








PROFILE










MAINSTREAM Association of Persons with Disabilities





TABLE OF CONTENT

	ABOUT US Introduction, Vision, Mission & Objectives	01
	CEO/FOUNDER'S NOTE	02
	MANAGING DIRECTOR'S NOTE	03
	BOARD OF DIRECTORS	04
	MANAGEMENT TEAM	05
	INDEPENDENT LIVING	07
	PERSONAL ATTENDANT SERVICES	08
	ADVOCACY	09

	ASSISTIVE DEVICES	10
	ACCESSIBILITY AUDITS	11
	LIVELIHOOD	12
	SKILL DEVELOPMENT	13
	EMERGENCY RESPONSE Disability Inclusive Disaster Risk Reduction (DIDRR)	14
	AWARENESS RAISING	15
	SPORTS & RECREATIONAL ACTIVITIES	16
	NETWORKING	17
	CONCLUSION	18



ABOUT US

Mainstream Association of Persons with Disabilities is the representative and cross-disability organization of Persons with Disabilities. Its primary goal is to make Persons with Disabilities more beneficial to their families as well as to society. It focuses on raising awareness, providing assistive devices, Inclusive development, the inclusion of the transgender community, and independent living for persons with severe disabilities. Mainstream is the best expert on the needs of PWDs, It seeks the required solutions, empowers PWDs, to be in-charge of their own lives, and thinks and speaks on their behalf. To this end, Mainstream not only supports PWDs but also learns from them. Mainstream organizes the lives, and works for political changes that lead to the legal protection of their human and civil rights. Persons with Disabilities are a large section of the human resources of any country. They can be converted from tax consumers to taxpayers, from beneficiaries to benefactors, if given the opportunity for self-development and provided with equal opportunities for education, vocational training, and employment

Vision

To build a society of equity where every Person is self-aware of his needs to evolve.

Mission

To empower vulnerable groups including Persons with Disabilities, Children, Women, and Transgender so that they can understand their Rights and acquire them legally.

Objectives

- To encourage the Persons with Disabilities to take part in the society as a normal person.

- To find suitable economic activities for those Persons with Disabilities who have nothing to do for themselves.

- Independent Living for severe Persons with Disabilities.

- To make barrier free inclusive society for Persons with Disabilities & Transgender.

- Independent Living for severe Persons with Disabilities.

- To accelerate the Persons with Disabilities sheepishly hidden in corners, to come out and be a useful member of the society.

- To aware the Persons with Disabilities of the employment opportunities conferred by government/private sector considering to their skill & suitability.

- Inclusive Development & Conducted Accessibility Audits.

- Inclusion of Transgender Community and create different opportunities for them.

- Sports & Games

CEO's NOTE



The basic purpose of establishing this organization is to raise awareness among parents of Persons with Disabilities and teach them the difference between Disease and Disability. Parents spend all their savings in this false hope created by many Doctors that one day their disabled child will walk on his/her feet again some day. But there comes a point when it became necessary to awaken Parents from this dream and help them face reality. The expense that parents use in the treatment of their children, disability can be shifted to Disability management. For this purpose, we have developed an Independent Living Center where Persons with Disabilities can learn how to live according to their Disability and can reduce the burden of their Disability on their Parents.

This center has become the best experts on the needs of PWDs, seeking the required solutions, making PWDs in-charge of their lives, thinking and speaking for them. To this end, we not only support PWDs, but also learn from them, organize their lives, and work for political changes that lead to the legal protection of their human and civil rights. In the end I want to ask many philanthropic spirits out there to come and join us for this noble cause and be a drop in the ocean of Humanity.

Nadir Khan
Chief Executive

MANAGING DIRECTOR'S NOTE



At the heart of our organization's mission is a commitment to inclusivity, equality, and breaking down the barriers that limit the potential of person with disabilities. We firmly believe that disability should never define a person's worth or capabilities, but rather serve as a catalyst for innovation, resilience, and boundless achievement.

We are committed to fostering positive change and empowering our community. We firmly believe that the strength of any community lies in the unity and support its members provide to one another. Together, we can create a significant impact and bring about transformative change. With this vision in mind, we have embarked on a journey to empower our community. Let us be the voice that amplifies the unheard, the force that breaks down barriers, and the catalyst for a more inclusive society.

Rizwana Malik
Managing Director

Board of Directors



M. Yasir Malik

Managing Director
Liasia Impex



Ahmad Ali Bhatti

Chief Executive
Mux Institute of Professional
Studies.



M. Asad Malik

Software Developer



Saima Ali

Social Activist
Manager Trainings
Institute of Southern Punjab



M. Fahad Ehsan

Educationist
Philanthropist



Sadia Nawaz

Executive Manager
HANDS Pakistan



Farzana Shah

Digital Creator



Rizwana Tabassum

Philanthropist



Syed Asim Raza Shah

Digital Creator

Management Team



Faisal Bashir

Project Director



Ahmad Yar

General Secretary



Rukhsana Kouser

Manager Finance &HR



Syeda Javeria Shahid

Office Assistant

HANDS-Mainstream
Independent Living Center Multan.



