



TRANSFORMATION[®] INTERNATIONAL SOCIETY

(Since 1995)

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MAGAZINE

INSPIRE FOR BETTER LIVING



From dependency to
independence:
the success story of
Minha Kashif

Empowering minds,
transforming lives,
and shaping a more
inclusive future

ISSUE 1
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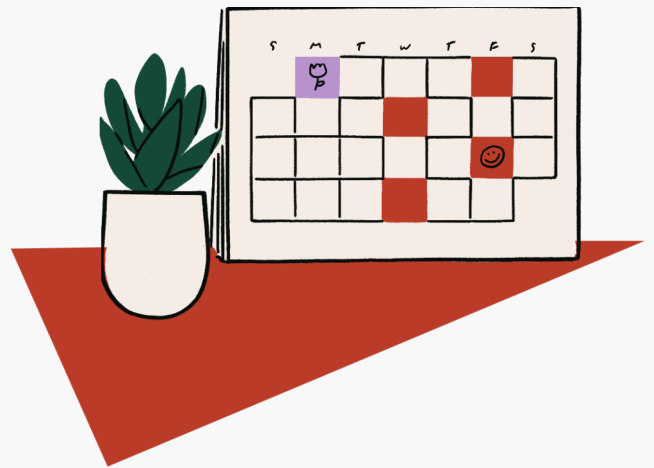
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“Passion leaves fingerprints on work, and that’s where true dedication lives.”

Message from the chairman

It is with gratitude and a strong sense of responsibility that I present this message on behalf of Transformation International Society & its key initiatives (Transformation Children Rehab Center & Digitech Transformation).

For over three decades, Transformation International Society has remained committed to serving humanity through compassion, innovation, & sustainable development. Our work is guided by the belief that meaningful progress is achieved when individuals are empowered with care, knowledge, and opportunity.

At Transformation Children Rehab Center, we continue to support neurodiverse and vulnerable children through absolutely free holistic rehabilitation, therapy, and family-centered care, ensuring dignity, inclusion, and long-term well-being. Through Digitech Transformation, we focus on preparing the youth for the future workforce by delivering industry-relevant digital and technology-driven skills.

Our investment in state-of-the-art labs, international accreditation, & industry partnerships reflect our commitment to quality, relevance, & employability. We remain steadfast in our values of integrity, excellence, & accountability, committing only to what we can responsibly deliver.

I extend my sincere appreciation to our teams, partners, donors, and communities whose trust and dedication make our mission possible. As we move forward, Transformation International Society will continue transforming lives through purposeful innovation, ethical leadership, & inclusive development.

Dr. Muhammad Imran Yousuf

WHO WE ARE



Transformation and its team mainly caters to children for neurodevelopmental and chromosomal disorders such as Autism Spectrum Disorder (ASD), ADD, ADHD, Cerebral Palsy (CP), Down syndrome, and learning disabilities.

Moreover, we have several healthcare experts i.e. consultant psychiatrists, consultant neurologists, clinical psychologists, clinical hypnotherapists, speech therapist, occupational therapist, behavior therapist, physiotherapist, remedial therapist, and special need educationists.

With advanced technology such as live brain mapping and more, our vision is to transform and elevate the lives of all individuals we connect with. We believe that every child is trainable and just need the right intervention for the journey from dependency to independence.



Celebrated New Year with a motivational seminar

Entering New Year with success, pride and unstoppable momentum.



Grateful for the trust, energy, and commitment of everyone who made our milestones possible.

Here's to growth, transformation, and bigger achievements ahead!



BUSTING SOME MYTHS



Autism Spectrum Disorder (ASD): Myths vs Facts

Myth: Autism can be caused two or more years after birth.

Fact: It is a neurodevelopment disorder and is a birth defect.

Myth: Autism can be fully cured by medicine.

Fact: It can be managed by medicines along with therapies, but not fully cured.

Myth: Autism is caused by bad parenting.

Fact: It is a genetic and biological disorder, not caused by how a child is raised.

Myth: Autism is caused by vaccines.

Fact: It is not caused by vaccines and several studies have proved it.



SUCCESS STORY AT TRANSFORMATION: changing lives for the better

Meet Minha Kashif

This is the story of an 8 years old girl who visited the Transformation Children Rehab Center (TCRC) with her concerned mother, presenting with behavioral challenges, speech difficulties and poor academic performance.

