



ASIA PACIFIC
DOWN SYNDROME
FEDERATION



April 2023

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PRESIDENT SPEAK



Hope all of you are doing well. Another year of normalcy is a welcome change for all of us. This year World Down Syndrome Day has been a celebration of our self-advocates. I would like to thank all the countries who have sent us information on how they celebrated this special day.

APDSF was keen on attending the event at the United Nations. However, not many members were keen on attending this event virtually. Hopefully, next year, we look forward to having our self-advocates proudly displaying their confidence at the United Nations

When I see the amount of work done by our member countries, I take pride in the fact that we have proved that the Asia Pacific region also has persons with Down syndrome who have proved their ability across various spheres in life. This I would say is a quantum leap!

We have started this journey towards inclusion. I look forward to us doing more as a community. Inclusion is the key mantra that we need to focus on to enable us to create a world without differences for persons with Down syndrome.

N. Ramachandran

President – Asia Pacific Down Syndrome Federation

AUSTRALIA

Celebrating World Down Syndrome Day

World Down Syndrome Day provides an opportunity for people with Down syndrome and their supporters to raise awareness and advocate for the rights, inclusions and well-being of people with Down syndrome around the world.



This year, on March 21, ***Down Syndrome Australia*** celebrated World Down Syndrome Day in Canberra. We hosted a morning tea at Parliament House to raise awareness of the issues on which Down Syndrome Australia is advocating for at a National level and the Prime Minister of Australia, Anthony Albanese, surprised our attendees when he popped in to watch the presentation!

At this event, we launched our revised Advocacy Strategy and Advocacy Asks. We are asking the government to act on six key areas to ensure the rights of people with Down syndrome and their families are realised.

The six key areas we are calling for change in are:

- Prenatal screening
- Health
- NDIS
- Education
- Employment
- Migration

You can learn more about our advocacy framework and download your copy of Advocacy Asks here. <https://www.downsyndrome.org.au/blog/2023/03/21/with-us-not-for-us-our-advocacy-framework/>

After the presentation, our ambassadors had the opportunity to meet and speak directly with the Prime Minister alongside ministers Bill Shorten MP, Amanda Rishworth MP, Tania Lawrence MP, Libby Coker MP, Luke Gosling MP and Dr Mike Freeland MP who also attended the event.



Some of our ambassadors also had the opportunity to meet with Ministers and key Departmental staff in Canberra to speak privately with them about what is important for people with Down syndrome.



In the evening, we held a reception at Government House with His Excellency General the Honourable David Hurley AC DSC (Retd) Governor-General of the Commonwealth of Australia and Her Excellency Mrs Linda Hurley, advocates, families and team members from Down Syndrome Australia and state and territory member organisations.

There was lots of fun and important conversations had throughout the day by all who attended and we can't wait to celebrate with everyone again next year!

BANGLADESH

Celebration of World Down Syndrome Day-2023

Join Us...

21 World Down Syndrome Day
21 March 2023

World Down Syndrome Day-2023

With Us Not For Us

Organized by
United International University
&
Down Syndrome Society of Bangladesh

বাংলাদেশে ১০ম এবং সারাবিশ্বে ১৮তম
“বিশ্ব ডাউন সিনড্রোম দিবস”
২১ মার্চ ২০২৩

২০

AMDA

UNITED INTERNATIONAL UNIVERSITY

DSSB
Down Syndrome Society of Bangladesh

World Down Syndrome Day (WDSD), 21 March, is a global awareness day which has been officially observed by the United Nations since 2012. The date for WDSD being the 21st day of the 3rd month was selected to signify the uniqueness of the triplication (trisomy) of the 21st chromosome which causes Down syndrome. This year **Down Syndrome Society of Bangladesh** has observed WDSD for the 10th consecutive time in Bangladesh.

The specific objectives of the campaign were:

- To spread awareness on Down syndrome at community level across the country
- To raise voices of persons with Down syndrome to establish their constitutional rights
- To inspire others by celebrating abilities, not disabilities.
- To help foster inclusion, understanding, and more opportunities and avenues for people with Down syndrome in Bangladesh.
- To sensitize media on Down syndrome issues to ensure the reflection in print and electronic media
- To create awareness at educational institutes on Down syndrome and to ensure the inclusion of children and adults with Down syndrome in schools, colleges and universities.



Rationale of the Campaign

On 21 March each year, the Down syndrome community creates a single global voice advocating for the rights, inclusion and well-being of people with Down syndrome. The slogan of WDSD 2023 is **'With Us Not For Us'**. It is fundamental to a human rights-based approach to disability. A human rights - based approach views people with disabilities as rights-holders who have the right to be involved in decisions about their lives, working in partnership with others to improve their lives.

In order to raise public awareness on Down syndrome, Down Syndrome Society of Bangladesh took the initiative along with Japan Bangladesh Friendship Hospital, AMDA Bangladesh, Robi Axiata and other like-minded organizations to observe World Down Syndrome Day on 21st March, 2014 for the first time in Bangladesh. Since then, World Down Syndrome Day has been observed in Bangladesh every year on 21 March. This year

WDSD is being observed for the 10th consecutive time in the country, which is 18th time globally.

Date of Campaign: Tuesday 21 March, 2023

Locations of Observation:

1. United International University, Dhaka Campus
2. AMDA Bangladesh Complex, Gazaria , Munshiganj
3. Independent University, Chittagong



Participants:

- Children and adults with Down syndrome
- Students, teachers from various disciplines of universities
- Representatives from Print and electronic media
- Representative from Civil Society
- Parents/guardians of children with Down syndrome
- N.G.O representatives from national and international organizations



Results of the Campaign

- ✚ Awareness on Down syndrome raised at university and community level
- ✚ Community involvement enhanced
- ✚ Children and adults with Down syndrome raised their voices
- ✚ Social inclusion ensured
- ✚ Students, faculty members, staffs and officials sensitized on issues of Down syndrome
- ✚ Interested groups formed for research on Down syndrome and other related issues
- ✚ Media personnel sensitized on Down syndrome issues



Activities of WDSD Celebration

- Colorful rally
- Seminar on the theme of World Down Syndrome Day 2023 With Us Not For Us
- Unwrapping 7th Edition of 'The Down Syndrome Voice'
- Inclusive Cultural program performed by children and adults with Down syndrome

Media Coverage:

World Down Syndrome Day 2023 Campaign was covered by esteemed TV Channels, Print Media and Online news agencies in Bangladesh.

