



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

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- **August**
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2024 - July

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- 2-Day Workshop on Reinforcement and Punishment
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2024 - September

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Post-Eid ul-Adha Celebrations

Eid ul-Adha, also known as the Festival of Sacrifice, is a significant Islamic event that commemorates the willingness of Prophet Ibrahim (A.S.) to sacrifice his son in obedience to Allah's command. At ARCL, we marked this sacred occasion with heartfelt celebrations, allowing our students to engage in meaningful activities that reflected the essence of Eid. Through interactive storytelling, festive gatherings, and community participation, the students experienced the joy of giving, sharing, and celebrating together. These moments reinforced values of gratitude, compassion, and unity, leaving lasting impressions on their young hearts.



2-Day Workshop on Reinforcement and Punishment

ARCL organized an insightful two-day training workshop on 'Reinforcement and Punishment,' led by our Director, Syeda Mahwish Raees. This session aimed at equipping parents with effective behavior management techniques to help their children develop positive behaviors. The workshop covered the principles of positive and negative reinforcement, explaining how they can be used to encourage desired behaviors. Additionally, participants learned about positive and negative punishment methods to help reduce unwanted actions. The session was interactive, with real-life examples, case studies, and hands-on activities that helped parents grasp these crucial concepts. By the end of the workshop, parents had a stronger understanding of behavior management strategies, allowing them to apply these techniques effectively in their daily lives.



ARCL Joins Al-Khidmat's Special Ability Club Launch

ARCL had the privilege of attending Al-Khidmat's launching ceremony for their Special Ability Club as honored guests. This remarkable initiative aims to foster inclusion and empower individuals with special abilities, providing them with the resources and opportunities to thrive in society. Our students had the honor of performing the national anthem, showcasing their confidence and independence. Their heartfelt performance was met with applause, reinforcing the importance of recognizing and celebrating the talents of individuals with special needs. The event provided an incredible opportunity for collaboration and advocacy, and ARCL is proud to support such initiatives that promote inclusivity and empowerment.



Mango Day Celebration: A Sweet and Joyful Experience

ARCL students recently celebrated Mango Day, a delightful event filled with fun, laughter, and delicious mango treats. This special day allowed our students to engage in a sensory-rich experience, exploring the different textures, flavors, and colors of mangoes. Beyond the enjoyment of the fruit, the event also provided an opportunity for social interaction, as students shared mango-based treats and participated in themed activities. The joy on their faces reflected the happiness that simple pleasures can bring. Celebrating such moments fosters a sense of community and strengthens the bond between students, teachers, and caregivers, making learning and social development enjoyable.



Master Training on Applied Behavior Analysis (ABA) at Education University

We are proud to announce that our Director, Syeda Mahwish Raees, was invited as a Master Trainer at Education University, Township Lahore, to conduct a comprehensive workshop on Applied Behavior Analysis (ABA). The training focused on the fundamental ABC Contingency model, which helps in understanding behavior patterns and modifying them effectively. The model consists of:

- Antecedent (A): What happens before a behavior occurs.
- Behavior (B): The actual action or response.
- Consequence (C): The outcome or reaction that follows the behavior. The session provided an in-depth understanding of behavioral triggers and interventions, equipping participants with the necessary tools to apply ABA principles in therapeutic and educational settings. The interactive training enabled attendees to grasp the practical aspects of behavior management, ensuring that they can implement these strategies effectively in their professional roles.



ARCL Therapist Training

ARCL recently organized a specialized training session for its therapists, led by Director Syeda Mahwish Raees, to strengthen their ability to build meaningful connections with students. This hands-on session focused on improving rapport-building techniques, communication skills, and interactive engagement strategies to create a supportive learning environment.

The training emphasized:

- Effective communication and active listening to foster trust and understanding.
- Empathy and social skills development to enhance student interactions.
- Techniques to improve eye contact for better focus and engagement.

Through interactive exercises and role-playing activities, therapists gained practical experience in applying these techniques in real-world scenarios. This initiative reflects ARCL's commitment to providing a nurturing and inclusive atmosphere, ensuring that students receive the best possible support for their developmental and social growth.



