



ALDEL EDUCATION TRUST

ALDEL COLLEGE OF PHARMACY AND RESEARCH

Approved by PCI, Recognized by DTE and Affiliated To University of Mumbai & MSBTE

(Issue - XX)

**AROGYAM
DIGEST**

**WORLD
DOWN
SYNDROME
DAY**

21st MARCH 2026

**Celebrate
Extra Chromosomes,
Celebrate Extra Love**



VISION

“To Strive for Excellence in Pharmaceutical Education and Research to Develop Competent Pharmacy Professionals.”

MISSION

- To Create an Environment which encourages Lifelong Learning, Professionalism and Social Responsibility.
- To Conduct Collaborative Advanced and Innovative Research that caters the needs of Pharmaceutical Industry and Community.
- To Foster and Develop Entrepreneurial Skills to Serve the Patients and community.

QUALITY POLICY

- Committed to be a centre of excellence by ensuring quality education and innovative research to empower students to become competent pharmacists

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OVERVIEW

World Down Syndrome Day (WDSD) is observed every year on 21st March (21/3) to raise global awareness about Down syndrome, a genetic condition caused by the presence of an extra copy of chromosome 21 (Trisomy 21). The date (21/3) symbolically represents the triplication of chromosome 21. The day was officially recognized by the United Nations in 2011 and is celebrated worldwide to promote inclusion, dignity, and equal rights for individuals with Down syndrome.



ABOUT DOWN SYNDROME

Down syndrome is a genetic condition caused by the presence of an extra copy of chromosome 21, a phenomenon known as Trisomy 21. This additional genetic material affects physical growth, cognitive development, and overall health.

CAUSES

Down syndrome occurs due to abnormal cell division during the formation of reproductive cells or early embryonic development. There are three main types:

- **Trisomy 21 (most common)** – every cell has an extra chromosome 21
- **Translocation** – extra chromosome material is attached to another chromosome
- **Mosaic Down syndrome** – only some cells have the extra chromosome



KEY FEATURES

Individuals with Down syndrome may show:

- **Mild to moderate intellectual disability**
- **Characteristic facial features (flat facial profile, upward slanting eyes)**
- **Hypotonia (low muscle tone)**
- **Short stature and delayed growth**
- **Developmental delays in speech and motor skills**

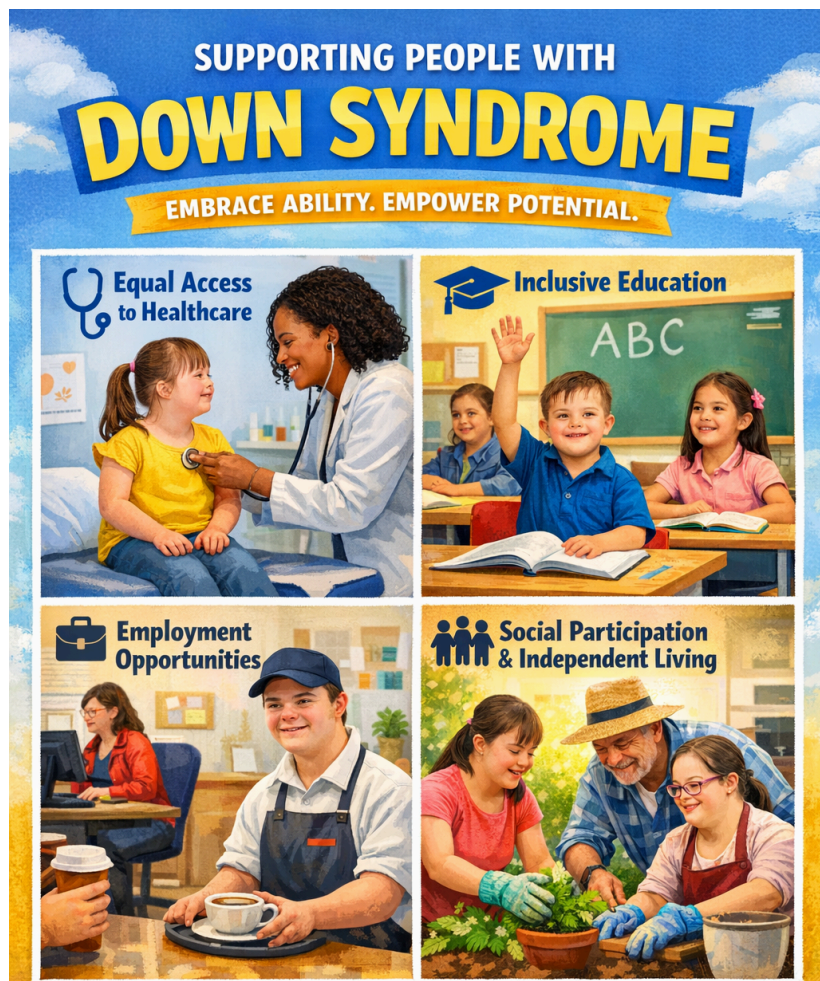
ASSOCIATED HEALTH CONDITIONS

PEOPLE WITH DOWN SYNDROME MAY HAVE A HIGHER RISK OF:

- CONGENITAL HEART DEFECTS
- THYROID DISORDERS
- HEARING AND VISION PROBLEMS
- RESPIRATORY INFECTIONS

HOWEVER, WITH PROPER MEDICAL CARE, MANY LEAD HEALTHY LIVES.

Lots of socks



PREVALENCE

It is one of the most common chromosomal conditions worldwide, occurring in approximately 1 in 700–1,000 live births. The risk increases with advanced maternal age, though it can occur in any pregnancy.

Theme and Global Significance (2026)

Each year, WDS Day follows a global theme focusing on inclusion, advocacy, and empowerment. The observance highlights:

- Equal access to healthcare
- Inclusive education
- Employment opportunities
- Social participation and independent living



The “Lots of Socks” campaign is widely recognized, where people wear colorful or mismatched socks to symbolize chromosomal uniqueness.



IMPORTANCE IN PUBLIC HEALTH

World Down Syndrome Day emphasizes:

- Early screening and prenatal diagnosis
- Genetic counseling
- Multidisciplinary healthcare support
- Community awareness to reduce stigma

Healthcare professionals, educators, NGOs, and policymakers collaborate to promote inclusive policies and safeguard the rights of persons with disabilities.

21 March 2026



CONCLUSION

World Down Syndrome Day 2026 serves as a reminder that individuals with Down syndrome are valuable members of society who deserve respect, inclusion, and equal opportunities. Strengthening awareness, healthcare access, and social acceptance remains essential in building an inclusive and compassionate community.



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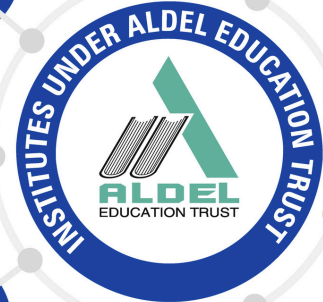
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