

Newsletter ASDWT

April to June 2021

Message by Rukhsana Shah C.E.O

Hello everyone!

In this newsletter, we will share some good news with you. First, the ASD Welfare Trust has received Certification from the Pakistan Centre for Philanthropy. This means that all our institutional systems and work processes have been streamlined, and finally we can get on with achieving a multiple number of goals without tripping on our feet!

Second, we have developed a three-year plan with targets and Key Performance Indicators, so that we will be more structured in our plans, and able to assess our impact in a measurable way.

The Plan includes offering free online trainings to parents and Professionals in Gilgilt-Baltistan, Azad Jammu & Kashmir, Chitral, other northern areas of KPK,

and of course, in all cities and towns of Balochistan wherever there is internet access.

Third, we are developing new training programmes and materials to help parents, especially those of young adults with ASD.



We will be launching some of these trainings in August, and would appreciate feedback from you all, and more suggestion too.

And fourth, we are very happy to say that our new Board of Trustees and the Chairperson of the Board have been extremely helpful in providing us with guidance and support to achieve our objectives. Please check our up-dated website for more information.

Last, but not the least, I would like to thank each and everyone of the much loved and respected galaxy of prominent professionals and care-givers from all over Pakistan who sent us their recorded video messages on World Autism Awareness Month for our Facebook Page. You can see all their wonderful and inspiring messages by visiting the FB page.

That is all for now. All the best.

PS: Our Talent Series will continue to showcase the achievements of persons with ASD, Please send in names and contacts of anyone who might be interested in participating. Thanks.



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Special Events

Virtual Regional Conference on Autism

A Virtual Regional Conference was hosted by ASD Welfare Trust on 1st April 2021 to mark the World Awareness Month. The theme of the conference was **Celebrating Geographical Congruence and Diversity**. Six countries—Bangladesh, Bhutan, India, Maldives, Nepal and Pakistan participated in the virtual colloquium. The conference was addressed by Ms. Sabina Hossain, parent and Founder of Society for the Welfare of Autistic Children (SWAC), Dhaka, Bangladesh, Mr. Ugyen Wangchuk, Executive Director of Ability Bhutan Society, Ms. Indrani Basu, Head of Parent Empowerment and Trainings and a governing body member at Action for Autism, New Delhi, India, Dr. Ismail Shafeeu, CEO and board member of Maldives Autism Association, Dr. Sunita Maleku, Founder and Chairperson of Autism Care Nepal Society, and Prof. Dr. Shazia Maqbool, Head of the Department of Developmental Pediatrics at Children's Hospital in Lahore, Pakistan.

The speakers apprised participants about autism in their respective countries and the efforts being made to create awareness at both the government and private sector levels, especially among health care professionals. They agreed that regional countries could learn a great deal from each other, especially from Bangladesh and India which had won political support through much struggle and had been rewarded with appropriate legislation and funding for autism. They also discussed strategies to support adults with autism for independent living and creating opportunities for employment — whether sheltered, supported or assisted — in the region.

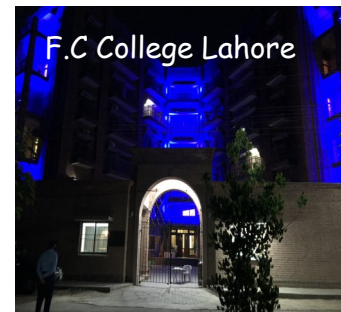
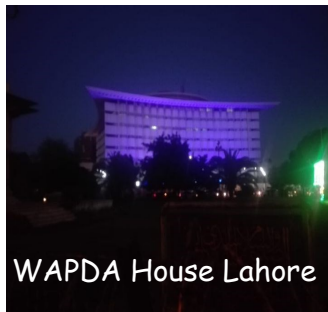
Virtual Regional Conference on Autism
 1st April, 2021
 2:00 pm – 5:00 pm

 Ms. Sabina Hossain Bangladesh	 Mr. Ugyen Wangchuk Bhutan	 Ms. Indrani Basu India
 Dr. Ismail Shafeeu Maldives	 Dr. Sunita Maleku Nepal	 Dr. Shazia Maqbool Pakistan

Register for Zoom Link / Facebook Live on:
 0301-2633805 & 0331-4199945

Light up Blue

April 2nd is observed as Autism Awareness Day throughout the world. To mark the day in the country, ASDWT requested various government and private organisations to light up their buildings “Blue” to show solidarity with Autistic individuals. ASDWT is grateful to them all for lighting so many building in Karachi and Lahore as this generated a lot of interest in social media and helped to spread the right message about autism awareness in Pakistan.



