

Annual Report

Fiscal Year 2075/2076
(2019)



AutismCare
Nepal Society

“A National Center for Autism”

Executive Board



Dr. Sunita Maleku Amatya
Chairperson



Mrs. Rachana Lamsal
Vice Chairperson



Mrs. Neelam Gautam
Secretary



Mrs. Kalpana Ghimire
Treasurer



Mrs. Anjana Mahara
Executive Member



Mr. Bidhan Shrestha
Executive Member



Mr. Shyam Bhandari
Executive Member

National Advisory



Dr. Hem Sagar Baral
Founder President & Birds Expert



Professor, Dr. Deepak Mahara
Department of Orthopaedic
Director, TU Teaching Hospital



Dr. Kapendra Amatya
Consultant Surgical Oncologist
Nepal Cancer Hospital



Mr. Krishna Lamsal
Education Specialist, JICA



Dr. Merina Shrestha
Pediatrian, Teaching Hospital



Mr. Gyanendra Raj Shakya
Business Person



Mr. Kumar Rajiva Singh
IT Specialist



Mr. Uday Kant Jha
CEO, Menchhiyam Hydropower



Mr. Sadeep Kharel
Lawyer

International Advisory



Mrs. Merry Barua
Director-Action For Autism, India



Mr. Jack Starmer
Health Care Nepal



Ms. Lynne Babbington
Education Psychologist, UK



TABLE OF CONTENTS

	Message From The Chairperson	2
	Message From Editorial Team	3
	About AutismCare Nepal Society	4
	Organizational Structure	5
	ACNS Programs and Projects	6
	Activity Sheet of Fiscal Year 2075/2076	7
	Graphs of Autism Diagnosis Details	8
	Celebration of World Autism Awareness Day 2019	9
	Advocacy and Lobby on Autism	11
	Aarambha Pre-Primary School (APPS)	12
	Aakar Vocational Unit (AVU)	13
	Parent and Child Training Program and TOT	14
	District Coverage by Parent and Child Training Program	15
	Teachers Training on Autism Spectrum Disorder	16
	My Right-SAAA Project	17
	Abilis Foundation Project	19
	Parents Network Groups of ACNS in Nepal	21
	Importance of Psychological Assessment and Diagnosis in Autism	22
	Music Therapy at AutismCare Nepal Society	23
	Occupational Therapy for Children With Autism in AutismCare Nepal Society	24
	Volunteership	25
	Charles Sturt University's Experience at AutismCare Nepal Society	26
	Lions Club 325 A2 Collaborates with AutismCare Nepal Society	27
	AutismCare Nepal Society Kaski District Chapter	28
	Friends of Parents of Children with Autism	29
	AutismCare Chitwan Society	30
	AutismCare Nepal Society Lumbini	31
	AutismCare Nepal Society Surkhet	32
	Autism Pathashala Nepal Gulmi	33
	AutismCare Nepal Society Jhapa	34
	Aavani Foundation	35
	Financial Highlights	36
	Glance of AutismCare Nepal Society	37
	Glance of World Autism Awareness Day 2018	38
	Glance of Lions Collaboration With ACNS	39

MESSAGE FROM THE CHAIRPERSON

As we start 12th year of AutismCare Nepal Society (ACNS) Journey, its immense pleasure to share and inform our achievements, development in different sector related to our Autism journey. ACNS is not only serving different services for Children with Autism but has been the platform for parents to share to feel belonging and the hope for their child's future. ACNS has been thriving as family centered organization rather than child centered. I myself along with my fellow Board members, staff and the community express our gratitude as we have been steadily moving towards our vision of becoming a leading comprehensive Autism Centre. AutismCare Nepal Society (ACNS) heading as National Autism Centre is the knowledge hub for Autism. Our journey has only been possible due to the strong dedication of our staff, excellent professionalism of our Experts, great support from the Board and the deep confidence shown by the stakeholders as well as the community. I would like to take this opportunity to congratulate all of you on this success.

ACNS raises awareness in nationwide level through multi media. This has led to significant visibility of Autism across the country so has led to early recognition of Autism at young aged children. Our ongoing Advocacy aims to bring more visibility and understanding for person with Autism and continue to influence policies for our people. Our advocacy has been focused at Local, federal, Central level. Training services for parents, teachers, Human Resource Development is of utmost priority to us and would do continuous effort for the same. This year, our various level workshops through National and International Experts have benefitted more than 300 families. Continuous teaching and learning is part of our development. ACNS has shown its existence at International arena through organizational participation and presentation to showcase our achievements at International conferences. This year we have been able to pilot "Diploma course on Special Education" specialized on Autism Spectrum disorder. This initiation is dream come true at organizational level and is also asset for many Autism school across the country. We have enrolled five students from different parts of Nepal. We are working towards University accreditation for upcoming course. Thank you participants and each one of you who have worked very hard to bring its realization. ACNS highly believe in empowering parents and care givers of Children with Autism for which it runs "Parent and Child Training Program" throughout the year. The trained parents from different Districts have been gathered to form Parents Network Groups (PNG), which has now taken shape of ACNS District Chapters in Jhapa and Surkhet Districts. Autonomous bodies are run in Kaski, Rupendehi, Gulmi, Kathmandu. We continue to provide the technical support. We rolled our awareness campaign to province 2 in Janakpur and further set of program to Kailali. We have also been able to undertake "Home visit program" to families affected by Autism.

It also gives us immense pleasure to share, The Gold standard Diagnostics ADOS (Autism Diagnosis and Observation Scale) has been the first and foremost service started in ACNS in of entire Nepal. Our dedicated team of clinical psychologists, Phd., Mphil in clinical psychology are our Jewel in taking forward the quality diagnostic and assessment service. This has led us to become Referral Centre for Diagnosis from different places of Nepal. Our Arambha School and Vocational Department is also fostering at their level best. We continue to develop and provide opportunity for more students in coming years. Thanks to our dedicated team of special educators, teachers and support staff.

We currently have around 1000 plus family in our network. We provide Autism related services of various kinds to more than 100 children every month. Through our early intervention program, we have been able to include students in Mainstream set up as well. The Centre hopes that these achievements can motivate and remind all parents that there is always hope for these children. We are gearing towards providing appropriate programs for teenagers and young adults with autism to learn living skills and employment skills. We are dedicated to expand our vocational facilities and take them to different level. We lobby with companies and organization who are willing to enroll person with Autism for Employment. We hope to blend in with the community and take them to different kind of Job opportunity. We are also thankful to parents at different networks who have taken their Roles in helping out Autism community at their best. We want to continue to further support our Chapters from Different Districts who have been dedicated to serve Autism community in their respective Districts.

I take a moment to appreciate what we have all achieved and get inspired to do even better in the coming years, so we can continue honour the trust that we have worked so hard to earn. ACNS has been successful in achieving all only due to the support and trust from parents of Children with Autism. We are thankful to all the well-wishers, families from the country and abroad for believing us and providing us with various needful supports.



Dr. Sunita Maleku Amatya
Chairperson
AutismCare Nepal Society



MESSAGE FROM EDITORIAL TEAM



PT. Surendra Bajracharya
(Editor in Chief)



Ms. Mahalaxmi Karki



Ms. Sanu Devi Prajapati



Ms. Saraswoti Moktan



Mr. Ritesh Maharjan



Ms. Kripa Shrestha



Ms. Ruju Pokhrel



Ms. Manju Maharjan



Ms. Rojeena Bajracharya

It is our great pleasure to be part of the editorial team for preparation of Annual Report 2075/2076 (2019) which is going to be inaugurated on 12th Anniversary of AutismCare Nepal Society (ACNS). ACNS is not just a social organization run by Parents of Children with Autism but ongoing campaign to create inclusive society for Person with Autism. ACNS is growing organization and gradually being recognized as training and knowledge hub for Autism in Nepal. We believe this annual report will be next milestone for giving comprehensive information about AutismCare Nepal Society and its awareness and advocacy campaign on Autism in Nepal. The report also provides brief scenario of various activities and programs of ACNS within its center as well as outreach districts. Our editorial team is privileged to prepare this report and we are heartedly thankful for this opportunity to whole ACNS family.



मेरो बच्चाले किन बोलदैन ?



मेरो बच्चाले किन अरुसंग खेलदैन ?



मेरो बच्चाले बोलाउंदा किन हेर्दैन ?



ABOUT AUTISM CARE NEPAL SOCIETY

AutismCare Nepal Society (ACNS) was found on 2nd April 2008 on the occasion of the World Autism Awareness Day. It is the only active autism organization in Nepal that is run by passionate parents that care for Person with Autism. It is a non-governmental, non-profit making, non-political NGO registered in District Administration Office (Regd. No. 1067/2065) and affiliated to Social Welfare Council (SWC No: 25314). ACNS is also Income-tax exempted organization under the Income Tax Act 2058 Clause 2 (DHA) recognized by the Internal Revenue Department of Nepal, having PAN No: 302973565. It is the only active autism organization in Nepal, which provide support and information services to person with autism and people who work with person with autism. The group's initial goal was to raise awareness and provide support to parents and caretakers of children with Autism. As ACNS progressed, parents felt the need of comprehensive center that would help families throughout Kathmandu and Nepal to raise awareness, provide basic therapy services, Special/Inclusive Education and to develop expertise in the field of autism. ACNS provides support and information services to persons with autism and people who work on autism in Nepal.

We wish to work with organizations worldwide to share information, resources and assist families and children at a national level, and look forward to continuing our contact with families and professionals worldwide. We educate, aware and act for the rights of persons with autism throughout Nepal.

Vision

"A society where PWAs enjoy independent and dignified life."

Mission

"Empowering people with Autism to protect and, promote their rights and utilise their skills to have a meaningful and effective participation in the society."

Goals

Achieving the following condition shall be the goals of ACNS

A condition, where there is;

- Easy access of PWAs to health, appropriate education, employment/livelihood, empowerment, social participation, use of all facilities, assistance and support, reasonable accommodation, including all services, facilities and opportunities connected to their special needs as their rights.
- Accessible, unbiased and accurate clinical diagnosis, assessment and therapies; for children with Autism
- Adequate constitutional provisions, policies, laws to address the all human rights and needs of PWA.
- Availability of legal representation and assistance to PWAs and their representatives for full protection of all legal rights.
- Equal access to and use of all facilities, services and activities in the community.
- Sustainability of ACNS.

