



Country Report – NEPAL

APDSF AGM 2025

Down Syndrome Support Health Association – Nepal

DSSHA - Nepal

Workshop for Multidisciplinary Clinic



- Workshop for “Multidisciplinary clinic for children with Down Syndrome” was conducted on 22 Feb 2025 as a joint venture of DSSHA - Nepal & ISHAN Children & Women Hospital ,Tokha.
- Multidisciplinary Clinic is totally a new concept for Nepal under the leadership of Dr Lalita Joshi (Obs/Gyne) President DSSHA-Nepal

Inauguration of Multidisciplinary Clinic



- MULTIDISCIPLINARY CLINIC envisioned since last 1 year finally came true on the WORLD DOWN SYNDROME DAY 2025 in Ishan Women and Children Hospital
- This clinic would provide 'Comprehensive Care' by integrating various specialities (like developmental specialists , therapists , Genecists , family counsellors etc) under one roof to address the diverse needs of individuals with Down syndrome , ensuring coordinated and holistic services.

Oration in Conference organized by NESOG



- Dr. Lalita Joshi, President (DSSHA-Nepal) presented on the conference organized by NESOG (Nepal Society of Obstetricians and Gynaecologists) on 29 March 2025
- Topic “ Dual role of professional and parent of child with Down Syndrome.”
- Dr. Lalita Joshi was also awarded with “**NESOG Oration Gold Medal**”, a lifetime recognition bestowed by NESOG.

Orientation for parents about Karate



- Orientation for parents of children with Down syndrome about 'Para Karate' by Secretary of Nepal Para Karate Commission, Mr. Gajendra Narayan Singh, 3rd year Medical Student of Nepal Medical Collage
- Karate training can help improve fine & gross motor skills, coordination and balance.

Conducted a Multidisciplinary Camp



The banner features a sun logo with 'DSSHA - Nepal' on the left and the Kathmandu Metropolitan City logo on the right. The central text reads: "Multidisciplinary Free Health & Screening Camp for Children with Down Syndrome". Below the text are four illustrations: a nurse with a stethoscope, a doctor examining a woman's ear, a doctor with a woman at a table, and a doctor examining a child's mouth. At the bottom, there are three sections: 'Organized by: Down Syndrome Support Health Association-Nepal, New Baneshwor-31, Kathmandu, Nepal'; 'Venue: Alfa Health Care & Diagnostic Center, Date: 13 Baisakh, 2082 (26 April 2025), Saturday, Time: 9:00am. to. 2:00pm, Registration Time: 9:00am to 10:00 am'; and 'In Collaboration with: Kathmandu Metropolitan City, New Plaza, Kathmandu, Nepal'.

**"Multidisciplinary Free Health & Screening Camp
for Children with Down Syndrome"**

Organized by:
Down Syndrome Support Health Association-Nepal
New Baneshwor-31, Kathmandu, Nepal

Venue: Alfa Health Care & Diagnostic Center
Date: 13 Baisakh, 2082 (26 April 2025), Saturday
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In Collaboration with:
Kathmandu Metropolitan City
New Plaza, Kathmandu, Nepal

- A multidisciplinary camp for people with Down syndrome was conducted on 26 April 2025 by DSSHA -Nepal in collaboration with Kathmandu Metropolitan City.
- 8 specialities/ consultants , Echo, Ultrasound and Lab package (TFT, CBC , Vitamin D & B12)
- Free medicines were also provided.

Documentary on Down Syndrome



- On the occasion of 'Down Syndrome Awareness month - October 2025, a documentary was compiled by DSSHA -Nepal in collaboration with students of International Relations Mr Mayank & Ms. Priyanka Neupane, BBA.

Awareness Program outside Kathmandu



- Awareness Program about Down Syndrome was conducted in Tokha municipality Ward no 9, on 27 Nov 2025
- Speakers :-
 - 1) Gynecologist, Dr Lalita Joshi
 - 2) Pediatric Physiotherapist , Ms Reema Shahi
 - 3) Pshyciatrist, Dr Rampukar Sah
- Participants : - Municipality staffs , Female Health Workers , Parents & Caregivers , Nursing students

Awareness videos & articles in DSSHA-Nepal's online platforms



youtube.com

डाउन सिन्ड्रोम अवस्था हो कि रोग , डाउन सिन्ड्रोम भएका बालबालिकाको वृद्धि विकास कसरी गर्ने ?

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डाउनसिन्ड्रोम सन्तानबाट चिकित्सक जोडीले सिकेको ज्ञान-'राम्रो परिवेशमा आत्मनिर्भर सम्भव छ'

Ongoing Research work for Early Identification of children with Down Syndrome

- In collaboration with CHEERS hospital (Hospital for Children Eye ENT and Rehabilitation Service), Madhyapur Thimi, Bhaktapur, Nepal.
- App will be created, which will help in the early and easy identification of children with Down Syndrome.

“We Rise by Lifting Others.”

THANK
YOU