Webinar on Functional Curricula, Vocational Training and Employment: 2nd April

ASD Welfare Trust hosted a national webinar on World Autism Awareness Day on 2nd April, 2021 to discuss Functional Curricula, Vocational Training and Employment. Those who addressed the Webinar included Ms. Alliya Batool Haidery, General Manager, Pakistan Centre for Autism, Karachi; Mr. Umair Bin Tahir, Director Step to Learn, Islamabad; Ms. Nabila Chauhdry, CEO, Rising Sun Institute for Special Children, Lahore; Ms. Sana Ayaz, Principal, Karachi Vocational Training Centre and Mr. Qazi Fazli Azeem, Assistant Professor, Media Sciences, SZABIST, Karachi. The speakers discussed the many options on the subject that had been developed by different schools and institutions such as the Rising Sun Schools in Lahore, the Karachi Vocational Training Centre and a few corporate sector entities. There was an interactive session with a large number of participants, and it was generally agreed that much more could be done to support individuals with autism especially to develop new talent in fields such as the culinary arts, musicology, painting and software development.

Autism Talent Series

ASDWT is conducting Autism Talent Series to showcase the extraordinary talent of individuals with autism. The idea is to recognise, motivate and support the various talents of individuals with neurodevelopmental disorders and who may also inspire and encourage others to emulate their example. Three of the Series were conducted in this quarter, focusing on skills related to cooking, singing, sketching, playing musical instruments, computer programming; animation, athletics, arts and crafts.