TV Channels

1. Talk Show at Channel i Tritiyo Matra

<https://www.youtube.com/watch?v=HaCXIk8QQ74>

2. Banglavisision TV

https://www.facebook.com/messenger_media/?attachment_id=577747057721380&message_id=mid.%24cAABa9at8JYuNOckDH2HClO-iWbKT&thread_id=1406324862

3. 71 TV

https://www.facebook.com/messenger_media/?attachment_id=1335564940342734&message_id=mid.%24cAABa9at8JYuNPt3xzWHDZaKWM5kj&thread_id=1406324862

National Daily Newspapers

1. New Age

https://www.newagebd.net/article/197416/world-down-syndrome-day-observed-in-bangladesh?fbclid=IwAR1ZodzfFtNjazisbMrHlyjugqJkKdGvyY_szuKCgGxF4rZ0kjOvHOKUPul

2. Kaler khonto

<https://www.kalerkantho.com/online/miscellaneous/2023/03/21/1263380?fbclid=IwAR1wNfSGPdv9bTpvOFDzDucCE-Bj4mSJsmRHQHlyqSga3OUyp-5HIUmmF18>

3. Daily Bhorer Kagoj



https://www.bhorerkagoj.com/2023/03/21/%e0%a6%ac%e0%a6%bf%e0%a6%b6%e0%a7%8d%e0%a6%ac-%e0%a6%a1%e0%a6%be%e0%a6%89%e0%a6%a8-%e0%a6%b8%e0%a6%bf%e0%a6%a8%e0%a6%a1%e0%a7%8d%e0%a6%b0%e0%a7%8b%e0%a6%ae%e0%a6%a6%e0%a6%bf%e0%a6%ac%e0%a6%b8/?fbclid=IwAR1xx1vGCYhvTpAWR1jjuR_7_SRqr ehP7IpL2ZyFmqjAEoS28SUW5Y4WZw



4. Daily Alokito Somoy

<https://rb.gy/yran4e>

5. Voice of America

https://www.voabangla.com/a/7015249.html?fbclid=IwAROLT51jxS-zATxoGSutmejaQrwJLYkqb3dCcCINgJmxucY2qcM1iUCQ_M

6. News24Tv

https://www.news24bd.tv/details/129663?fbclid=IwAR01Hj6gSyK0FEvqjYAIJjiBT0YHN0Qdcjn0F914RO_2ONBZc_C8heXUZ8

Unforgettable Momentum of the celebration of WDSD-2023



CHINA

Up for Down's Shanghai China's WDSD

We held three activities this year:

1. March 17 - March 19, team's first field camping.
2. March 21, sightseeing at West Lake.
3. March 25, 2 years farming experiment finished.

PART1: Three days and two nights camping

25 people from 9 families took part in the Anji wild camping.



The surroundings of the camping place.



We found lichen everywhere in the camping place, it took us 2 hours to wash them. Luckily , lichen scrambled eggs were very delicious!



Make dumplings and pack up the tent.



Fresh vegetables grown in the experimental field.



Group photo.



PART2: Visit the West Lake

10 families and 23 people joined in the West Lake Sightseeing activity provided by the West Lake company. The secretary told us that we can together hold WDSD every year in the future!



A teahouse offered preferential lunch and afternoon tea for us, and the children had a great time there.



The secretary showed us some pictures in 2012 and 2019, and also the same events , same company, same group we held together.



PART3: Farming experiment finished, Hangzhou activity started
Last activity in the field.



Hangzhou original parent leader granted Up for Down's flag to the new parent leaders and she said :

I am willing to stand up and serve everyone. Please work together and strive for our children and ourselves!



The next day, she visited the cafe “Fuyuan Ba Ba” and discussed with Dr. Li Jianhai, Deputy Director of the Down Syndrome Committee. We received strong support from him and also he provided us with 4 similar venues for activities.



HONG KONG

"Health" and "happiness" are on the wish list of most people. To echo World Down Syndrome Day 2023, the association has adopted the theme of "Lifestyles of Health and Sustainability", a series of activities have been organized to echo this special day, including sharing seminar, member workshops, social media appeals, etc., so that the public can participate in spreading the message of health and seeds of love, and embrace an inclusive society together.

“LOHAS” Health of People with Down syndrome Sharing Seminar

The seminar was held on 19 March, featured various experts and academics sharing practical health information, including the need for life skills training, the importance of strengthening physical training, as well as the acupuncture points for common illnesses of people with Down Syndrome, in order to help them build a sustainable and healthy lifestyle, integrate into the community and live a happy life.



A member with Down Syndrome acted as MC in this event!



Group photo of the officiating guests!

“Come! Let’s move and dance” Funny Workshop

Three different workshops were organized for members with Down syndrome on the same day. The workshops included Chinese acupuncture point exercise, independent living skills

training and exciting physical fitness games. All the participants enjoyed and they were able to show their energy and creativity and had a happy Sunday.



Members enjoyed the workshop very much!

“Let’s support World Down Syndrome Day by wearing mismatched socks!”

Every year on World Down Syndrome Day, people around the world will respond to the #lotsofsock campaign to raise public awareness of people with Down syndrome. This year, the Association is no exception and calls on everyone to wear their own mismatched socks on March 21, sharing photos of their own mismatched socks on social media and adding hash tags to show their diversity and raise public concern for them!



INDIA

World Down Syndrome Day Celebrations in India.

WDSD 2023 was a celebration that encompassed the whole of India. Most of the states celebrated this momentous occasion in style. From lighting up buildings to celebrating in hospitals and malls – India left no stone unturned this year. Here is a glimpse of some of the celebrations in India.

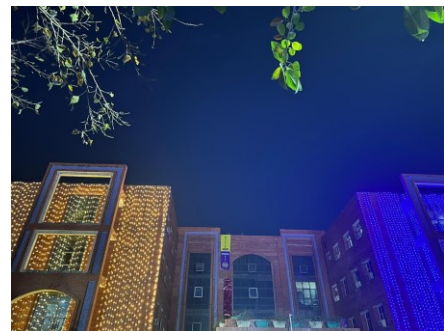
1. Lighting up of buildings in the Down Syndrome colors of Yellow and blue across the country. This also includes the World Famous Apollo Hospitals.



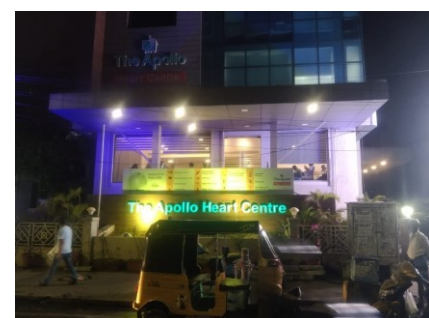
Ripon Building Chennai corporation



Mohali Corporation office



Amritsar Municipal





Apollo Hospitals in Chennai. All hospitals of Apollo were lit up.



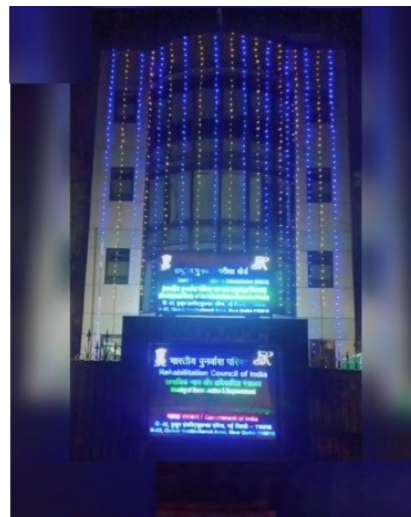
Manipal Hospitals, Dwarka Delhi.



