

Newsletter ASDWT

April to June, 2026

Greeting from ASDWT!

The ASDWT Teams in both Karachi and Lahore conducted a record number of educational seminars and training workshops this quarter despite holidays for two Eids and Moharram. As there is rising awareness of Autism and related neurodevelopmental disorders in the country (thanks mainly to the continuous and dedicated efforts of our organisation), there is also an increase in demand for information and identification of resources for neurodiverse children and adults everywhere. From Skardu and AJK, to Bahawalnagar and Gwadar, the ASDWT team is overwhelmed with requests for training and assessment camps.

Consequently, our focus is now not just on awareness, which is still very important in small towns and villages especially in Sindh, but also on empowering parents and entire communities so that the quality of life of these individuals can improve. We are also working with health professionals, especially nurses, to facilitate early identification of children in remote areas, and also neglected areas which sadly exist even in the precincts of large metropolitan hubs in the country.

While it is heartening to see that there is an increase in the number of services and therapy centres especially in big cities, unfortunately, most of these are commercially inclined and as always, poor children with neurodevelopmental disorders fall through the cracks in the absence of government supported interventions and social welfare schemes.

The ASDWT has always tried to focus on this segment of the population by providing free trainings and workshops for parents and teachers in underprivileged areas. It is our primary objective to create a critical mass of trained psychologists, teachers and parents so that the increasing population of neurodiverse children and adults can be catered for. However, with the spiraling cost of utilities, petrol and limited financial means, we are finding it extremely difficult to meet our objectives and targets.

We would like to request all of you to support us in our efforts of creating a society based on respect and inclusion of persons with neurodevelopmental conditions. Please contact us if you have any donations to make. Thanks very much!



Awareness Sessions, Trainings and Webinars

Light Up Blue

Autism Day on April 2nd, 2026, was observed by our supporting organisations which lit up their building in Blue" in solidarity with Autistic individuals.

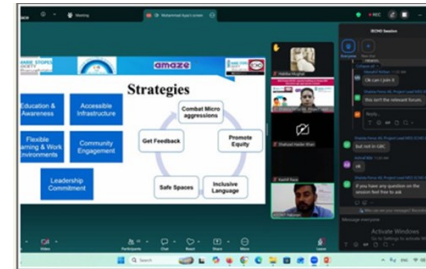


Marie Stopes Society, AMAZE SRH.

On April 3, 2026, ASDWT and Marie Stopes Society conducted two online sessions on Reproductive Rights of Persons with Disabilities under the MSS, Amaze Project.

Participants session 1: 60

Participants session 2: 48



Kohi Goth College of Nursing and Midwifery.

On 3rd April 2026, ASD Welfare Trust Karachi conducted an educational session on Intellectual Disabilities and Down Syndrome at Kohi Goth College of Nursing and Midwifery. It was an interactive and informative session aimed at promoting mental health awareness among future healthcare professionals.

Participants: 120

MALC Numaish Karachi.

ASDWT Karachi team conducted two training sessions at MALC Numaish Karachi on April 7, 2026 in collaboration with Marie Stopes Society. Topics were "Understanding Autism Spectrum Disorder" and Bullying and its effects."

Participants: 45x2=90



Roundtable on Children with Disabilities , UNICEF & Punjab Social Protection Authority

On 7th April, 2026 ASDWT Lahore Team attended a Roundtable Conference on Children with Disabilities hosted by UNICEF Pakistan in collaboration with Punjab Provincial Parliamentary Caucus on Children with Different Abilities, and Punjab Social Protection Authority. Mr. Ramiz Behbudov, UNICEF Chief welcomed all participants, followed by keynote address by Ms. Syeda Salma Saeed, Chairperson of the Caucus.

The Panel Discussion was moderated by Ms. Rukhsana Shah, Managing Trustee of ASDWT. The Panelist comprised Dr. Shazia Maqbool, Professor Emeritus Children's Hospital, Ms. Saira Umar, Secretary Social Welfare Department, Mr. Shoab, Secretary Special Education Department and Ms. Ayesha Mutahir, Director LDA. The panel discussion was followed by a Q&A session.



