

Newsletter ASDWT

January to March, 2026

Hello everyone!

At the end of last year, ASDWT signed an MoU with Marie Stopes Society to implement their AMAZE Project for Safe Reproductive Health. Under the MoU, ASDWT along with other partners delivers lectures on SRH in different institutions and special education centres to improve knowledge of SRH and access to Reproductive Health Services among young persons.

There are estimated to be 21 million pregnancies in young girls between the age of 15 to 19 in developing countries. Half of these are unintended, and 58% result in abortions, which may be unsafe. At the same time, dissemination of information and discussions on HIV, Sexually Transmitted Infections (STI) and other topics related to sexual health are considered taboo in many societies, making it difficult for young persons to make important choices relating to reproductive health.

The AMAZE Project is centered around lectures and videos on different aspects of SRH, from self-care during puberty to sexual and reproductive health rights of Persons with Disabilities. Under the Project, ASDWT Karachi conducted 15 training sessions in three months at different institutions in Karachi, Hyderabad and Badin.

This quarter also saw ASDWT reaching out to different religious forums. Two Awareness sessions were conducted for St. Andrew's Church Faisalabad and St. Andrew Peter's Church at Kot Lakhpat n Lahore, while another session was held at Darul Uloom, Jamia Naeemia in Lahore.

In the end, let us continue to pray for Iran and the Axis of Resistance against the US and its despicable allies.

God Bless you.



Awareness Sessions, Trainings and Webinars

Sessions in Kohi Goth College of Nursing and Midwifery

ASDWT Karachi, held a number of awareness sessions on 9th, 16th and 23rd January, 20th February, and 6th March 2026 for Midwifery students at Kohi Goth College of Nursing and Midwifery. Topics discussed included Mental health, Autism, ADHD, Specific Learning Disorders and other neurodevelopmental disorders. Mr. Ataulah Chaudhry and Mr. Moazzaz Ali focused on the importance of identifying challenges commonly faced by neurodiverse children and their management. Ms. Sadia Jawaid conducted a session on Diet and Nutrition for children with special needs. ASDWT appreciates Kohi Goth College of Nursing and Midwifery for extending their continued assistance and collaboration in advancing mental health education and awareness.

Participants: 414



Dar ul Uloom, Jamia Naeemia

On 12th January 2026, ASDWT Lahore conducted an awareness session at Dar ul Uloom, at Jamia Naeemia) on Introduction to Learning Disabilities, ADHD, and Autism. The session focused on Red flags and early indicators, diagnostic criteria, fundamental support and management techniques. Such sessions of awareness are essential for the early detection, acceptance, and efficient assistance of people with neurodevelopmental disabilities. Ms. Nabeera Andleeb, Principal facilitated the session.

Participants: 100x3=300





Training on Autism Assessment Tools

In collaboration with Ms. Tahira Sufi, Principal of Learning Hub, ASDWT Lahore held a customized training workshop on January 15, 2026. Mr. Muhammad Saeed, clinical psychologist ASDWT, conducted the workshop on Autism evaluation techniques. The goal of this training was to improve professionals' ability to accurately identify children with autism and be able to provide them with better care.

Participants: 8



ABC Montessori School

On 16th January 2026, ASDWT Lahore conducted an awareness session on "ASD Management for Parents" at ABC Montessori School, Mughalpura, Lahore. Ms. Humaira Akbar described the fundamental learning difficulties that autistic children have and offered at-home solutions to improve behavior, social interaction, communication, and daily life skills. The session was facilitated by Ms. Bisma Amir, CEO ABC Montessori.

Participants: 30

SCINOSA Workshop

On 17th January 2026, ASDWT Karachi conducted an awareness session at SCINOSA for mothers and teachers under MSS Project AMAZE SRH. The session focused on Understanding Puberty and What is Bullying? These subjects were covered in order to raise awareness on their potential effects on mental health and increase understanding of how to teach young girls about changes during puberty, self-care, and emotional well-being. Ms. Sadia Hassan led the session, while Mr. Moazzaz Ali provided the technical support.