Objectives

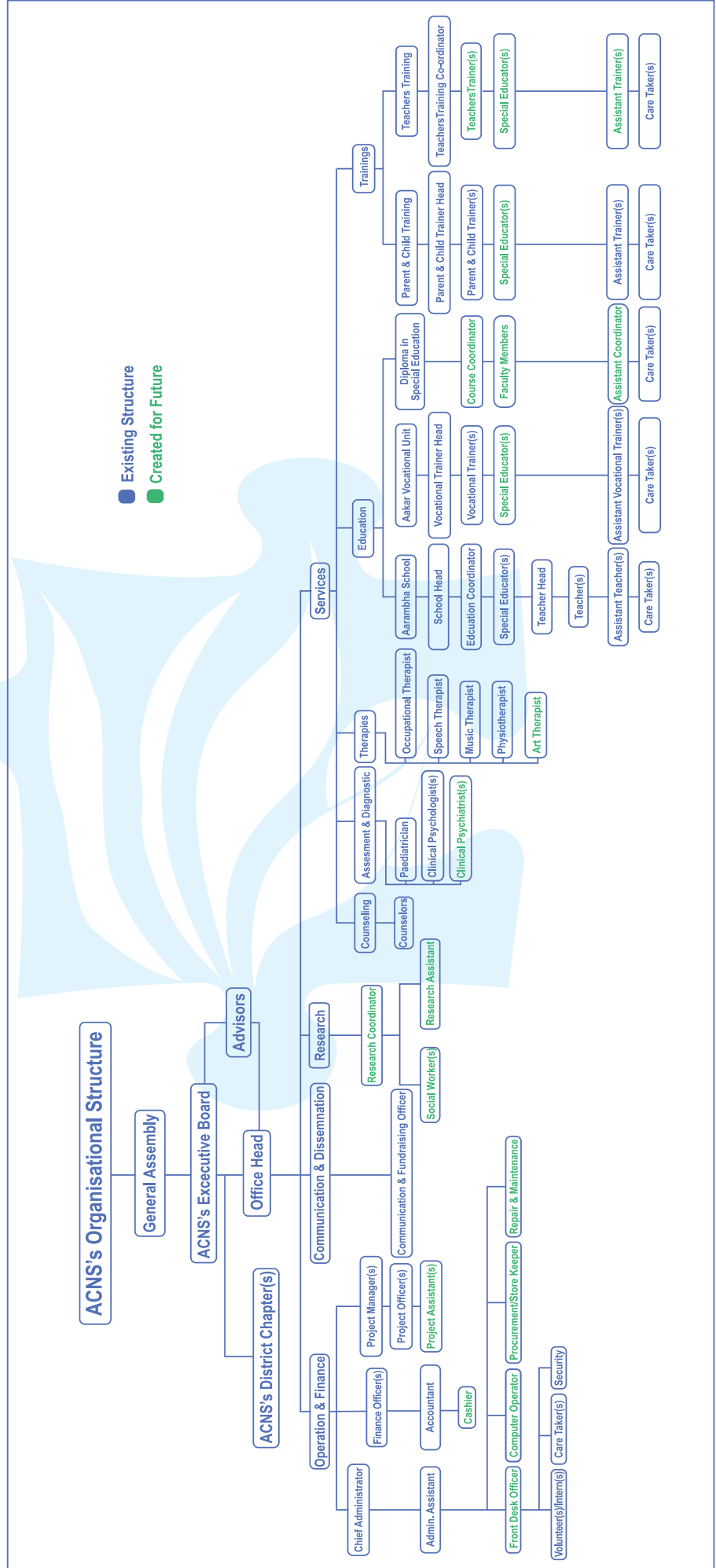
- To increase awareness on Autism.
- To increase understanding on Autism among health care professionals for health facilities and early diagnosis and intervention.
- To increase understanding and skill among the parents, carers, teacher and policy makers.
- Advocacy for the rights of Person with Autism
- To increase knowledge and skills of people with autism in vocational activities to increase independent and create employment opportunity.
- Advocacy to ensure the inclusive education of Children/ Person with Autism.
- Formation of Parents Network group of Children/ Person with Autism throughout the country.



Autism Care Nepal Society

“A National Center for Autism”

ORGANIZATIONAL STRUCTURE

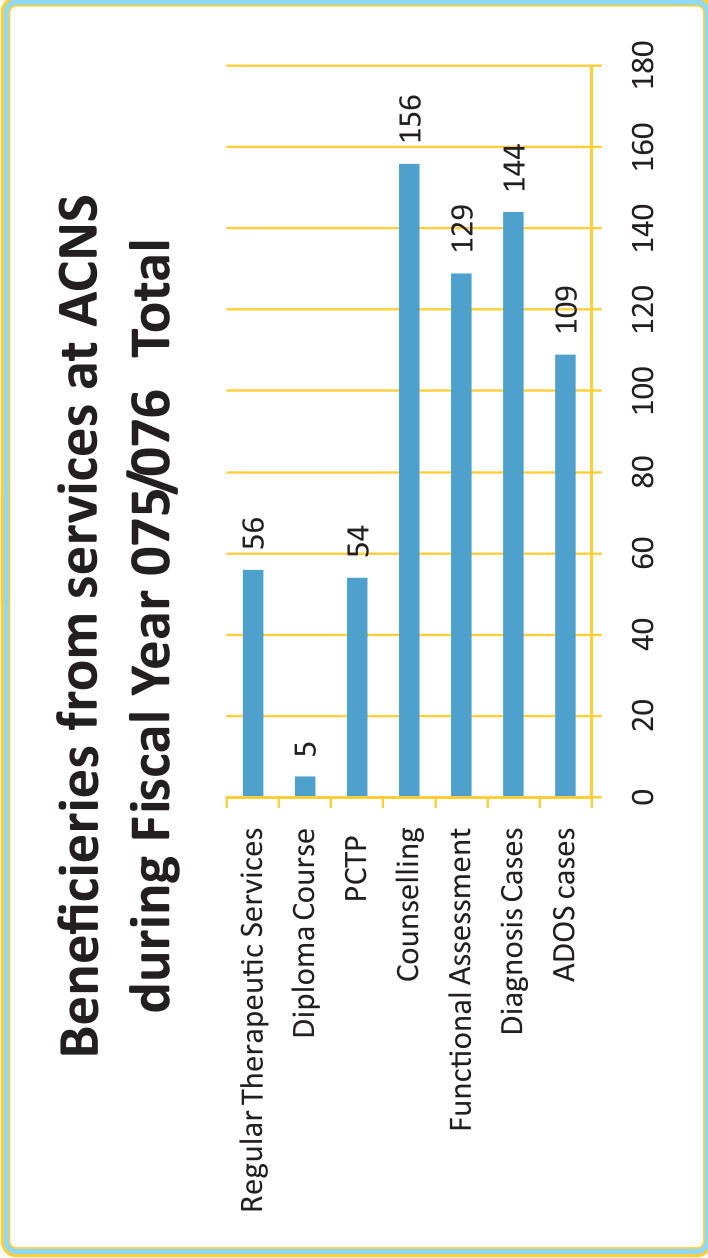




ACNS PROGRAMS AND PROJECTS

Programs

- Aarambha Pre Primary School
- Assessment, Diagnosis and Intervention
- Therapy Programs
- Diploma in Special Education
- Aakar Vocational Training Unit
- Parent and Child Training Program
- Teacher's Training Program
- Training of Trainers of PCTP
- Counselling Program



Projects

- Ministry of Women Children and Senior Citizen
- Autism Support and Capacity Building Project
- MyRight /SAAA Project
- Abilis Foundation Project
- Kathmandu Metropolitan City Project



ACTIVITY SHEET OF FISCAL YEAR 2075/2076

Year	Main Events	Results
13th July, 2018	Mr. Hari Kumar Shrestha and Mr. Rajendra Shrestha, Ward No. 2 President and Members of Kathmandu Metropolitan City (KMC) visited ACNS.	KMC committed to support AutismCare Nepal Society and provide financial support.
16th July, 2018	Second Batch of Training of Trainers of Parent and Child Training Program conducted at ACNS.	5 new Parents were trained from the Training Program and PCTP are launched at Surkhet, Gulmi and Lumbinini.
23rd July, 2018	Children with Autism (CWA) from ACNS participated in Cultural Ramp Walk Program on the auspicious occasion of 50th Anniversary of Special Olympic Nepa at Mahendra Police Club, Bhrikutimandap.	CWAs happily participated in the Program and their performance was greatly appreciated by audience.
13th Sep, 2018	Ms. Janna Linna, Project Coordinator of Abilis Foundation, Finland; Mr. Birendra Raj Pokharel, Abilis Country Co-ordinator and their team visited ACNS for monitoring.	The team gave necessary recommendation to ACNS which is helpful for implementation of project activities and learn about procedures of Abilis project.
15th Sep, 2018	11th Annual General Meeting of ACNS held at ACNS premises in the presence of government bodies, NFDN, DPOs, and Chapters/Parent Network Groups, all our members, staffs and Person with Autism.	AGM was successfully conducted and same executive board community was formed.
23rd & 24 th November, 2018	Two Days International Workshop on Autism: Transition from Adolescent to Adulthood was conducted in Hotel Hardik Kathmandu, Nepal in partnership with Action for Autism India.	All participated parents, teachers and professionals learned how to deal with adolescent and adult with autism.
1st- 18th Dec, 2018	Dr. Eva Nordion Olson and Ms. Carina Pettersson from Swedish Autism and Asperger Association visited ACNS. Throughout the week, parental workshop, workshop with government authorities and workshop for medical professionals have been conducted at Pokhara, Kaski. With this, we have project sharing meeting at ACNS of 2018, meeting with MyRight Office Nepal, visit to mainstream/special school have been performed. Also, participated in the 27th International Disability Day at Kathmandu.	Activities performed together with the direct involvement of MO-PO (Member Organization) and (Partner Organization). Knowledge and skills shared from the Swedish movement of Autism from our expert.
25 th Feb-1st March, 2019	The team from Master of Fine Arts in Music Education, Uppsala, Sweden visited ACNS.	Ms. Gerd Stenlid and the team support to ACNS.
2nd April, 2019	2019 World Autism Awareness Day was celebrated with the theme of "Assistive technologies, Active Participation" at Basantapur Durbar Square "UNESCO World Heritage Site", Kathmandu, Nepal	General Public were aware about the autism condition.
1st May, 2019	Mr. Virendra Sharma MP, The House of Commons, Mrs. Arati Shrestha, President, Nepalese Women Association, Mrs. Mangala and Mr. Yogeshwor Amatya, Everest Law Solicitors, Solicitor Mr. Raja Thapa, Travelconsol, Mr. Biraj Bhatta and all the supporters and well -wishers of AutismCare Nepal Society hosted the reception for fundraising at The House of Commons, London SW1A 0AA to support education of Children with Autism.	Children with Autism (CWAs) got the opportunity to enroll in special school of AutismCare Nepal Society and ensured their education Rights.
19th-25th May, 2019	Dr. Sunita Maleku Amatya, Chairperson and Ms. Kalpana Ghimire, Treasurer performed learning visit to Sweden. The visit focused on the learning regarding Social Rights of Persons Children (PWAs/CWAs) in Sweden focusing on their daily activities, engagements in different areas and the center. Visit also offered the opportunity to increase understanding social rights provision ensured by the Swedish government/international practices.	Learned knowledge/skills from the period has been replicating in the organization.