Madan Mohan Malviya Hospital, Delhi



Delhi Legislative Assembly

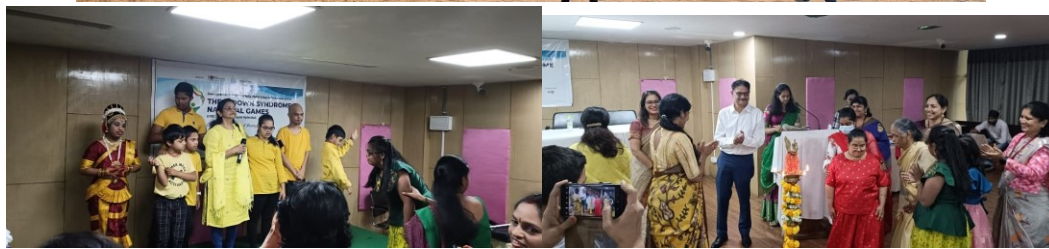


Rehabilitation Council of India

2. First Ever Down Syndrome National Games at RRC Stadium, Hyderabad from the 17-19 of March 2023

The first Down Syndrome National Games in the country was organized to celebrate World Down Syndrome Day this year. This is for the first time that this event is being organized in the country specifically for Down syndrome. It was organized at Hyderabad, Telengana. The

Chief Guest during the closing ceremony was the Governor of the State – Dr. Tamilisai Soundarrajan, a gynecologist and an Ultrasound specialist.



3. The first ever Medical cum Awareness camp at Rourkela organized by DSFI and a local organization- Home and Hope with sponsorship from Rourkela Steel Plant

A Free Awareness cum Medical camp for persons with Down syndrome was organized by DSFI in collaboration with Home and hope on 25th & 26th February, at Rourkela. The event was Sponsored by Rourkela Steel Plant, SAIL.

The camp saw almost 50 parents from all over Odisha attend it with the self-advocates. The Chief Guest of the event was Mr. Pramod Satapathy, Executive Director (P & A) of RSP. In his address, he promised to provide support to persons with Down syndrome and their families by providing assistance for organizing many such camps. He asked DSFI to send him a proposal as to how DSFI thinks they can help persons with Down syndrome.

Parents were able to meet up with various medical specialists including Endocrinologist, ENT, Ophthalmologist, Pediatricians and other specialists. Therapists in the area of Speech, Special education and physical rehabilitation were also available for consultation.





4. Medical Camp at Delhi on the 19th of March 2023

The Annual Medical Camp of Delhi was organized under the aegis of Down Syndrome Federation of India in association with the Indian Academy of Pediatrics, Delhi and Manipal Hospital on March 19, 2023.

The Chief Guests for the inauguration were the Resident Coordinator of the United Nations in India- Mr. Shombi Sharp and the Secretary – Department of Empowerment of Persons with Disabilities, Government of India, Shri Rajesh Aggarwal.





5. A Virtual World Down Syndrome Day event was organized by DSFI where the Chief Guest was Shri Rajesh Aggarwal, IAS, Secretary –Department of Empowerment of Persons with Disabilities, Ministry of Social Justice and Empowerment, Government of India. Mr. Shombi Sharp, Resident Coordinator, United Nations India was a special invitee for the webinar. This event was held on the 21 of March 2023. This event was organized in association with the Rehabilitation Council of India (RCI) and over a 1000 participants attended this event.
6. Celebrating Down syndrome at Voluntary Health Services Hospital at Taramani, Chennai.
7. **VHS Hospital Chennai.**
Every year pre-covid, VHS Hospitals celebrated World Down Syndrome Day with our self-advocates and parents. After two years, the event was conducted once again in style. Dr. Shyamala, President of the IAP Chennai Chapter was the Chief guest. She promised to ensure that the Doctor fraternity supports our self-advocates. Looking at them, there is no way someone can differentiate them from others. They have their talents, their individuality that provides them with their uniqueness. There was inclusive dance and inspiring speeches by our parents who spoke about their pride and happiness in having a person with Down syndrome in their lives. On what they expected from society, all parents had only one request – that society understands the needs of their children and support them, make them as a part of society rather than discriminate against them.



8. Celebrations at Nexus Vijaya Mall, Vadapalani, Chennai. This event is in association with the mall management.



9.



10. Tare Zameen Par Challenge – Activities to be done in 15 days to improve fitness levels of self-advocates..

Acropolis Group of Institutions and Sahyog group of CSIT Department along with Down syndrome Federation of India and AK runner Academy brings you the most empowering 15 days challenge☐

Participants were asked to complete any of the following challenge within a span of 15 days.

1. 4k cycling per day
2. 2k run/walk per day
3. 30 minutes workout per day



Inclusive ramp walk with the NID team. This event is to celebrate only persons with Down syndrome as all of us are so proud of them Participants from across the country participated in the event.



Down Syndrome Camp at Indore

A medical cum health camp was organized by the Local Level Committee members to celebrate World Down syndrome Day 2023. The collector of Indore Dr. Ilayaraja T. was the Chief Guest of the event . He also presented an award to Ms. Prutha Bhalerao, self-advocate. There were multiple programs and presentations that showcased the talents of our self-advocate. An interview of Ms. Prutha Bhalerao was one of the highlights of the event.

Party on Mumbai

Mumbai is a happening place and this year Mumbai welcomed World Down syndrome Day with multiple activities. On the 21st of March, GoldenFinch Hotel at Andheri, Mumbai played host to a WDSD party organized by Parents Of Down Syndrome, a local parent group. There was dance and masti and our self-advocate proved once again how they could bring cheer in every situation and make others around them also happy. The pictures will be able to tell their story of joy and fun.

Chandigarh

Punjab celebrated World Down syndrome Day with many activities. Buildings were lit up in Mohali, Amritsar and Jalandhar. An interactive session with parents was organized at Mohali with the children involved in fun activities. The session for parents focused on sports,

government schemes & security devices for children. Refreshments were also provided for everyone.

WDSD was a day to celebrate our self-advocates and Punjab did it in style too.

Meenakshi Mission Hospital Madurai

The Meenakshi Mission Hospital Child Development Centre, Madurai conducted an awareness programme for various hospital staff on March 21st world down syndrome day. The Developmental pediatrician, Physiotherapist, occupational therapist, clinical psychologist, speech therapist, multisensory & play activities experts, special educator explained about Down syndrome and their strengths as well as the importance of early intervention. A video showcasing the success stories in India was also played.

Celebrations at Kota - <https://fb.watch/jqc1mw7cFq/?mibextid=cdlzoH>

For the first time in Kota (Rajasthan), World Down Syndrome Day was celebrated on 21 March 2023 at a city mall under the guidance of self-advocate Vishesh's mother Mrs. Lavleena Joshi. Big cities or towns, this WDSD was marked by the increase in visibility for our self-advocates. The world is taking note of them and parents are at the forefront of creating this awareness. If things go this way, it will not be long before inclusion becomes a reality.

Celebrations at Mamata Special School, Dharwad

From a parent – Anupama Hannikeri...

“Our hearts are full.

Thank you all so much for making the World Down Syndrome day 2023 celebration a great day.

Special children from 8 schools performed on stage with their Dances, Fashion show. All were wonderfully made just like those having 46 chromosomes.

It was great having our Chief Guest, Guests of Honour, our Trustees, so many friends, families, volunteers. What a shining example of community inclusion.

We are proud of our participants. “

Jammu and Kashmir

Down Syndrome Day was celebrated at 'Dagger Parivaar School' Baramulla on 21 March 2023.

