



# 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.

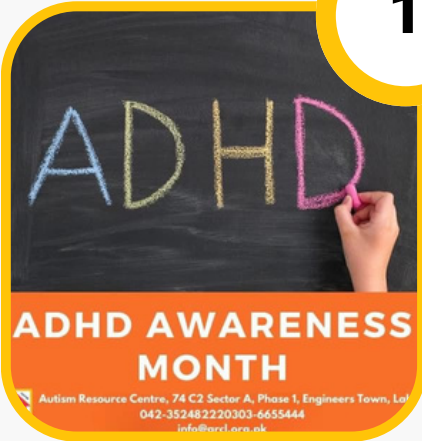
### Quarterly Highlights

- **October**
- **November**
- **December**

# Preview

1

## 2024 - October



**Mental Health Seminar:** ARCL attended UOL's seminar; Director received an award.

**ADHD Awareness Month:** Celebrated with awareness sessions.

**Palestine Solidarity Rally:** Organized to support global causes.

2

## 2024 - November



**Facility Renovation:** Revamping our new center for enhanced services.

**Youth Gathering 9.0:** Represented ARCL at Alkhidmat's annual event.

3

## 2024 - December



**Center Inauguration:** Included awards and a cake-cutting ceremony with Dr. Ahmad Faraz Bhatti.

**Emporium Mall Trip:** A joyful two-day outing.

**Annual Staff Dinner:** Celebrating teamwork and success.

# ARCL at UOL

The Autism Resource Centre Lahore (ARCL) was honored to participate in the Mental Health Awareness Day organized by the University of Lahore. Our esteemed director, Syeda Mehwish, was invited as a guest speaker for this significant event. During her session, she shared valuable insights on creating a positive and inclusive environment that supports mental well-being. Her discussion emphasized the importance of understanding, empathy, and fostering support for individuals facing mental health challenges.

In recognition of her dedication and impactful contributions to mental health advocacy, Syeda Mehwish was presented with a prestigious award by the University of Lahore. This acknowledgment highlighted ARCL's ongoing commitment to promoting awareness and inspiring meaningful change within the community.



## ADHD AWARENESS MONTH

In October, ARCL highlighted ADHD Awareness Month through its social media platforms, reaching a broad audience with engaging posts. The campaign educated parents, teachers, and caregivers about ADHD's symptoms, early signs, and effective management strategies. ARCL shared practical tips for creating structured routines, implementing behavioral interventions, and reducing stigma around ADHD. These efforts fostered a supportive online community, encouraging open dialogue and raising awareness about the importance of early intervention.

## PALESTINE SOLIDARITY RALLY



ARCL organized a heartfelt rally in solidarity with Palestine, involving its children to teach compassion and global citizenship. Carrying banners of peace and hope, the rally raised community awareness and fostered conversations on human rights. This initiative showcased ARCL's dedication to nurturing empathy and advocacy in young minds, leaving a profound impact on all involved.

# ARCL's Newly Renovated Facility

ARCL is committed to providing exceptional care and support for autistic children, ensuring they receive the best opportunities for growth and development. With recent renovations in month of October , ARCL has transformed its facilities to create a more inclusive, engaging, and nurturing environment. These upgrades are designed to cater to the unique needs of autistic children, empowering them to learn, play, and thrive in a space that supports their overall well-being.

The ARCL team works tirelessly to ensure that each child receives personalized care and support. From teaching life skills to fostering confidence and creativity, the team's efforts reflect their unwavering commitment to helping children with autism navigate their daily lives and achieve their full potential. All these remarkable facilities have been made possible through the generous support of donors, ensuring that ARCL continues to provide an inclusive and empowering environment for children with autism to thrive.

- The newly designed reception area provides a calming environment, helping children transition smoothly into their sessions.
- Designated spaces for personal belongings teach children organization and responsibility.
- Play therapy rooms offer safe spaces for children to develop social and motor skills, building confidence and emotional well-being.
- The snack room teaches table manners and self-discipline in a fun, interactive setting, promoting proper eating habits and social etiquette.
- The creative mart encourages pretend play, fostering imagination, decision-making, and social interaction.
- Vocational rooms help children develop practical skills, preparing them for future independence.
- Classrooms focus on teaching class manners and digital skills, with the computer lab introducing technology.
- A daycare facility for staff's children ensures caregivers can work with peace of mind, supporting a holistic experience for all.



