural understanding. PREP and TAP students also celebrated Labour Day through role-playing activities, exploring different professions and developing practical and social skills. The Tailored Assistance Program (TAP) was also introduced at the Faisalabad facility, with orientations conducted for new enrollments and graduates.

Skills Development

- **Skills Lab**

A storytelling class was introduced to support communication, creativity, and confidence through interactive learning experiences.

Early Childhood Intervention & Healthcare Occupational Therapy Services

Occupational Therapy services were introduced to support motor development, sensory integration, and independence in daily activities.



Healthcare Camps

- **Healthcare Camps**

A Hearing Camp was conducted in collaboration with GMT Lab, where qualified audiologists carried out hearing assessments, supporting early identification and timely intervention for hearing concerns.

- **Partnerships (MOUs)**

Collaborations with Hilal-e-Ahmar, Siddique Orthopedic & Rehabilitation Center, and Rabia Trust Hospital enabled access to subsidized diagnostic services, medical consultations, rehabilitation support, and assistive devices, strengthening the healthcare referral network for families.

Awareness Sessions:

- Ayesha Mind Care Center
- Special Education Centre Iqbal Town
- Path Therapy Hub
- Beaconhouse School System
- United Charter School
- Faisal Hospital
- Superior University – Department of Social Sciences
- GC University
- IDC Lab
- Zunnorain Foundation
- University of Faisalabad
- Government College Women University

Faisalabad Family Gala:

The chapter celebrated its first anniversary by hosting an annual dinner for families and children. The event included games, rides, food, and activities, providing an opportunity for families to connect and celebrate together while acknowledging their continued support.



Hyderabad Chapter

Hyderabad Chapter Inauguration

With the continued support of the Department of Empowerment of Persons with Disabilities, KDSP has successfully expanded beyond Karachi with the launch of its Hyderabad chapter, serving Hyderabad and its neighboring areas and bringing quality services closer to individuals with Down syndrome and their families. The inauguration was graced by Chief Minister Syed Murad Ali Shah as the Chief Guest, with Secretary DEPD Tuaha Farooqui as the Guest of Honour. This milestone reflects a shared commitment to ensuring that every individual with Down syndrome has access to the opportunities and support they need to thrive.



Program for Reinforcement, Education and Progress (PREP)

PREP classes became operational with structured learning aligned with SLOs and IEPs. Students participated in activities such as Eid card making, Bakra Eid celebrations, Mango Day, and Father's Day, supporting engagement, social interaction, and emotional development. Parent involvement sessions and PTMs were also conducted to review progress and strengthen collaboration with families.



Tailored Assistance Program (TAP)

TAP classes were initiated alongside PREP, with students engaging in themed activities and individualized learning plans, supporting skill development, participation, and consistent progress.



Skills Development

• Skills Lab

The Skills Lab was launched with programs including Painting, Yoga, Storytelling, and Cooking. These sessions focused on creativity, physical development, communication, and independence, while encouraging peer interaction and confidence through hands-on activities.

Early Childhood Intervention & Healthcare

• Healthcare Partnerships

Healthcare services were strengthened through partnerships with Sindh Institute of Cardiovascular Diseases (SICVD), Sindh Institute of Ophthalmology and Visual Sciences (SIOVS), Sindh Institute of Child Health and Neonatology (SICHN), Al-Khidmat Laboratories, and Chughtai Lab. These collaborations established a referral network for diagnostic and treatment services, improving access to quality healthcare.



KDSP Carnival 2026

Thank you for your support for KDSP Carnival 2026!

Platinum Partners



Gold Partners



Silver Partners



Banner Partners



Gift Bag Items Partners



Snack Partner



Beverage Partner



Tea Partner



Volunteer Bibs Partner



Ice cream Partner



Coupon Booth Partner



Gift Bag Partner



Radio Partner



Media Partner



Digital Media Partner



First Aid Partner



KDSP Graduation 2026

Thank you for your support for KDSP Graduation 2026!