Participants: 36



Workshop at JS Deaf Academy

On 22nd January 2026, ASDWT Karachi conducted a training workshop for mothers of deaf girls and their teachers at JS Deaf Academy under MSS Project AMAZE SRH. Ms. Sadia Hassan and Ms. Sadia Jawaid conducted two sessions on: Bullying, and Understanding Puberty, and teaching young girls about changes during puberty, self-care, and emotional well-being.

Participants: 19x2=38





Workshop for SRSC

In collaboration with Special Olympics Pakistan, ASDWT Karachi held an educational session for mothers of children with disabilities on January 20, 2026, at the Society for the Rehabilitation of Special Children (SRSC), as part of MSS Project AMAZE SRH. Taking Care of Your Body During Adolescence and Understanding Menopause were discussed. Ms. Sadia Jawaid informed the mothers of children with disabilities how to inculcate self-care, physical health and emotional well-being in them. .

Participants: 45

St. Andrew Catholic Church, Faisalabad

A Community Awareness Session was conducted on January 21, 2026 by ASDWT Lahore for St. Andrew Catholic Church Gokhuwal, Faisalabad on Autism, Attention Deficit Hyperactivity Disorder (ADHD) and Specific Learning Disabilities. The signs, symptoms, diagnostic standards, and fundamental management techniques were explained to the participants by ASDWT team. ASDWT appreciates Mr. Basharat Iqbal for facilitating engagement with the community.

Participants: 30x3=90



Karachi Public School

On January 27th, 2026, ASDWT Karachi conducted an awareness session for female students under the MSS Project AMAZE SRH. The session focused on "Top signs of puberty in girls and taking care of the changing body" and was conducted by Ms. Sadia Hassan and Ms. Sadia Jawaid. ASDWT thanks Karachi Public School for their collaboration and support.

Participants: 93



Pakistan Fisherfolk Forum (PFF)

In cooperation with DevCon and the Pakistan Fisherfolk Forum (PFF), ASDWT Karachi held a training session at Muhammad-1 School Awami Colony on January 27, 2026. Attaullah Chaudhry led the discussion on the "Importance of Mental Health and Understanding Human Behavior." The conversation centered on typical mental health issues that young people in cities deal with, like stress, anxiety, and peer pressure.

Participants: 35



Genius World School Hyderabad

On January 29th, 2026, ASDWT Karachi, in collaboration with Genius World School Hyderabad, conducted an awareness session for teachers under the MSS Project AMAZE SRH. Mr. Attaullah Chaudhry led the session on bullying and its prevention, along with effective communication. Participants: 22



Soneri Bank

On 12 February 2026, ASDWT Karachi conducted an awareness session on neurodevelopmental disorders at Soneri Bank (PNSC), Karachi. Specific Learning Disorders (SLDs), Autism and Attention Deficit Hyperactivity Disorder (ADHD) were covered by the Team. All the bank employees participated in the session. ASDWT appreciates Ms. Areeba Rashid, Assistant Manager, Corporate Communications and Marketing. Soneri Bank for invitation to conduct the session.

Participants: 27



St. Andrew Peters Church, Kot Lakhpat, Lahore

On 12th February 2026, ASD Welfare Trust Lahore conducted an awareness session at St. Andrew Peters Church, Kot Lakhpat, Lahore. Presentations were made on Autism, and ADHD (Attention deficit hyperactivity disorder) covering signs and symptoms, diagnostic criteria, and fundamental treatment techniques. ASDWT appreciates Fr. Ayub Masih for providing an opportunity to interact with the congregation. Participants: 31x2= 62

Badin Rural Development Society (BRDS)

On 14th February, 2026, ASDWT Karachi, in collaboration with Badin Rural Development Society (BRDS), conducted an awareness session for teachers under the MSS Project AMAZE SRH. The session led by Mr. Attaullah Chaudhry, focused on signs of bullying, their effects, and prevention. ASDWT appreciates Badin Rural Development Society BRDS for their continued collaboration and support. Participants: 29