**RECEPTION AREA**



**PERSONAL STORAGE**



**SPEECH THERAPY ROOMS**



**PLAY THERAPY ROOMS**



**SNACK ROOM**



**PLAY THERAPY ROOMS**



**CREATIVE MARTS**



**VOCATIONAL TRAINING**



**COMPUTER LAB**



**DAYCARE FACILITY**

# ARCL at Alkhidmat youth gathering 9.0

ARCL was honored to be a part of Alkhidmat Foundation's prestigious Youth Gathering 9.0, an event aimed at celebrating the power of youth and promoting inclusivity. This remarkable gathering brought together individuals and organizations dedicated to making a difference in society. ARCL's participation served as an opportunity to showcase our ongoing efforts in empowering specially-abled children and fostering their growth through education, therapy, and skill development.



During the event, our Director expressed heartfelt appreciation for the specially-abled participants and their inspiring skills. She acknowledged their hard work, determination, and creativity, applauding their achievements as a testament to their resilience. Her words of encouragement and advocacy for inclusivity left a lasting impression on the audience, reflecting her unwavering commitment to ARCL's vision of empowering children with autism and other special needs.



Our esteemed Director graced the Alkhidmat Foundation Youth Gathering 9.0 with her inspiring presence, reflecting ARCL's unwavering dedication to supporting and empowering specially-abled individuals. Her attendance underscored ARCL's commitment to fostering inclusivity and collaboration, as the organization continues to work tirelessly for the betterment of children with special needs. Her presence at the event symbolized the shared vision of creating a more empathetic and supportive society for all.



# Celebrating 10 years of ARCL

As part of ARCL's 10-year celebration, the recent center upgrade and inauguration marked a significant milestone in the organization's journey. This event not only symbolized progress and innovation but also showcased ARCL's commitment to continuous improvement. The event was graced by the presence of the honorable Dr. Ahmad Faraz Bhatti and other board members, who, along with the team, visited the center and personally guided parents through the upgraded facilities. Their visit provided an opportunity to highlight the enhanced services and improved infrastructure designed to better support individuals with autism. The inauguration served as an inspiring moment, reinforcing the organization's commitment to growth and improvement while celebrating the collaborative efforts that made this achievement possible.



ARCL's 10-year celebration began with a heartfelt award ceremony honoring the dedication and contributions of its staff. Distinguished guests, Dr. Ahmad Faraz Bhatti and Mr. Usman Chaudhary, presented awards, recognizing the team's pivotal role in the organization's success. A joyous cake-cutting ceremony followed, symbolizing a decade of commitment and achievement. The event highlighted the staff's unwavering support and teamwork in driving ARCL's mission forward, reinforcing their impact in creating lasting change for individuals with autism.



# Two Day Trip to emporium mall

In December, ARCL organized a delightful two-day recreational trip to Emporium Mall, creating a perfect blend of fun, learning, and social engagement for the children. The trip was filled with exciting activities, including exploring the mall's vibrant attractions, participating in interactive games, and sharing delicious meals in a lively atmosphere. It was carefully planned to provide the children with opportunities to enhance their social skills, build confidence, and experience the joy of stepping outside their usual routines. The children's laughter and excitement throughout the trip were a testament to its success, leaving them with cherished memories. This memorable outing underscored ARCL's dedication to fostering holistic development by seamlessly balancing education, recreation, and meaningful life experiences. It highlighted the organization's commitment to creating opportunities that empower children with autism to thrive in diverse environments while enjoying moments of pure happiness





# Staff Annual Dinner

The Staff Annual Dinner 2024 was a delightful way to close the year, bringing the entire ARCL team together for an evening of connection and celebration. Hosted at Steak Studio, the dinner was attended by the director and all staff members, creating a warm and welcoming atmosphere. This gathering offered a valuable opportunity for everyone to step away from daily routines and enjoy quality time together in a relaxed environment. Such events are a testament to the organization's commitment to building strong relationships and celebrating the efforts of its employees. This annual tradition highlighted ARCL's commitment to fostering a supportive and united workplace culture. As the year came to an end, the dinner left everyone feeling valued and motivated for the exciting opportunities ahead in 2025.





**AUTISM**  
AWARENESS

## **AUTISM AWARENESS MESSAGE**

Autism is a developmental condition that affects communication and interaction, but it is not a disability—it's a different ability. At ARCL, we believe every child with autism has unique strengths and talents that can flourish with the right support and understanding.

Families, schools, and communities play a vital role in fostering acceptance and inclusion. Let's break the stigma, celebrate diversity, and create a world where every child has 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.