

# Newsletter ASDWT

July to September 2025

Hello everyone!

This quarter we focused on the health sector and engaged with around 2200 nurses and 160 doctors and health workers, conducting a series of awareness sessions on Autism, ADHD, Specific Learning Disabilities and Neurodevelopmental disorders.

We provided training sessions to three batches of post graduate nurses at the Punjab Postgraduate College of Nursing in Lahore with 912 nurses benefitting from the training. In Faisalabad, sessions were conducted for 105 medical professionals and students of Aziz Fatima (Memorial) Hospital. In Multan, we conducted trainings for 48 health professionals, and in Layyah, we trained 135 nurses of Abbas Institute of Medical Sciences.

Awareness sessions were also conducted for 80 health professionals at the Punjab Institute of Public Health, and 294 nurses of Sehhat Foundation School of Nursing College, at Danyor in Gilgit.

In Karachi, ASDWT conducted 9 training sessions for 585 nurses of Nursing College of Kuhu Goth Women's Hospital, while 3 sessions were conducted at the Malir University College of Nursing & Midwifery for 195 participants.

The impact of engaging with nurses and health professionals will have a snowballing effect as the number of children identified and diagnosed with Autism and related disorders will increase manifold, paving the way for early intervention and improved prognosis.

There are many orphanages being run by welfare organisations in Pakistan. ASDWT has embarked upon a series of visits to different orphanages to see what kind of environment is being provided, and if there are any services available for children with special needs. We have conducted awareness sessions on disability with some of these who were interested.

However, we noticed that the Standards notified by the PTI government in 2021 are not being followed in terms of security, CCTV cameras, congenial environment etc. in many orphanages and would like readers like yourselves to demand implementation of proper standards. This is especially important in the context of a recent report of abused orphans in a Sahiwal orphanage.

Lastly, the US government's recommendations on MMR vaccines not being mandatory has put a big question mark on the vaccines given to infants, and parents of children with Autism are particularly concerned. On the face of it, the decision seems to be political rather than based on medical. However, we would request the Pakistan Paediatrics Association to clarify the matter at the earliest and hope that parents too will vocalise their concerns.

All the best,  
Rukhsana Shah



## Awareness Sessions, Trainings and Webinars

### Postgraduate College of Nursing Punjab, Lahore

Team ASDWT, Lahore conducted a series of Neurodiversity Awareness Sessions on 1st, 3rd and 7th of July 2025 for Postgraduate College of Nursing Punjab, Lahore with Presentations on ASD, ADHD and Learning Disabilities, their signs and symptoms, etiology and management strategies. The sessions were attended by students of B.Sc. Nursing, First Professional, Second Professional and Post Graduate Basic Disciplines. We are thankful to Professor Razia Bano, Principal, Postgraduate College of Nursing for providing us the opportunity to engage with the Nursing community of Punjab. Participants: 101x3 sessions = 304 x 3 days = 912 3 different batches over 3 days = 912



### Special Olympics Pakistan (Sop)

On July 3rd, 2025, Mr. Moazzaz Ali, Ass. Cli. Psychologist, ASDWT, Karachi, conducted a session on Stress Management. The event was organized in collaboration with Special Olympics Pakistan (SOP) at the SOP Guest House in Karachi. The session drew positive feedback from parents of children with neurodiversity. This initiative was part of Autism Awareness Month 2025, focusing on stress management for parents of children with special needs.

Participants: 19



### Kuhi Goth Women's Hospital

ASDWT organized a series of awareness sessions on 9th & 23rd July at Kuhi Goth Women's Hospital, Malir. Presentations on Attention Deficit Hyperactivity Disorder (Mr. Attaullah), Specific Learning Disorders (Mr. Moazzaz Ali), and Oppositional Defiant Disorder (Ms. Sadia Hassan) were made by the ASDWT Karachi Team.