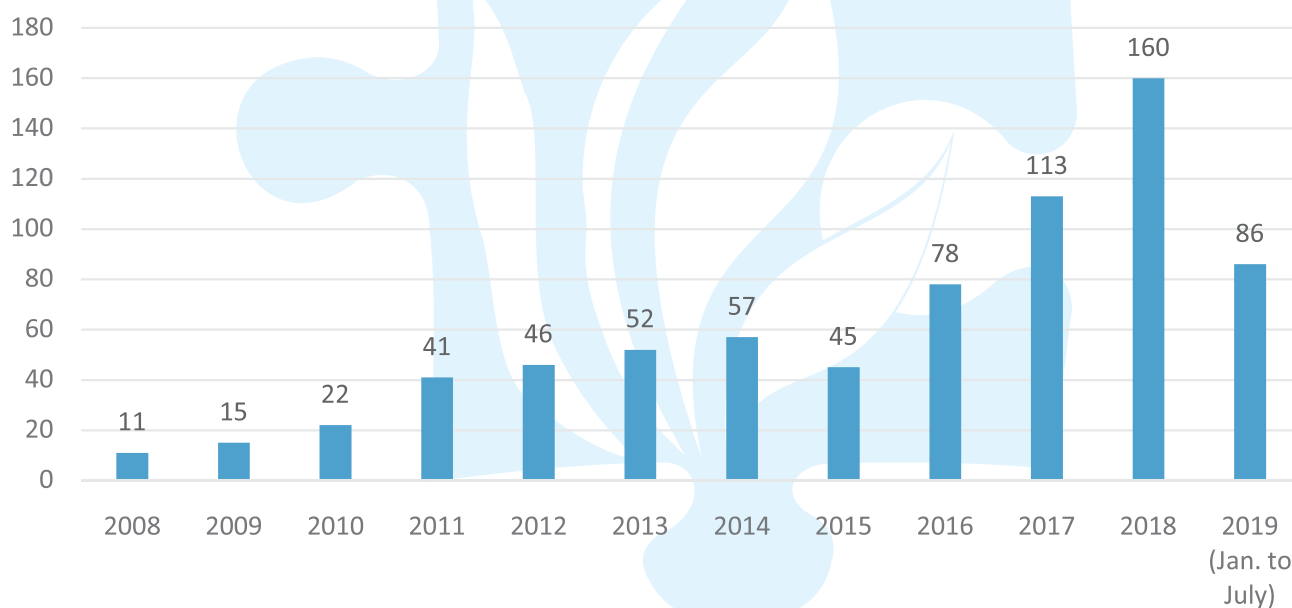


ACTIVITY SHEET OF FISCAL YEAR 2075/2076

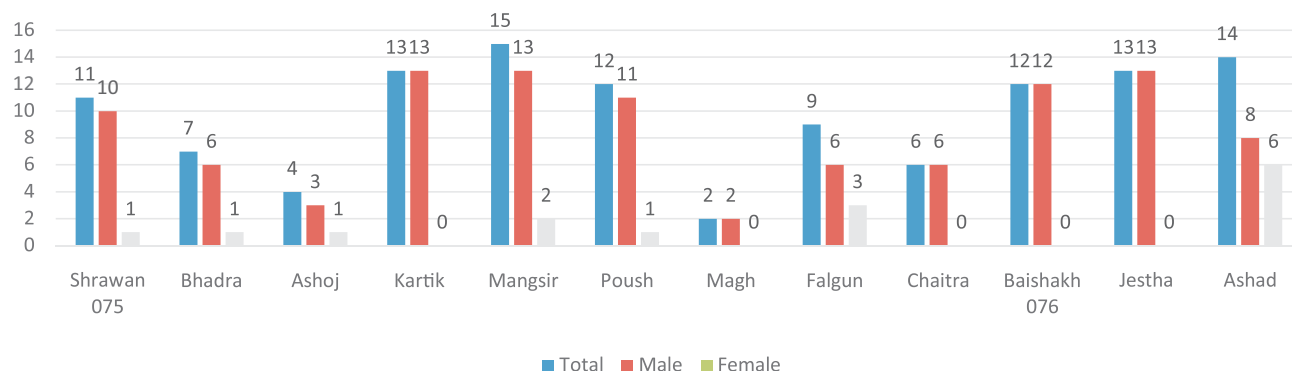
Year	Main Events	Results
29th June, 2019	Conducted workshop on "Importance of teaching communication and daily living skills across the life span of Autism" by the experts from ASPECT, Australia at ACNS.	Participants were learned about the techniques & strategies of communication and daily living activities to teach for PWAs.
20th July, 2019	Dr. Sunita Maleku Amatya, Chairperson conducted Autism Orientation & Interaction Program for the founder principals, principals, teachers and the parents from different places in coordination with Montessori Association Nepal (MAN).	More than 140 participants from Kathmandu valley & other provinces of Nepal were participated which ensured the education rights of CWAs via inclusive education in their school.
July 2018 - June 2019	ACNS successfully completed its 4 different batches of Parent and Child Training Program at ACNS.	Participants got knowledge on autism & learnt skills about how to take care of their Children.

GRAPHS OF AUTISM DIAGNOSIS DETAILS

Total cases of Autism Diagnosed cases at ACNS (Total 726)



Total Autism Cases diagnosed in Fiscal Year 2075/76 (Total: 118, Male, Female: 15)



CELEBRATION OF WORLD AUTISM AWARENESS DAY 2019



*Hidden Treasure Miss Nepal
Shrinkhala Khatiwada delivering her speech*

World Autism Awareness Day (WAAD) is an internationally recognized day celebrated on April 2, every year, encouraging member states of the United Nations to take measures to raise awareness about Autism Spectrum Disorder (ASD) throughout the world. AutismCare Nepal Society (ACNS) has joined International Campaign "Light it up Blue" Program. This year WAAD was celebrated jointly with the UN designated theme of "**Assistive Technologies Active Participation**" at Basantapur Durbar Square, UNESCO World Heritage Site of Nepal. Light it up Blue (LIUB) program along with stage performance was conducted as every year.

The Chief Guest of the program was Hidden Treasure Miss Nepal Shrinkhala Khatiwada and Special Guest was Mr. Derek, representative from Australian Embassy of Nepal. During the events there were also participation of different DPOs of Nepal along with wide participation of person with Autism, their parents, caregivers, well-wishers and general public. The event was remarkably successful with outstanding musical performance by Children with Autism. The Mandala, stall exhibition, Flash Mob, Docu Drama show, face painting were next attractions of events. Participation of whole ACNS family and hundreds of volunteers made the event more successful.



*UNESCO World Heritage Site Basantapur Durbar
Square Glowing Blue during LIUB program*



*Musical Performance by Children with Autism
during WAAD Program*



*Solidarity for Autism Awareness by participants
in front of Mandala*



Group Snap with Organizers, Guests & Volunteers

Highlights of World Autism Awareness Day

- The "Press Meet" was the inception program of the national Autism Awareness Month 2019 which held on 29th March, 2019 at Alfa Beta, Buddhanagar, Kahtmandu. More than 20 Media personnels attended the program.
- With the great hope of spreading the awareness on Autism within local community, ACNS organized Walkathon program on 30th March, 2019 (Saturday). More than 200 participants participated in walkathon Program.
- Medical students of TUTH organized the stall exhibition at Tribhuvan University of Teaching Hospital (TUTH) with the collaboration of ACNS where more than 500 people visited the stall.
- More than 120 volunteers from various institutions were mobilized during autism awareness month-April 2019.
- The Flash Mob was performed by Medical student at TUTH premises & Basantapur Durbar Square ("UNESCO World Heritage Site").
- During the main event of WAAD; "Light It Up Blue program (LIUB)" was performed at Basantapur Durbar Square.
- Autism awareness docu drama (Sunaulo Bihani) was performed in big screen for the general public.
- Children with Autism (CWAs) along with ACNS team performed on Light It Up Blue song.
- Children with Autism performed the Ramp walk and Musical performance during the event.
- "Create Art for Autism" program was organised for the Children/Person with Autism at ACNS.
- Autism Sport & Physical Activities for children with autism held under the close observation by Sport trainer at Campion Higher Secondary School, Gahanapokhari, and Kathmandu where 17 CWAs (15 boys & 2 girls) of Aarambha School were participated. The event was organised with joint collaboration of Engage Corps.



Press meet program for marking 12th World Autism Awareness Day



Stall Exhibition at Tribhuvan University Teaching Hospital



Flash Mob Program at TUTH



Group Snap after Autism Awareness Walkathon Program



Sport Event Organized for Children with Autism at Campion Higher Secondary School

ADVOCACY AND LOBBY ON AUTISM

Advocacy Issues	Process Followed	Outcome
Allocate government Land for ACNS's services.	Meeting was held with officials from Budhanilkantha and Tokha Municipality along with submitting the request letter and proposal to allocate land for ACNS's services.	Positive assurance has been provided.
Grant support from government.	Document submitted with ACNS overall information for grant support from Ministry of Social Development -Karnali Province (Pradesh).	Verbal commitment to allocate budget in 2019.
Grant support for different Therapeutic Services i.e. Music, Speech and OT at Autism Care Nepal Society.	Proposal along with request letter submitted to Kathmandu Metropolitan City Office.	Received NPR. 5,00,000 as support for the program relating to education facilities for Children with Autism.
Grant for operation of ACNS' services	Submission of demand letter and proposal to ward chairperson of Ward 2 Kathmandu Metropolitan City Office.	Autism issue more familiarized among the government officials from there and verbal assurance received moral support.
Proposal to allocate budget	Submission of demand letter along with proposal to Pokhara Metropolitan City Office.	Verbal commitment to allocate budget in 2019.
Submission of demand letter to allocate budget to run day care center at Chitwan	Request letter submission to ward chairperson of ward 2 of Bharatpur Metropolitan City Office.	Positive assurance has been provided.
Proposal to allocate budget	Submission of proposal to Ministry Of Women, Children and Senior Citizen.	Allocation of budget amounting NPR. 25,00,000 for the operation of parent training and ACNS' services.
Initiative for Autism related program and services in Janakpur, Province no. 2	Several Autism Orientation Program was performed among government stakeholders, Pediatricians and medical doctors.	Government, Pediatricians and Medical doctors realized that they need to start services as soon as possible.



AARAMBHA PRE-PRIMARY SCHOOL (APPS)

Aarambha Pre Primary School (APPS) special school of AutismCare Nepal Society is one the important unit to provide special education in Autism Friendly environment. The school focus on Children with Autism below 18 years for their progressive improvement with its specialized professionals and educators. At present, APPS give services to total 19 Children with Autism including 3 girls within its Red, Blue & Yellow classrooms. The children not only learn Activities of Daily Living, also receive various services like Occupational Therapy, Music Therapy, Speech Therapy, Physical Therapy. The school mainly strengthen the parents and teachers to create autism friendly environment both at home and school.



