



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

- **April**
- **May**
- **June**

 **Autism Resource Centre Lahore**

 **Autism Resource Centre Lahore**



www.arcl.org.pk



info@arcl.org.pk

Preview

1



2024 - April

- World Autism Day
- Eid Milan Party 2024
- ARCL Team's Trip to Islamabad
- A Special Visit of Director of Autism Center Peshawar

2



2024 - May

- 2-days workshop session with parents
- Mother's Day Celebration
- Director of arcl Speaks at Superior University
- Watermelon Day

3



2024 - June

- Our Success Story
- Summer Camp 2024
- A Heartfelt Farewell
- A Farewell to University of Lahore Placement Students

World Autism Awareness Day – A Special Celebration

ARCL had the honor of celebrating World Autism Awareness Day at the Children Library Complex, marking a day of inspiration, awareness, and advocacy. Our esteemed Director, Syeda Mahwish Raees, was invited as the keynote speaker, where she shared her profound insights on autism, the importance of early intervention, and fostering an inclusive society. The event was further elevated by a certificate of appreciation presented to her by Dr. Ehtasham, Secretary of the Punjab Education Department, in recognition of her unwavering contributions to autism awareness. The highlight of the event was the incredible performances by children with special needs, showcasing their unique talents and potential. At ARCL, we stand by our belief that autism is not curable, but it is teachable, and we continue our mission to spread awareness, understanding, and acceptance every day.



Eid Milan Party 2024

ARCL's Eid Milan Party 2024 was a beautiful celebration filled with laughter, warmth, and the spirit of togetherness. The highlight of the event was the gift exchange, where children excitedly shared presents, experiencing the joy of giving and receiving. This heartfelt interaction helped them understand the true essence of Eid—kindness, gratitude, and celebrating with loved ones. The event was filled with fun activities, delicious traditional treats, and moments of pure happiness as the children connected with their peers. Such celebrations not only bring joy and excitement but also foster social interaction and inclusivity, creating lasting memories for everyone involved.



ARCL's Trip to Islamabad & Pine Valley

After months of dedication and hard work, the ARCL team embarked on a much-needed retreat to Islamabad, Pine Valley, and Dino Valley. This three-day getaway allowed our therapists and staff to rejuvenate, connect with nature, and build stronger bonds outside of their daily professional responsibilities. The breathtaking landscapes of Pine Valley provided a serene escape, while the adventure-filled Dino Valley visit brought out the child in everyone! At ARCL, we value the mental and emotional well-being of our team, and this trip was a well-deserved break to refresh and re-energize before returning to their vital work with renewed enthusiasm.



A Special Visit from Miss Masooma Director Of Autism Center Peshawar

ARCL was honored to host Miss Masooma, Director of autism center Peshawar, for an enlightening session filled with insightful discussions, idea-sharing, and strategic conversations aimed at enhancing autism care and education. Her visit provided a platform for discussing best practices, innovative teaching methodologies, and collaborative opportunities that could benefit children with autism across different regions. Her dedication and expertise were truly inspiring, and we are excited about the potential collaborations that could arise from this meeting.



2-Days workshop – Functional Behavioral Assessment with parents

Recognizing the crucial role that parents play in the development of children with autism, ARCL organized a transformative two-day workshop on Functional Behavioral Assessment, led by our Director, Syeda Mahwish Raees. The workshop was designed to equip parents with effective strategies to understand and manage challenging behaviors in their children. Through interactive sessions, real-life case studies, and expert guidance, participants gained practical techniques to identify behavioral triggers, implement positive reinforcement, and create structured routines at home. The overwhelming response and engagement from parents reaffirmed the need for such initiatives, and we are committed to continuing our efforts in supporting families on their journey.



Mother's Day Celebration – Honoring Our Super Moms

ARCL's Mother's Day celebration was a truly special and emotional event, filled with love, appreciation, and unforgettable moments. The highlight of the day was the cake-cutting ceremony, where mothers and their children joyfully cut cakes together, symbolizing their unbreakable bond. The event was filled with heartfelt exchanges, as children expressed their love through warm hugs, handmade cards, and small tokens of appreciation. Laughter and happy tears filled the room as mothers shared their experiences, celebrating the strength and dedication they pour into their children's lives every day. The event was a beautiful tribute to motherhood, leaving everyone with cherished memories and a renewed sense of connection.



