



# 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

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**2022 - October**

- International Workshop on Waldon Therapy
- Lecture on Reinforcement and Its Effectiveness

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**2022 - November**

- 2-day Workshop on CARS
- Visit from Special Olympics Pakistan (SOP)
- Visit of Ms. Masooma Khan – Director, ARCL Peshawar Branch

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**2022 - December**

- Outdoor Activity
- RBT Training Session
- RBT Hands-on-training



# International Workshop on Waldon Therapy

An international workshop on Waldon Therapy was conducted by Ms. Carol, providing the ARCL team with valuable insights into human learning and cognitive development. This training session enhanced our understanding of fundamental learning elements, contributing to the overall growth of individuals with autism. The interactive session allowed participants to explore practical applications of Waldon Therapy in real-life scenarios, making it a truly enriching experience.



## Lecture on Reinforcement and Its Effectiveness

ARCL's Director, Syeda Mahwish Raees, delivered an informative and interactive lecture on Reinforcement and Its Effectiveness, spanning six credit hours. The session provided in-depth knowledge on reinforcement strategies and their practical applications in behavioral development. Participants gained valuable insights into how reinforcement techniques can shape positive behaviors in children with autism, making learning more effective and engaging.



# Workshop on CARS (Childhood Autism Rating Scale)

A comprehensive two-day workshop on CARS (Childhood Autism Rating Scale) was conducted by Syeda Mahwish Raees for parents. CARS is a standardized diagnostic tool that offers an objective and quantifiable assessment based on direct behavioral observation. This workshop aimed to empower parents by equipping them with the skills to assess and manage their children's challenges, ultimately helping them become more functional in their daily lives. Parents actively participated in discussions and practical exercises, ensuring they could confidently apply their learning in everyday situations.



# Visit from Special Olympics Pakistan (SOP)

A team from Special Olympics Pakistan (SOP) visited ARCL, introducing their mission of supporting individuals with intellectual disabilities through sports participation. This collaboration opens new opportunities for our students, enabling them to embark on a new and enriching journey towards personal growth. The visit also paved the way for future partnerships, ensuring that children at ARCL have access to more inclusive sports and recreational activities.





# Visit of Ms. Masooma Khan – Director, ARCL Peshawar Branch

We were honored to welcome Ms. Masooma Khan, the dedicated Director of ARCL Peshawar Branch. Her visit provided an opportunity for meaningful discussions and knowledge-sharing, further strengthening the bond between ARCL branches. She shared her experiences and strategies for improving autism care, offering valuable guidance to our team for future initiatives.



# Motivational Session by Special Olympics Pakistan

The Special Olympics Pakistan team conducted an inspirational orientation session, emphasizing the significance of outdoor activities and engagement with nature. Spending time in natural surroundings has proven benefits, including stress reduction and improved mental well-being. The session motivated parents and educators to incorporate outdoor play and physical activities into children's daily routines for enhanced cognitive and emotional well-being.



# Outdoor Activities for Well-Being

Spending time in nature provides a refreshing break from daily routines, offering numerous benefits for mental and physical well-being. Exposure to natural light enhances mood and reduces stress, while engaging in physical activities fosters relaxation and positivity. At ARCL, we encourage outdoor experiences to promote holistic development, ensuring that both children and caregivers embrace the healing power of nature.



## Registered Behavior Technician (RBT) Training Sessions

ARCL conducted a structured RBT training program, engaging parents and staff members in active discussions and hands-on activities. These sessions emphasized the importance of learning as a skill, a choice, and a continuous journey.

### Day 1:



### Day 2:



Group discussions with active participation from parents and staff. The open dialogue allowed participants to share their challenges and learn from each other's experiences.



## Day 3:



## Day 5:

An insightful online lecture by Dr. Aqsa Rabbani, former Assistant Director of ARCL, on Verbal Operants and Motivating Operations in Speech Development. Her contribution remains an inspiration, especially for mothers of children with special needs. Her session provided practical techniques to enhance communication skills in children with autism, making it an invaluable learning experience.





# RBT Hands-on-Training

Hands-on training, allowing participants to apply their knowledge in real-world scenarios through role-play, simulations, and practical applications. This approach ensured that theoretical knowledge was effectively translated into actionable strategies for supporting children with autism. At ARCL, we believe that learning is a lifelong journey. The ability to learn is a skill, and the willingness to learn is a choice. We remain committed to empowering individuals through education, training, and community engagement. Together, we strive to create an inclusive and supportive environment where every child can thrive.







## **AUTISM AWARENESS MESSAGE**

With the right guidance, autistic individuals can develop independence in daily tasks, education, and employment. A supportive community that believes in their capabilities makes all the difference. Encouraging them to take small steps toward self-sufficiency builds confidence. The more we empower them, the more they can contribute meaningfully to society.

### **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:

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### BANK DETAIL:

Account Number: 0000 0000 1478 4462 MCB Bank,  
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