After a comprehensive assessment, she was diagnosed with ADHD along with a low IQ. For two years, the therapists at TCRC worked diligently to help her adapt and integrate with other children in society.

In addition to conventional therapies, digital tools like WonderTree and Octo Studio were incorporated to make her screen time more meaningful, enhancing her motor skills and guiding her attention toward basic, constructive activities.

With consistent effort over several months, she showed remarkable progress and responded well to the interventions. Today, she is enrolled at The Smart School, where she is thriving both academically and socially.

For a child with special needs, gaining admission into a mainstream school is a significant milestone and Minha proudly celebrated this achievement with the TCRC team.



For a special needs child to be enrolled in a normal school is a big achievement, and Minha shared this achievement with the team of TCRC.

“She walked in as a whirlwind; restless, loud, and misunderstood. She left as a girl who finally knew how to turn her energy into her greatest strength.”



WonderTree therapy



Physiotherapy



When Exams Become Overwhelming: How does stress help, and when it harms

WHAT FEELS LIKE “JUST EXAM ANXIETY” TODAY CAN QUIETLY ECHO INTO A CHILD’S CONFIDENCE FOR YEARS TO COME.

Exam anxiety isn't just pressure. It's your body's built-in alarm system reacting to something that feels important and demands attention. When children encounter this kind of stress, their bodies cause an adrenaline rush, triggering a fight-or-flight response. In simpler terms, exam anxiety can increase heart rate and alert the brain to make a quick decision: face the exam with focus or avoid it altogether.

At its core, exam anxiety isn't meant to harm; it's meant to help. In the right amount, it can sharpen focus and boost alertness. It can also push children to perform their best. However, if the child sees the adrenaline rush as a sign of danger or failure, it becomes overwhelming. This can lead to avoidance, blanking out, or panic.

From a psychologist's perspective, the persistence of anxiety even after the exams are over is a concerning thing. One of the most common side effects of having persistent exam anxiety is the fear of evaluation. Any sort of feedback, even constructive criticism, can cause the child to enter a downward spiral, resulting in a setback that can persist into adulthood. Other side effects include a significant impact on self-esteem and cause avoidance behavior.

If you see these symptoms in your child, the right decision would be to consult a psychologist in order to stop the increasing symptoms in their tracks.





Memorandum of Understanding



A delegation from Ziauddin College of Doctor of Occupational Therapy (ZCOT) visited Transformation International Society for a MoU signing ceremony.

The visit marked the beginning of a collaborative partnership aimed at strengthening academic cooperation, professional training, community-based initiatives, and joint programs in the field of occupational therapy.



This MoU signifies a shared commitment to advancing education, research, and service delivery through strategic collaboration.





Unpacking the struggles women face: a psychologist's perspective

From a woman to a woman, explore a psychologist's insight on what women face most commonly.

Behind every composed exterior, many women juggle challenges no one notices. Whether it is a single woman or a married one, they have their own set of struggles that negatively impact their life.

When asked by a psychologist of Transformation about the most common problems faced by her female patients, she listed a myriad of reasons. Some of them include:

- Negatively overthinking
- Fear of failure
- Fear for life partner, children, or career

To elaborate, married women often constantly overthink about their partner's actions and whether he is loyal to her or not. This fear can lead to the negative perception of even the slightest inconvenience in their marriage.

Moreover, women worry about their children as they watch them get addicted and dependent on technology. They get scared for their children's future, resulting in getting overprotective of them.

Often times, women make rash and emotionally-driven decisions because of overthinking. The advice given by Ms. Amima is to let things take their natural course.



Ms. Amima Salam
- Assistant Medical
Director, TIWC

“Just trust the flow of life.”



21st MY Karachi Expo



Transformation Children Rehab Center at the 21st MY Karachi Expo with a FREE awareness & care initiative for children with special needs.

Children engaged in a coloring activity and learning to be socially interactive with other children while having a one-on-one interaction with our clinical psychologists and therapists.



From developmental screening to parental counseling, our team supports brighter, more inclusive futures.

Thankful to our partners and
donors for their generosity

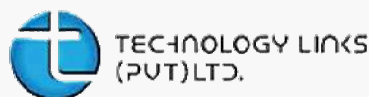


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