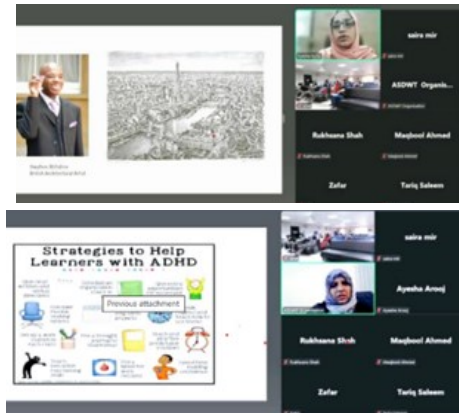
On 8th August and then on 12th & 19th September 2025, these sessions were conducted again for a different group of students at the hospital, along with a comprehensive session on Mental Health, Inclusive Community Care (Dr. Salma Khalil), and advocacy for neurodevelopmental conditions and mental disorders.

On 26th September 2025, two sessions on Specific Learning Disorders and ADHD were conducted at the hospital, and a separate session on SLDs at the School of Nursing & Midwifery for Midwifery students.

These awareness sessions for Nurses and Midwives will go a long way in helping to improve early identification and timely interventions for children with Autism and related Neurodevelopmental disorders in Sindh.

Participants: 65x9 sessions = 585





## Aziz Fatimah Hospital, Faisalabad (Zoom)

On 11th July, 2025 ASDWT conducted an online session for Aziz Fatimah Hospital, Faisalabad on "Understanding Neurodevelopmental disorders". Clinical Psychologist Ms. Ayesha Arooj shared key insights into Autism Spectrum Disorder and Learning Disabilities. Health Psychologist Ms. Sunehra Zaidi explained management strategies for Attention Deficit Hyper Activity (ADHD). The session was attended by Consultants, Post-graduate Residents and Final Year medical students. ASDWT is thankful to Dr Hina Ayesha, Professor of Pediatrics and Pediatric Endocrinology at AFH for arranging the session. Participants: 35 x 3 sessions—105



## Tamir Welfare Organization, Tanzim-ul Lisan, Zunurain Foundation, Faisalabad. (Zoom)

An online Zoom session for parents and professionals was organised by ASDWT on 16th July, 2025, in collaboration with Tamir Welfare Organization and Tanzim-ul Lisan, Zunurain Foundation, Faisalabad. Ms. Ayesha Arooj provided important information on Autism spectrum disorder (ASD), while Ms. Sunehra Zaidi described Attention Deficit Hyper Activity (ADHD). A Q&A session followed the presentations. Participants: 50 x 3 sessions = 150

## Malir University, Karachi

On 22<sup>nd</sup> July, 2025, ASDWT organized two sessions at Malir University, Karachi, aimed at enhancing mental health awareness among students.

Team ASDWT conducted the sessions on Depression and Anxiety, and Intellectual Disability and Down Syndrome, focusing on early identification, inclusive care, and advocacy for neurodevelopmental conditions. Both sessions were interactive and interspersed with Q&A and discussions. Participants: 65 x 3 sessions = 195



## Khadija Kazi Ali Memorial Higher Secondary School, Karachi

On July 30 & 31, 2025, ASDWT organized two training sessions at Khadija Kazi Ali Memorial Higher Secondary School, Surjani Town, Karachi. The aim was to enhance mental health awareness among Primary School Teachers. Detailed presentations were made on Intellectual Developmental Disorder (IDD) and Down Syndrome, focusing on early identification, inclusive care, and advocacy for neurodevelopmental conditions. Another session was on Specific Learning Disorders (Dyslexia, Dysgraphia & Dyscalculia) and its Classroom Management strategies. ASDWT appreciates Ms. Nasira Abid, Principal of KKAMHS for inviting Team ASDWT to share valuable information with their teaching staff. Participants: 70x2 sessions = 140





## Baqiatullah Orphanage, Lahore

On August 7, 2025, ASDWT Lahore conducted a General Awareness Session on Neurodevelopmental Disorders at Baqiatullah Orphanage in Thokar Niaz Beg. The session was attended by their students and teachers. Ms. Humaira Akbar gave a presentation on Autism Spectrum Disorder, covering signs, symptoms and management approaches. Ms. Sunehra Zaidi discussed Attention Deficit Hyperactivity Disorder while Ms. Ayesha Arooj talked about Learning Disabilities. Participants: 15 x 3 sessions = 45

## Cathedral Teachers Training College, Lahore Diocesan Board of Education

On August 12, 2025, ASDWT Lahore conducted a general awareness session for Cathedral Teachers Training College. Detailed presentations were made by Team ASDWT on Autism, ADHD and SLD. Teachers and staff from the school attended the workshop. This session's main goal was to recognize early signs of neurodevelopmental disorders in children so that prompt intervention and early support can be provided. Participants: 61x3 sessions = 183