AAKAR VOCATIONAL UNIT (AVU)

Students with Autism graduate at 18 years old, to Aakar Vocational Unit. AVU mainly focuses on the practical application of skills among adolescent and adult with autism for their future employment. AVU is a work place where adult with Autism builds an individual strengths and structures to promote independency. Young adult with Autism utilized their previous pre-vocational training for their work, independence, self-reliance and better life. At present, this unit performs various activities for individual with Autism Spectrum Disorder (ASD) such as:

1. Hand Loom
2. Sewing
3. Stitching
4. Nepali handmade paper products making (Envelope and Bags)
5. Candle Making
6. Beading
7. Computers and
8. Sorting and Sequencing

During fiscal year 2075/76, one student graduated from APPS and upgraded to AVU. Altogether, 5 young adult with autism including 1 female are enrolled in AVU. The progressive and new activities have been added to explore new skills among Adolescent and Adult with Autism.



PARENT AND CHILD TRAINING PROGRAM AND TOT

Parent and Child Training Program (PCTP) is the most essential and effective program for Children with Autism (CWAs). PCTP is the opportunity for young boys and girls with Autism, for parent mediated early intervention.

It is the one of the most significant training for parent of child with autism to understand their children. It is 12 weeks training program to parents, especially mothers with the aim of empowering them with the knowledge of autism. Training provides knowledge and skill of Applied Behaviour Analysis (ABA), Treatment and Education of Autistic and related Communication -handicapped Children (TEACCH), Verbal Behavior Analysis (VBA) and Sensory Integration Therapy.

During fiscal year 2075/76, ACNS successfully conducted 4 PCTP (33rd, 34th, 35th, & 36th) Batches where total 110 parents as a participants and children were enrolled. Among them 57 were parents and 53 were Children with Autism. Parent of CWAs gain the knowledge on autism and skills regarding how to take care & raising their child.

Training of Trainers (TOT) of Parent and Child Training Program

This Fiscal year Second Batch of Training of Trainers (ToT) of Parent and Child Training Program (PCTP) was successfully conducted at Autism Care Nepal Society from 17th July - 28th September, 2018. There were 4 parents participants as trainees come from Butawal, Gulmi, Kathmandu & Surkhet districts. The TOT program is an advanced training to the trained parents of PCTP with at least one-year experience.

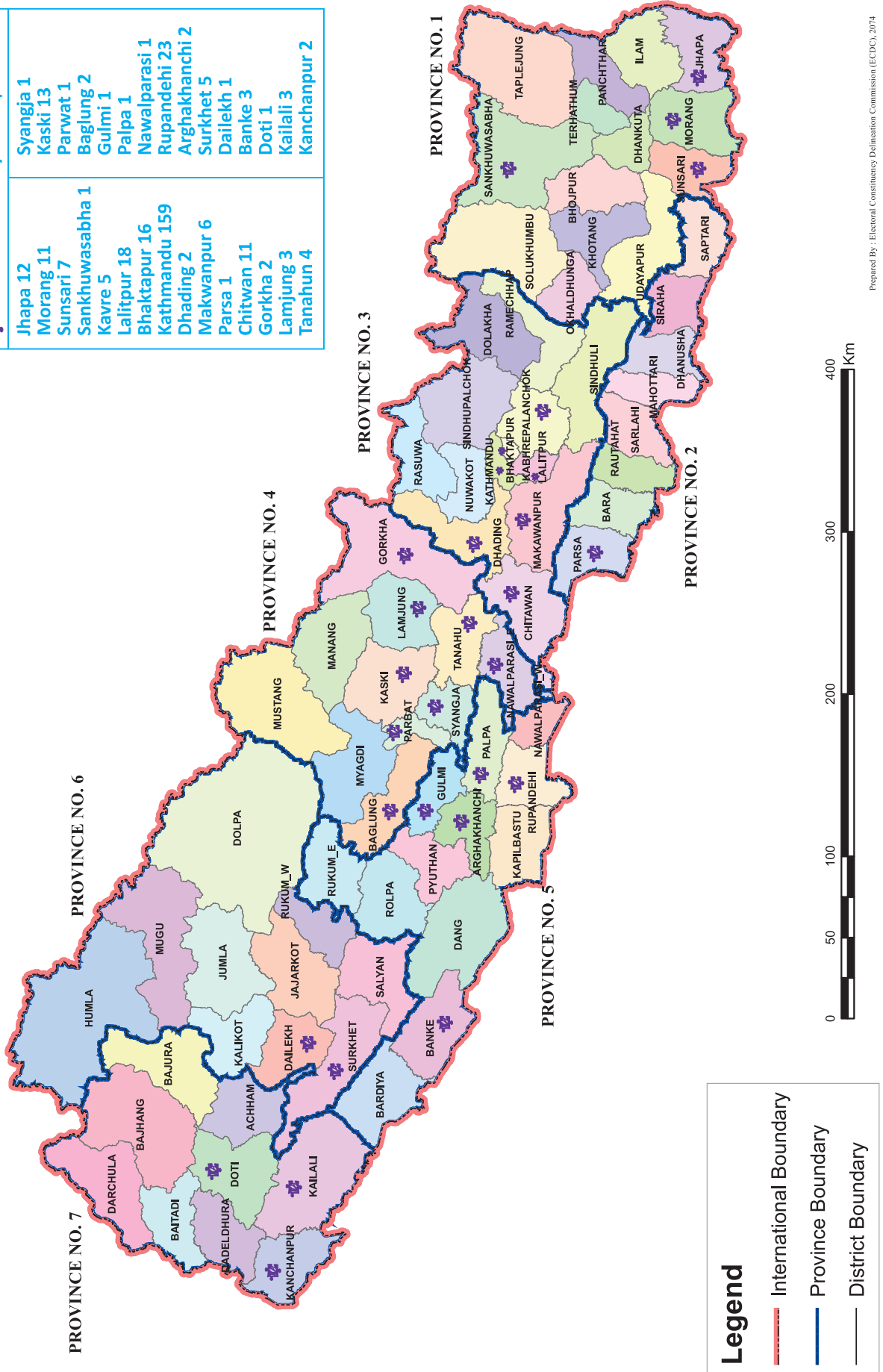
With this training program, PCTP has been decentralized in Kaski, Chitwan, Rupandehi and Kathmandu districts. There has been positive initiative from Surkhet and Gulmi to start PCTP in their respective districts.





DISTRICT COVERAGE BY PARENT AND CHILD TRAINING PROGRAM

Number of Family Participants	
Jhapa 12	Syangja 1
Morang 11	Kaski 13
Sunsari 7	Parwat 1
Sankhuwasabha 1	Baglung 2
Kavre 5	Gulmi 1
Lalitpur 18	Palpa 1
Bhaktapur 16	Nawalparasi 1
Kathmandu 159	Rupandehi 23
Dhading 2	Arghakhanchi 2
Makwanpur 6	Surkhet 5
Parsa 1	Dailekh 1
Chitwan 11	Banke 3
Gorkha 2	Doti 1
Lamjung 3	Kailali 3
Tanahun 4	Kanchanpur 2



Prepared By : Electoral Constituency Delineation Commission (ECDC), 2074

TEACHERS TRAINING ON AUTISM SPECTRUM DISORDER

With evidence indicating the increase in the diagnosis of autism, as well as the complexity of working with individuals with Autism Spectrum Disorders (ASD), providing effective education and training programs specializing in ASD has become an educational necessity. This can be a strategy or intervention in teaching children/individual(s) with ASD.

ACNS, outlines the following points in the preparation of teacher from the teachers training program:

- 1) Training will be eye opener in enhancing understanding the condition of student with Autism.
- 2) Teachers are committed to student with autism and their learning in the classroom.
- 3) Teachers know how the student with Autism learn.
- 4) Teachers make a list of the child's strengths which will help them to teach those subjects to student with Autism.
- 5) Teachers think systematically about their practice and learn from training.

With these realization, ACNS has been organizing "Teachers Training on Autism Spectrum Disorder" since 2011 at ACNS. The concept emerged occurred with the strong realization of ACNS on "Education for all" and inclusive education for people with autism. However, depending up on severity of children with autism also need special education.

It was a 1 week training in the starting focusing on the different topics such as understanding Autism, Understanding Behaviour and Behaviour Modification, Structure Teaching, Enhancing Communication, Acceptance, Inclusion, Occupational Therapy. This course at present has widened into 2 weeks course with some practical sessions and observations.

ACNS offers a chance to participate in the training twice in a year. Starting from 2011 up to this year 15th batch have been completed. Different mainstream and specials schools have been the part of this as follows since 2011:

S.N.	Schools' Name	Participants
1.	Samadarsi	5
2.	Elims Kids	5
3.	Montessori School	1
4.	Purple Home	2
5.	Phoenix School	13
4.	SSDR	1
5.	SERC	5
6.	Padma Kanya	1
7.	British School	6
8.	Mother Ganga	1
9.	Maitri Griha	2
10.	Euro Kids	4
11.	Ullens Kindergarten	5
12.	CBR	11
13.	Sirjana School	1
14.	SGCP	2
15.	Ansara Montessori	1
16.	Kakhara School	1
17.	Motherland Montessori	1
18.	Chautari Nepal Health Foundation	1
19.	Mano Spandan Nepal	1
20.	Montessori Kids Paradise	1
21.	GNSS	1
22.	MKH	1
23.	APPS-ACNS	26
24.	Bodhi Batika Int'l	1
25.	Best Montessori	3
26.	Different Organizations	4
	Total:	107

Thank you all the trainees, trainers of ACNS and everyone there for your valuable time, dedication and passion for this achievement. We are indebted to MyRight/SAAA for the continue support to our journey to bring this real.



INCREASED ACCESS TO EDUCATION AND SOCIAL SECURITY FOR THE PWAS IN KATHMANDU

The project entitled "**Increased Access of Persons with Autism in Education, Health and Social Rights**" is framed upon the agreed situation of people with Autism/ASD was further worse compared to other disabilities in Nepal. Project is formulated aiming to strengthen the capacities of families of Person with Autism (PWAs), early identification, education and social rights through continuous meetings, trainings and seminar for the parents/family members and relevant professionals through national and international experts. Continuous advocacy for the rights of PWAs was the another aim of the project.

In order to meet the objective; project specifically worked in the following areas for the fiscal year 2075-076 (2018-2019):

Education: Training on ASD to 41 school teachers enhanced their knowledge and skills in working with Children with Autism with a range of special educational needs. This training made able to enroll 19 CWAs in different montessori/special schools in different districts. Aarambha Pre Primary School enrolling 19 CWAs adding 1 boy and 1 girl child in 2018. Diploma Course on ASD started and continued with 5 trainees at ACNS.

