

Newsletter ASDWT

July to September 2023

Hello everyone!

We are back to giving you an update on our activities in the last quarter.

In the first place, we have been successful in expanding our contacts with a much larger community of parents and teachers. We have had many training and counselling sessions with parents, both at our own premises and elsewhere like Hum Mashal e Rah, Gung Mahal and Darul Sukun in Rashidabad (near Tandoallayar).

Our work with teachers training has also been quite hectic and gratifying. Apart from conducting Specific Training Modules for teachers of different schools in Punjab and Sindh, we have also made great headway with TEVTA and PVTTC in the Punjab, as well as with Hunar Foundation in Karachi in creating awareness about neurodevelopmental disorders. We hope that by sensitizing trainers in vocational training institutions, there will be increased opportunities for appropriate vocational training facilities for adults with Neurodevelopmental conditions.

We have been successful in penetrating other organisations such as NOWPDP, UNICEF and Hashoo Foundation for training sessions with their staff. We are also conducting awareness programmes with the corporate sector. Two sessions were held with MCB employees at their Training Centre in Lahore.

A very inspiring Zoom session was held with Mr. Debashis Paul, renowned author of *I HAVE AUTISM AND LIKE TO PLAY BAD TENNIS*. Mr. Paul has written a wonderful book based on the life and experiences of his son Noel. Please do read the book.

Finally, we have had a lot of programmes on social media and have also uploaded some useful videos on our You Tube Channel. Please take a look when you have time.

All the best

Rukhsana Shah

Managing Trustee & CEO



General Awareness Sessions

Session With UNICEF (Zoom)

On 12th July 2023, ASDWT Lahore organized an Autism Awareness session for the team of UNICEF Islamabad on Zoom. The session commenced with a short introduction from the Chief of HR, UNICEF, Jevgeniya Barone, followed by presentations on Autism, ADHD and Sensory Processing Disorder by Ms. Rukhsana Shah, Ms. Sunehra Zaidi and Dr. Husna Albab respectively. A question and answer session was moderated by Dr. Humaira Irshad, Health Officer of UNICEF.



Awareness Session at MCB Centre, Lahore

ASD Welfare Trust Lahore organized two consecutive sessions on Autism, ADHD and Sensory Processing Disorder at the MCB Centre in Lahore for the employees of MCB. The session concluded with an active Q/A session whereby participants' queries and concerns were satisfactorily answered by the speakers. Mr. Saood Sadiq, Division Head of Learning and Development wing (HRMG) MCB Bank Limited hosted the event.



Awareness Session at NOWPDP

ASDWT Karachi was invited by NOWPDP for an Awareness session about Neurodevelopmental disorders for their trainers and therapists. Presentations on Autism, ADHD and Intellectual Disabilities were made by Dr. Salma Khalil, Mr. Moazziz Virk and Ms. Rao Umara Shahid. Ms. Fatima Jamil from NOWPDP and Dr. Salma Khalil COO ASDWT also discussed enhanced collaboration in the future between NOWPDP and ASDWT.



Workshop at Zeest Welfare Foundation, Lahore

ASDWT Lahore conducted an awareness session on 3rd August, 2023 at Zeest Welfare Foundation, a centre for children and adults with mixed disabilities. Ms. Alia Saleem, CEO attended the session along with parents and teachers. Training on Autism and ADHD was conducted by Ms. Ayesha Arooj and Ms. Sunehra Zaidi respectively.



Hashoo Foundation, Islamabad

ASDWT Lahore hosted an Autism Awareness Session for Hashoo Foundation in Islamabad. The event was attended by Hashoo Foundation's HR team and staff. The Foundation works to empower communities by using knowledge as capital for socio-economic growth. Ms. Rukhsana Shah, CEO of ASDWT gave a presentation on Autism and related neurodevelopmental conditions, followed by a Q&A session.