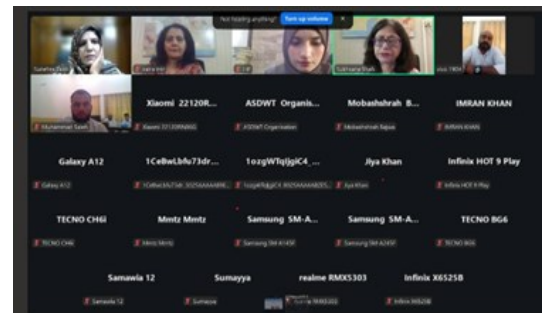


## Special Olympics Pakistan (SOP), Karachi

On 18th August 2025, Ms. Sadia Jawaid, Assistant Clinical Psychologist, ASDWT, Karachi, conducted a session on "Understanding Disability" for athletes and coaches of SOP who are dedicated to train young players. Ms. Farah, SOP Coordinator, organized the session at the SOP Guest House, Karachi. Participants: 21

## Kohat Cement Education Trust School, Kohat (Zoom)

ASDWT Lahore conducted an Awareness Session on Autism, ADHD and Learning Disabilities for the teachers and staff of Kohat Cement Education Trust School on 27th August, 2025. Presentations were made by Ms. Humaira Akbar and Ms. Sunehra Zaidi. ASDWT appreciates Mr. Mir Afzal, principal for his coordination. Participants: 25 x3 sessions =75



## Abbas Institute of Medical Sciences, Layyah (Zoom)

In collaboration with the Abbas Institute of Medical Sciences, Layyah, ASDWT Lahore held an online awareness programme on Autism and ADHD on August 28, 2025 for nurses. Ms. Humaira Akbar gave a comprehensive presentation on Autism spectrum Disorder. ADHD, its signs, causes, and management were discussed by Ms. Sunehra Zaidi. Dr. Akhtar Bhatti, Project Director, moderated the extensive Q&A session.

Participants: 45x3 sessions = 135

## Educator School System, Karachi

On 30th Aug, 2025, the Autism Spectrum Disorder Welfare Trust (ASDWT) organized three awareness sessions at The Educators Renaissance Campus Karachi on Autism, ADHD and Specific Learning Disabilities. Team ASDWT included Mr. Moazzaz Ali, Mr. Attaullah Chaudhry and Ms. Sadia Hassan, Associate Clinical Psychologists. The sessions evoked great interest among the teachers, and were followed by a discussion on Inclusive Education.

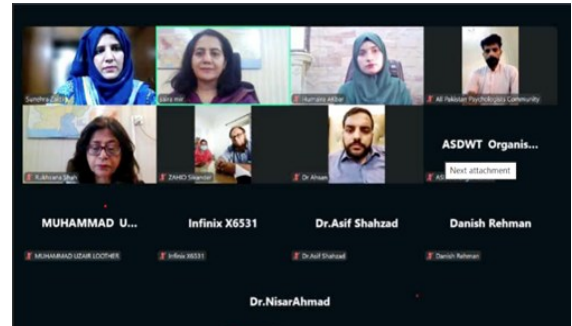
Participants: 34 x 3 sessions = 102



## Mukhtar A. Sheikh Trust Dispensaries, Multan. (Zoom)

On 10th September, 2025, ASDWT held an online awareness session for Mukhtar A. Sheikh Trust, Multan which was attended by doctors, dispensers and lady health workers. Team ASDWT gave detailed presentations on Autism and ADHD. Mr. Zohaib Amjad (Manager Programmes), graciously moderated the session and made very knowledgeable interventions.

Participants: 16x 3 sessions = 48



## Special Olympics Pakistan, Lahore

On 16th September 2025, ASDWT conducted a training session on "Puberty Issues in Persons with Special Needs" for parents and staff of Special Olympics Pakistan. The session was facilitated by Ms. Rubab Askari Regional Manager Punjab SOP. Ms. Rukhsana Shah, CEO ASDWT, made a detailed presentation, which was followed by Q&A and discussion.

