



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

- **January**
- **February**
- **March**

Preview



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2023 – January

- Training Session on Reinforcement and Attending Skills
- Celebrating the Achievements of Our Bright Stars
- Fun Fair Day at ARCL



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2023 – February

- ARCL's 8th Anniversary
- Dental Awareness Camp
- Free Consultancy and Educational Camp



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2023 – March

- Orange Day
- Sports Gala
- Teaching Emotions Through Engaging Activities

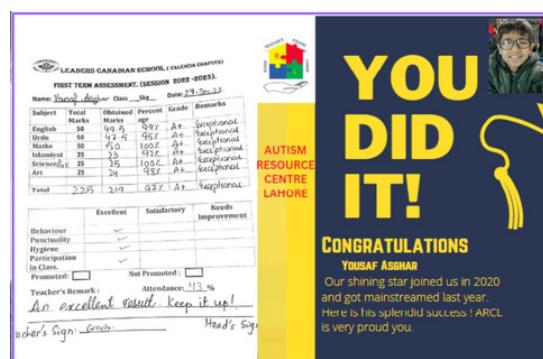
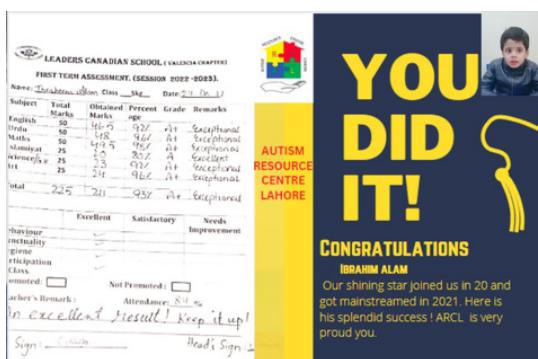
Training Session on Reinforcement and Attending Skills

ARCL remains committed to providing hands-on training for parents and professionals to enhance their understanding of special needs education. Our Director, Syeda Mahwish Raees, conducted an engaging and interactive lecture on "Reinforcement and Attending Skills" with placement students from the University of Lahore. The session covered crucial aspects of Applied Behavior Analysis (ABA), including how reinforcement can be used to teach new skills and manage behaviors effectively. Additionally, students learned how to create an Individualized Education Plan (IEP) and strategies for managing children with special needs. It was an enriching experience for the future clinical psychologists, equipping them with essential skills to make a difference in the lives of children with autism.



Celebrating the Achievements of Our Bright Stars

At ARCL, we take immense pride in the progress and accomplishments of our students. The results of our bright stars reflect the dedication and hard work of both the children and their therapists. We highly appreciate the relentless efforts of our therapists, whose commitment and expertise play a crucial role in the development of our students. Every milestone achieved by our children is a testament to the power of early intervention, structured therapy, and unwavering support from both professionals and parents.



Fun Fair Day at ARCL

IARCL organized a delightful Fun Fair Day, where our children had an unforgettable time filled with laughter, music, and exciting activities. They enjoyed playing in the jumping castle, indulging in delicious cupcakes, and dancing to cheerful tunes. The event was a beautiful reminder of the importance of inclusive recreational activities, allowing children with special needs to express themselves freely. We extend our heartfelt gratitude to the ARCL team members whose efforts made this event a resounding success, creating cherished memories for our children and their families.



8th Anniversary Celebration and Excellence Awards

On the joyous occasion of ARCL's 8th anniversary, we celebrated the dedication and hard work of our incredible staff. Yearly Excellence Awards and Appreciation Certificates were presented to our team members in recognition of their outstanding performance and commitment to making a difference in the lives of children with autism. The event was a testament to the relentless passion and teamwork that drive ARCL's mission forward. We sincerely thank every member of our team for their continuous devotion, ensuring that ARCL continues to be a beacon of hope for children with special needs.



Dental Awareness Camp: Promoting Oral Hygiene

Good oral health is essential for overall well-being, and ARCL, in collaboration with the Pakistan Association of Dental Students, organized a dental awareness camp. The session educated parents on the importance of teeth brushing, cavity prevention, and gum disease management. A team of dentists conducted oral examinations for our students, checking for cavities, plaque, and dental hygiene concerns. As a special gesture, Colgate toothpaste sponsored gifts for the children, reinforcing the importance of maintaining good oral health habits. It was a valuable initiative, ensuring that our children receive the best care for their dental hygiene.



Free Consultancy and Educational Camp

Helping one person might not change the entire world, but it can certainly change their world. ARCL organized a free consultancy and educational camp to provide essential guidance and support to parents and caregivers. Our dedicated team of professionals worked tirelessly to make this initiative successful, offering expert advice and resources for families navigating the challenges of raising children with special needs. The camp served as a bridge, connecting families with valuable knowledge and strategies to enhance their children's learning and development.



Celebrating Orange Day with Enthusiasm

Colorful and vibrant events foster engagement and joy among children, and Orange Day at ARCL was a lively celebration filled with exciting activities. The event aimed to create sensory experiences while promoting creativity and social interaction. Our children participated in various fun-filled tasks that encouraged self-expression and confidence. Orange Day was more than just a color-themed event; it was a heartwarming experience that brought smiles and happiness to our little champions.



Sports Gala: Encouraging Physical and Social Development

Physical activities play a crucial role in the development of fine and gross motor skills, self-independence, and social confidence. ARCL arranged a Sports Gala for our special needs children, where they enthusiastically participated in basketball, football, target throwing, cricket, cone races, frog races, and a challenging obstacle course. These activities not only enhanced their physical abilities but also boosted their self-esteem and teamwork skills. The Sports Gala was a powerful reminder of how sports can empower children with special needs, helping them develop coordination, discipline, and a sense of achievement.



Teaching Emotions Through Engaging Activities

Understanding and managing emotions is an essential life skill, especially for children with special needs. ARCL designed specialized activities to teach children how to identify, express, and harness their emotions in positive ways. These exercises focused on helping them recognize different feelings, respond to social situations appropriately, and develop emotional resilience. By integrating interactive and therapeutic activities, we aim to equip our children with the ability to navigate their emotions effectively, fostering personal growth and overall well-being.





AUTISM AWARNESS MESSAGE

utism is not a disease; it's a different way of experiencing the world. Embracing neurodiversity helps create an inclusive society where everyone is valued for their unique strengths and abilities. Instead of trying to "fix" autistic individuals, we should focus on understanding and supporting them. A little kindness and patience can go a long way in making them feel accepted.

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.**