Mental Health Awareness at Superior University

Mental health is an essential part of overall well-being, and ARCL was proud to contribute to this important conversation at Superior University's Mental Health Day. Our Director, Syeda Mahwish Raees, was invited as the Guest of Honor, where she conducted an impactful session on the effects of screen time on mental well-being. She shared research-backed insights on how excessive screen exposure affects cognitive development, attention span, and emotional regulation, along with practical strategies to reduce screen time and establish healthier digital habits. The session sparked meaningful discussions among students, leaving them more informed and motivated to prioritize their mental well-being in today's technology-driven world.



Our Success Story – Celebrating Achievements at ARCL

At ARCL, every milestone achieved by our students is a testament to their determination, hard work, and the unwavering support of their families and therapists. One of our proudest moments was witnessing Rameen's incredible achievement at Beaconhouse School, where she performed on her graduation day. Despite the challenges of autism, Rameen's journey reflects the power of early intervention, dedication, and a nurturing environment. Her success is a reminder that while autism is not curable, it is manageable with the right guidance and support. Stories like Rameen's inspire us to continue our mission of empowering children with autism to reach their full potential.

Watermelon Day – A Sweet & Fun-Filled Celebration

What better way to beat the summer heat than with a refreshing Watermelon Party! ARCL's students had an absolute blast enjoying juicy watermelons, fun-filled activities, and cheerful company. The event was designed to engage children in sensory play, encourage social interaction, and create joyful memories. Seeing their bright smiles and unfiltered happiness made the day truly special. A huge thank you to everyone who contributed to making this event a success!



Summer Camp 2024 – A Season of Fun and Learning

ARCL's Summer Camp 2024 was an exciting and enriching experience, filled with laughter, creativity, and growth. From the very first day, the energy was contagious as children engaged in a variety of fun-filled activities, including arts and crafts, interactive games, sensory play, and outdoor adventures. The camp provided a perfect balance of learning and enjoyment, helping children develop essential social and motor skills in a supportive and engaging environment. Every day brought new challenges, discoveries, and friendships, making the summer camp a truly unforgettable experience. As we look back on this wonderful time, we are grateful for the memories created and the positive impact it had on our young learners.

A Heartfelt Farewell – Honoring Dedication and New Beginnings

ARCL recently bid a fond farewell to one of our esteemed senior colleagues, celebrating their dedication, hard work, and invaluable contributions to our team. The farewell gathering was filled with heartfelt speeches, cherished memories, and warm wishes as we expressed our gratitude for their time at ARCL. A special lunch was arranged, bringing everyone together in a moment of appreciation and camaraderie. While we are sad to see them go, we take pride in knowing that their impact and legacy will always be a part of ARCL. Wishing them success and happiness in their new journey ahead!



Farewell & Best Wishes to Our University of Lahore Interns

As we bid farewell to the placement students from the University of Lahore, we want to take a moment to recognize their hard work, commitment, and dedication during their time at ARCL. Throughout their internship, they actively engaged in learning therapeutic techniques, assisting in behavioral interventions, and gaining hands-on experience in autism support strategies. Their contributions have been valuable, and we are confident that the skills and knowledge they have acquired will serve as a strong foundation for their future careers. We wish them all the best in their professional journeys and hope to see them continue making a difference in the lives of individuals with autism.





AUTISM AWARENESS MESSAGE

Autism is a spectrum, and each individual is unique with their own strengths and challenges. It's important to embrace diversity, spread understanding, and offer support to those with autism. Together, we can create a more inclusive and compassionate world, where everyone feels valued and empowered. Let's raise awareness, celebrate differences, and work towards a future where all individuals with autism have the opportunity to thrive.

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

CONTACT US:

042 35248222 | 0300 9579526 | 0303 6655444

BANK DETAIL:

Account Number: 0000 0000 1478 4462 MCB Bank,
wapda Town Lahore.