Participants: 11



## The Educator Renaissance Gulshan Campus, Karachi.

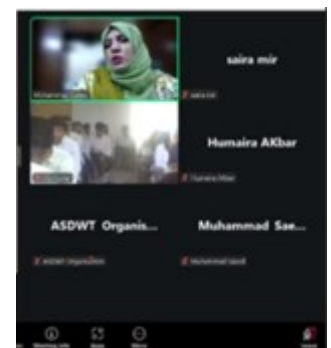
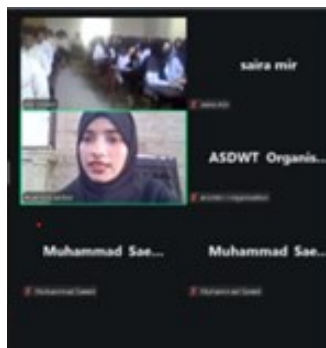
On 18th September, 2025, ASDWT Karachi Team gave a presentation on Development of the Autism Unit at The Educator Renaissance Gulshan Campus, Karachi. Dr. Salma Khalil, COO, ASDWT Karachi was facilitated by Ms. Sadia Hussan and Mr. Attaullah Chaudhry. The presentation was followed by a discussion on establishing state of the art Autism Units for best results.

Participants: 6

## Sehat Foundation School of Nursing, Danyor, Gilgit

On 22nd September 2025, ASDWT conducted an awareness session on Autism and ADHD for the Sehat Foundation School of Nursing in Danyor, Gilgit. Principal, Ms. Nasira Faisal, led the session. Special thanks to Mr. Zulfiqar Ali, CEO Sehat Foundation, Gilgit, for his support. First and second year GBSN students were among the audience members, and they engaged fully in the discussion.

Participants: 98 x 3 sessions—294





## Physiotherapy Department Nazir Hussain University, Karachi

On 24<sup>th</sup> September'25 Team ASD Welfare Trust conducted a session at Physiotherapy Department Nazir Hussain University, Karachi. Presentations were given by Dr. Salma Khalil, COO, ASDWT on ASDWT's work, Mr. Moazzaz Virk on Specific Learning Disorders, Ms. Sadia Hassan, on Autism Spectrum Disorder and Mr. Attaullah Chaudhary, on Attention Deficit Hyperactivity Disorder (ADHD). The event provided valuable information about neurodevelopmental disorders and the role of professional support in empowering students and families. ASDWT appreciates Nazir Hussain University for hosting this useful session and to all the participants for their active involvement. Participants: 53 x3 = 159

## Training Session at Institute of Public Health, Lahore (IPH)

On 28th July, 4th and 11th August 2025, ASDWT Lahore conducted 3 training sessions on Autism, ADHD and Learning Disabilities at the Punjab Institute of Public Health (IPH), Lahore. The session was attended by Health Educators, Demonstrators, Nurses, MCH Technicians, Biotechnologists, Medical Officers, Pediatricians, Postgraduate Medical Students, and Psychologists.

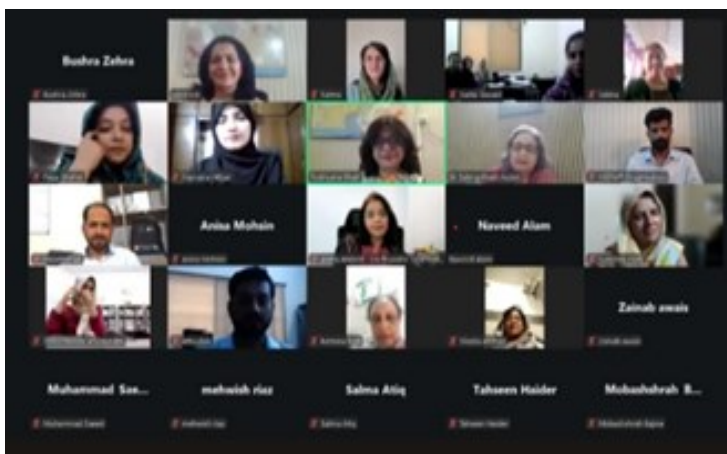
Participants: 19 + 24 + 9 = 52



## Autism Screening Tools Workshop at Punjab Institute of Public Health, Lahore

On 25th August, 2025, ASDWT conducted a specialized session on Autism Screening Tools at the Punjab Institute of Public Health (IPH). Ms. Ayesha Arooj gave a comprehensive presentation on basic screening methods for identifying children with Autism Spectrum Disorder (ASD). She guided participants through the structure of the M-CHAT Questionnaire, its scoring methodology, and practical applications in community health settings. The workshop was attended by a multidisciplinary group of professionals, including Health Educators, Demonstrators, Nursing Officers, Biostatisticians, and Psychologists from IPH.