Facebook Live Session

On 7th July 2023 ASDWT Karachi hosted an online Facebook live session with Mr. Faizan Masood, Integrative Psychotherapist & Counselor, on "Awareness on Movement and Expressive Arts Intervention with Autism Spectrum Conditions". The session was attended by more than a 100 people.

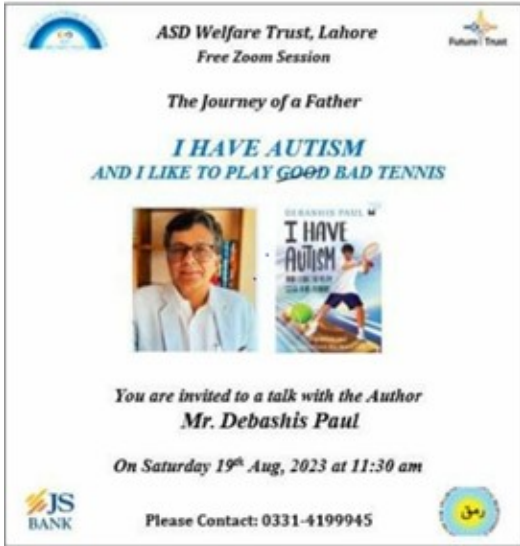


Workshop at Bunyad Foundation, Lahore

ASDWT Lahore organized an Awareness Session on Neurodevelopmental Disorders at Bunyad Foundation for their teachers, parents, and students. Ms. Farah Amanat, conducted a session on the symptoms and criteria of ADHD and Specific Learning Disabilities,. Ms. Ayesha Arooj gave a presentation on Autism while Dr. Husna Albab talked about The Power of Physical Activities in Schools. ASDWT is grateful to Ms. Shaheen Atiq-ur-Rehman, Chairperson of Bunyad Foundation and Ms. Bushra Qudsiya, Head of Admn. for arranging the event.



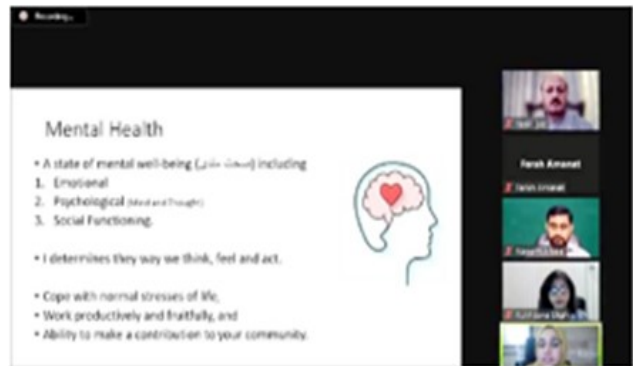
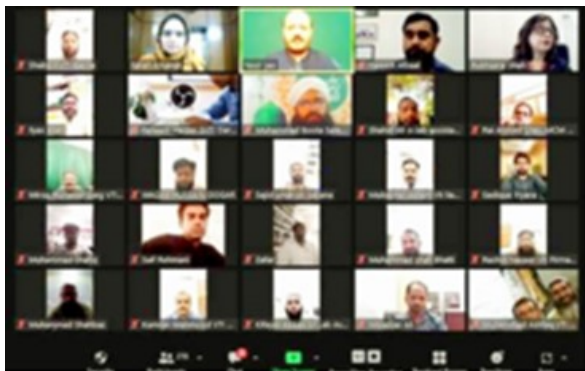
Talk by Mr. Debashis Paul on his book: "I Have Autism and I Like to Play Bad Tennis".



An inspiring and heart-touching webinar was held on 19th August, 2023 hosted by ASDWT Lahore. Mr. Debashis Paul is a professional management & marketing consultant in India. He is father of an autistic young man and a motivational speaker on awareness and understanding of autism. Mr. Debashis Paul talked about the journey of his son Noel. He said that the book is an attempt to alter the general view of autism, and most importantly, it serves as a handy guide for parents of neuro-diverse as well as neuro-typical children. It also emphasizes acceptance, respect and inclusion of persons with autism. Ms. Rukhsana Shah, CEO ASDWT, moderated the session and discussion.