Health: Continuing Medical Education (CME) to 113 health care professionals on early detection and identification of ASD resulted in increasing of screening and referring children who present with symptoms of ASD to the respective health facilities. Out of 57 referred cases; 49 were diagnosed with ASD in the center.

Social Security: Different training/workshops provided to 98 families of PWAs contributed to understand and aware about the rights of PWAs as a disability right. Total 27 PWAs received disability identity card ensured social security allowance from the government and 50% discount in public transportation. Interaction on Autism focusing on social security rights to 32 media personnel of 14 different medias made a clear understanding of Autism to the participants. With the effect of this, news on Autism/ASD published from 13 different newspapers and online portals. ACNS, in the period 19th - 25th May 2019 performed learning visit to Sweden. The visit focused on the learning regarding Social Rights of Persons Children (PWAs/CWAs) in Sweden focusing on their daily activities, engagements in different areas and the center. Visit also offered the opportunity to increase understanding social rights provision ensured by the Swedish government/international practices.

Organizational Development: Strategic Plan, Human Resource Policy, Administrative Policy Financial Policy were revised and implemented in the period. Training on chapter management, development and finance management to Kaski, Surkhet and Chitwan increased member's capacities to move chapter systematically. Also; for the smooth functioning of the organization Information & Communication and Gender and Social Inclusion Policy were formulated and implemented.



Following are some of the examples from the several successful examples of how project contributed:

- "Thank you ACNS for providing us the ToT on Advocacy and Leadership. This has boost up my level of confidence to work remaining in the board. I learned leadership is an important factor for making an organization successful also transforms potential into reality. We have started to raise the voice from our ward office and municipality."- **Bishnu Prasad Bhandari, ACNS Gulmi.**
- "Training provided by ACNS to our Surkhet chapter has been crucial how we can move forward. What a things we received in a time! Made action plan for next 2 years is the guideline what we have with us in a hand."- **Bishnu Dhungana, Treasurer, ACNS Surkhet Chapter**
- I am from Kailali and a mother of child with Autism; I was struggling to receive the red kind of identity card. I attended in the workshop of social rights which gave me knowledge to say the issues of my child. Now, my daughter has a red disability Identity card." - **Ganga Dhama, Mother of CWA, Kailali.**
- "I heard the word Autism, now I can tell my other friends about its prevalence and symptoms. I feel awareness should go in very rural parts too." - **Roma Rayamajhi, Media Person, Radio Nepal.**
- To help families, physicians must be knowledgeable of the current research on empirically supported treatments for ASD. Unfortunately, some physicians may have misconceptions about ASD or are not adequately taught in medical school about details such as the causation, IQ profiles, prognosis, and treatments for ASD. I am happy; I have learnt this."- **Dr. Sudha Basnet, T.U. Teaching Hospital, Maharajgunj, Kathmandu.**
- "After attending the workshop for health professionals; I am equipped with more knowledge on the clinicians role, more on Autism; now I can confidently refer any child that suspects me with Autism"- **Dr. Binod Bajracharya, Manipal Hospital, Kaski.**
- "I am indebted to AutismCare Nepal Society for transforming such knowledge so now I am equipped to handle student with Autism in my school. As, I am the principal of the school; I am very much happy to welcome student with Autism in my school."- **Ramita Mishra, Principal, Mickey's International.**



CAPACITY BUILDING OF AUTISM CARE SOCIETY FOR NOT LETTING CHILDREN WITH AUTISM LEFT BEHIND

This project is funded by the Abilis Foundation, Finland. The main objective of this project is to create Inclusiveness of CWAs with Autism friendly environment in society and not letting children with Autism left behind. The project coincide with sustainable development goals as well as gender equality and social inclusion. The project mainly focused on the early identification and intervention of CWAs through the home visit program. It also support in capacity building of parents of CWAs through the counseling and trainings program. It also contributes in the awareness of autism among concerned stakeholders and general public.

Results of Project Activities:

Activities	Beneficiaries	Results
1. Human Rights Training to Women with Disabilities.	20 Mothers of Children with Autism.	The mothers of Children with Autism are Aware about fundamental human rights of person with disabilities.
2. Community visits by five mothers of CWAs working as community health workers.	4 Mothers of CWAs as community health workers and 32 Children with Autism and their Parents and caregivers.	The data collection is performed and situation of Children with Autism was determined.
3. Institutional Capacity enhancement through home visit program.	32 Families including Children with Autism and their Parents and caregivers.	The Parents of Children with Autism received necessary counselling, intervention and trainings.
4. Training to Parents of Children with Autism on how to take care of their Children.	40 Parents including fathers and mothers.	The Parents learned various knowledge and skills for proper takecare of their children in Autism friendly environment.
5. Capacity building for assessment and counselling to new Parents of CWAs.	57 new cases were diagnosed with Autism and 78 functional assessment were performed.	The Children with Autism received early intervention and Parent and Child Training Program.
6. Production of IEC materials (Brochures, Pamphlets, Posters, Leaflets, Calendars) and dissemination to stakeholders and general population.	Parents and caregivers, Government Stakeholders, Health Professionals, DPOs, and General Public.	3000 Brochures, 3000 Pamphlets, 500 Posters, 2000 Leaflets and 5000 Calendars were developed and disseminated which enhanced Autism awareness in Nepal.





Home Visit Program

The home visit program is one of the effective activities of the Project to identify new cases of autism and provide necessary services. During the program there was three consecutive visits at home of children with autism by our trained community health volunteers who are also mother's of Children with Autism. In the first phase, Mothers were mobilized to collect the data through the structure questionnaire, to determine the level of Autism awareness and perception of parents towards their CWAs. In second phase activities, CHWs assessed the need of CWAs via interview with parent and observation of real senario. During this visit the CHWs also provide necessary recomendations and transfer their skills regarding how to takecare of their children at home. The lastly there was an evaluation where CHWs collected the feedback from the parents of CWAs.



IMPORTANCE OF PSYCHOLOGICAL ASSESSMENT AND DIAGNOSIS IN AUTISM

The analysing or identifying a cause/disease/disorder from its signs and symptoms, nature of condition or problem for making proper judgement or decision can be referred to a diagnosis. The diagnosis helps to plan in the process of treatment. Therefore it is necessary to identify as early as possible, so that the treatment can be started from early phase. To obtain a better result, it is very important that we have a proper diagnosis. diagnosis helps to decide proper treatment plan and these conditions can be reversible where as some conditions can be prevented to some extent. The earlier diagnosis and planned treatment, improve condition or problem of an individual. Also, diagnosis helps the person to participate actively in there own long-term care planning. And focus on what is important and which is not to make the best choices for the time being.



According to the Diagnostic and Statistical Manual DSM-5, of the American Psychological Association there are different conditions or disorders which are well defined. The DSM helps Clinicians, Psychologists, and Psychiatrists to diagnose the symptoms or conditions that are presented by clients. From all other disorders one of the important condition is Autism Spectrum Disorder (ASD). As we know that ASD is a social-communication disorder followed by restrictive, repetitive and stereotyped behavior and it is a neurodevelopmental disorder.

Therefore, the person with ASD have restrictive or stereotyped routine with less or no understanding/uses of Social Communication Skills. Hence, it is very troublesome for them to adopt in surrounding. If this disorder is diagnosed as early as possible we can help them with early intervention. Moreover, it is possible to provide the basis for an appropriate educational and treatment program.

A brief observation in a single setting cannot be enough to conclude someone's abilities and behaviors. An individual's developmental history and input from parents, caregivers or teachers are important. Even the Clinician observes carefully, takes history, analyse and evaluate with the help of DSM 5 for making a proper diagnosis.

Also a gold standard tool Autism Diagnostic Observation Schedule (ADOS) and Autism Diagnostic Interview- Revised (ADI-R) are used for making diagnosis of ASD. And it is most widely used in different countries for the purpose of diagnosis. Currently, in Nepal, ADOS is used for diagnosis and following with early intervention for Children with Autism (CWAs), at AutismCare Nepal Society. The organisation which has been actively working for the betterment of Children with Autism. Further, necessary therapies and counselling are provided to support both parents having CWAs.

Ms. Ajeeta Deuja
Psychologist
AutismCare Nepal Society



MUSIC THERAPY AT AUTISM CARE NEPAL SOCIETY

AutismCare Nepal Society (ACNS) provide Music Therapy Service for the Children with Autism (CWAs) who were enrolled in Aarambha Pre-Primary School (APPS) of ACNS. Music Therapy is the clinical and evidence based use of musical intervention to accomplish individualized goals within a therapeutic relationship by a credential professional who has completed an approved Music Therapy Program. At ACNS, music therapy room is arranged with variety of musical instruments such as Ocean Drum, Guitar, Piano, range of Percussion instruments etc. that are easily accessible. The child and therapist improvise together, creating music and interact each other with therapeutic processes. It also provide an alternate method of communication and expand opportunities for interaction on a daily basis. Instrument playing in music therapy sessions encourages the development of gross and fine motor skills as well as hand-eye coordination. Music and movement activities include following simple directions in songs such as clapping hands and stomping feet which also contribute to the development of motor skills.



Music therapy sessions foster the development of social skills through the children waiting for their turn, sharing ideas, listening to each other and appreciating each other's playing. Singing words with songs helps the individual to speak and use language. Ultimately, this makes it easier for speech to be transferred to everyday life.

During fiscal year 2075/76, altogether 17 CWAs were engaged in the Music Therapy service on regular basis. Among them 2 were girls and remaining 15 were boys. This music therapy service contributes to enhance their Socio- Communication skills, Motor (Gross & Fine) skills, which made CWAs more functioning and make their daily life easier.