NJW Grammar School

On 14th February, 2026, ASDWT Karachi in collaboration with NJW Grammar school conducted an awareness session for teachers under the MSS Project AMAZE SRH. Presentations were made by Ms. Sadia Jawaaid and Mr. Moazzaz and they explained Bullying and practical prevention strategies, Consent and communication. Participants: 43





Workshop in Darul Sukun

On 2nd February, 2026, Team ASDWT Karachi conducted an awareness session for Care Givers and Special Educators on Key Signs of Puberty in Girls and a separate session on Bullying. The awareness session and video demonstration were part of the MSS Project AMAZE on Safe Reproductive Health.

Participants: 28

Karachi Public School

On 3rd February, 2026, Team ASDWT Karachi, in collaboration with Karachi Public School, conducted a session for parents and teachers under the MSS Project AMAZE SRH. Ms. Sadia Hassan and Mr. Attaullah Chaudhry explained Consent and Effective Communication, Bullying and Prevention.

Participants: 55



Pakistan Center of Autism (PCA)

On 7th and 11th February, 2026, ASDWT Karachi conducted an awareness sessions for Therapists at PCA under MSS Project AMAZE SRH. Ms. Sadia Hassan conducted the sessions and focused on identifying the top signs of puberty in girls and how to maintain hygiene during that time.

Participants: 54



Habib School Badin

On 16th February, 2026, ASDWT Karachi, conducted an awareness session for parents and teachers at Habib School Badin, under MSS Project AMAZE SRH. The session led by Mr. Attaullah Chaudhry focused on Bullying, Signs, Effects and Prevention.

Participants: 18

IRM Smart School - Mohlanwal, Lahore

On February 16, 2026, Team ASDWT Lahore conducted an awareness session on Autis, ADHD and Learning Disabilities at IRM Smart School, Mohlanwal, Lahore.

Participants: 21x3=63



The Renaissance School Badin

On 17th February, 2026, ASDWT Karachi, conducted an awareness session for parents at The Renaissance School Badin, under the MSS Project AMAZE SRH. The session led by Mr. Attaullah Chaudhry focused on Consent and Communication in the context of Reproductive Health Care.

Participants: 20





Rupani Foundation ELM Center Zulfiqara-bad Tutial, Gilgit

On 25th February'26 ASDWT Lahore, in collaboration with Rupani Foundation Gilgit, conducted an online awareness session for students of the ECD Diploma Course at Hunza center and Gilgit center. ASDWT team highlighted ASD, ADHD and Specific Learning Disabilities. Participants were guided on diagnostic criteria, red flags, early identification, and practical classroom management strategies to support children with diverse learning needs. ASDWT specially thanks Ms. Pari Bano, Sr. Manager Academics Rupani Foundation Gilgit for her assistance and support.

Participants: 77x3=231

Universal Public School Badin

On 3rd March, 2026, ASDWT Karachi conducted an awareness session for teachers of Universal Public School in Badin under the MSS Project AMAZE SRH. The session led by Mr. Attaullah Chaudhry, focused on Mental Health and Bullying. Participants: 22



Marie Adelaide Leprosy Centre, Badin

On 10th March, 2026, ASDWT Karachi, in collaboration with MALC Badin, conducted an awareness session for parents under MSS Project AMAZE SRH. Mr. Attaullah Chaudhry conducted session on Bullying and it's Prevention in schools.

Participants : 19

Learning Hands Rehabilitation Center Karachi

On 14th March, 2026, Team ASDWT Karachi conducted an awareness session at Learning Hands Rehabilitation Center in Model Colony, Karachi under the MSS Project AMAZE SRH. Ms. Sadia Hassan and Mr. Moazzaz Virk explained signs of puberty in girls and taking care of their body and Sexual and Reproductive Health Rights of Young People with Disabilities.

Participants: 18



Visit to IHRI, Lyari

On 5th January 2026, ASDWT Karachi participated in medical camp arranged by the Institute Of Holistic Rehabilitation and Inclusion (IHRI) in Lyari. During the event, the IHRI team conducted screening and parental counseling along with the ASDWT Team and had sessions for the community. We are grateful to Mr. Shoaib Ghaziani (Director IHRI) for providing us an opportunity of working with the IHRI.