TYPES OF LAUGHTER THERAPY

- Humor Therapy:**
In group sessions, participants engage with comedic materials like books, movies, or cartoons to induce laughter. The therapist encourages sharing of funny personal experiences.
- Laughter Triggers:**
Therapists identify individual laughter triggers to create personalized humor profiles. Clients learn exercises to use laughter as a tool for managing emotional stress.
- Laughter Meditation:**
This practice involves stretching, laughing, and crying in a sequence followed by periods of silence, aimed at stress relief and achieving inner peace.
- Laughter Yoga and Non-Humor Body Treatments:**
Combines breathing techniques, yoga postures, and laughter exercises to promote relaxation. Other methods include clapping, dancing, and work from laughter like the winds.

Laughter Therapy for Autism

On 7 April 2026, ASDWT Lahore conducted a session on laughter therapy for autism. Ms. Humaira Akbar explained the benefits of this therapy and how to manage inappropriate laughter in children with neurodevelopmental disorders. Exercises of laughter therapy were also shared at home. It was participated by parents, teachers, professionals, and psychologists.

Participants: 100

Herbion Naturals Pharmaceutical

On April 8th, 2026, Team ASDWT conducted an educational session on Autism Spectrum Disorder at Herbion Naturals Pharmaceutical Company Karachi.

Participants: 13



Narowal Medical College Narowal, DHQ Teaching Hospital Narowal

ASDWT Lahore conducted three educational training sessions at Narowal Medical College on April 9, 2026. The session included diagnosis and intervention for Autism, ADHD and Specific Learning Disabilities.

This workshop was attended by physicians, nurses, and pediatric personnel of the College.

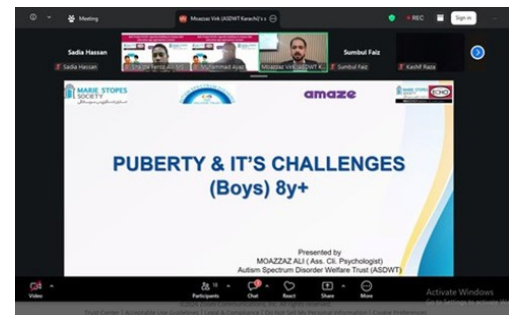
Participants: 52x3=156



Marie Stopes Society, AMAZE SRH

Training on Awareness and understanding of Puberty and Challenges (Boys) - Age 8 Years and Above was conducted by Mr. Moazzaz Virk on 10th April 2026 under the MSS Project AMAZE SRH in a Zoom session.

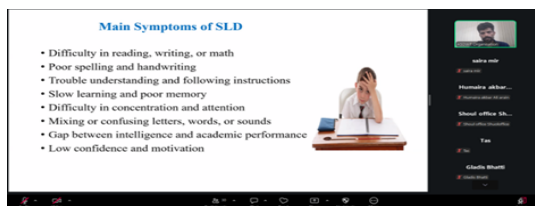
Participants: 27



Kohi Goth College of Nursing and Midwifery

On 10th April 2026, ASDWT Karachi conducted training for midwifery students at Kohi Goth College of Nursing and Midwifery on Depression and its Management. The session aimed at promoting mental health awareness among future healthcare professionals.

Participants: 120



Convent Girls Higher Secondary School, Okara.

On 13th April 2026, ASDWT Lahore conducted an awareness zoom session at Convent Girls Higher Secondary School, Okara. The team focused on building teachers' understanding of Autism, ADHD, and learning disabilities, along with effective management strategies to support students in inclusive classroom settings. Participants: 31x3=91

Kohi Goth College of Nursing and Midwifery

A Training Session was held on April 17, 2026, at Kohi Goth College of Nursing and Midwifery by ASDWT Karachi. Mr. Attaullah Chaudhry conducted the session on anxiety and stress management, emphasizing important symptoms, effects, and coping mechanisms.