Training Sessions with Punjab Vocational Training Council (PVTTC)

ASDWT Lahore organized two training sessions for Punjab Vocational Training Council (PVTTC) on 8th and 14th September 2023. PVTTC is the largest vocational training provider in the country having centres in all districts of the Punjab. The Zoom sessions were attended by more than 400 PVTTC Principals and Teachers from all over the province. The first session was conducted by Ms. Ayesha Arooj on Mental Health and Stress Management. The second session was conducted by Ms. Rukhsana Shah on Training and Employment of adults with Autism and I/DD. She emphasized that it is not difficult to extend training opportunities to these individuals, as long as trainers are aware of their unique characteristics and needs, and create structured transition plans, curriculum modifications and essential support strategies for their vocational trainings and job readiness. The sessions were followed by interactive Q&A session.



Government Training College for Teachers of Deaf (GTCTD), Gung Mahal, Lahore

Ms. Farah Amanat conducted an Awareness Session on Understanding Autism for teachers of Gung Mahal where she discussed the core features of autism, behavior and sensory issues faced by children with this disorder. She explained that students with speech issues and hearing problems could also have features of autism and related neurodevelopmental disorders and must be diagnosed properly for effective speech therapy and other interventions. Team ASDWT also visited the resource room of GTCTD and suggested areas for improvement and future collaboration.

ACELP Awareness Session

ASDWT Karachi was invited by The Association for Children with Emotional and Learning Problems (ACELP) for an Awareness Session on ADHD for their teachers and therapists. Signs, symptoms and causes was covered by Dr. Salma Khalil while Treatment & Management of ADHD was addressed by Ms. Rao Umara. Ms. Fatima Jamil from ACELP and Dr. Salma Khalil also discussed in detail the possibility of future collaboration.



Session at Step Ahead School

A training session on Autism and Interoception was conducted by ASDWT at Step Ahead, an inclusive school in Lahore. This session was attended by parents and teachers. Dr. Husna Albab gave a detailed presentation on interoception, its role in the sensory system and its relationship with autism. She discussed interoception profiling techniques and assessment criteria, and how to improve interoception awareness in children and adults with autism. Ms. Rukhsana Shah shared her own hands-on experience with daily life examples. Ms. Sadia Atif, Director of Step Ahead was very happy with the ASDWT team for introducing a new aspect to autism management.

Government Vocational Training Institute (TEVTA), Dev Samaj Road, Lahore

A seminar on awareness of neurodevelopmental disorders was conducted GVTI, the Teachers Training Institute of TEVTA. Ms. Ayesha Arooj made a presented on Autism while Ms. Farah Amanat conducted a session on ADHD and Specific Learning Disabilities (SLD). The session was attended by Trainers of the Institute and its Principal. It was followed by a Q&A session and discussion about the necessity of including people with disabilities in the workforce.



DARUL SUKUN, RASHIDABAD

An Awareness Workshop on Autism, ADHD and SLD was conducted by ASDWT Karachi at Darul Sukun, Rashidabad in Tandoallayar in September 2023. Dr. Salma Khalil, Ms. Rao Umara and Mr. Moazzaz Ali Virk conducted the session. Thanks to Ms. Rabia Naseem for inviting the team.



MoU Signing



Malir University of Science & Technology

ASDWT entered into a partnership with Malir University of Science and Technology. An MoU was signed on August 3, 2023 by Dr. Salma Khalil, COO, ASDWT Karachi and Prof. Dr. Fauzia Imtiaz from Malir University Karachi. ASDWT is looking forward to this collaboration with the university to enhance the capacity of professionals and help the community with neurodiversity.

Ghazali Education Foundation

ASDWT signed an MOU with Ghazali Education Foundation in Lahore to work together to train teachers for inclusive education in all Ghazali Foundation schools in Pakistan. The MOU was signed on August 15th, 2023, in Lahore by Ms. Rukhsana Shah, CEO ASDWT and Syed Aamir Mahmood, Executive Director-GEF. ASDWT looks forward to working with the Foundation's teachers and parents to build inclusive communities especially for persons with Autism and related disorders.