Notably the school is designed for specially abled children of Baramulla with different medical conditions including Down Syndrome affected children. The children performed cultural programmes on various activities like group dance, group song, solo dance etc. The captivating energy and enthusiasm was praised by the parents and civil officials.

Exhibition cum sale by Persons with Down syndrome – RV College of Physiotherapy.

For the first time an exhibition cum sale of products exclusively by persons with Down syndrome was organized at the RV College of Physiotherapy. This is what one of the participants had to say:

It was indeed a great experience for all our children yesterday at the stalls and the Awareness talk, presentation, felicitation of all participants and the First launch of Inclusive Calendar, everything was so well organized. Kudos and gratitude to Ms Tejal Shah, the founder of Bangalore Humsafar group and the team of RV college physiotherapy.

*Our every individual with Down Syndrome was so well mannered and sat through the function with happiness on their face and showing up their grit and will and each of them were so good in managing each of their stalls, interacting with customers and serving them with minimal assistance from the parents/caregivers.

Know more - <https://youtu.be/J0B8c03rCRY>



Please visit our website www.downsyndrome.in for more information.

JAPAN

In 2023, the Japan Down Syndrome Society (JDS) launched a March 19 special titled “World Down Syndrome Day (WDSD) 321 Pre-Special”. We held a streaming event via YouTube on Sunday. At the beginning of the event, a video was played that gathered 39 “39 throat faces” from 1 to 36 years old with Down syndrome. After that, four people, including two young people with Down syndrome, served as facilitators, and various performances by people with Down syndrome were streamed on video, including sword skills by a sword fighting team, a dance group stage, and unicycle performances. In addition, the exchange of two comic duo “Cheese Hamburger” with Down syndrome who are 15 years old and different years old drew laughter to the audience in the hall.

Every year, JDS produces and distributes awareness posters and sells original T-shirts as part of the WDSD campaign. The poster was modeled after Saeko Sato, who works at a bakery this year. For T-shirts, we create original patterns every year under the theme of “the 21st of the 23 groups has three,” and this year the motif was bread as a motif.

In commemoration of WDSD, various events such as festivals, walking soccer, lectures, buddy walks, photo exhibitions, stage performances, and sports challenges were held throughout the country. Due to the outbreak of the new corona infection, events where people gather have Japan been postponed, but in 2023, WDSD has returned to life with the return of events for the first time in three years.

The illuminations held in various places after sunset also were drawn people’s notice around. The Tokyo Metropolitan Government, the Tower of the Sun in Osaka, the shopping mall in Tottori, and Kumamoto Castle, which is said to be one of the three famous castles in Japan were lighted up in blue and yellow.

Down syndrome colors, and in Fukuoka, awareness videos dyed in blue and yellow were repeatedly played on large screens in commercial facilities. The above information and videos can be viewed from the official website.



<https://jdss.or.jp/wdsd2023/> (with QR code)

3月21日は国連が定めた「世界ダウン症の日」です。

With Us Not For Us

手をつなごう。

お仕事大好き。お客様がたくさん来るとうれしいな。
パンのシール貼りも、お店のお掃除も頑張ります。

佐藤 芽子
(いそがわ めいこ)



Photographed by curly_roads / Creative direction by elements ltd.

With Us Not For Us 国際ダウン症連合(DSi)2023年テーマ

3月21日は「世界ダウン症の日」。4月2日の「世界自閉症啓発デー」と並んで、国連が定めた啓発デーです。

ダウン症は「21」番目の染色体が「3」本あることから3月21日に定められました。JDSは3月を「ダウン症啓発月間」としています。

ダウン症の
名前の由来

ダウン症の正式名称は「ダウン症候群」。
最初の報告者であるイギリスの医師、ダウン博士の名前より命名。
(アップ・ダウンの「ダウン」じゃないですよ)

全国各地でダウン症啓発のためのイベントや行事が行われます。



世界ダウン症の日公式サイト
<https://jdss.or.jp/wdsd2023/>



3月21日「世界ダウン症の日」をきっかけに
どうかダウン症への理解が深まりますように

JDS 公益財団法人
日本ダウン症協会

公益財団法人 日本ダウン症協会 <http://www.jdss.or.jp>
〒170-0005 東京都豊島区南大塚3-43-11 福祉財団ビル5階
Tel : 03-6907-1824 Fax : 03-6907-1825









なぜ3月21日が
世界ダウン症の日なの？

音楽 Insheart「どここいしょ」



MONGOLIA

[#LeaveNoOneBehind](#)

On World Down Syndrome Day and within the framework of the 52nd regular session of the UN Human Rights Council, Down Syndrome Association Mongolia organized a side event at the United Nations Office at Geneva. Switzerland on March 20.



The event aims at awareness-raising by highlighting the challenges and discussing concrete measures to address the negative impact of the historical terminology ‘mongolism’ on human rights of people with Down syndrome. It considered the role of Member States, the United Nations Human Rights Council and various other mechanisms including the Treaty-monitoring Bodies, United Nations and other international organizations and agencies, national human rights institutions, non-governmental organizations, and stakeholders in awareness-raising and fighting against hate speech, and advancing inclusion, non-discrimination, and equality in combatting the use of the word “Mongol” with regard to the derogatory use of the word “Mongol” in relation to the people with Down syndrome.



The event showed internationally acclaimed and award-winning movie “TRIO” as an example of using art and motion-picture in an advocacy campaign to change the global perception and defend human rights and support leaving no one behind. The internationally acclaimed and award-winning film “TRIO”, is to raise awareness on Down syndrome to leave no one behind. The screening was followed by a panel discussion with the producer of the movie, a representative from Down

Syndrome International, and experts to address the negative impact of the historical terminology ‘mongolism’ on human rights of people with Down syndrome.

“Down Syndrome Association Mongolia (DSAM) is working for issuance of a UN resolution to forbid the unofficial terminology use of ‘Mongolism’ said DSAM Chairman Mr. Ganzorig Vanchig. Moreover, the NGO plans to organize events at UN Headquarters in New York on December 3, the International Day of Disabled Persons and during a UNESCO meeting in November in Paris, France.





MYANMAR

Year 2023 becomes a year to raise the role of PWDs from their daily life to get legal capacity in the community. As the trend is changing to promote the value of PWD's life, we are also performing the activities under the theme of "With us Not For Us."

This year in Myanmar, instead of celebrating World Down Syndrome Day with just entertainment, we organized a workshop with the title of "Steps for supporting self-decision making of PWDs". Our main objectives are to provide the young PWDs

- To be able to make self-decision in their daily life
- To be able to work together with the team
- To be able to learn the protecting methods from abuse or harassment

Along with the workshop, the PWDs have to show their ability to do the daily routine with their own decision making and capacity. In addition, they have to perform the sample style of traveling with the group such as packaging, choosing the place to travel with the group, collecting the needed documents and so on. From that activity, they can learn group decision making. At the last, the PWDs are able to learn "how to protect themselves from abuse or harassment".

After the workshop, we celebrate the "World Down Syndrome Day" with some edutainment. Our PWDs held signboards to align with the objectives of World Down Syndrome Day campaign such as

"With Us Not For Us"

"We have right to choose where and who we live with"

"PWDs also have the right to make decisions about our life for healthcare, for getting married and having a family."