Participants: 120



Training at ABC Montessori, Mughalpura, Lahore

A Training Session on Puberty and Adolescence in children with autism and intellectual disabilities was held at ABC Montessori School on April 17, 2026. Ms. Rukhsana Shah, Managing Trustee of ASDWT, conducted the training, focusing on puberty symptoms, physical changes, and associated behavioral issues among children and young adults with neurodevelopmental disabilities. Parents, educators, and therapists found the session to be very helpful in comprehending and assisting adolescent children during this phase of their growth. No of Participants: 20



Parents Voice Association UJALA Center, Karachi

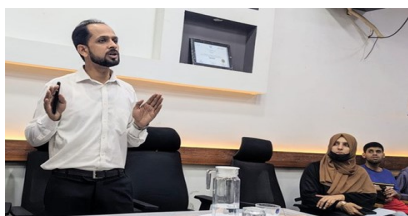
ASDWT Karachi, in collaboration with Marie Stopes Society, conducted a training session on Puberty in Girls at Parents Voice Association UJALA Center on 17th April 2026.

Participants: 20

Rising Star Rehabilitation Center

On 18th April 2026, ASDWT Karachi conducted Training on protection and safety of children for Teachers and Parents at Rising Star Rehabilitation Center For Special Needs.

Participants: 23



Disability Welfare Association (DWA) Karachi

Teachers and children at the Disability Welfare Association (DWA) Karachi attended a Training session conducted by Team ASDWT Karachi on April 21, 2026 on:

1. Rights of Reproductive Health for People with Disabilities
2. Bullying and Its Consequences.

Participants: 29

Herbion Pakistan Pvt Ltd

On 23 April 2026, ASDWT Lahore conducted an educational session at Herbion Pakistan Pvt Ltd, Lahore. Ms. Sunehra Zaidi explained ADHD symptoms, diagnostic criteria, assessment tools and management strategies for home and school.

No of Participants: 28



Capacity Building Workshop, PSPA& UNICEF

ASDWT Lahore team participated in a two-day capacity building workshop on 28th and 29th April, organized by the Punjab Social Protection Authority (PSPA) in collaboration with UNICEF, titled "Future-ready Social Protection Systems - Capacity Building Workshop." The workshop focused on strengthening monitoring & evaluation systems for improved transparency, efficiency, and impactful service delivery for vulnerable communities. Participants gained valuable insights into integrated data systems, real-time monitoring, and performance tracking tools to enhance social protection programs across Punjab.



Leap ND Autism center Gujrat

On 5th May 2026, ASDWT Lahore conducted two training sessions on Neurodevelopmental Disorders in Gujrat hosted by Leap ND Special School. The seminar brought together 125 participants, including teachers, physiotherapists, neurologists, BS Psychology students, and CS students for an engaging learning experience. Participants: 125x2=250



Virtual University of Pkistan, Badin Campus

On 7th May, 2026, ASDWT Karachi conducted training on Stress Management at the Virtual University of Pakistan (Badin Campus).

Participants: 28



Herbion Pakistan Pvt Ltd

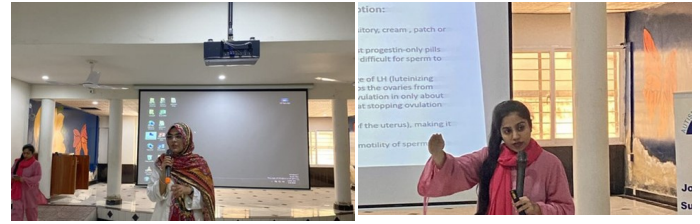
An educational awareness programme on Mobile Devices and Screen Time was conducted held at Herbion Pakistan Pvt Ltd by ASDWT, Lahore on 7th May'26. The impact of excessive screen time on children's emotional, behavioral, and developmental well-being was brought to light during the session. Mr. Ahmer Sultan explained useful strategies for controlling screen usage, such as monitoring tools, app controls, and establishing appropriate digital boundaries at home.