Amir Hamza

IL Trainer

HANDS-Mainstream
Independent Living Center Multan.



Kishver

Peer Counselor/Data Entry Operator



Saira Neelam

Coordinator PWDs



Hafsa Nawaz

Attendent Female

HANDS-Mainstream
Independent Living Center Multan.

Management Team



M. Adil Khan Akram

Attendent Male
HANDS-Mainstream
Independent Living Center Multan.



Anwaar Awan

Attendent Male
HANDS-Mainstream
Independent Living Center Multan.



Haq Nawaz

Attendent Male
HANDS-Mainstream
Independent Living Center Multan.



M. Shahzad

Attendent Male
HANDS-Mainstream
Independent Living Center Multan.



Muslim Raza

Coordinator
Hearing Impaired



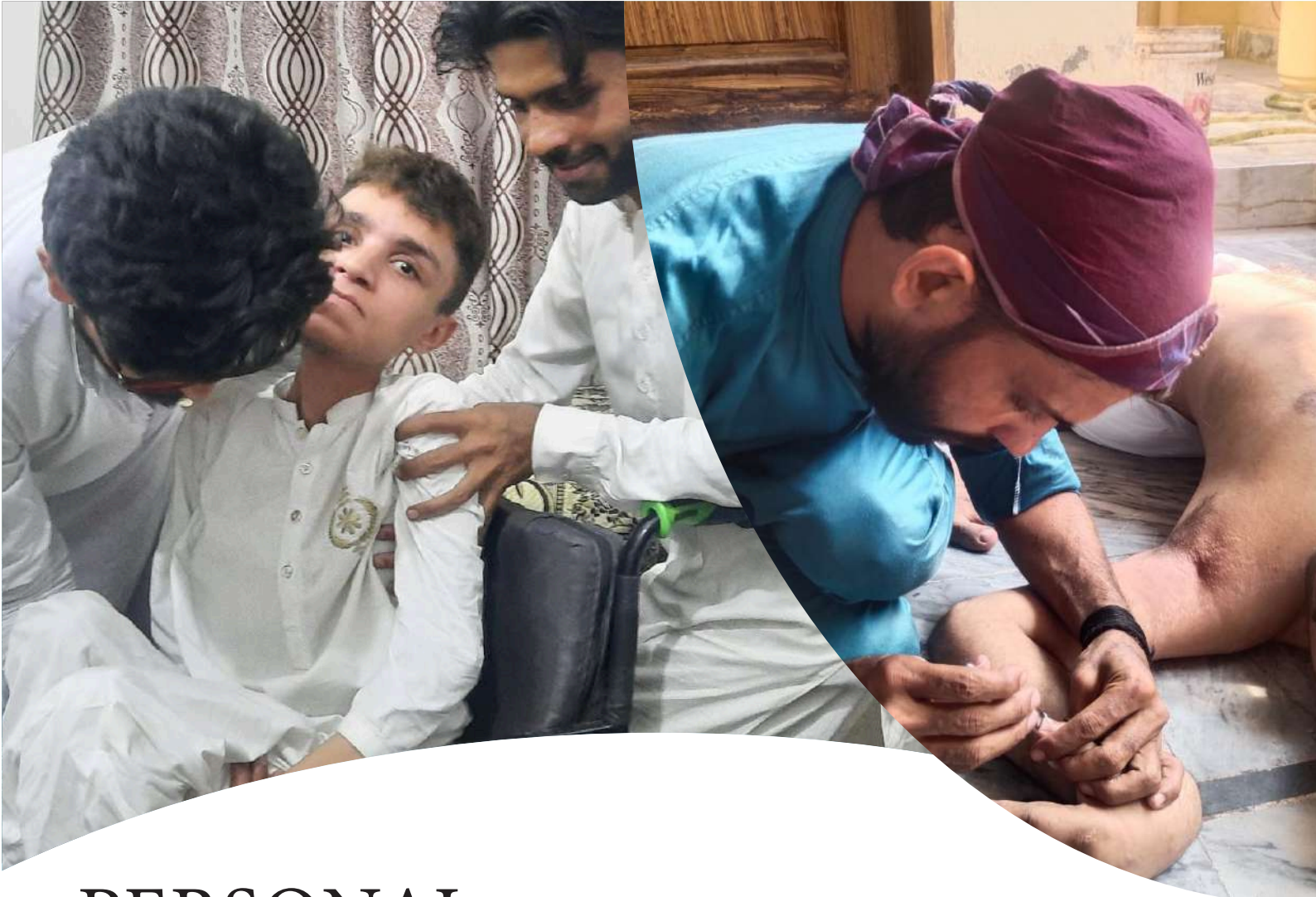
M. Rafique

Supporting Staff
HANDS-Mainstream
Independent Living Center Multan.