Capacity Building

Mr. Moazzaz Ali and Ms. Maryam Erum of ASDWT Karachi attended a one day training on Psychological First Aid conducted by Prof. Dr. Qudsia Tariq. It was an interactive training session in which participants identified evidence informed approaches on human resilience.



Visits and Meetings

Dawood Public School, Karachi



Team ASD Welfare Trust Karachi visited Dawood Public School, Center for special needs children. Ms. Kiran Khalid Head of Department facilitated the visit and explained about their current programme. They are providing need based therapies which including Behaviour, Speech, and Occupational Therapies, and Remedial Teaching.

MCB Centre, Lahore

ASDWT team visited MCB Centre, Lahore on 7th July 2023. Mr. Sauood Sadiq, Division Head of Learning and Development Wing (HRMG) greeted the team. Mr. Sauood appreciated the work of ASDWT. Ms. Tayyaba Najam, Unit Head of Women Empowerment & Protection and Mr. Rizwan Hameed, Senior HR officer also Joined the meeting. It was agreed that an Awareness Session for MCB employees will be held on 14th July at MCB Centre.



Cradle to Crayons Learning Centre

On 11th July,2023 ASDWT Lahore visited Cradle to Crayons Learning Centre for appraisal. The CEO, Ms. Mubashra briefed the Team about therapeutic services, ABA, SLP, OT, PT, Group Therapy, Pre-vocational and Vocational Trainings available at the Centre.



Zamzam Autism Center, Islamabad

On 14th July 2023 Dr. Salma Khalil, COO ASDWT Karachi visited Zamzam Autism Center in Islamabad. Dr. Shagufta Jabeen, Program Advisor gave details of services provided by the Center. These include early inter-vention programs and services in various vocational trainings The staff present was found to be well trained and dedicated. The age range for admission is 8 to 18 years.

Institute of Holistic Rehabilitation & Inclusion (IHRI)

On 18th and 25th July 2023 team ASDWT Karachi comprising of Dr. Salma Khalil, Ms. Rao Umara, Mr. Moazzaz Ali and Ms. Ravieah (Intern) visited two different branches of Institute of Holistic Rehabilitation & Inclusion (IHRI) at Korangi and Muslimabad, Karachi for children with special needs. Ms. Suman, and Mr. Saad facilitated the separate visits and explained their work which includes therapies for children aged 3 to 14 years. They also provide physiotherapy services to clients of all ages. ASDWT appreciated Mr. Razzak Pardesi's philanthropy in establishing well equipped centers for under privileged communities in Karachi.



Child Protection & Welfare Bureau, Lahore.

ASDWT team visited Child Protection & Welfare Bureau, Lahore on 25th July'23. Mr. Shafiq Ratyaal, Officer Incharge and Ms. Maria Hussain of Psychology Department briefed the Team about their projects. They are present in every district of the Punjab looking after abandoned children and orphans. In Lahore, they have 500 children up to the age of 18 years. They have in-house school till 8th class, medical facility, psychology section for child's assessment etc. Ms. Rukhsana Shah, CEO ASDWT offered Awareness sessions of Autism & related disabilities for teachers and caregivers. Later the Team visited various departments.

Institute for Special Needs, Hum Mashal-e-Rah

On 18th August'23 ASDWT team was invited to Open Day at Institute for Special Needs of Hum Mashal-e-Rah (HMR), an NGO working with the Punjab Department of Social Welfare. HMR has revamped facilities of Maskan, Nasheman and Gosha e Afiat at the Social Welfare Complex in Lahore. This Institute is a new initiative of HMR, providing state of the art facilities for adults with mixed disabilities, providing therapies and training on independent living skills. ASDWT team appreciated this initiative and wished them success for their Project.