Amrit Gandhari
Clinical Music Therapist
AutismCare Nepal Society



OCCUPATIONAL THERAPY FOR CHILDREN WITH AUTISM IN AUTISM CARE NEPAL SOCIETY

Occupational Therapy (OT) is a professional service which aims to promote health and wellbeing through occupation. And to children, occupation includes play, education (learning and academic skills), self-care skills, eating and feeding, sleeping and anything that a child needs to do to fulfil their role as a family member, student, and friend. It assists individual to engage in everyday activities or occupations that they want and need to do. OT helps children reach their maximal functional level of independence by facilitating development. When skill and strength cannot be developed or improved, OT offers creative solutions and alternatives for carrying out daily activities. The evidence indicates the effectiveness of OT treatment with children with Autism report positive results. (Pfeiffer et. al., 2011, Schaaf & Blanche, 2011; Schaaf et. al., 2013)



ACNS has been effectively providing occupational therapy services for all the students enrolled in school as well as to the outsiders with Autism including assessment and intervention. The sessions are conducted individually and in pair to focus on their functional skills, behavior management and social or play skills depending on their needs. OT focuses on making everyday life easier for children with developmental challenges, their families and those supporting them. OT sessions provided to the children displays positive results in developing their abilities including:

- Table top (fine motor) skills: pencil skills, colouring drawing, writing, scissor skills
- Gross motor skills: running, jumping, hopping, skipping, ball skills, table posture
- Sensory Processing: sensory reactions to the body or outside stimulus which impacts attention, behaviour and learning
- Self Care: daily skills of getting ready for life like dressing, toileting, hygiene, eating and sleeping
- Self management: general organisation, keeping track of personal items, knowing the time, and using money or packing their bags for school)
- Play (both alone and with others)
- Learning (not just in academics but in everything that they do socially, in movement, and in self-care)
- Attention and concentration
- Moving with control (whether it be their fingers for drawing or their body for jumping)

Ms. Rojeena Bajracharya
Physiotherapist
AutismCare Nepal Society





VOLUNTEERSHIP

Help people with autism live the life they choose by contributing your time and effort. Get the satisfaction of making a real difference in people's lives while meeting new people and potentially learning a new skill. From volunteering at ACNS you can do to improve the lives of people affected by autism in Nepal.

Dear applicant,

Thank you for your interest in Autism Care Nepal Society.

Below you can find a list of the most frequently asked questions to do with volunteering at Autism Care Nepal Society.

- **How long can I volunteer?**
Very short (e.g. 2 days to 1 week)
Short-term (250h, 1 to 3 months)
Long-term (e.g. 6 to 12 months) is possible
- **In which fields of work can I collect experiences?**
In fields as special school, vocational unit, parent-child-training, therapies (occupational, music, speech), assessment and diagnosis, functional assessment and individual interventions. All these fields are specialized for children with autism.
- **Which languages do I need? Is Nepali necessary?**
English is required. Nepali is helpful but not necessary.
- **How are the working hours?**
Monday till Friday from 10am to 4pm.
- **Is there a payment for internship/volunteering?**
No but you will be rich in experiences.
Is lodging provided?
No unfortunately we cannot provide any lodging.
- **Where can I live?**
There are different possibilities as Airbnb, homestay, hostel and hotel...
- **Is a meal during the working hours provided?**
Yes, all employees receive a daily lunch.
- **Are there any holidays?**
ACNS has closed on the weekend (+Sundays) and some official holidays as for example the Dashain festival, Tihar festival, Shivaratri, Holi etc. as well as two weeks of winter holidays in January. You can refer to ACNS website to view the calendar of ACNS.
- **Will I get a letter of reference free of charge after I volunteer?**
Yes you will be receiving letter of reference free of charge.
- **I am an international student/newcomer to Nepal. Do I need a work permit to volunteer?**
No, for an internship or volunteering a tourist visa is sufficient.
For long term working visa may be preferable or you may required official Visa if you come from any Institution e.g. Australia Volunteer International
- **Is a contact person/supervisor provided for me?**
Yes, we provide a contact person/supervisor for all students and volunteers.
- **Which expectations are put to me?**
ACNS expects that the student/volunteer is motivated to take part in the work of ACNS. As per your specialty or profession we do expect your professional knowledge and skills and applied manner.
- **Is foreknowledge in the field of autism necessary?**
It will be helpful to inform yourself about the neuro developmental disorder autism.
- **Are there several locations of ACNS in Nepal and can I also volunteer there?**
Yes, in Kathmandu, Pokhara, Jhapa, Surkhet, Lumbini, Chitwan and we are expanding in other districts of Nepal too.
If there is something you would like to ask that is not featured on the list then please do not hesitate to contact us at autismnepal@gmail.com

For more details, you also can check our website <https://autismnepal.org/> with several information's about ACNS and videos.

We are looking forward to hearing from you.

Autism Care Nepal Society



CHARLES STURT UNIVERSITY'S EXPERIENCE AT AUTISM CARE NEPAL



ACNS is a very unique place that each year welcomes CSU students, and I was fortunate enough to be part of the amazing program this year. The whole teams at ACNS do a fantastic job of supporting the students in the classrooms and both the children and parents in the parent training program. The dedication of the staff is admirable. I look forward to sharing what I have learnt in my future work.

-Alice Green



I would like to thank everyone at Autism Care Nepal Society for being so welcoming over the past 5 weeks. The dedication and hard work from all the staff members providing continuous support to the children and their families is incredible and inspirational. I have enjoyed my experience working closely with the parents and teachers in the parent-child training program, as well as making activities and resources for the classrooms. These experiences have made me grow professionally and personally. Thank you ACNS

-Chelsea Fellows.



On arrival at ACNS I felt humbled by the warm welcome we received. During the following five weeks, the dedication shown by the staff and families towards these wonderful young people has continued to amaze. The commitment shown by the mothers attending the Parent Child Training Program with their pre-school children for four hours every day has been inspirational. In my time here I have gained knowledge and understanding from the teachers, parents, students and children, and hope that in return I am leaving the ACNS community with activities, resources, knowledge and skills that they will find useful in the future. My best wishes to you.

-Eileen Marchant



The past 5 weeks have been some that I will never forget. ACNS has provided me with so many opportunities to work with so many inspiring children and their supportive families. The centre has allowed me to grow and gain skills that I never realized I needed. Thank you so much to this wonderful community for allowing Charles Sturt students to return every year and contribute to the hard work and accepting community that is AutismCare Nepal Society.

-Georgia Stone



Thank you for welcoming us into your school for 5 weeks. The staff, students and families here have made my time in Nepal very memorable and I have grown so much as a professional and as a person. Everyone at ACNS is so kind and dedicated to helping others, and this is something that I will take with me throughout my career and life. You are truly amazing and I cannot wait to see how ACNS grows in the future.



The staff and parents of ACNS have welcomed us into the community. I have enjoyed the opportunity to work with the parent-child training program and learn from the parents and teachers about their unique children. The progress the children have made in the 5 weeks that I have seen of the program really is a testament to the hard work and knowledge sharing amongst the whole team. Highlights for me included using some of the Nepali language and hearing some Nepali rhymes, sharing in some delicious Nepali food, getting to know the children as individuals and seeing the wonderful opportunities for parent education that ACNS are providing.

-Sarah Powell



Thank you to the staff, families and students for being so welcoming and supportive during our time at ACNS. I have learnt so much in the 5 weeks while at ACNS and I sincerely appreciate everything I have learnt and will take this new knowledge and skills with me into my future work. Everyone here at ACNS is so kind and passionate and this is a quality that I will always remember. Thank you!

-Sophie Hunt

Students, Charles Sturt University



LIONS CLUB 325 A2 COLLABORATES WITH AUTISM CARE NEPAL SOCIETY

The collaboration between Lions Club International 325 A2 and AutismCare Nepal Society begins on June 2019 after the visit from District Governor Mrs. Shova Joshi, along with Lion Mr. Shambu Thapa, Mr. Rabindra Bdr. Pradhan, Mr. Sunil Shrestha, and Mr. Nathu Ram Shrestha at our Center, Harissidhi, Lalitpur. DG Lion Shobha Joshi announced the Autism Awareness and Action Program as Districts Priority Program for this Lionistic Year 2019-2020. The collaboration initiate with ACNS participation in District Cabinet officers' Installation program along with Autism Awareness Presentation by Dr. Sunita Maleku Amatya. Several Autism Orientation program has been conducted in different Lions Club by Chief Administrator Mr. Surendra Bajracharya. The Autism Awareness Committee is also formed by Lions Club to enhance Autism awareness Campaign and possible programs in coming future.

Lions Life Membership:

M. No.	Name of Members	Name of Lions Club
266	Lion Shobha Joshi, DG	Kohinoor
267	Lion Rabindra Pradhan	Kathmandu Kipu
268	Lion Sunil Shrestha	Kathmandu Kipu
269	Lion Bharat Bahadur Aryal	Kathmandu Chabahil
270	Lion Bijaya Vaidya	Kathmandu Chabahil
271	Lion Shanti Vaidya	Kathmandu Chabahil
272	Lion Durga Devi Siwakoti	Kathmandu Celopatria
273	Lion Sampanna Singh	Kathmandu Celopatria
274	Lion Sabita Kayastha	Kathmandu Umang
275	Lion Khila Nath	Kathmandu teachers
276	Lion Praduman Pokhrel	Kathmandu Chabahil city
277	Lion Ananda Maharjan	Kathmandu Kipu
278	Lion Shambu Bahadur Thapa	Sambridi, Cabinet Treasurer
279	Lion Jitendra Kumar Shrestha	Kathmandu Himchuli
280	Lion Sher Bahadur Pariyar	Kathmandu Himchuli
281	Lion Ruska Vaidya Shrestha	Kathmandu Himchuli
282	Lion Ishwor Thapaliya	Kathmandu Himchuli
283	Lion Dipak Krishna Prajapati	Bhaktapur Durbar Square



Lions Donation and Contribution:

S. No.	Name of Members	Name of Lions Club
1	Lion Rudra Hari Gyawali	Kathmandu Eureka & Clusters
2	Lion Bhabishwor Tiwari	Kathmandu Natural
3	Lion Achut Guragai	Kathmandu Himchuli
4	Lion Hari Bhakta Shrestha	Kathmandu Himchuli
5	Lion Basu Dev Pandey	Kathmandu Himchuli



DISTRICT COMMITTEE

DISTRICT AUTISM AWARENESS & ACTION COMMITTEE

CHAIRPERSON

LION SUNIL SHRESTHA

Naya Bazar, Kirtipur-17
c: +977- 9851180024
e: sunilyala@yahoo.com
LC, Kathmandu Kipu
Member No: 3995869
Blood Group: A+ve

LION KASHA KAYASTHA

Hattiban, Lalitpur
c: +977-9841394875
e: kashakayastha125@gmail.com
LC, Kathmandu Raganacy
Member No: 3215427
Blood Group: A+ve

LION RAJU MANANDHAR

Kirtipur, Kathmandu
c: +977- 984330524
e: raju.531@gmail.com
LC, Kathmandu Kirtipur
Member No: 3495801
Blood Group: A+ve

LION SURENDRA BAJRACHARYA

Kirtipur-10, Kathmandu
c: +977-9841250571
e: surendrapublichealth@gmail.com
LC, Kathmandu Kipu
Member No. 4943342
Blood Group: A+ve

LION NATHURAM SHERSTHA

Kirtipur, Kathmandu, Nepal
c: +977-9801228246
e: nathuram231@gmail.com
LC, Kathmandu Fellowship
Member No.: 4435251
Blood Group: B+ve

DISTRICT DIRECTORY LY 2019-2020 | 91

AUTISM CARE NEPAL SOCIETY KASKI DISTRICT CHAPTER

Parents Network Group of Kaski district become a Autism Care Nepal Society Kaski (ACNS Kaski) Chapter on dated 12-09-2073 by officially registered as a branch of ACNS at Central District Office Kaski, Nepal & opened up a contact office at Pokhara, Nepal. ACNS Kaski was formed in 21-01-2073 at Pokhara Metropolitan City -8, Simalchaur.

