



NEWSLETTER

AUTISM RESOURCE CENTRE LAHORE



The Autism Resource Centre Lahore (ARCL) was established in 2015 by Dr. Ahmad Faraz Bhatti, driven by a personal commitment to improving the lives of children with autism, inspired by his own experiences as a parent. As a non-profit organization, ARCL has become a beacon of hope for families navigating the challenges of autism. Led by Syeda Mehwish, the center prides itself on a team of highly educated and trained professionals, including therapists, educators, and support staff, who specialize in autism spectrum disorders. ARCL provides a wide range of services, including therapeutic interventions, personalized education plans, and skill-building programs, designed to help children reach their full potential. With its state-of-the-art facilities and a strong emphasis on innovation and care, ARCL has established itself as a trusted and leading institution for autistic children, ensuring their growth in a supportive and inclusive environment.

Quarterly Highlights

- **October**
- **November**
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Enhancing Vision Through Therapeutic Interventions

Vision is a complex neurological process involving the integration of multiple sensory systems. Many children with special needs experience challenges in processing visual information, which can impact their learning, motor coordination, and daily activities. Therapeutic interventions that incorporate visual, vestibular, and proprioceptive input have proven to be highly effective in addressing these challenges. At ARCL, our occupational therapy team remains dedicated to implementing these specialized interventions, using structured exercises and sensory-based activities to enhance visual performance and improve overall functional abilities.



MOU Signing with the University of Lahore

We are delighted to announce a groundbreaking collaboration between Autism Resource Centre Lahore and the University of Lahore through the signing of a Memorandum of Understanding (MOU). This partnership is a monumental step toward enhancing educational and professional opportunities for individuals with special needs. Through this collaboration, we aim to provide specialized training programs, research opportunities, and community outreach initiatives that will empower both students and professionals working in the field of autism care. Together, we are committed to fostering an inclusive society that values and supports individuals with diverse abilities.



Celebrating Occupational Therapy Contributions

Occupational therapy plays a crucial role in helping individuals with special needs develop essential life skills and improve their independence. To emphasize its significance, our esteemed Occupational Therapist, Miss Fazila Huma, conducted a comprehensive lecture on Sensory Integration for ARCL parents and staff members. She elaborated on how sensory processing difficulties affect children's learning and behavior and provided practical strategies for intervention. The session helped parents and caregivers understand the importance of structured sensory activities in promoting self-regulation, focus, and motor coordination in children with autism and other developmental disorders.



Workshop on Applied Behavior Analysis (ABA)

Understanding and implementing Applied Behavior Analysis (ABA) is essential in providing structured learning and behavioral interventions for children with autism. Our Director, Mam Syeda Mahwish, led an informative workshop at the University of Lahore for psychology students, focusing on the practical applications of ABA in the special needs sector. The session covered essential ABA strategies, the significance of reinforcement in shaping positive behaviors, and the basics of Individualized Educational Plans (IEPs). This workshop aimed to equip future professionals with the necessary skills to develop evidence-based interventions, ensuring better outcomes for individuals with autism and other developmental disorders.



Empowering Independence Through Physiotherapy

Independence in daily living skills is a fundamental goal for children with special needs. Mastering essential tasks such as dressing, eating, and personal hygiene not only fosters self-reliance but also enhances their confidence and social interactions. Our dedicated Physiotherapist, Miss Simra, has been tirelessly working to equip individuals with these crucial skills through targeted exercises and therapy sessions. By using adaptive techniques and structured routines, she helps children overcome physical and motor challenges, enabling them to navigate daily life with greater ease. Her efforts continue to make a meaningful impact on their journey toward independence.

National Speech Therapy Day Celebration

Speech and language development are critical components of communication, and we were honored to celebrate National Speech Therapy Day with an inspiring event filled with learning and collaboration. The occasion was graced by esteemed professionals, including Senior Lecturer Miss Sabrina from Nur International University, along with her students, as well as speech and language pathologists Miss Iqra (PSRD), Miss Nazia (Sehat Medical Hospital), and Miss Asra Roheen (DHQ Hospital, Kasur). The event provided a valuable platform for sharing knowledge on effective speech therapy techniques, addressing speech and communication challenges in individuals with autism, and emphasizing the role of early intervention. We extend our heartfelt gratitude to all participants for their contributions in advancing speech therapy initiatives and making a difference in the lives of those with communication difficulties.