Participants: 28



## Training Session on Motivational Support for Autistic Adults

A Zoom training session on Motivational Support for Adults with Autism was conducted on Zoom by ASDWT Lahore on 23rd September 2025. Ms. Humaira Akbar gave a detailed presentation on the subject, its significance for autistic people, and useful techniques for promoting motivation in day-to-day activities. Parents, clinical psychologists, and individuals with autism were among the participants. The Q&A discussion focused on the important role of motivation in improving learning, social interaction, independence, and general well-being, especially in autistic individuals.

Participants: 40

## Workshop at the Institute of Holistic Rehabilitation and Inclusion (IHRI), Karachi

On September 23rd, 2025 ASDWT Karachi was invited by IHRI to conduct a training workshop on students' learning support for teachers at Defence Housing Authority College & School System (DHACSS). The sessions were conducted by Mr. Moazzaz Virk, Mr. Attaullah Chaudhary, and Ms. Sadia Hassan. Special thanks to IHRI Karachi and DHACSS for inviting ASDWT on this platform to collaborate for inclusive education.

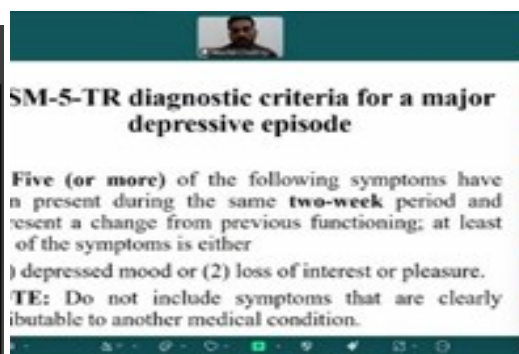
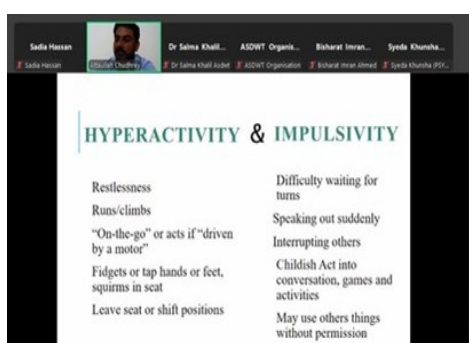


## Internship Training Programme with Jamshoro University (Zoom)

Team ASDWT Karachi held an online Internship programme spanning over eight sessions for the students of Department of Psychology, University of Sindh, Jamshoro. The internship series started from 3rd July 2025 and continued till July 25th, 2025.

The training programme covered Autism, Learning Disabilities, Attention Deficit Hyperactivity Disorder (ADHD), Intellectual Disability, Anxiety & Depression, Sensory Processing Disorder. And Behaviour Modification. The series concluded with a detailed session on Childhood Assessment Methodology. ASDWT appreciates Dr. Muniza Malik of the Department of Psychology, Sindh University Jamshoro, for taking interest in learning and capacity building of students of the department.

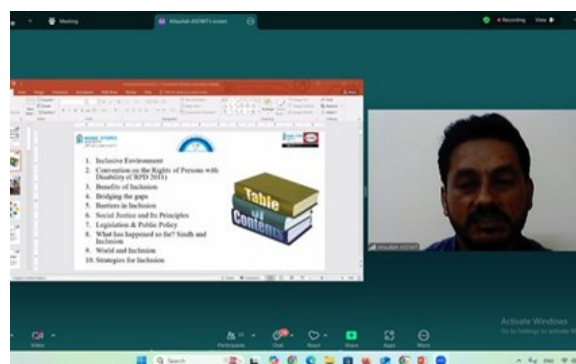
Participants: 30x8 sessions = 240



## Session with ECHO (Zoom)

Continuing ASDWT's partnership with Marie Stopes Society, Mr. Attaullah Chaudhry, Associate Clinical Psychologist at ASDWT, Karachi, conducted a one-hour online session on 4th July 2025 for Project ECHO titled "Inclusive Environment: Bridging the Gaps - From Awareness to Action". The session focused on promoting neurodiversity and pluralism, fostering inclusion, and developing practical strategies to overcome societal and physical barriers to inclusion.