Participants: 18



Imran Rehabilitation Center Karachi

ASD Welfare Trust conducted a training session at Imran Rehabilitation Center Karachi on 8th May 2026 on Long Acting Reversible Contraceptives (LARCs) and Sexually Transmitted Infections (STIs), led by Associate Clinical Psychologists Ms. Sadia Hassan and Ms. Sadia Jawaid. Participants: 16



The Arqam School, Model Campus Harbanspura, Lahore

On 8th May 2026, ASDWT Lahore conducted 3 Teachers' Training session at Arqam School, Model Campus Harbanspura. The session focused on enhancing educators' understanding of neurodevelopmental disorders and equipping them with effective classroom strategies for inclusive learning. ASDWT team explained Autism Spectrum Disorder (ASD), ADHD and Learning Disabilities and their management strategies. In addition AI in the Classroom – Innovative tools for lesson planning, quizzes, assignments, and student engagement was also presented. Participants: 24x3=72



Kohi Goth College of Nursing and Midwifery.

ASDWT Karachi conducted a training session on Down Syndrome at Kohi Goth College of Nursing and Midwifery, on May 8, 2026.

Participants: 120



Facebook Live Podcast

On 13th May, 2026, ASDWT Karachi aired a Facebook Live Podcast in Sindhi on Autism, its challenges, and awareness based understanding, aiming to promote better knowledge, acceptance, and early support for individuals on the spectrum.

The discussion featured Mr. Irshad Ali (Clinical Psychologist) as the Guest Speaker, and was facilitated by Mr. Attaullah Chudhrey (Associate Clinical Psychologist). Views: 953

Ghazali Foundation Zoom Session

ASDWT conducted a training workshop on Effects of Bullying for the Ghazali Foundation teachers from Faisalabad and Mianwali on May 14, 2026, as part of a collaboration with Marie Stopes Society. The goal of workshop was to increase understanding of the effects of bullying and encourage practical preventative measures to make children's environment safe. Participants: 43



Gulshan Public School, Karachi

On May 14, 2026, ASDWT Karachi conducted a training programme for Gulshan Public School as part of the MSS Project AMAZE SRH. The Session focused on 1. Understanding Autism Spectrum Disorder. 2. Bullying and its Prevention. Dr. Salma Khalil and Mr. Moazzaz Virk conducted the session provided teachers with practical guidance and evidence-based insights. Participants: 27x2=54



FMH Saida Waheed College of Nursing, Lahore.

On May 15, 2026, ASDWT Lahore held an educational workshop at FMH Saida Waheed College of Nursing, Lahore. Prof. Dr. Ayaz Lone, Vice Principal at FMH College of Medicine, presided over the session. The Team explained early signs and symptoms of Autism, Attention Deficit Hyperactivity Disorder (ADHD) and Specific Learning Disabilities. Participants: 182x3= 546

Durr-e- Rehmat Foundation

ASDWT Lahore and Marie Stopes Society conducted an educational session at Durre Rehmat Foundation, Lahore on 19 May 2026. Ms. Humaira Akbar delivered a presentation on "Understanding Bullying: Awareness, Impact, and Prevention," highlighting the emotional, psychological, and social effects of bullying, along with practical strategies to create safer and more supportive environments for children and young individuals. Teachers and students actively participated and engaged in meaningful discussions on awareness and prevention. Participants: 30



Bunyard Foundation, Hafizabad

On May 20, 2026, ASDWT Lahore conducted a Training session on "Understanding Puberty: Signs and Self-Care" under the AMAZE Project of Marie Stopes Society, Karachi for Bunyard Foundation, Hafizabad. Ms. Sunehra Zaidi discussed the major signs of puberty, the role of hormones, physical and emotional body changes, and the importance of healthy self-care during this stage of development. The interactive session encouraged awareness, confidence, and open discussion, helping participants better understand puberty and personal well-being in a supportive and informed environment. Participants: 38