Showcasing Artistic Talent at 'Banayn Asaman Apni Zameen Ko'

Art serves as a powerful medium of expression for individuals with autism, allowing them to communicate emotions, creativity, and imagination beyond words. Autism Resource Centre Lahore proudly participated in the mega art event 'Banayn Asaman Apni Zameen Ko,' organized by Trust School. Our talented young artists showcased their artistic skills, filling the event with vibrant colors and inspiring creativity. The overwhelming support from the audience and the community reinforced the importance of encouraging self-expression in children with special needs. We are grateful for this opportunity to celebrate their talents and foster an inclusive environment where every child's creativity is valued and appreciated.



Visit of Dr. Ahmad Faraz Bhatti and International Medical Experts

We were honored to welcome Dr. Ahmad Faraz Bhatti, along with a team of esteemed doctors from abroad, for a visit to Autism Resource Centre Lahore (ARCL). Their visit aimed to explore potential collaborations and assess areas where international expertise could enhance our intervention services. During their time at ARCL, they engaged with our therapists, observed ongoing sessions, and discussed innovative approaches to autism care. The exchange of knowledge and insights provided valuable perspectives on advancing therapy techniques, improving diagnostic tools, and strengthening research in the field of developmental disorders. This visit marks a significant step toward fostering global partnerships and ensuring that individuals with autism receive the highest quality care and support.



Memorable Day Out at Emporium Mall

A joyful and heartwarming experience unfolded as our special needs children embarked on an exciting trip to Emporium Mall. This day was designed to provide them with a sense of exploration, social interaction, and enjoyment in a public setting. The children engaged in various activities, from playing in entertainment zones to interacting with their peers and caregivers in a relaxed environment. The smiles and laughter shared throughout the day were a testament to the importance of such outings in promoting social skills and emotional well-being. We extend our deepest appreciation to our dedicated staff and volunteers who ensured that the children had a safe, enjoyable, and enriching experience.



IBT Training – Advancing Expertise in Behavioral Interventions

Continuous learning is essential for improving autism intervention strategies, and our participation in the IBT training program provided valuable insights into behavioral management techniques. This training has significantly enhanced our team's ability to implement evidence-based behavioral interventions, ensuring better support for individuals with autism and developmental disorders.

Day 1: The training commenced with an in-depth exploration of learning disorders, including Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD), and Down Syndrome. Participants gained a comprehensive understanding of the challenges associated with these conditions and the latest approaches in intervention.



IBT Training – Advancing Expertise in Behavioral Interventions

Day 2: The focus shifted to understanding the functions of behavior and mastering Functional Behavior Assessment (FBA) techniques. These assessments help professionals analyze the underlying causes of behaviors and design effective interventions to address them.



Day 3: The final day delved into the techniques of pairing, compliance training, and preference assessments. Participants learned how to build positive associations with learning, improve compliance through structured reinforcement strategies, and tailor interventions based on individual needs.





AUTISM AWARENESS MESSAGE

When we create inclusive spaces in schools, workplaces, and communities, autistic individuals can thrive. Simple accommodations like sensory-friendly environments and flexible learning approaches make a world of difference. Inclusion doesn't just benefit autistic individuals—it enriches society as a whole. When we embrace diversity, we foster innovation, compassion, and understanding.

OUR VISION

The Autism Resource Centre aims to become nationally and internationally acknowledged Centre with the distinction of implanting Quality services combined with outstanding outcomes through conducive learning environment, experienced staff, efficient, and friendly management.

OUR MISSION

The mission of the Autism Resource Centre (ARC) Lahore is to support individuals with autism and their families by providing education, therapy, and resources. We aim to develop each child's potential, improve their quality of life, and prepare them for integration into mainstream schools, fostering a better understanding of autism across communities.



Support Us



Your support can transform lives at ARCL. Every donation helps us provide a safe, empowering space where children with autism can thrive. Together, we can offer quality education, life-changing therapies, and a brighter future for these incredible kids. Join us in this journey of hope and possibilities—because every child deserves a chance to shine. Donate now and make a lasting impact!

DONATION DETAILS

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