Participants: 65



## Special Session for Nurses

### Awareness session on Anti- Harassment Law, PPNC

On 15th July 2025 ASDWT organised two consecutive lectures on the Anti-harassment Law for senior students of Postgraduate Nursing College Punjab, Lahore. The lectures were conducted by Award winning Advocate Ms. Nida Usman, Founder of Women in Law Initiative Pakistan and Lecturer at Pakistan College of Law.

She covered key aspects of the Law including harassment at workplace, and how can individuals use it for their protection. The lectures were followed by interactive Q/A sessions. ASDWT thanks Ms. Nida Usman for her volunteering her expertise for Nursing professionals.

Participants: 98



## MOU Signing

### MOU with SUFFA University

On 17th July 2025, DHA SUFFA University signed and MoU with ASDWT for cooperation, and collaboration in Awareness Campaigns, research, training workshops, intellectual resource sharing, outreach initiatives, public policy, advocacy and financial Assistance and Scholarships for Individuals with Neurodevelopmental Disorders. On behalf of their respective organizations, Dr. Imtiaz Arif, Dean of H&SS at DHA SUFFA University, and Dr. Salma Khalil, COO of ASDWT, signed the MoU.



## Visits and Meetings

### Visit Institute of Public Health (IPH), Lahore

On 17th July 2025, ASDWT Lahore team had a meeting with Prof. Dr. Saira Afzal, Dean of Institute of Public Health. Dr. Saira gave an overview of IPH's Mother & Child Centers, Vaccination facilities and Staff College for Hospital Executives' Training. Ms. Rukhsana Shah explained the work of ASD Welfare Trust and offered to conduct trainings for IPH students and staff. Dr. Saira expressed her wish to open an Assessment facility in the Mother & Child Centers for early identification of Autism and data collection.

A Training Workshop on AI was being conducted in IPH where Dr. Shehla Javed Akram had been invited as Guest of Honour. ASDWT Team along with Dr. Shehla attended the conclusion of the Workshop and participated in the ensuing discussion after which Dr. Saira presented souvenirs to the visitors.



## Almarah Foundation, Lahore

Team ASDWT Lahore visited Almarah Foundation on 22<sup>nd</sup> July'25, where they were warmly welcomed by Mr. Ghulam Mustafa, Executive Director and his team. Mr. Muhammad Amin, Head of Finance, provided a comprehensive overview of the Foundation's initiatives, which include Apna Ghar (an orphanage), Almarah Grammar School, and community service programmes. Ms. Mobashshrah Bajwa, Co- ASDWT introduced ASDWT's mission and ongoing projects, emphasizing the importance of awareness about neurodevelopmental disorders and inclusion. The team also visited Almarah Compassionate Heaven, a facility offering therapies for children with special needs. It was agreed that awareness sessions for teachers and caregivers will be organized to support children with special needs.



## Visit to Institute of Public Health (IPH), Lahore

On 23<sup>rd</sup> July 2025, ASDWT Lahore team met Prof. Dr. Saira Afzal, Dean of the Institute of Public Health (IPH). Dr. Saira provided information about IPH's programs, Staff College, Mother and Child Centers, and immunization services. Ms. Rukhsana Shah, CEO ASDWT gave an overview of the ASD Welfare Trust's work and suggested that IPH staff and students receive training on Autism and related disorders. Dr. Saira asked Ms. Rukhsana Shah to set up an autism assessment awareness program for female health workers, nurses, and students.



## Visit to Rabia Moon Institute

On August 1<sup>st</sup>, 2025, the ASDWT Karachi team visited Rabia Moon Memorial Institute of Neuroscience Trust Karachi. The center offers various therapies, including speech, occupational and physiotherapy therapy. It was decided to arrange awareness sessions on Neurodevelopmental Disorders at Rabia Moon. ASDWT appreciates Dr. Farida Kamran (administration) for warmly facilitating the visit to this esteemed center.