Visit to Special Olympics Pakistan

On 6th January 2026 team ASDWT Visited Special Olympics Pakistan (Dr. Salma Khalil, Ms. Sadia Hassan & Mr. Moazzaz Ali) for chalking out a structured training programmes for coaches of SOP.



Career Fair at Suffa University

On 15th January 2026, ASDWT Karachi organised an awareness and guidance booth at the 6th DSU Career Fair 2026, held at DHA Suffa University. The team engaged with students to provide guidance and awareness on Neurodevelopmental Disorders, with a special focus on ASD. The booth served as an informative platform for Psychology students, where the discussion centered around career pathways in mental health, clinical practice, and developmental services.

Able Autism Clinic Lahore

ASDWT Lahore visited Able Autism Clinic WAPDA Town on 17 February'26. Ms. Anum Zeeshan, CEO welcomed ASDWT team and gave a tour of the clinic. More than 30 neurodivergent children are taking therapies at affordable rates in the clinic. IEP Plans are also made for them. They are also offer vocational classes.



Visit to Gulshan Public School Karachi

ASDWT Karachi, visited Gulshan Public Secondary School in Gulshan-e-Iqbal, Karachi on 19 January 2026, on the invitation of Ms. Nadia Ali (Principal). During the visit both parties discussed potential future collaborations and strategies for raising awareness about neurodevelopmental disorders and management in schools.



Visit to Umeed Gah Karachi

Dr. Salma Khalil Vice Chairperson ASDWT and Karachi team visited Umeed Rehabilitation Welfare Trust on 19 January 2026, on the invitation of Ms. Salma Bahadur (President of Umeed Gah). During the discussions, possibilities were explored for collaboration and strategies to raise awareness about neurodevelopmental disorders and their management. ASDWT appreciates efforts of the Umeed Rehabilitation Welfare Trust's leadership for fostering a supportive environment for differently-abled individuals.

WHO Workshop

On 28th January'26 ASDWT Karachi attended a Workshop on "Need to Measure Early Child Neurodevelopment" at Auditorium Agha Khan University Karachi under the aegis of World Health Organization. WHO has developed an open access tool "Global Scales for Early Development (GSED)" to measure development from 0 to 36 months across cultures.



Book Launch, Lahore

On 27th February'26 Prof. Dr. Abdul Hameed's book "Strategies of Inclusive Teaching" had a formal launching ceremony organized by the Ghazali Education Foundation. ASDWT team attended the event. Distinguished speakers, such as Prof. Dr. Khalid Mahmood, Pro Vice Chancellor of PU, Prof. Dr. Muhammad Shahid Farooq Chaudhry, Dean of the Faculty of Education PU, Dr. Izhar-ul-Haq Hashmi, Dr. Afaf Manzoor, and Ms. Khawar Sultana offered their perceptive and observations on Inclusive Education. Dr. Abdul Hameed is an icon in the Disability Movement in Pakistan, and his book is a great resource for schools aiming to create an inclusive environment.



Visit to Badin Institute of Nursing

On March 11, 2026, ASDWT Karachi visited the Badin Institute of Nursing and Allied Health Sciences (affiliated with Liaquat University of Medical and Health Sciences). The team had a productive meeting with Mr. Roshan Ali Chandio (CEO & Principal).



Transformation Wellness Clinic Karachi

On 16th March, 2026, ASDWT Karachi visited Transformation Wellness Clinic to strengthen collaboration, explore training opportunities, and share valuable resources for support of children with special needs.

Training Session on Capacity Building of NGOs

ASDWT Team attended Punjab Charity Commission's Training Workshop for NGOs on 31st March 2026. Colonel Shehzad Aamir, CEO, PCC explained the framework of the Punjab Charity Commission and its work with NGOs. Other speakers gave presentation on different topics related to effective governance of NGOs.



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