Sapphire Fibres Lahore

On 20th July ASDWT Lahore visited Sapphire Fibres Office for meeting with Ms. Ayesha Abdullah, Director Abdullah Foundation. Ms. Rukhsana Shah gave a brief introduction of Trust's work. She emphasized the importance of awareness and sensitization in every section of society. Ms. Ayesha took keen interest and agreed to do more work on this in the near future.



Impact Autism Care Center

ASDWT Lahore visited Impact Autism Care Center on 26th July 2023. Mr. Mustafa Khan, Clinical Coordinator and Mr. Asif Salamat, Admin Manager were the resource persons. Institute have two slots; they cater to individuals with Autism Spectrum Disorder, mixed disabilities and summer camp for individuals with Dyslexia. The institute is introducing parent empowerment group and expressed interest in coordinating with ASDWT for this purpose.



The Efforts School

ASDWT Karachi Team with Mr. Moazzaz Ali, Ms. Rao Umara and Ms. Maryam Erum visited The Efforts School in Garden Area. Ms. Ishrat Arshad Special Educator briefed them on the therapies being provided to children, as well as physiotherapy services to clients of all ages.



Meetup to Learn

FREE

Attiya Inam <small>Associate professor, HoD Textiles Design, Govt. Graduate degree college for women gulberg Lahore</small>	
Rukhsana Shah <small>Founder of Autism Welfare Trust Lahore, Retired federal secretary of gov. Pakistan.</small>	
Dr Aiesha Malik <small>Clinical physiotherapist, Certified Hijama therapist, Acupuncture/dry needling practitioners, Chiropractor</small>	
Nuzhat Rubab <small>Regional Manager special olympics pakistan</small>	

Date: 23-9-2023
Time: 10.30 to 2.00
Day: Saturday

Parents & Professionals are welcome

Venue: 35-A, FCC, Gulberg, Lahore

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+92 3344407244

Meet Up to Learn at Hum Mashal-e-Rah

A Parent's Meeting was organised by Hum Mashal-e-Rah on September 23rd, 2023. The guest speakers provided insight into the various topics. Ms. Attiya Inam, Associate Professor at University of Home Economics talked about the impact on Siblings of persons with Special Needs. Ms. Rukhsana Shah gave a brief overview of puberty and adolescence in Autism. Ms. Nuzhat Rubab, Regional Manager Special Olympics Pakistan discussed the role of Special Olympics in the lives of differently abled individuals and Dr. Aiesha Malik, Clinical Physiotherapist & Certified Hijama Therapist, talked about the benefits of Hijama and Acupuncture on persons with Autism and Special Needs.

The Hunar Foundation

On 20th September 2023 Dr. Salma Khalil and Mr. Moazzaz Ali met with Mr. Ali Faraz, COO Hunar Foundation in Korangi, Karachi to discuss on ways to develop vocational programmes at Hunar Foundation to help adolescents with Autism. Ms. Qirat assisted Team ASDWT with a detailed visit of the departments including RAAS Institute of Emerging Technologies. They are providing different vocational training courses including Mechatronics (Robotics), Advance Web Application Development, Amazon Virtual Assistant, Graphics- Print (Level-3), Cyber Security, Digital Marketing & SEO. Special certification-based courses for females include Stitching, Fashion Design, and Beautician. Financial assistance is provided by donors for many students. Hunar Foundation COO agreed to ASDWT proposal of sensitizing trainers on neurodevelopmental disabilities.



Cafe Khanabadosh, Hyderabad

On the way to "Rashidabad" dated 27th Sept. 2023 Team ASDWT visited Cafe Khanana Badosh on invitation of Ms. Amar Sindhu. Team ASDWT Karachi not only enjoyed the talk of Author Mr .Nazir Mehmood, Educationist & Writer and Ms. Amar Sindhu but got opportunity to exchange views with members of HRCF. It was a informative conversation for our young team members.