## Baqiatullah Foundation Orphanage, Lahore

ASDWT team visited Baqiatullah Foundation- Orphanage on August 5, 2025. Ms. Alina Maryam, Founder introduced the organization. They have around 8 to 16 years boys in orphanage. It was decided to conduct a session for their teachers, care givers and boys.

## Visit of Almarah Foundation to ASDWT Office

Mr. Ghulam Mustafa, Executive Director Almarah Foundation and team visited ASDWT office Lahore on 7<sup>th</sup> August'25. Ms. Rukhsana Shah and team welcomed them. Meeting was about the future collaborations and spreading more awareness about neurodevelopmental disorders in Almarah school and orphanages.



## Research Seminar at PMA, Karachi



On August 12, 2025, Mr. Attaullah Ch. and Ms. Sadia Hassan, ASDWT Karachi, attended a research seminar at the Pakistan Medical Association (PMA), Karachi. The seminar was organized by the Mental Health Authority and focused on the "Report on the Breakup of Mental Health Camps in the Desert Region of Sindh Province". The session provided insight into the current mental health challenges faced by communities in remote desert areas, the impact of outreach camps, and strategies for improving access to mental health services in underserved regions. ASDWT appreciates the efforts of the organizers and remains committed to support in their cause.

## Visit to United Christian Hospital (UCH), Lahore



On September 3, 2025 Ms. Rukhsana Shah, CEO ASDWT and team visited United Christian Hospital, UCH for meeting with Dr. Akash Mathew, Medical Director. Ms. Rukhsana Shah introduced ASDWT and suggested to have session at their Nursing college. Dr. Mathew took keen interest for the awareness of autism and neurodevelopmental disorders. ASDWT will conduct session for their nursing students in near future.

## Book Launch at Ghazali Foundation

On 12<sup>th</sup> September'25 The Ghazali Education Foundation hosted a reception ceremony to celebrate the release of Dr. Hina Fazil's book, "خود محویت (آنریم) کا شکار بچے" (Children with Autism). Prominent organizations and NGOs supporting education and development such as the ASD Welfare Trust, University of the Punjab, University of Education, Punjab Welfare Trust for the Disabled and Help Autism, attended the ceremony which was presided over by Secretary Special Education Mr. Muhammad Khan Ranjha.



## Meeting with Marie Stopes Society

On September 16, 2025, ASDWT Karachi was invited to a meeting at Marie Stopes Society on Project Amaze. The meeting focused on collaboration and partnership to work together on Project Amaze, which aims to raise awareness of sexual and reproductive rights for persons with disabilities.



## Disabled Welfare Trust Karachi

On September 17, 2025, ASDWT Karachi team visited the Disabled Welfare Trust Karachi. The center is doing remarkable work for inclusive development, offering: Rozgaar Scheme, Adopt a Child Program, Special Sports, Educational Programs Computer Institutes. In addition, they are also providing essential services like Speech Therapy, Physiotherapy, and a Living Center for Persons with Disabilities. ASDWT truly appreciates their dedication and efforts toward empowering individuals with disabilities.





## Center of Excellence TEVTA, Mughalpura, Lahore

A meeting was held at the Center of Excellence TEVTA, Mughalpura, on 23rd September 2025, hosted by Ms. Amber Afzal Chatha, Director Training at the Center of Excellence, TEVTA and Mr. Rana Muhammad Usman, Principal of the Center. The gathering aimed to foster collaboration for vocational training of young adults with special needs, including those with Autism and related neurodevelopmental conditions. Representatives from various social organizations and community bodies actively participated in the meeting, reflecting strong collaborative spirit.

## Visit to Jibran Khalid Inclusive Education Center, Lahore

ASDWT team visited an Jibran Khalid Centre for Special Education on 30th September'25. Ms. Khawar Sultana, CEO of Jibran Khalid Foundation welcomed the ASDWT team and shared the work of the Foundation in Kot Adu (Jibranwala Basti) and in three centers in Lahore. Ms. Rukhsana Shah emphasized the importance of inclusion and discussed recent projects undertaken by ASDWT. Both organizations agreed to collaborate for training of teachers and parents.



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