Waheed Kay Khuwaab Vocational Center, Karachi

On May 21, 2026 ASDWT conducted an awareness session on Puberty in Girls at Waheed Kay Khuwaab Vocational Centre. Dr. Salma Khalil and Ms. Sadia Hassan focused on breaking cultural taboos around menstruation and educating parents and teachers on starting age-appropriate conversations for menstrual hygiene practices and emotional support for girls. Participants: 16



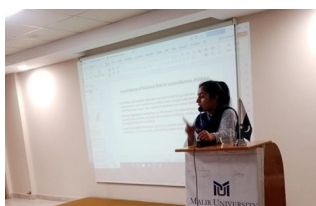
Durr-e- Rehmat Foundation

On May 21, 2026, ASDWT Lahore a Workshop on "Understanding Puberty: Signs and Self-Care" under the AMAZE Project of Marie Stopes Society, at Durre Rehmat Foundation, Lahore. The session was attended by teachers and students, and focused on understanding the major signs of puberty, the role of hormones, physical and emotional body changes, and the importance of healthy self-care during this stage of development. Participants: 30



Kohi Goth University, Karachi

On May 22, 2026 ASDWT Karachi conducted a training session on Communication Disorders at Kohi Goth University for community health workers. Ms. Sadia Hassan explained behaviour and speech issues in children and the role of Community Health Workers in identifying red flags for early intervention and rehabilitation. Participants: 120



Kohi Goth University, Karachi

On 5th June, 2026 ASDWT Karachi conducted a training programme on Nutrition and Picky Eating Habits among children with neurodevelopmental disorders. Ms. Sadia Jawaid explained topic among community health workers so they can identify eating difficulties in children, picky eating and food aversion. Participants: 120

Training Workshop For Leap ND Autism Resource Center Gujrat.

On 3rd June 2026, ASDWT Lahore organized a Training Workshop on Individualized Education Programs (IEPs) for psychologists and teachers at Leap ND Autism Resource Centre, Gujrat. Key areas covered included: Purpose and importance of an Individualized Education Program (IEP), Developing SMART Goals, Using the Portage Guide and ABLLS-R for developmental assessment, Designing learning objectives and intervention plans, Progress monitoring grids and documentation, Practical IEP samples and implementation strategies. Participants: 10



- Dr. Shaguftha Jabeen, is a Paediatrician, an Autism Advocate, Natural Play Therapy Coach, a SonRise Parent and First RDI Consultant from Pakistan.



- She believes that connection and trust are the fundamental requirements for any relationship to thrive and especially are key if you have a Neurodivergent Child. She is focused on parental empowerment, connection, and trust by helping families to understand and move from isolation to collaborative support.



Relationship Development Intervention (RDI) Zoom Session

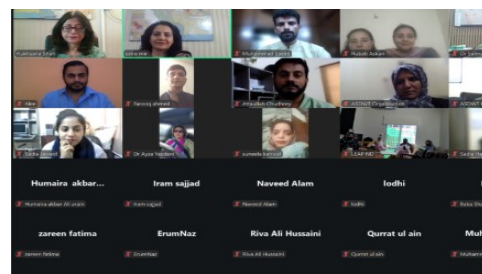
On 10th June 2026, ASDWT, Karachi conducted a training workshop for parents on Relationship Development Intervention (RDI) for children with Autism and other neurodevelopmental disorders.

Dr. Shaguftha Jabeen — Pediatrician, Autism Advocate, Natural Play Therapy Coach, Parent, and first RDI Consultant from Pakistan — led the session on Relationship Development Intervention (RDI), which received a highly positive feedback from all attendees.