Faiqa Faisal



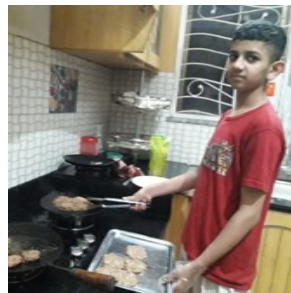
Zaeem Khatlani



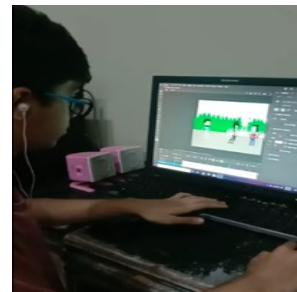
Taha Ahmed



Abdullah Ahsan



Muhammad Ali



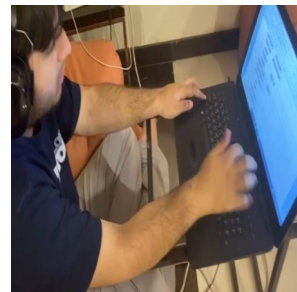
Ayan Javaid



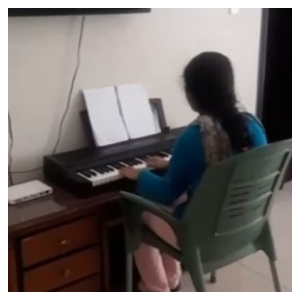
Hafsa Kashif



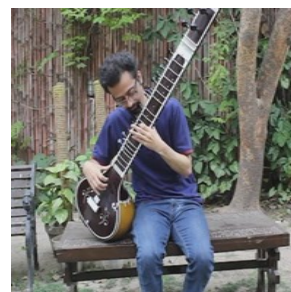
Mahad Azhar



Essa Samad



Rahma Hassan



Ameer Shah

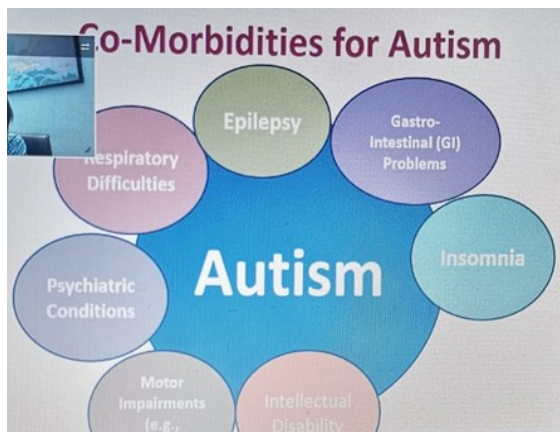
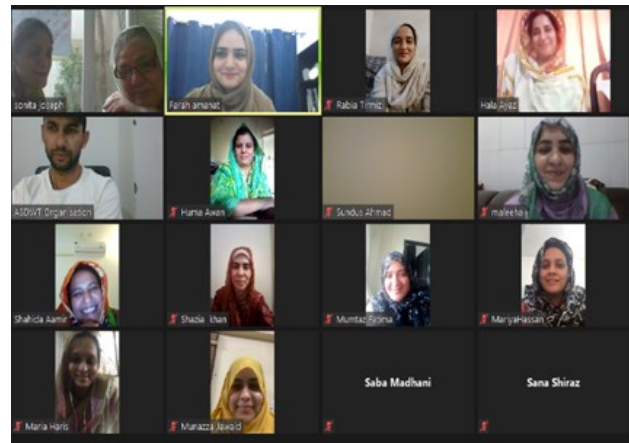
Training Workshops

Disability and its challenges in Pakistan

ASDWT Karachi conducted an online training program for civil society organisations in Sindh. The aim is to create awareness about neurodevelopmental disorders and their management in community-based organisations. Ms. Faiza Ilyas, clinical Psychologist of ASDWT had an interactive session with participants from Mirpurkhas, Hyderabad, Sanghar, Khairpur and Shahdadt.

TEACCH Programme

A Five-day online Training Course on **TEACCH Programme** was conducted by Ms. Farah Amanat, Senior Clinical Psychologist ASDWT, Lahore. Participants were enthusiastic and took a keen interest in the programme.



Understanding Autism and its Management

On 25th June, 2021, Ms. Asma Ahmed, Senior Clinical Psychologist ASDWT Karachi, conducted an online training session for Karachi Medical & Dental Council (KMDC). She covered the topic “Understanding Autism and overview of its Management”. It was an informative and interactive session attended by 150 participants.

Home based Management of persons with ASD

On 23rd April, 2021 ASDWT Karachi invited Ms. Sajida Ali, Senior Special Educator and Autism Expert, Director Pakistan Centre for Autism, Karachi to talk about Home based management of persons with ASD. It was a an informative and inspiring session with practical tips for managing children, designing teaching materials and using them at home. .

