PROFILE

MAINSTREAM Association of Persons with Disabilities



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ABOUT US

Mainstream Association of Persons with Disabilities, established in 2019 and formally registered under the Societies Registration Act of 1860, is the leading representative cross-disability organization. Our mission is to empower Persons with Disabilities (PWDs), making them valuable members of their families and society. We focus on independent living, inheritance rights, inclusive development, livelihood, raising awareness, and supporting mobility for those with severe disabilities in achieving independent life. Mainstream is the best expert on the needs of Persons with Disabilities; it seeks the required solutions, empowers them to be in charge of their own lives, and thinks and speaks on their behalf. Mainstream not only supports PWDs but also learns from them. We organize lives and work for political and social changes that lead to the legal protection of their human, inheritance, 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.

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 withDisabilities.
- 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 to 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 childs, 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



Saleha Pasha
Patron-in-Chief & BOD's Member



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



Shehla Pasha
BOD's Member



Asma Nadeem
BOD's Member



Rizwana Tabassum
Philanthropist



Syed Asim Raza Shah
Digital Creator

Board of Directors



Sameera Qayyum

BOD's Member



Abdul Mohsin Shaheen

BOD's Member



Seth Umar Siddique

BOD's Member

Management Team



Faisal Bashir Project Director



Rukhsana Kouser Manager Finance & HR



Amir Hamza Manager Program



Amama Arbab Program Officer



Saira Neelam Coordinator PWDs



Faisal Ali Khan **Media Coordinator**

Management Team



Muslim Raza — Coordinator Hearing Impaired



M. Adil Khan — Attendant Male



Haq Nawaz — Attendant Male



M. Shahzad — Attendant Male



M. Rafique — Supporting Staff

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 means 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 compaign 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.

ACCESSIBLITY 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. Currently we succsussfully completed accessiblility audits of Telenor Pakistan, CBM International, Leprosy Hospital Rawalpinid, Doaba Foundation Multan & Muzaffar Garh Offices, DHQ Layyah & many corporate sectors.



PROVISION OF NUTRITIONAL SUPPLEMENTS.

The Mainstream Association of Persons with Disabilities has initiated a vital program providing nutrition supplements to deserving families of children with disabilities and pregnant women to mitigate the risk of birth disabilities. By ensuring these vulnerable groups receive essential vitamins and minerals, the initiative aims to improve overall health and prevent developmental issues. The benefits of this program are multifaceted: it enhances maternal and child health, reduces the prevalence of birth defects, and supports better developmental outcomes for children with disabilities. As a result, families experience reduced healthcare costs and improved quality of life, while society gains from healthier, more resilient future generations. This proactive approach not only addresses immediate nutritional needs but also contributes to long-term health and well-being.







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 needig 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 to 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 Disablities 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.GKhan.han.





FLOOD EMERGENCY RESPONSE 2025

In response to the severe floods of 2025, the Mainstream Association of Persons with Disabilities (MAPD) implemented an emergency humanitarian response to support the most vulnerable flood-affected populations, with a particular focus on persons with disabilities, older persons, women, and children.

Recognizing the urgent mobility and survival needs during the crisis, Mainstream distributed **high-quality American wheelchairs** to flood-affected persons with disabilities in Jalalpur Pirwala (District Multan), District Muzaffargarh, and Chishtain (District Bahawalnagar). These wheelchairs played a critical role in restoring mobility, dignity, and independence for persons with disabilities who were severely impacted by the floods. In addition to mobility assistance, Mainstream provided life-saving relief support including: **Food ration packs, Dry food items, Cooked meals, Clothing, Basic household items and crockery.**






This emergency response aimed to reduce immediate suffering, ensure basic needs were met, and promote inclusive humanitarian assistance, ensuring that persons with disabilities and other marginalized groups were not left behind during the flood response. Mainstream Association of Persons with Disabilities remains committed to inclusive disaster response and resilience-building, working closely with communities and partners to support recovery and long-term rehabilitation.










Reducing Disabilities Through Traffic Awareness

The Mainstream Association of Persons with Disabilities has taken an initiative to save lives and reduce disabilities through traffic awareness. In road accidents, attention is often focused on fatalities; however, the number of individuals who survive but suffer lifelong disabilities—particularly spinal cord injuries—often goes uncounted and unnoticed.

Recognizing this critical issue, we are working in strong coordination with the City Traffic Police Multan to raise public awareness about safe driving practices and strict adherence to traffic rules. The objective of this initiative is to prevent accidents that can lead to permanent disabilities, which impose severe physical, emotional, and economic challenges on individuals and their families throughout their lives.

Through this awareness campaign, we aim to promote responsible driving behavior and contribute to a safer, more inclusive society.











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

HANDS
هینڈز

BID NETWORK PAKISTAN

NHN
National Humanitarian Network Pakistan

ADDTF
Ageing, Disability and Diversity Task Force

PAKISTAN INDEPENDENT LIVING CENTRE'S NETWORK
LET'S LIVE A LIFE OF YOUR CHOICE!

MAINSTREAM
Association of Persons with Disabilities

برگد
BARGAD

Saaya
Association Of People With Disabilities

DISABLED WELFARE ASSOCIATION
PCSW(S)1855

INSTITUTE OF SOUTHERN PUNJAB MULTAN
ISP
Infinite Possibilities
2010

INNER WHEEL

CHANAN
Development Association (CDA)

Institute
mux

Doaba Foundation

VSO

Muhammad Nawaz Shareef
University of Agriculture
Multan

M.D.S.C

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

Account Title:	Mainstream Association of Persons with Disabilities
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Branch Code :	0278
Bank Name :	United Bank Limited (UBL)

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