From its establishment period, it also worked on the autism awareness & to ensure the accesses of services that necessary is required by Children with Autism and their parents to make CWAs life better. ACNS Kaski started the Day Care facility program with 5 CWAs. At present total of 7 (2 girls and 5 boys) Children with Autism are benefited from the services. With Day Care facility, ACNS Kaski also established miniature vocational units where different varieties of candles are produced and stitching/embroidering are practiced by students.

ACNS Kaski has been participating in various Autism Awareness, Autism orientation and Advocacy programs in Province no 4 and nation wise. It also aims to provide as many services as possible in education, intervention/therapies, counselling and and increase acceptance by families and community.

Organizational Goal:

- To provide help & support to person with autism and their parents and caregivers by providing professional development.

Organizational Objectives:

- To work for improvement of person with ASD.
- To provide Parent-children Training Program (PCTP) to the Children with Autism and their parents or caregivers.
- To raise awareness about Autism in the community.

Organizational Services and Activities:

- Day care center (Running)
- PCTP
- Workshop and Seminar on autism.
- Celebrating World Autism Awareness Day

Organizational Future Plan:

- To have our own well equipped autism school along with various needed therapies through professionals.

Board Members:

Mr. Rajendra Man Udas
Mr. Homnath Sharma
Ms. Gita Giri
Mr. Mukunda Lamsal
Mr. Dev Kumar Shrestha
Ms. Sharmila Tiwari

Designation

Chairman
Vice chairman
Acting Secretary
Treasurer
Member
Member



FRIENDS OF PARENTS OF CHILDREN WITH AUTISM

"Friends of Parents of Children with Autism (FPCA)" is a non profit Organization run by the mothers of the Children with Autism. It was founded by Mrs. Elina Bajracharya Tuladhar and a team of enthusiastic parents of Children with Autism. FPCA is catering service to 9 children till date. Mrs. Elina Bajracharya whose own daughter is a Child with Autism, took the initiative to establish this learning centre after crossing a tiring phase while seeking proper diagnosis and support for her child, and realizing the dire need of additional number of such support system in Nepal. There is a huge gap of services needed by the children with Autism and their parents/families/caretakers in Nepal. This is the reason why, FPCA envisions extending its services to as many numbers of Children with Autism as possible in future. FPCA is running its day-care and learning centre where 10 CWAs (4 girls and 6 boys) are enrolled with the following goals and objectives and will work on every possibility to expand beyond the services and support, it is providing currently.

Organizational Goal:

- To make our children independent to live their lives in the society

Organizational Objectives:

- To help the Person with Autism and their families in every way possible.

Organizational Services and Activities:

- Education
- Life skills
- Sports/ games
- Music Therapy
- Occupational Therapy
- Speech / play therapy
- Craft skills/ painting/ drawing

Organizational Future Plan:

- To accommodate more children with Autism and to develop the centre as a live in shelter.



AUTISM CARE CHITWAN SOCIETY

AutismCare Chitwan Society (ACCS) is a non-governmental, non-profit making organization established by a group of dedicated parents of Children With Autism (CWAs). It was registered at the District Administration Office Chitwan on 27th April, 2018 and is affiliated with Social Welfare Council. ACCS is actively working for awareness, the rights and capacity building of child/person with autism.

Organizational Objectives:

- To enhance skill development, vocational training and employment for Self dependency of Persons with Autism.
- To create awareness on Autism
- To monitor and advocate for the right of child/person with Autism.

Organizational Services and Activities:

- Day Care for Children with Autism
- Counselling/Awareness

Organizational Future Plan:

To conduct/organize the following programs and trainings:

- Interaction Programme
- Parent and Child Training Program
- Teachers Training
- Occupational Therapy
- Vocational Training
- Human Rights Training

Board Members:

Ms. Nirmala Dallakoti
Ms. Sunita Ranabhat
Mr. Sunil Chandra Sharma
Ms. Bishnu Dhungana Sigdel
Ms. Pramila Neupane
Mr. Bishwo Nath Poudel
Mr. Lalmani Poudyal
Ms. Mina Gurung
Ms. Sarita Bhushal Sharma

Designation

Chairperson
Vice-Chairperson
Secretary
Treasurer
Member
Member
Member
Member
Member



AUTISM CARE NEPAL SOCIETY LUMBINI

AutismCare Nepal Society Lumbini (ACSL) is a social, non political and non-profitable organization which was established on 13th Falgun 2074 with a registration number of 2567 registered at CDO Office, Rupandehi. It was established by 25 parents of Children with Autism. Its central office is within premises of Sahed Smarak Boarding School, Butwal-10.

Organisational Goal:

- To identify Person with Autism, trained them, enhance their skills for livelihood and independent living.

Organisational Objectives:

- To identify Children with Autism and provide counselling to their parents.
- To provide special education and trainings to person with Autism for their improvement.
- To raise awareness on autism within the society.
- To develop IEC materials on Autism and disseminate them.
- To co-ordinate with local and provincial government for autism friendly environment.
- To co-ordinate with national and International organisations for inclusion of Autism in Society.

Organisational Activities:

- Autism Awareness Program
- Conduction of Parent and Child Training Program
- Referral of newly identify cases of Autism
- Provide Counselling to parents of Children with Autism

Board Members:

Dr. Satish Rupakheta
Ms. Gita Shrestha
Mr. Madhu Prasad Aryal
Mr. Ramnath Upadhya
Ms. Radha Bhandari
Ms. Yam Kala Tiwari
Mr. D.B. Pandeya
Mr. Thakur Neupane

Designation

President
Vice President
Secretary
Treasurer
Member
Member
Member
Member



दर्ता नं.: २५६७ (Regd. No.: 2567) फोन: ०७१-५४४८८६०

अटिजम केयर सोसाईटी लुम्बिनी

Autism Care Society Lumbini

बुटवल, रूपन्देही (Butwal, Rupandehi)
स्था: २०७४ (Estd: 2074)



AUTISM CARE NEPAL SOCIETY SURKHET

AutismCare Nepal Society Karnali Province (ACNSKP) is non-profit parent driven organization where we have group of passionate and dedicated parents from wider horizon. It was established formally on 2nd Falgun 2075. ACNSKP is only serving PCTP services for children with Autism but has been the platform for parents to share to feel belonging and the hope for their child's future.

Organizational Goal:

- Accessible, unbiased and accurate clinical diagnosis, assessment and therapies; for Children with Autism.
- Adequate constitutional provisions, policies, laws to address the all human rights.
- Availability of legal representation and assistance and their representatives for full protection of all legal rights.
- Equal access to and use of all facilities, services and activities in the community.
- Sustainability of ACNSKP.

Organizational Objectives:

- Empowering Person with Autism to protect and, promote their rights and utilise their skills to have a meaningful and effective participation in the society".

Organizational Services and Activities:

- Autism Screening Camp
- Parent and Child Training Program
- Referral of newly identified cases.

Organizational Future Plan:

- Establishment of Day care Center
- Focus on the academic equivalent given up to 10+2 level
- Technical education on selected subject.
- Provision of different therapies (Speech, Music & Occupational Therapy)

Board Members:

Mr. Sushil Thapa
 Mrs. Bindu Sharma
 Er. Mahesh Sharma
 Mrs. Sushila Thapa
 Mr. Dhan Prasad Aryal
 Mrs. Durga Aryal
 Mr. Gyan Mani Thapa
 Mr. Bishnu Kumar BC

Designation

Chairman
 Vice Chairman
 Member
 Member
 Member
 Member
 Member
 Member

Contact Details:

Birendranagar -7, Itram, Surkhet
 083-522012, Email: acnskp@gmail.com



AUTISM PATHASHALA NEPAL GULMI

Autism Pathshala Nepal, a special school for autistic children was registered on 12 November 2017 in Gulmi District Administration office as a non profit and self help organization to provide special life skill education to the autistic children of Nepal through therapies. It is an organization where autistic children learn life skills and grow to find a home. Our mission is to helping Children with Autism to develop as a socialized citizen to live a happier life.

Organizational Goal:

- Rehabilitate Person with Autism,
- Teach life skills through therapies,
- Construct necessary community houses for Person with Autism,
- Assure easy access to health, social participation, assistance and support,

Organizational Objectives:

- Hire skilled human resource for life skill trainings.
- Run Parent and Child Training Program,
- Increase social communication
- Increase awareness on Autism,
- Increase knowledge and skills of people with autism in vocational activities.

Organizational Services and Activities:

- Awareness programmes for the advocacy on Autism,
- Parent Child Training Programme (PCTP),
- Organize Autism Screening Camp in local level and refer final diagnosis,
- Capacity building training programmes in accordance with Abilis project.

Organizational Future Plan:

- Teach Children with Autism life skill through therapies,
- Rehabilitate Children with Autism,
- Help them learn life skills and grow to find a home
- Helping Children with Autism to develop as a socialized citizen to live a happier life.

Board Members:

Ms. Amrita Kandel
 Ms. Laxmi Devi Panth
 Mr. Jhabindra Gyawali
 Mr. Ram Lal B.K.
 Mr. Maniram Kandel
 Mr Krishna Paudel
 Ms. Barsha Gyawali
 Ms. Shanta Gyawali
 Ms. Lilawoti Bhandari

Designation

Chairperson
 Member
 Member
 Member
 Member
 Member
 Member
 Member

Contact Details:

Rurukshetra-1, Peepaltari, Ridi, Gulmi
 Ph. No.: 079-400129
 Email: autismpathshala@gmail.com



AUTISM CARE NEPAL SOCIETY JHAPA

AutismCare Nepal Society Jhapa District Chapter was founded on 17th June 2017. It is the active autism organization that is run by passionate parents that care for Person with Autism. Initially ACNS Jhapa Parent Network Group was formed by ACNS Kathmandu and eventually, later it became ACNS Jhapa District Chapter. It was formally established on 4th August 2017.

Organizational Goal:

Providing quality life and incorporating them into society by helping individuals with autism, their parents, and families.

Organizational Objectives:

- To spread awareness throughout Jhapa district.
- To advocate for the health, education and social security of people with autism.
- To arrange a special school for children with autism.
- Collecting data throughout Jhapa district.
- Development of human resources to provide essential services in the operation of the Autism Education Center.
- Coordinating with auxiliary organizations and concerned bodies.

Organizational Services and Activities:

- Awareness and Advocacy on Autism targeting Local Government Chairperson & Vice Chairperson including Journalist.
- Started School for Children with Autism
- Organized Rally on Autism Awareness Day at Birtamode.
- Connected the Autism Care Centre with Government School (Shree Mahedra Ratna Higher Secondary School).