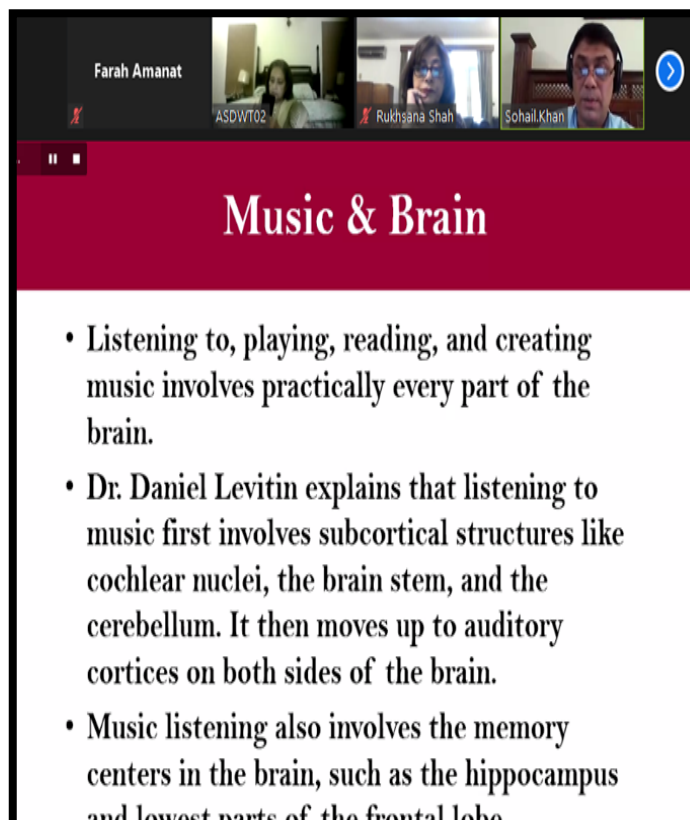


Safety Concerns of Children with Neurodevelopmental Disorders

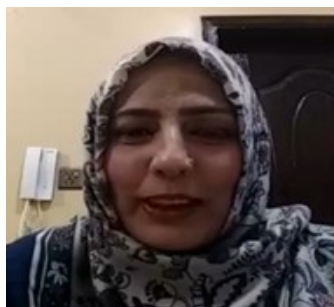
ASDWT, Karachi invited Ms. Humaira Khurshid, Clinical Psychologist & Behavior Interventionist on to discuss “Safety Concerns of Children with Neurodevelopmental Disorders”. It was an informative session attended by around 70 participants, mainly parents and teachers.

Light in the Music

ASDWT Lahore organized a webinar on “**Light in the Music**” on 12th June, 2021, conducted by Mr. Sohail Khan, Music Educationist and Therapist, CMT (London), BMGIM Advance Level (USA). He is the pioneer in introducing Music Therapy in Pakistan. In his presentation he said that music therapy is an interpersonal process in which the therapist uses music and all its facets — physical, emotional, mental, social, aesthetic, and spiritual —to help children with special needs to achieve non-musical goals. Mr. Sohail Khan has trained a batch of Music Therapists belonging to different parts of the country and they can give therapy upon request.



Inclusive Education and Role of Resource Teacher



ASDWT, Karachi invited Ms. Sarwat Zehra, Head, Department of Special Educational Needs, Civilization Public School on 30th June, 2021 for an online session on the role of the Shadow Teacher and Resource Person in private schools. She talked about Inclusive Education and emphasized that inclusion policies are necessary to be put in place by both the government and the private sector in order to provide opportunities to differently abled persons.

Parents Support Groups

KPK Group

ASDWT Karachi conducted second part of series on “Behavior Management” for the parents of KPK on 4th May, 2021, and the third part on 4th June, 2021 in which behavior management techniques were covered in detail. The session was attended by large number of parents and professionals.

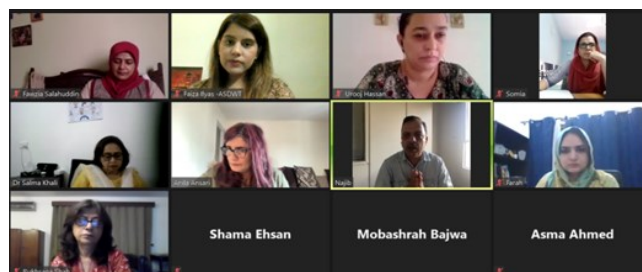


Meeting with DEPD Delegation

ASDWT, Karachi team invited a delegation from the Department of Empowerment of Persons with Disabilities on 20th May, 2021 to discuss collaboration of ASDWT and DEPD. Members of the Delegation appreciated the work done by ASDWT in creating awareness about Autism as well as imparting relevant train-

Assisted Living Facility

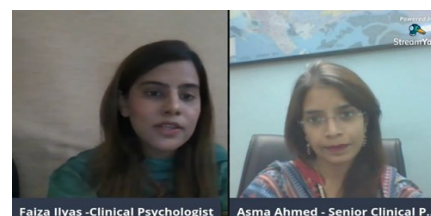
On 18th June, 2021 ASDWT conducted an online meeting with NGO Power 99 Foundation to discuss Assisted Living Facility options for Adults with ASD. It was a fruitful sessions with many concerns of parents addressed and the way forward chalked out.



Live Sessions “ASK ASDWT”

Facebook Activity

A new series “ASK ASDWT” was launched by ASDWT Karachi on 16th April, 2021 to address queries in Facebook live sessions. Team of Clinical psychologists entertained questions of attendees and answered them in detail. After receiving overwhelming response, a second session of the series was conducted on 28th May, 2021.

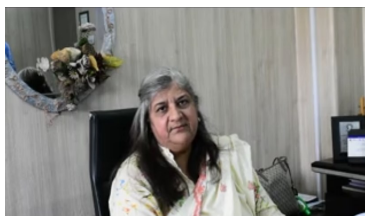


Video Messages for ASDWT Social Media campaign

In April, 33 Video messages from experts and professionals were uploaded on our FB Page.