Participants: 85

Person-Centered Planning (PCP) for Autistic Adults

On 17th June 2026, Mr. Muhammad Saeed of ASDWT Lahore conducted training on Person-Centered Planning (PCP) for Autistic Adults in which he explained the principles of Person-Centered Planning (PCP) and setting life goals, using assessment tools and structured worksheets to identify existing skills and developmental needs to support long-term growth and inclusion. Psychologists, parents, teachers, and representatives from various organizations participated. Participants: 46



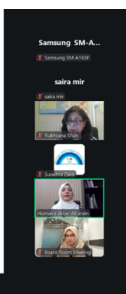
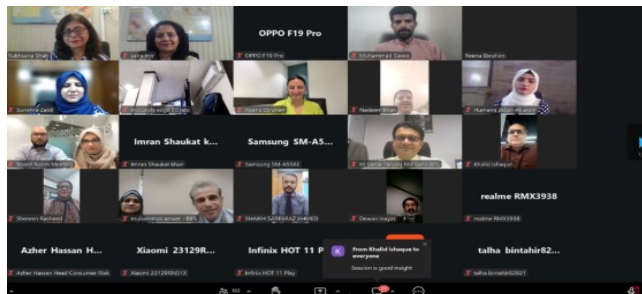
Bank Islami (Zoom Session)

On 18th June 2026, ASDWT Lahore conducted an online awareness session for Bank Islami employees, focusing on Autism Spectrum Disorder (ASD), Attention-Deficit/Hyperactivity Disorder (ADHD), and Dyslexia. The session was very well received by the participants who also asked a great many questions. We extend our appreciation to Ms. Reena Ebrahim and Ms. Wajeeha Rizvi of Bank Islami for arranging this programme.

Participants: 200

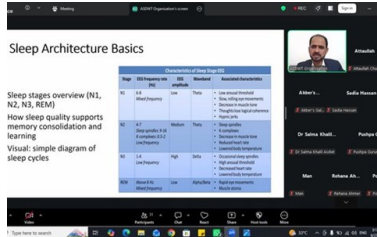
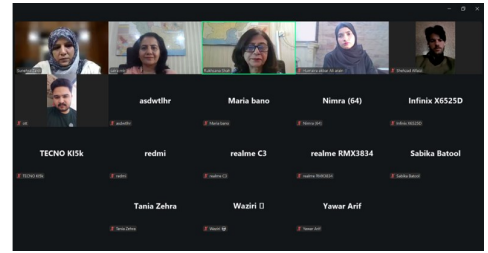
Characteristics of persons with ASD

- Poor language development – 30% are non-verbal
- Not proper use of language – scripting, repetition, echolalia
- Resistance to change and insistence on routine
- Poor understanding of social and family relationships
- Like only a few toys or objects
- Relate to machines and objects rather than people
- Poor motor skills
- Picky eaters
- Leaky gut, IBS

Abdullah Institute of Medical Science Skardu

On 22nd June 2026, ASDWT Lahore conducted two online educational sessions on neurodevelopmental disorders for medical professionals of Abdullah Institute of Medical Sciences, Skardu. Special thanks to Mr. Zahid Hussain, Surgical Officer at HRDC Skardu, for his support and coordination in facilitating this session. Participants: 22x2=44

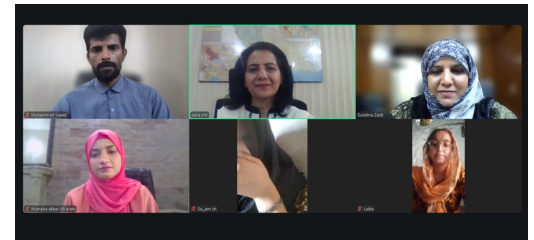


Sleep Disorders (Zoom Session)

On 23rd June 2026, ASDWT Karachi conducted a training session on Sleep Disorders among typical and atypical children and adults with special needs, and their management.

Guru Nanak Ji School, Nankana Sahib

On June 24, 2026, ASDWT Lahore conducted 3 online educational sessions on Autism, ADHD and Dyslexia for teachers of Guru Nanak Ji School, Nankana Sahib. Special thanks to Ms. Raj Fatima (Principal) and Ms. Sania Saeed (Coordinator) for their support. Participants: 15x3= 45



Visits and Meetings

Habib University Event

On 11th April 2026, ASDWT Karachi participated in Khidmat Konnect at Habib University, where numerous students and organizations including SIUT, Al Khidmat, KDSP, JDC, TCF, and Khadija Kazi Memorial School came together.