Organizational Future Plan:

- To empower, protect and promote the rights of people with autism so that they have full and effective participation in society.
- Approach with Government of Nepal Pradesh no. 1 with the proposal for establishment of Special School for Children with Autism.

Board Members:

Mr. Kumar Chudal
Mrs. Puja Shrestha
Mr. Umanath Dhakal
Mr. Bhola Baral
Mrs. Balika Bhandari
Mr. Sabin Rijal
Mr. Om Raj Rai
Mr. Som Murma
Mrs. Gyanu Ghimire
Mrs. Arati Limbu
Ms. Bina Das

Designation

Chairperson
Vice-Chairperson
Secretary
Vice-Secretary
Treasure
Member
Member
Member
Member
Member
Member

Contact Details:

Birtamode-5, Jhapa, Nepal (9844608988)
Email: autismcarejhapa@gmail.com



AAVANI FOUNDATION

Aavani Foundation is non - profit company that works to create a safe and friendly environment for Children with Autism Spectrum Disorder (ASD). We have a special school that aims to teach children and empower them by giving them special, individual attention, along with Speech therapy and occupational therapy. Along with the school, we have an awareness campaign where we go to schools and conduct a teachers' workshop where we teach teachers about ASD and mainstream education in ASD. It has been established on dated, April 18, 2018 (Baisakh 5, 2075) at Shanti Marga, Bhatbhateni, and Kathmandu, Nepal. The founder of the organization is Ms. Pragya Shrestha Pradhan who is also mother of Child with Autism. In the Aavani Foundation provided Day Care service to Altogether 7 CWAs (1 girl and 6 boys) are enrolled in Day Care Center of Aavani Foundation.

Organizational Goal:

- To create an understanding and supportive society where Person with Autism co-exist independently and are acknowledged being as capable as any other.

Organizational Objectives:

- To spread awareness on Autism in Nepal as much as possible.
- Empowering Children with Autism enough so that they can perform daily activities without hindrances.
- To control negative behaviour and to teach them to control such behaviours.
- To teach children with Autism about social concepts and enhancing their communication skills.
- To provide an early intervention as soon as possible.

Organizational Services/Activities:

- Special School
- Speech Therapy
- Occupational Therapy
- Awareness Program

Organizational Future Plan:

- To start Parent Child Training Program

Board Members:

Ms. Pragya Shrestha Pradhan
Mr. Gyanendra Pd. Pradhan
Mr. Nirendra Pradhan
Ms. Prijma Pradhan
Ms. Asmita Pradhan

Designation

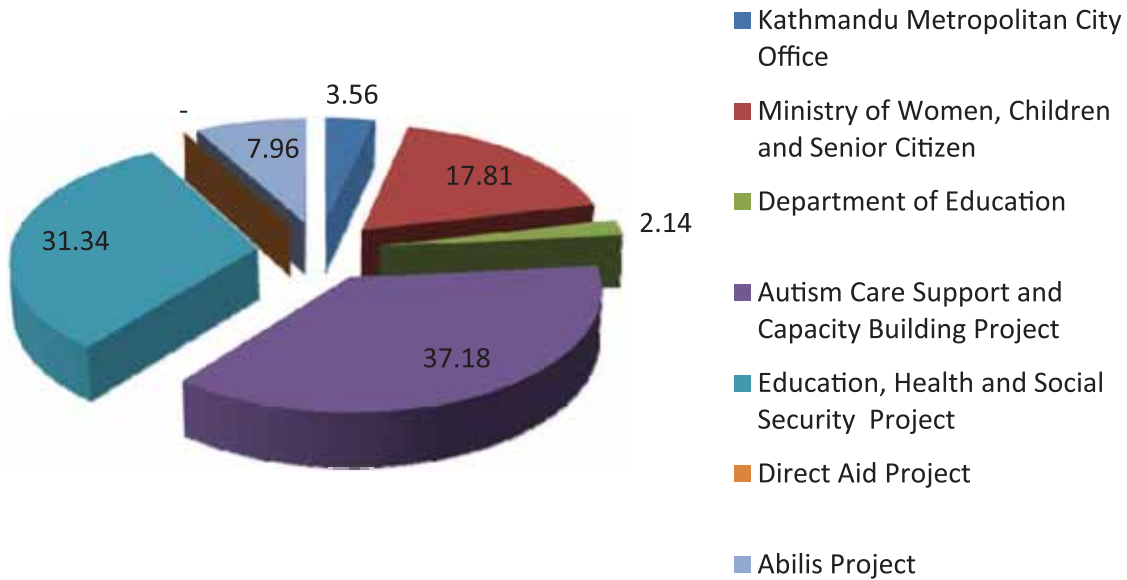
Founder
Executive Member
Executive Member
Administrative Head
Board Member



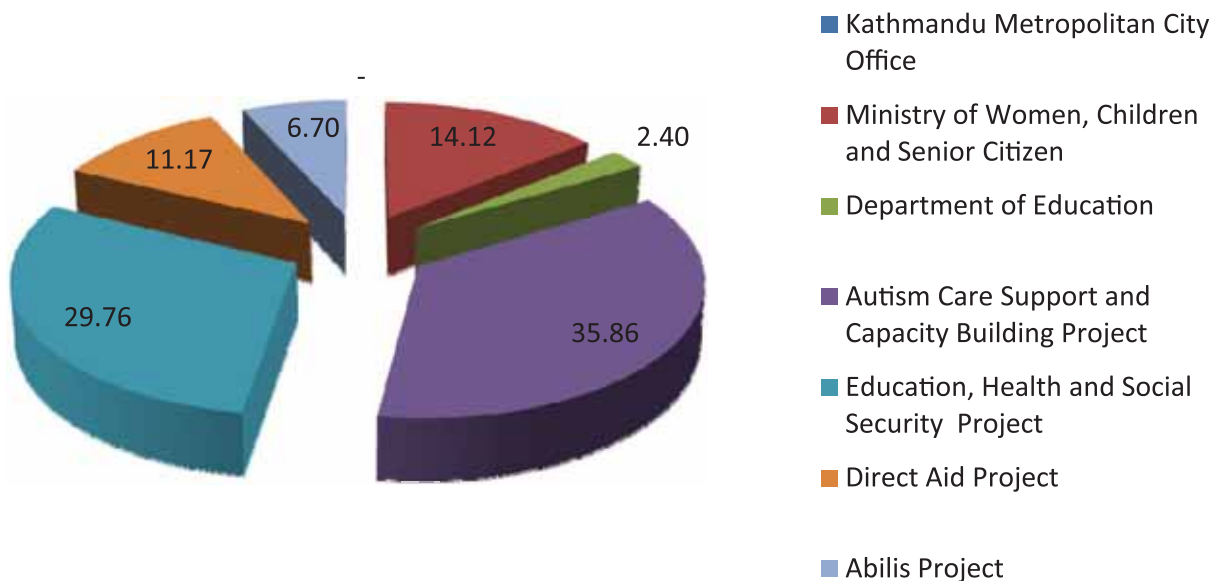


FINANCIAL HIGHLIGHTS

Income %



Expenses %



GLANCE OF AUTISM CARE NEPAL SOCIETY





GLANCE OF AUTISM CARE NEPAL SOCIETY



GLANCE OF WORLD AUTISM AWARENESS DAY 2019





GLANCE OF LIONS COLLABORATION WITH ACNS



CORE STAFF MEMBERS



Mr. Surendra Bajracharya
Chief Administrator
Project Manager



Mr. Ritesh Maharjan
Finance Officer



Ms. Mahalaxmi Karki
Project Manager



Ms. Sarita Maharjan
Finance Assistant



Ms. Sanu Devi Prajapati
Project Officer



Ms. Saraswati Moktan
Admin Assistant



Ms. Sijan Shakya
School Head



Ms. Kripa Shrestha
Parent Child Trainer Head



Ms. Jyoti Kumari Singh
Vocational Trainer Head



Ms. Dhanusta Subba
Parent Child Trainer



Ms. Ruju Pokharel
Special Educator



Ms. Manju Maharjan
Special Educator



Ms. Muna Manandhar
Teacher



Ms. Lalita Manandhar
Teacher



Ms. Alina Riasal
Teacher



Ms. Anjushree Nakarmi
Asst. Teacher



Ms. Lila Subedi
Assistant Vocational Trainer



Ms. Krishna Kumari Wagle
Assistant Vocational Trainer



Mr. Mahesh Bajgain
Asst. Teacher



Ms. Lasata Shakya
Asst. Teacher



Ms. Nalina Mali
Asst. Teacher



Ms. Shrijana Khatri
Asst. Teacher



Ms. Ashmita Karki
Asst. Teacher



Ms. Manju Budhathoki
Asst. Teacher



Ms. Kamala Gharti
Care Taker Head



Ms. Sarmila Tamang
Care Taker



Ms. Anu Tamang
Care Taker



Ms. Sushila Bajgain
Care Taker



Ms. Sunita Adhikari
Care Taker



Ms. Manisha Ghartimagar
Care Taker

CONSULTANT PROFESSIONALS



Dr. Rena Shrestha
Clinical Psychologist (Phd.)



Mr. Rajkaji Prajapati
Clinical Psychologist



Ms. Ajeeta Deuja
Psychologist



Mr. Amrit Ghandhari
Music Therapist



Ms. Rojeena Bajracharya
Physio Therapist


Support to Autism

अटिजमलाई हाम्रो साथ, अब सहयोग तपाईंहरूबाट

All contributions qualify income tax exemption
(Income-tax exempt organization under the Income Tax Act 2058 Clause 2 (DHA) recognized by the Internal Revenue Department of Nepal)

BUY A BRICK

Buy one..., buy one hundred-- the choice is yours



Rs. 100/ brick


How to Buy a Brick? You can directly deposit at Civil Bank Ltd.
A/c Name: AutismCare Nepal Society(BRIC PGM)
A/c No: 00210014042018, SWIFT: CIVLNPKA
For further information on Autism and AutismCare Nepal Society,
Please Visit our Website: www.autismnepal.org
Contact:
AutismCare Nepal Society
Harisiddhi, Lalitpur, Nepal, P.O.Box: 23729
Phone no: 977-01-5251554, E-mail: autismnepal@gmail.com



Conceptual Master Plan

Together, brick-by-brick, we can change the face of autism in Nepal

Help us in our quest to help all the people with Autism in Nepal



AutismCare
Nepal Society
"A National Center for Autism"

All the money donated to be put in separate fund to build AutismCare Nepal Society
All the donors name and amount to be put in the AutismCare Nepal Society
Website : autismnepal.org



अटिजम केयर
नेपाल सोसाईटी
"A National Center for Autism"

हरिसिद्धि-२५, ललितपुर, नेपाल
फोन नं.: ९७७-०१-५२५१५५४

Website: www.autismnepal.org
Email: autismnepal@gmail.com