"PWDs have the right to control our own money and own property."

Then, Myanmar PWDs performed for "A song for unity".

Based on our workshop and edutainment, we were able to help people with Down syndrome to make decisions about their lives with appropriate support. In addition, they know how to prevent abuse.

So, we should promote the campaigns and advocacy to raise the lives of our PWDs by organizing the above workshops and campaigns. As long as we walk more, we will be near the goal. The more we work, the more benefits for PWDs will blossom day by day.



NEPAL

Down Syndrome Support Health Association -Nepal (DSSHA -Nepal) believes that all individuals with Down syndrome are worthy of quality healthcare during their lifespan and of living a rich, full life keeping diversity and inclusion as a sole motto

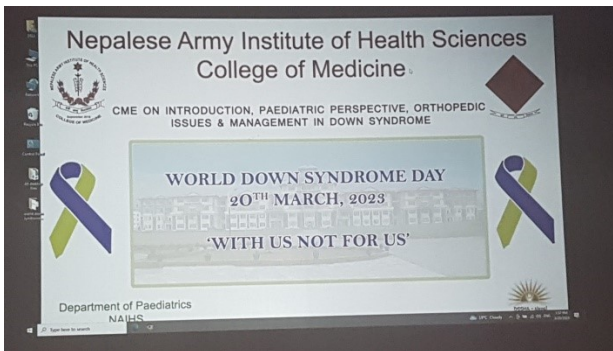
WDSD 2023 celebrated for 2 days

20 March : First ever CME program organized by Nepal Army Institute of Health Sciences (NAIHS), College of Medicine in Association with Down Syndrome Support Health Association -Nepal

Welcome speech was delivered by Self Advocate Mr. Ashish Joshi, acclaimed by the audience. Topics covered were **Orthopedic issues, diagnosis and management in Down syndrome** by Ass Professor Praphulla Shrestha, **My journey with my son Ashish** by (Rtd Br Gen) Dr Lalita Joshi and **Pediatric aspects of DS** by Col Dr Moon Thapa. This program specially targeted to medical students, interns, Postgraduate students, Nursing students, Paramedics. The Executive Director and Principal of NAIHS, commented that it was an eye opener for all.

21 March: Awareness program for Parents of children with Down syndrome Menopause Society of Nepal, Nepal Academy of Psychologists & Rotary Club of Mt Everest in association with DSSHA - Nepal. Welcome speech by our Self Advocates Ashish Joshi and Grisma Pant. Member of Parliament Honorable Dr Chanda Karki made her closing remarks and promised to raise a strong voice for the issues related to population with DS. Two pertinent, sensitive topics covered **Behavior challenges in Down syndrome and management during Puberty and Adolescence** and **Puberty and Menopause in Down syndrome, signs /symptoms and management** by experts Psychologist and Senior Gynecologist. Lots of learning, sharing and interactive Q/A session. The event covered by media and press

We are delighted to welcome you for the next AGM in Nepal in October 2023. The dates will be confirmed shortly by APDSF.



NEW ZEALAND

Across Aotearoa New Zealand, local organisations celebrated the day with events such as picnics in Auckland and the Wairarapa, a family camp in Christchurch, Tee 21 in Hastings and dozens of 'Rock Your Socks' celebrations across the country.

Personally, I was delighted that I was able to host an in-person event in the Manawatū, my local community, following two years of online events. It was wonderful that we could reconnect, and the Youth Space venue provided a range of activities for our younger community and the young at heart. The afternoon was action packed and kicked off with a performance from the wonderful local dance group JorJaz, followed by a presentation from youth who shared more about the Enabling Good Lives' approach and principles they gained at the COOL Funshop. A highlight was the rock your socks competition which showcased lots of creativity.

The New Zealand Down Syndrome Association also hosted the mega-online community event, The Big Connect, which originally began as a result of COVID-19 restrictions, but has proved so popular that we have continued the tradition ever since.



On Tuesday 21 March, National Executive Officer, Zandra Vaccarino and self-advocate Rochelle Waters hosted an incredible line-up of experts, including a message from:

- Her Excellency, The Right Honourable Dame Cindy Kiro, GNZM, QSO, Governor-General of New Zealand,
- Hon Prianka Radhakrishnan, Minister for Disability Issues
- Paula Tesoriero, CEO, Whaikaha Ministry of Disabled People
- Bridget Snedden, President, Down Syndrome International
- Brian Coffey, Director, Office for Disability Issues, Whaikaha, Ministry of Disabled People
- Erika Butters, Advocacy National Director, The Personal Advocacy and Safeguarding Adults Trust
- Dr Maree Kirk, Director, Networks of Expertise - Supporting Teachers Practice and STPDS NZ
- Dr Franco Vaccarino, Senior Lecturer, Massey University
- Dr Susan Foster-Cohen, PhD, Adjunct Associate Professor, University of Canterbury and former Director of the Champion Centre
- Georgina Kirk, Director & Registered Organisational Psychologist, Kindred

We were delighted that a number of self-advocates could also present:

- Luka Willems, self-advocate, international athlete and Social Media Influencer
- Andrew Oswin, STEP-UP member
- Carlos Biggemann, self-advocate, international photographer and cast member of the popular Down for Love series
- Hamish Gilbert, self-advocate
- Alex Snedden, international speaker
- Laura Harkins, business owner
- Erin Smith, STRIVE member
- Peter Rees, STRIVE member

All the esteemed speakers explored the theme “With Us Not For Us”. We will be posting the recorded video on our website www.nzdsa.org.nz so you can access and watch this video.

Another first this year for the New Zealand Down Syndrome Association was the opportunity to join CoorDown and number of associations from all over the world to launch the international awareness campaign: "RIDICULOUS EXCUSES NOT TO BE INCLUSIVE". The focus of this campaign was to affirm the right to full participation in society and inclusion of people with intellectual disabilities, free from all forms of discrimination and ableism.

The film "Ridiculous Excuses" was available on CoorDown's TikTok channel on launch day and then spread across all the organisation's platforms. The official hashtags of the campaign are #RidiculousExcuses #WorldDownSyndromeDay #WDSD23.



It was also encouraging to see so many of our members sharing their stories in the media, as each story is an opportunity to raise awareness.

The Big Connect is back!

 ASDA



WORLD
DOWN
SYNDROME
DAY 2023

Tuesday, 21st
March 2023,
at 7pm.



OMAN

Oman celebrates World Down Syndrome Day

Leading up to March 21st 2023 some selected children with Down syndrome played at **His Majesty's Cup Final Football Tournament**. This gave an opportunity for the community at large to understand the very many abilities of the children diagnosed with DS.

On the actual day, World Down Syndrome Day March 21st 2023 in Oman an opening speech, at the Civil Aviation Authority building, by the Chairman of the Oman Down Syndrome Association Mr. Ahmed Mohamed Al-Jabry gave a brief insight into the association's strategy and events i.e. awareness sessions, campaigns, fun activities etc. and opportunities for future developments – the way forward.



The main event saw our children with down syndrome performing in a choir supported by children from a local private school in Muscat. The themed song titled '**With US Not For US**' was the choice of chorus.



Our children with DS also put on a fashion show displaying cultural attire of different villages within Oman.