Visit to Autism Resource Center, Lahore

On 13th April 2026, the ASDWT team Lahore visited the Autism Resource Centre in Lahore. The Principal, Ms. Mehwish Raees introduced her team of occupational therapists, speech therapists, clinical psychologists, and physiotherapists during visit. The ARC focuses on children with developmental needs, including Autism Spectrum Disorder (ASD), speech delay, cerebral palsy (CP), and Down syndrome.

Visit to Maryam Nawaz School & Resource Center for Autism, Lahore

On 13 April 2026, ASDWT visited Maryam Nawaz School & Resource Center for Autism, Lahore. Ms. Azra Parveen, Vice Principal (Operations) briefed the team on the working of the Center which covers Early Childhood Education, Junior Section and Senior Section dedicated to the poorest sections of society. The Center is equipped with state of the art therapy rooms and play areas for sensory needs. However, the teachers and therapists are under-going training at this time.



Visit to ABC Montessori Mughalpura, Lahore.

ASDWT team visited ABC Montessori in Lahore, which is a small schools for under-privileged special needs children also catering for inclusion. Ms. Bisma Amir, CEO, gave a tour of the school and stated that therapists from Amin Maktab visit regularly to assess and support the students.

Visit to Occupational Therapy Center & Learning Institute

On 24th April'26 ASDWT Karachi visited Occupational Therapy Center & Learning Institute in Karachi. The school caters to children from 6 months to 12 years with a wide range of developmental and physical conditions.

Pakistan Legal Aid Society (PLUS), Karachi

The Pakistan Legal Aid Society invited ASDWT team Karachi on 4 June 2026 to their event of Assistive Devices Distribution Ceremony for Inclusive Access to Justice at Avari Hotel, Karachi. The ceremony highlighted the importance of improving access to courts and justice services through the provision of assistive devices, while also strengthening disability inclusive legal processes.



MOU with Pakistan Legal Aid Society (PLUS)

We are delighted to announce the signing of a Memorandum of Understanding (MoU) between Autism Spectrum Disorder Welfare Trust (ASDWT) and Pakistan Legal Aid Society (PLUS) on 8 June 2026. The MOU was signed by Dr. Salma Khalil, Chief Operating Officer (COO) of ASDWT Karachi, and Ms. Rizwana Patel, Executive Director of PLUS. Under this partnership, ASDWT will provide comprehensive psychological screening services, mental health support, awareness sessions, and specialized training programs for the staff and beneficiaries of PLUS. Through this collaboration, both organizations aim to strengthen mental health awareness, enhance professional capacities, and promote inclusive support services within the community.



Visit to Unicare medical center shadman, Lahore

ASDWT team visited Unicare medical center shadman on 11th June, 2026. Dr. Azhar Hussain, Administrator and Ms. Samina Kanwal, clinical psychologist shared details of clinic and therapies provided there.

Visit to IDSP

On 16 June 2026, the ASDWT Karachi team, visited the IDSP office in Karachi to talk about future plans for awareness drives and training sessions in Karachi and Quetta. Thanks to Ms. Rozina Usman for inviting ASDWT.



The First Hope Learning Center, Lahore



On 19 June 2026, the ASDWT Lahore team visited The First Hope Learning center. Ms. Saima Chaudhary (CEO), Ms. Iqra (Coordinator), and Ms. Farzana Tabassum (Administrator) welcomed the team. The center provides behavioral therapy, speech therapy, occupational therapy (OT), and counseling. The team is experienced and focuses on delivering individualized care through structured intervention planning. The center also offers academic support and school readiness programs along with assessment and therapy services based on Individualized Education Plans (IEP).

Lahore Office

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