Celebrating Independence Day

ARCL celebrated Independence Day with great enthusiasm, bringing together students, staff, and team members for a day filled with joy, patriotism, and festivities. The event featured exciting games, interactive activities, and performances that reflected the spirit of freedom and national pride. Students dressed in green and white to represent the colors of the Pakistani flag, while patriotic songs and dances filled the air with energy and excitement. A special cake-cutting ceremony added to the celebratory mood, symbolizing the unity and love for the country. ARCL is proud to be part of a nation that values independence and freedom, and this event was a heartfelt tribute to Pakistan's rich heritage and bright future.



In a remarkable display of unity and collaboration, ARCL was honored to be invited by Al-Khidmat to celebrate Independence Day together. Our students and team members actively participated in the event, with students confidently taking the stage to perform, showcasing their enthusiasm and talents. The experience was truly inspiring, as it reinforced the values of patriotism and inclusion while fostering a sense of belonging among our students. Witnessing their joy and excitement as they engaged in the celebrations was a proud moment for everyone involved. ARCL extends heartfelt gratitude to Al-Khidmat for hosting this wonderful event, creating a platform where our students could shine and celebrate this important occasion with pride.



ARCL Celebrates Autism Pride Day

ARCL and Al-Khidmat take pride in celebrating the unique abilities of individuals with autism and fostering an inclusive society. Autism Pride Day was marked with heartfelt celebrations, where students showcased their remarkable skills through various activities, highlighting acceptance and neurodiversity. Parents, teachers, and supporters joined to appreciate these talents, reinforcing the belief that every child has a unique gift. ARCL and Al-Khidmat also honored the incredible mothers of children with autism, recognizing their unwavering dedication and resilience. This initiative was both a tribute and a celebration of their silent yet powerful contributions. ARCL remains committed to empowering every individual to shine.



Participation in Job Fair for Inclusivity

ARCL's Director Syeda Mahwish Raees and Assistant Director Iqra Ashraf were invited to participate in a Job Fair organized by Al-Khidmat Foundation and Hamza Foundation. The event, supported by well-known brands such as Brighto, ChenOne, and Sapphire, aimed to promote inclusivity and create job opportunities for individuals with special needs. It was an honor for ARCL to be part of such a meaningful initiative, reinforcing the importance of accessibility and breaking barriers in employment. Meeting professionals such as Sadia Naz, Principal of the Teacher Training Institute, and Samia Khalid, Deputy Director for Special Needs in Okara, highlighted the collective effort toward fostering a more inclusive society. ARCL extends its best wishes to Al-Khidmat and Hamza Foundation for their continued work in empowering individuals with special needs.



Discussion on Special Needs Safety with Parents

ARCL recently held an insightful discussion with parents about the safety and well-being of children with special needs. The session focused on creating a secure, supportive, and nurturing environment for these children, both at home and in society. Parents shared their experiences, exchanged valuable insights, and explored strategies to ensure the protection and empowerment of their children. This discussion reinforced ARCL's commitment to fostering a collaborative and informed community, where parents and educators work together to create a better future for children with special needs.



ARCL Supports Mariam Foundation

Our dedicated team, including Director Syeda Mahwish, Associate Director Syeda Sahar, and Assistant Director Iqra Ashraf, recently visited the Mariam Foundation to support and encourage Mariam, an inspiring entrepreneur who runs her own business, Kitchen Cuisine. Despite facing challenges, Mariam has proven that with passion and hard work, nothing is impossible. To further support her journey, ARCL is excited to announce an upcoming Baking Club collaboration with Mariam, providing a platform to nurture creativity and empower individuals with special needs. Her journey serves as a beacon of hope and resilience, inspiring many within our community.



Mehfil-e-Naat: A Spiritual Gathering for ARCL Mothers

ARCL had the honor of organizing a heartfelt Mehfil-e-Naat, dedicated to the incredible mothers of special needs children. This spiritual gathering provided a moment of peace, reflection, and unity, allowing these mothers to come together in faith and support. The event fostered a deep sense of connection, reminding everyone of the strength, patience, and love that define the journey of raising a child with special needs. ARCL remains committed to uplifting and supporting these mothers, recognizing their vital role in shaping a more inclusive and compassionate society.





AUTISM AWARENESS MESSAGE

Autism is not a disability; it is a different way of experiencing the world. At ARCL, we believe in fostering understanding, acceptance, and inclusion for individuals with autism, ensuring they have the support and opportunities to thrive. By embracing neurodiversity, we create a society where every individual is valued for their unique strengths and abilities. Let's work together to break stereotypes, spread awareness, and build a more inclusive world where every voice is heard and celebrated.

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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