Mr. Pervez Ahmed Seehar
Secretary, DEPD, Karachi



Dr. Shazia Maqbool, Head
Department of Developmental
& Behavioural Paediatrics, CHL



Dr. Abdul Hameed, Professor, De-
partment of Education, University
of Management and Technology



Dr. Izhar Hashami,
Director PSWD



Dr. Altaf-ur-Rehman, In Clinical
Psychologist, Autism Center,
Faisalabad



Dr Anika Sohail, Head Pediatric
Department, WAPDA Hospital
Lahore Pakistan



Prof. Dr. Irum Irshad,
Chairperson Department of
Psychology, University of
Peshawar



Dr. Jamal Raza
NICH, Karachi



Ms. Khaula Munawar Minhas,
Directorate General Special
Education, Punjab



Dr. Abdul Waheed
Director, JIMS



A poem on Autism by Ms. Khawar Sul-
tana, Clinical Psychologist, Director
Inclusive Education Program, Amin
Maktab



Dr. Shankar Lohano
General Physician, Mithi



Dr. Tahmeedullah, Director
Burn and Plastic Surgery Centre
(BPSC) Peshawar



Mr. Sohail Ahmed Khan,
Certified Music Therapist



Ms. Maliha Latif,
Director Impact Autism Care
Centre, Lahore



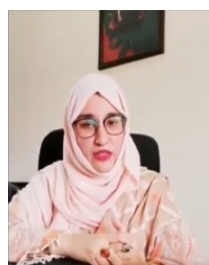
Ms. Nabila Chauhdry, CEO,
Rising Sun Institute for Special
Children, Lahore



Ms. Sajida Ali
Director, PCA, Karachi



Ms. Shaista Bano, Director
Dream Children Rehabili-
tation & Special Education
Center, Multan



Ms. Sana Shiraz
Principal, Desert Hawk
School, Hyderabad



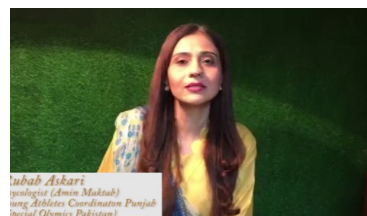
Ms. Breshna Rauf
Program Manager, PCA,
Karachi



Ms. Nighat Tahir
OT, IPMR, DUHS,
Karachi



Mr. Noor Ahmed Narejo
Human Rights Activist, Sindh



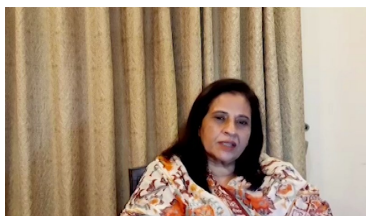
Ms. Rubab Askari, Young
Athletes Coordinator Punjab
(Special Olympics Pakistan)



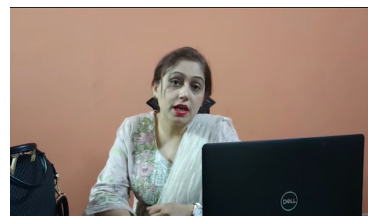
Ms. Fariha Mujahid,
Director Sprout Resource
Center, Lahore



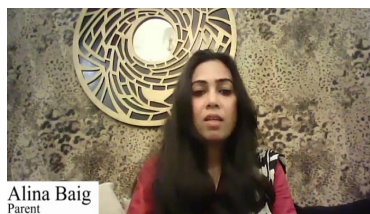
Ms. Samina Kausar, Director SAM
Institute of Special Education,
Abbottabad



Ms. Lubna Abbasi, Family Input
Council Coordinator Special
Olympics Pakistan



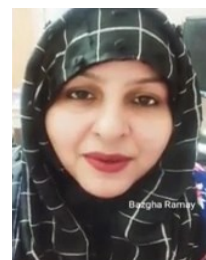
Dr. Salma Shoukat, Mother



Ms. Alina Baig, Mother



Ms. Maria Ali Bamboat
Mother



Ms. Bazgah Ramay,
Mother



Ms. Urooj Hassan
Mother



Ms. Saima Zaib,
Mother



Ms. Sehar Kamran,
Mother



Video Message by Muhammad
Haseeb Abbasi, Self-advocate,
Anthony Shriver International
Global

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