



World Down Syndrome Awareness Day: 21 March 2026

World Down Syndrome Day is celebrated on 21st March every year to raise awareness and celebrate the lives and achievements of individuals with Down syndrome. The date (21/3) symbolises the triplication of chromosome 21, the genetic condition associated with Down syndrome.

What is Down Syndrome?

Down Syndrome is a genetic condition that occurs when a person is born with an extra copy of chromosome 21. Typically, our bodies have 23 pairs of chromosomes, but in individuals with Down syndrome, the 21st pair has an extra chromosome.

This additional chromosome can influence how a person learns, grows, and processes information. Individuals with Down syndrome may learn at their own pace, but with the right support, encouragement, and opportunities, they lead fulfilling lives as students, artists, athletes, professionals, and entrepreneurs.

Each individual with Down syndrome is unique, with their own strengths, talents, and aspirations.

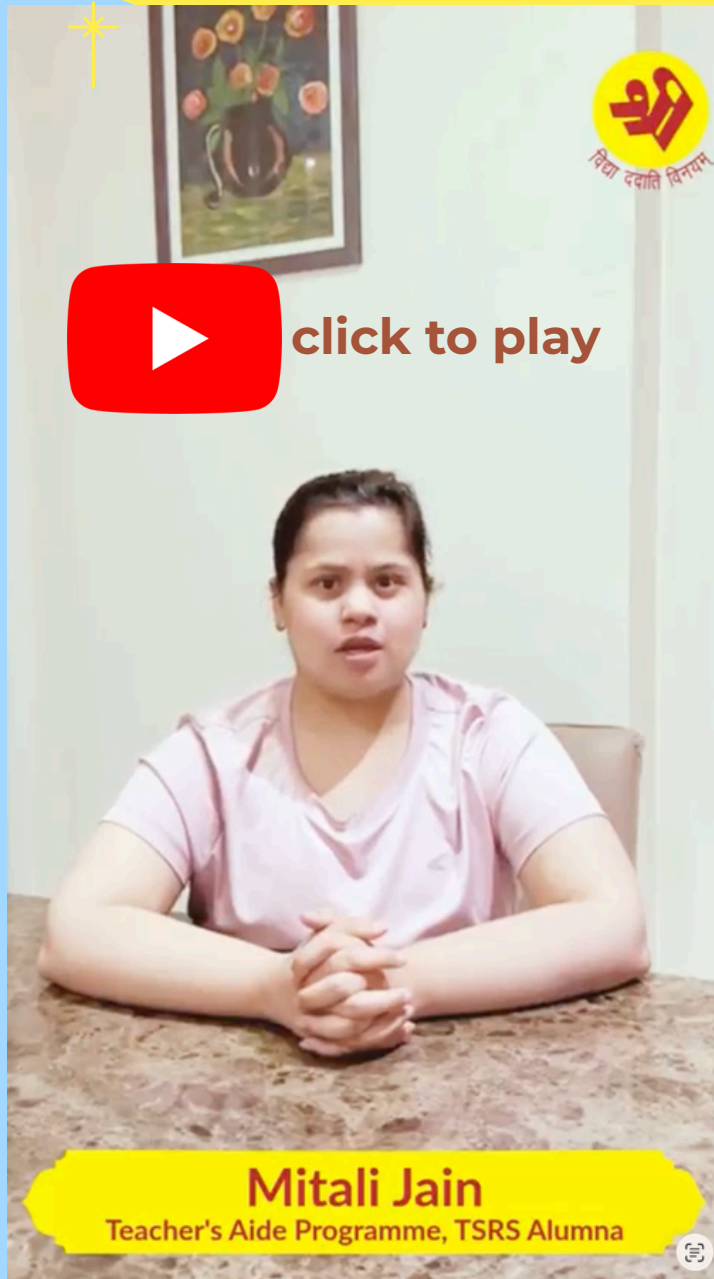


Each year, Down Syndrome International selects a theme to drive a global campaign. The theme for 2026 is:

**Together Against
Loneliness**



Celebrating our alumna:



click to play

Mitali Jain

We are proud to celebrate our alumna **Mitali Jain**, an excellent example of confidence, creativity, and determination.

An actor, theatre artist, swimmer, and entrepreneur, Mitali continues to break barriers and redefine possibilities. She is the founder of **P.Pods by Mitali**, a brand promoting mindful and healthy living that serves a diverse client base including educational institutions and corporates.

A vibrant performer and confident communicator, Mitali has also delivered a **TEDx talk**, inspiring audiences with her story of resilience and self-belief. Honoured as the Women Achiever of the Year, her journey reflects the power of opportunity, inclusion, and believing in one's potential.

Mitali Jain

Teacher's Aide Programme, TSRS Alumna

#InclusionInAction

To celebrate World Down Syndrome Day, we have invited entrepreneurs with Down syndrome, including Mitali Jain, to set up stalls across our campuses during the PTM. They will be showcasing and selling products created by them.

We warmly invite you to visit their stalls, interact with them, and support their work. Small moments of connection and encouragement go a long way in building an inclusive community.