Sargodhians Institute of Professional Development

On 28th September, Dr. Salma met Executive Director SIPD Mr. Makhdoom Jehanzeb Aziz and Ms. Asifa Sohail at Rashidabad. Purpose of meeting was to train and built capacity of mainstream school teachers to identify children with Neurodevelopmental disorders.



KVTC, Karachi

Dr. Salma Khalil attended the Graduation Ceremony of differently abled skill certified students of Karachi Vocational Training Centre on 30th September 2023. Syed Murad Ali Shah, Ex-CM of Sindh presented medals to the Graduates.








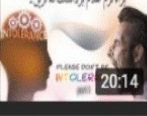



Videos Uploaded For Awareness about Neurodevelopmental Disorders On ASDWT YouTube Channel:

<https://www.youtube.com/channel/UCxHjIqN09uV87pIWLxBiDOA>

DATE	TOPIC	Thumbnails
31 July, 2023	Awareness about Autism in Sindhi by Dr. Bakhtawar Signs and Symptoms of Autism	
10 August, 2023	Lets help the kids with their favorite toys Message by Dr Salma Khalil COO ASDWT Karachi	
18 August, 2023	Difference between psychologist and psychiatrist psychologist vs psychiatrist in urdu by ASDWT	
21 August, 2023	Importance of Sex Education by Dr. Salma Khalil ASD Welfare Trust ASDWT Karachi	
29 August, 2023	What is adhd in urdu ADHD in Children and Adults Symptoms, Diagnosis, and Treatment by ASDWT	
8th September, 2023	Types of disabilities in Urdu Learning disabilities Autism ADHD Specific learning disabilities	
15 September, 2023	Public Message by ASD Welfare Trust in Punjabi for Awareness about Neurodevelopmental Disorders	
22 September, 2023	Depression and Neurodevelopmental Disorders in Urdu ASD Welfare Trust	

VIDEOS Uploaded on BTL TV Channel:

<https://www.youtube.com/@btltv>

	Aap ki sehat Conduct disorder BTL tv Programe 20... Join this channel to get access to perks: https://www.youtube.com/channel/UCV9ai1L_ot7fQR0L...	Public	\$ On	None	Aug 4, 2023 Published
	Aap ki Sehat Types of Parenting Styles and Effects O... Join this channel to get access to perks: https://www.youtube.com/channel/UCV9ai1L_ot7fQR0L...	Public	\$ On	None	Jul 28, 2023 Published
	Aap ki Sehat Types of Parenting Styles and Effects O... Join this channel to get access to perks: https://www.youtube.com/channel/UCV9ai1L_ot7fQR0L...	Public	\$ On	None	Jul 21, 2023 Published
	Aap ki sehat HEPATITIS DAY Dr. Salma Khalil BTLtv ... Join this channel to get access to perks: https://www.youtube.com/channel/UCV9ai1L_ot7fQR0L...	Public	\$ On	None	Jul 28, 2023 Published
	Aap ki Sehat Hepatitis BTLtv 2023 Join this channel to get access to perks: https://www.youtube.com/channel/UCV9ai1L_ot7fQR0L...	Public	\$ On	None	Aug 10, 2023 Published
	Aap ki sehat Why does intolerance arise and how ca... Join this channel to get access to perks: https://www.youtube.com/channel/UCV9ai1L_ot7fQR0L...	Public	\$ On	None	Sep 18, 2023 Published
	Aap ki sehat How does the human mind become suici... Join this channel to get access to perks: https://www.youtube.com/channel/UCV9ai1L_ot7fQR0L...	Public	\$ On	None	Aug 18, 2023 Published
	Aap ki sehat Why does intolerance arise and how ca... Join this channel to get access to perks: https://www.youtube.com/channel/UCV9ai1L_ot7fQR0L...	Public	\$ On	None	Sep 18, 2023 Published
	Aap ki sehat How does the human mind become suici... Join this channel to get access to perks: https://www.youtube.com/channel/UCV9ai1L_ot7fQR0L...	Public	\$ On	None	Aug 25, 2023 Published

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