A well-known local Omani poet produced a poem on the importance of celebrating our children with DS. This was played at the theatre with the honourary guest the Head of the Sultan Qaboos University Hospital attentive to its poetic sound.

Elsewhere around one of the bigger Omani villages, one of the board committee members supervised an exhibition at Nizwa hospital A stall was set up and leaflets distributed.

At the Association premise some activities of fun such as painting and games were set up for the smaller children to enjoy.



Finally, a televised short interview on the Association Manager and Parent was broadcast on Oman English News to reach a wider audience with the intention of widely publicizing down syndrome in Oman

BEST regards

Ahmed Mohamed Al-Jabry



PAKISTAN

Introduction of organization:

Pakistan Down Syndrome Association (PDSA) is the only Non-Profit Organization of persons with Down syndrome in Pakistan. PDSA was registered under the Societies Registration Act, 1860 in 2014. PDSA started its work in 2009, led by Mr. Abid Lashari & his team from District Shaheed Benazir Abad, registered on 02nd September 2014. PDSA works for advocacy of rights of children with Down syndrome. PDSA is only representative organization of Pakistan recognized by DSI.

PDSA is member of DSI (Down Syndrome International). The purpose of this DPO was to raise awareness about rights of Down syndrome children in Pakistan. People are unaware about Down Syndrome and its identifications. There are hundreds of children with Down Syndrome in Pakistan, but they are not visible. People have hidden their children in their homes. PDSA Pakistan is committed to make the people of this country aware about Down syndrome and the promotion of rights of children.

Background of World Down Syndrome Day:

Down syndrome has been observed in all races for thousands of years. Sadly, many infants with disabilities were either killed or abandoned in ancient times. However, quite a few historical pieces of art are believed to portray people even angels with Down syndrome, including South American pottery dating back to 5th century AD as well as some Renaissance paintings. Down syndrome was first characterized as a separate form of mental disability in 1862 by English physician John Langdon Down. It was almost a hundred years later, however, that its cause, the triplication of the 21st chromosome, was discovered by Jérôme Lejeune. In the 19th and 20th centuries, many individuals with Down syndrome were institutionalized; few of the associated medical problems were treated, and most died in infancy or early adult life. The eugenics movement, which is usually thought to have been exclusive to Nazi Germany but which was in fact active in many different parts of the world, began programs of forced sterilization of individuals with Down syndrome and comparable degrees of disability in the first half of the 20th century. After the Second World War, many advocacy groups for Down syndrome were formed and began fighting for the inclusion of people with Down syndrome into the general school system and for a greater understanding of the condition among the general population, as well as groups providing support for families with children with Down syndrome. The first World Down Syndrome Day was held on March 21st 2006. The day and month of the day were not coincidental, but were chosen specifically to correspond with 21 and trisomy.

Objectives of the activity:

This Seminar will focus on the rights of persons with Down syndrome to work in open, inclusive and accessible environments. It will help raise awareness on the importance of promoting early development and education, proper medical care, and providing for independent living in

communities. Observance of the Day provides opportunities for participation by all stakeholders, the parents, Governments, the UN system, civil society and organizations of persons with disabilities – to focus on issues related to children with Down syndrome.

Proceedings:

Pakistan Down Syndrome Association (PDSA) in collaboration with National Disability & Development Forum (NDF) & Human Rights Department Government of Sindh organized a one-day seminar to observe 21st March World Down syndrome Day 2023, in Karachi. Mr. Abid Lashari President NDF & CEO PDSA highlighted the importance of the 21st March World Down Syndrome Day. Mr. Abid Lashari further said that theme of the World Down Syndrome Day 2023 is "With Us, Not for Us". World Down Syndrome Day is a global awareness day which has been officially observed by the United Nations since 2012. The date for WDSD being the 21st day of the 3rd month, was selected to signify the uniqueness of the triplication (trisomy) of the 21st chromosome which causes Down syndrome. Pakistan has limited facilities to treat children with Down syndrome, the social acceptance required to engage children with Down Syndrome in all spheres of life. The People with Down Syndrome need an international day because all around the world, people with Down syndrome are treated badly, they are denied a quality education, they are denied good health care, they are denied the chance to work and earn their own money, they are not allowed to make decisions about their own lives, their voices are not heard, So, on 21 March we create a single global voice advocating for the rights, inclusion and well-being of people with Down syndrome. There is dire need to engage all stakeholders to become a World Down Syndrome Advocates. Mr. Jhamin Das Regional Director of Department of Empowerment of Persons with Disabilities (DEPD) said that DEPD has recognized Down syndrome as separate category of Disability in Disability Act 2018, the child with Down Syndrome is not mentally retarded but well/improved condition to be mainstreamed. They need due care & attention through rehabilitation services. DEPD Rehabilitation Centers & some NGOs like NDF, PDSA, KDSP, APHA & others are well engaged to provide their services to the children with Down Syndrome. DEPD is committed to support children with Down Syndrome & engaged organizations for the welfare of children. Mr. Jameel Junejo Focal Person Human Rights said that Disability rights are human rights, it's our prime responsibility to protect and promote disability rights. Mr. Salman A. Siddiqui GM CSR Sui Southern Gas Company (SSGC) said that SSGC believes in social responsibility to protect disability rights especially Down syndrome. Persons with Down syndrome have potential to deliver in mainstreamed social sector. He appreciated NDF & PDSA rehabilitation services in Nawabshah & Larkana. Mr. Nishat General Secretary APHA told that Down syndrome children need proper attention & rehabilitation to be engaged in society. Dr. Talib Lashari Technical Advisor Health Department Sindh said that the Down Syndrome Children must be accepted at all, their slow pace is not obstacle but ignorance. Mr. Ghulam Nabi Nizamani told that Down syndrome is named after John Langdon Down, the British physician who described the syndrome in 1866 who first described the syndrome as a disorder. In Pakistan there is wide gap exists to understand Down syndrome. Ms. Nuzhat Shireen said that Girls with Down syndrome need special care. Mr. Kiran Zubair said that the research is lacking part in the Disability sector; the data needs to be collected to plan properly. Mr. Abdul Hameed Director CSR Shell Pakistan, Mr. Anwar Sadat, Mr. Zahid Asghar, Mr. Tariq Hussain Channar & others also spoke on the occasion.





Pakistan urged to recognize Down Syndrome as Disability: Abid Lashari

KARACHI: Pakistan Down Syndrome Association (PD-SA), DEWA Academy, APHA Karachi conducted Press Conference to highlight the importance of the 21st

World Down Syndrome Day 2022 is observed under theme "#InclusionMeans". On this day, people with Down syndrome and those who live and work with them throughout the world



March World Down Syndrome Day 2022. Mr. Abid Lashari President/CEO Pakistan Down Syndrome Association (PD-SA), Mr. Rizwan Lodhi Director DEWA Academy, Mr. Nishat Ahmed General Secretary APHA and others said during press conference that World Down Syndrome Day (WDSD) is observed on 21st March in the World. The

organize and participate in activities and events to raise public awareness and create a single global voice for advocating for the rights, inclusion and well being of people with Down syndrome. Mr. Abid Lashari told that Down syndrome is a chromosomal disorder caused by an error in cell division that results in an extra 21st chromosome.