INDEPENDENT LIVING

Independent Living is a philosophy and a movement of people with disabilities who work for self-determination, equal opportunities, and self-respect. It does not mean that we want to do everything by ourselves, and do not need anyone, or want to live in isolation. Independent Living means that we demand the same choices and control in our every-day lives as our non-disabled brothers and sisters, neighbors and friends take for granted. We want to grow up in our families, go to the neighborhood school, use the same bus as our neighbors, work in jobs that are in line with our education and interests, and start families of our own.





PERSONAL ATTENDANT SERVICES

Attendant services are such services due to which a disabled person can perform his domestic and official work easily. Personal attendant services are these services to which a person with severe disability can perform his personal duties for example eating, shifting from one place to other wheelchair to bed and bed to wheelchair, going bathroom, taking bath, going to shopping, cleaning of room, cleaning of clothes etc. Attendant are trained to provide these services in respectful and confidential manners. . The attendant neither impose his will not interfere in any personal affair of the disabled person, he performs all these duties as an action and it is the part of his training.



ADVOCACY

Mainstream Association of Persons with Disabilities, along with of Government and Semi-Government Institutions , has continued to advocate for the Inclusion and Accessibility of Persons with Disabilities. Mainstream launched a national Advocacy campaign to make Pakistan Railways accessible, the campaign was appreciated at the National and International levels, and It received full coverage by Electronic and Print media.





ASSISTIVE DEVICES

Mainstream is providing Assistive Devices in collaboration with various organizations and philanthropists to ensure the mobility of Persons with Disabilities.

ACCESSIBILITY AUDITS

Mainstream Association of Persons with Disabilities provides consultancy services to make Inclusive infrastructure for Persons with Disabilities. It is also providing technical support to make Government, Private sectors and public places accessible according to International standards for Persons with Disabilities, the elderly, and pregnant women so that all humans can get benefit from developmental program that takes place here.





LIVELIHOOD

One of the aims of the Mainstream Association is to make Persons with Disabilities personally Independent, rather than dependent on others. This means they can take care of their daily affairs without needing help from others. In 2023, Mainstream started a program called Empowering Persons with Disabilities through Livelihood. In this program provides Persons with Disabilities with the resources and support they need to start their own businesses. Many PWDs have successfully started and run their own businesses through this program. As a result, they are no longer a burden on others and are now self-sufficient self-dependent.



SKILL DEVELOPMENT

Mainstream Association, in the collaboration with the MUX Institute of Professional Studies, is providing Persons with Disabilities with the skills they need to become employable. MUX Institute is offering these services free of cost to the person with disabilities.



DISASTER MANAGEMENT (DIDRR)

The Mainstream Association of Persons with Disabilities always ready to help vulnerable groups in Natural Disasters, such as floods and earthquakes in 2022, The Mainstream organized several drives to help people affected by floods. The Mainstream was able to provide basic survival items to 1000 households. The team went to the affected areas and distributed Aids to needy, especially Persons with Disabilities. The Mainstream Association also provide Assistive devices and support to PWDs as per their needs. The Mainstream's efforts covered the area of Rajanpur and D.G Khan.



AWARENESS RAISING



The Mainstream Association of Persons with Disabilities is organizing a variety of programs, seminars, focus group discussions, sports, and theater events to raise awareness about the rights of persons with disabilities among the general public. Mainstream Association hopes that these events will help to bring about positive changes in attitudes and behaviors towards persons with disabilities, and ultimately lead to their full inclusion in mainstream society.



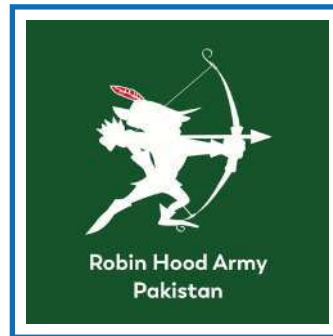


SPORTS AND RECREATIONAL ACTIVITIES

The Mainstream Association of Persons with Disabilities Mainstream is committed to establishing the dignity, capabilities, and talent of persons with disabilities. Mainstream's mission is to enable sportspersons with different types of impairments to enhance their individual potential by providing them with the best sports and recreational activities at the regional and national levels. Mainstream Association also aims to empower persons with disabilities by creating opportunities for them to come out of their homes and experience the lights and shades of society. MAPD believes that persons with disabilities can work towards self-determination, equal opportunities, and self-respect, which will boost their confidence levels.



NETWORKING



CONCLUSION

The Mainstream Association believes that persons with disabilities cannot earn a livelihood or be included in society without basic information and training. Therefore, Mainstream provides basic training in disability management and guidance to parents of children with disabilities. This helps parents to distinguish between disability and disease, and create a supportive environment at home for their children with special needs.











A Movement for the Inclusion, Dignity and Self-Respect

DONATE

NOW

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