SINGAPORE

World Down Syndrome Day 2023



After a three-year hiatus from physical celebrations, DSA commemorated its 18th edition of World Down Syndrome Day (WDSD) with more than 400 participants on 18 March 2023. We were privileged to have Mr. Eric Chua, Senior Parliamentary Secretary for Ministry of Social and Family Development & Ministry of Culture, Community and Youth grace the event at Ficus Green, Bishan-Ang Mo Kio Park. The event was co-hosted by our very own ambassadors, Avina Yik and Nina Sara Faizal, together with volunteer Brynner Jananto.

The celebration commenced with a community walk around Bishan-Ang Mo Kio Park, flagged off by our Guest of Honour, Mr. Eric Chua and DSA Chairperson, Mr. Alex Yan. Aligned with the theme “With Us Not For Us”, DSA recognised and appreciated the inclusive employment efforts of six corporate partners who each received a token of appreciation from SPS Eric Chua. The “Inclusive Employment Award” were presented to Eat What Pte Ltd, ISG Asia (Singapore) Pte Ltd, Natrad Food Pte Ltd, Offer & Save Superstore, Rasa Sentosa Shangri-la Hotel, and Uniqlo (Singapore) Pte Ltd.

53 performers across five enrichment groups, Aikido, Dance, Drums, Speech & Drama and Zumba put together various performance items. The highlight of the stage performances is when friends, family and participants cheered on each performer and participated in the performances. We would also like to thank our Guest of Honor, Mr Eric Chua for enthusiastically leading an impromptu drumming engagement with our drummers.

Running parallel with our WDSD event for the fourth year, “Rock Your Socks” seeks to raise awareness in a fun and easy manner. This year’s sock designs feature artworks created by Benjamin Lee, Brandon Wong, Lim Thye Ann, and Manpreet Kaur.

Through the effort and support of our donors, sponsors, members, and volunteers, funds raised through this event will support DSA Work Readiness Assisted Programme (WRAP). The programme offers training and opportunities for open employment to our adult beneficiaries. Capitalising on their strengths and interests, the structured activities empower them with relevant skills to enhance their participation in mainstream activities. Our Adult

Education Services team provides formal job support so as to maximise their success in the workforce.



DSA Ambassador Nina Sara Faizal and Volunteer Brynner Jananto welcoming all guests to the event.



SPS Eric Chua giving a high-5 to a beneficiary participating in the Zumba warm-up exercise.



Learners from ILT Centre and their families manning the Thrift Shop booth at WDSF 2023.

SRI LANKA

Introduction

The country still recovering from the economic crisis, and amidst several difficulties including limited fuel availability, protests, and lack of staff capacity we managed to engage in the following activities during the 1st quarter of 2023.

National programs

1. The Department of Education has 900 schools with a special section for children with special needs. This year, the department has granted permission to visit these schools and implement programs for the special education section of the schools. This is going to be a long-term programme.
2. This year we planned to attend the World Down Syndrome Day event at Palais des Nations, Geneva, Switzerland. Considering the situation in Sri Lanka where we cannot organize a celebration, Jinendhi and another two of us received an invitation to attend the event in Geneva. However, at the last moment, I was diagnosed with Covid-19 virus, and had to cancel the trip. We requested Down Syndrome International, London to accommodate us in the 2024 event. They have accepted our invitation.
3. In spite of the situation in the country we contacted all known organizations and our team members working in places to organize a celebration. Dr. Dayarathna attended an event close to his workplace. Few organizations including Ragama Rehabilitation Centers etc. have celebrated the Down syndrome day for their inmates. Our Speech and audiology pathologists are working in these centers.
4. SAD NEWS - one of our team members, a young speech pathologist, Miss Chiranthi Guopadi Wijeratne passed away about two weeks back. She was working at the Ragama Government Rehabilitation Centre. She graduated from Samvaad Institute of Speech and Hearing in Bangalore India in 2011.
5. Medical attention - Many patients were directed to Dr. K. Dayarathna during this time. Dr. Dayarathna is following the cases.
6. We managed to establish a home for the elders with Downs Syndrome. It is run by a trustee. Already three elderly DS persons have joined the home. We donated a TV and a mini fridge to the home.
7. Down Syndrome awareness presentation in a school was conducted at Poramadulla Central School. Dr. Dayarathna attended the programme.



Large attendance and a wonderful festive atmosphere on the occasion of World Down Syndrome Day at Dubai Mall

Emirates Down Syndrome Association organized an awareness festival on the occasion of the World Down Syndrome Day in The Dubai Mall, which falls on March 21 of each year, in which the UAE celebrates along with all member countries and institutions of the United Nations, international organizations and civil association under the slogan “With Us Not For Us.” in the presence and Honour of Her Excellency Moza Al Akraf Al Suwaidi, Undersecretary of the Ministry of Community Development, and a large number of important figures, people with Down syndrome and their families, specialists, volunteers and the mall visitors.

The awareness march started from the main gate (Grand Atrium) in Dubai Mall, with the participation of Dubai Police Musical Band, reaching to the outdoor stage next to Love Me Heart Sculpture, Dubai Fountain and view of Burj Khalifa. The famous Emirati TV Presenter and Social Media Influencer Abdulla Esmaeel has engaged and brought lots of happiness to people with Down syndrome and their families with his unique interactive entertaining approach, and the Dibba Al Harbiya Al-Yola Band presented wonderful performances with the participation of people with Down syndrome.

*Watch the WDSD March at Dubai mall using the link:

<https://www.instagram.com/reel/CqFKbxFJ3gT/?igshid=YmMyMTA2M2Y=>



The UAE's most recognizable landmark. Burj Khalifa, lightened up with EDSA Logo and the WDSD Slogan

People with Down syndrome, their families, advocates, and specialists enjoyed the amazing look of Burj Khalifa lightened up with EDSA Logo and the WDSD Slogan.

This came in the celebration of the Emirates Down Syndrome Association of the World Down Syndrome Day, which falls on March 21 every year.

In addition, people with Down syndrome, had an amazing time and experienced the magic of Dubai Aquarium and enjoyed exciting activities at KidZania Dubai at the same day Tuesday 21st March.

Dr. Manal Jaroor, EDSA chairperson, praised the strategic partnership with Emaar, and highlighted the great impact of such event on the social awareness about people with Down syndrome, locally and globally.

*Watch Burj Khalifa WDSD Projection using the link:

<https://www.instagram.com/reel/CqFLISeJEM6/?igshid=YmMyMTA2M2Y=>



إمارات
الجمعية الإماراتية
2023



World
Down
Syndrome
Day



جمعية الإمارات
الجمعية الإماراتية
2023

معاً وليس من أجلنا

 <p>د. دعاء سيف رئيس مجلس إدارة جمعية الإمارات للتربية افتتاح الملتقى - الإمارات -</p>	 <p>د. غانم البسطامي أستاذ علم النفس التربوي والنمو أستاذ التربية الخاصة والقيادة التربوية التربية الجنسية لذوي متلازمة داون في مرحلة المراهقة - الإمارات -</p>	 <p>د. أسامة مذبولي خبير واستشاري في مجال الإعاقة دور الأهل في التربية الجنسية لذوي متلازمة داون - البحرين -</p>
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الخميس 16 مارس 2023
الساعة 04:00 م - 07:00 م
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Emirates Down Syndrome Association organized the second edition of “Enarat Virtual Conference”

Emirates Down Syndrome Association organized the second edition of “Enarat Virtual Conference” on the occasion of the World Down Syndrome Day under the slogan "With Us Not For Us" and titled "Sexual Education" for people with Down syndrome. Dr. Duaa Saif, addressed the issue of sexual education for children, Dr. Ghanem Al Bustami, addressed the sexual education for the teenage and the Expert and Counselor Mr. Osama Madbouly explained the role of parents in this important subject.

The conference also presented inspiring stories of successful marriages for people with Down syndrome that emphasized the role of society in embracing such influential examples and empowering and working with them, to live a happy and decent life like everyone else.

The conference was attended by more than 324 parents, specialists, self-advocates and supporters of (31) nationalities distributed in (19) countries, from the GGC and the Arab countries in addition to European countries.

*Watch the recorded sessions in Arabic using the link:

https://www.youtube.com/playlist?list=PLusRAjrbPqQseLpzjbZUetVw_5sKSQ58L



World
Down
Syndrome
Day



جمعية الإمارات
الجمعية الإماراتية
2023

Developing Decision-Making Abilities
«My Journey with Self-Advocacy»

Seif Ahmed Abdelghany

Emiratist Down Syndrom Association
UAE
WDSD 21 MARCH 2023



EDSA participation during the 12th World Down Syndrome Day Conference at the United Nations

Emirates Down Syndrome Association participated during the 12th World Down Syndrome Day Virtual Conference that was organized by the United Nations at New York City.

EDSA member Mr. Saif Ahmed, spoke about his journey in Self-advocacy and developing decision-making abilities, the challenges he faced and his aspirations and recommendations on how to fully include people with Down syndrome in the society.

*Watch the recorded session using the link:

https://www.instagram.com/reel/CqHr_LnJBZL/?igshid=YmMyMTA2M2Y=

Down Syndrome

Let's Make Their Lives Wonderful

■ Photographer: Khalid Ahmad

Hello, I'm Sultan, a fourth-grade student. This academic year brought me new things that I had never expected. One of the most adorable and beautiful things was my friend Saif. When I saw him for the first time, he drew my attention. He was distinguished and unique, and his smile was so charming.

During lessons, I noticed that Saif requires a longer time to understand lessons and some information had to be repeated until he fully understands lessons and tasks. Ultimately, Saif understands all lessons just like the rest of us. This might be why our teacher always ensures to give him more attention and motivate him constantly.

I wondered a lot about Saif being unique and special. To end my speculations, I decided to ask our teacher. She appreciated my concern and told me that Saif is unique because he has Down Syndrome, which I wasn't aware of. Thankfully, my awesome teacher explained more and answered all questions that popped into my head.

The teacher said: «Dear Sultan, one in every 700 babies is born with Down syndrome like Saif. Most people have 23 pairs of chromosomes in each of their cells. In people with Down syndrome, these pairs don't divide correctly, resulting in an extra copy of chromosome 21. This means the baby's cells have 47 chromosomes instead of 46. That is why the 21st day of March was selected to raise awareness and signify the uniqueness of the triplication (trisomy) of the 21st chromosome, which causes Down syndrome. The extra chromosome made you notice the uniqueness of Saif. Moreover, people with Down syndrome might suffer other health issues in the heart and respiratory system, low immunity, obesity, etc.»

Then I asked her if Saif would ever become like us one day. She responded that Down syndrome was a genetic condition and can't be changed, so Saif will grow with Down syndrome. However, his life will be better with love, respect, medical follow-up, and looking after his education in a manner that suits him. «Our keenness to support, assist, and share hobbies will surely make Saif's life much better and happier», she added.

I thanked our teacher for enlightening my knowledge and helping me become closer to Saif to play, have fun, learn and dream together.

It has been only six months since I met Saif, but whoever sees us thinks we have been friends for a long time because being close to him allowed me to discover his cheerful spirit, kind smile, pure heart, and passion for life.



Where Hope Is Made

Khalid magazine paid a visit to the Emirates Down Syndrome Association (EDSA) to shed light on Down syndrome. This entity has strived since its establishment in 2006 to integrate, enable and provide a better life for individuals with Down syndrome in society since birth, for all ages and nationalities.

We were taken on a tour across the premises, where we were welcomed warmly with the children's bright smiles and the hope that filled employees' hearts. The two-story building consists of several rooms where individuals with Down syndrome receive specialized services to develop their mobility, muscles, and abilities to speak and learn. They are also provided with the necessary care for their health and support to sharpen their talents and skills across several facilities, including the robotics and artificial intelligence club, the library, the creative kitchen, and the photography and sewing club.

During our tour across the classrooms, we noticed that each class has a name written on a signboard fixed at each door, including The Brave, The Courageous, The Knights, and The Talented, and The Heroes.

These positive nicknames truly reflected the children's personalities. In fact, they were happy about our visit and shook hands with us. All children introduced themselves, showed us their talents and drawings, and expressed their happiness for being there.

Fajr Hussain Saad - 11-year-old

Describe her love for EDSA and the time she enjoys spending there, her biggest wishes for mother's presence at the end of the day. She said: «I start my day here with studying, but once I'm done, I draw a picture, I would like to become a teacher like my teacher Amina, whom I respect very much, and I like my two friends, Seba and Sarah.»

Abdulaziz Abdulhadi Ahmed - 14-year-old

Abdulhadi is passionate about travel. He has visited many countries, including London, Bangkok, and the land of kangaroos and koalas: Australia. However, his most beautiful trip was to Mexico to perform Unstoppable. Abdulhadi dreams of being a pilot and fly to Paris, his favorite holiday is football, basketball, and swimming. He also adores drawing flowers, perfumes because he feels peace at home among his family members who are proud of him and wish him a bright future.

Special thanks to Mr. Sameer Karam, Executive Director of the Emirates Down Syndrome Association (EDSA), for cooperating and coordinating our visit to the association as well as the interviews with the children.



In cooperation with EDSA, The Dubai Police General HQ dedicated many pages on their March edition of “Khalid Magazine” to the raise awareness about Down syndrome in both Arabic and English languages, under the title “Let's Make Their Lives Wonderful”

* Read the complete Magazine using the link:

<https://drive.google.com/file/d/1QI7-NXbLcpowNGpMGxWL0umTcwqhMSf/view>

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Raising Awareness Of Down Syndrome

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World Down Syndrome Day is celebrated across the globe on 21 March and is held to raise awareness of the genetic condition.

Down syndrome is not an illness or disease and is a genetic condition that occurs when the individual is born with a full or partial copy of an extra chromosome, adding up to 47 rather than 46 chromosomes.

21 March was selected to signify the uniqueness of the triplication of the extra chromosome called 'trisomy 21', which causes Down syndrome.

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Ramadan Kareem!

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'Tis The Time Of The Year For The Festive Cheer At Al
Lakhtoon Palm Jumeirah

In cooperation with EDSA, Connector Online Magazine, published an article to raise awareness of Down syndrome

*Read the full Article using the link:

<https://connector.ae/health-and-fitness/9686/raising-awareness-of-down-syndrome>