# ANNUAL REPORT

2020

## Fiscal Year

**2076/077**

अटिजम केयर
नेपाल सोसाईटी
*"A National Center for Autism"*

# Executive Board

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Founder President and Ornithologist

**Prof. Dr. Deepak Mahara**
Orthopaedic Surgen, Past Director, TU Teaching Hospital

**Dr. Kapendra Amatya**
Consultant Surgical Oncologist, Nepal Cancer Hospital

**Mr. Krishna Lamsal**
Education Specialist, JICA

**Dr. Merina Shrestha**
Pediatrician, TU 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

**Ms. Merry Barua**
Director-Action For Autism, India

**Mr. Jack Starmer**
Health Care Nepal

**Ms. Lynne Babbington**
Education Psychologist, UK

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# Message from the Chairperson

This year needs less explanation about what we all have experienced Globally. A Global pandemic which no human kind would have imagined. But we all have been brave to face it and deal with it. Unlike any other country Nepal has faced this Covid 19 pandemic in its own unique way.

AutismCare Nepal Society (ACNS) a parent run NGO, leading at National level is working closely with the Government. It is dedicated to voice for the Rights of Person with Autism and their families. It is engaged in Advocacy, Raising Awareness, Diagnostic & Assessment, Human Resource Development, Parents Empowerment, runs Special Autism School , Vocational training for Adolscents and Adults with Autism. ACNS has trained more than 1000's of parents, trained 100's of Teachers and looks forward to thrive better in human resource development.

This year to add one more feather to its work, ACNS has initiated pilot course on "Diploma in Special Education on Autism Spectrum Disorder". We are very positive to have this course affiliated to University course in near future.

In our more than a decade of journey ACNS has been able to establish its identity Nationaly and Internationally by showcasing its innovative and influencial work in the field of Autism. It has also widened its satellite services through own parent network in more than five provinces of Nepal.

This year to deal with Covid 19 pandemic , we tried our best to reach our community through various programs digitally. We initiated a Campaign called **"Autism family versus Covid 19"**.

This campaign leaded various activities to aware and deal with the pandemic. We ran session to educate on Covid 19, Mental health session for parents, dealing with Autism during pandemic to list few. Covid has brought many challenges but it has also shown opportunity to get digitally groomed. It has given new horizon to show the possibility of remote learning. Digital technology has become integral part of our work methodology.

I would like to take this opportunity to thank all the well wishers in the country and International friends who have truly supported us to thrive this unprecedented situation in many ways. Your trust and support keep us going and hopeful to achieve more. I thank all my staff members who endured during this pandemic and showed their solidarity. I thank my collegues from Board who continued to support in their own best possible ways throught the year.

I extend my best wishes to all our members and well wishers to have Healthy and safe work of life.

Thank you .

# Message From Editorial Team

**PT. Surendra Bajracharya**
Chief Administrator
(Editor in Chief)

**Ms. Mahalaxmi Karki**
Project Manager

**Ms. Sanu Devi Prajapati**
Project Officer

**Ms. Saraswoti Moktan**
Admin Assistant

**Mr. Ritesh Maharjan**
Finance Officer

**Ms. Kripa Shrestha**
Parent Child Trainer Head

**Ms. Ruju Pokhrel**
Special Educator

**Ms. Manju Maharjan**
Special Educator

**Ms. Rojeena Bajracharya**
Physio Therapist

Albeit Covid-19 pandemic have severly affected various organizational activities of AutismCare Nepal Society (ACNS), we have been working together to uplift from the situation to continue our regular services. Though this year we are bit late in developing the Annual Report but we are committed to potray our work to all. It is our great pleasure to be part of the editorial team of Annual Report 2076/2077 (2020) which is going to be inaugurated on 13th Anniversary of ACNS. As we all know, ACNS is not just a social organization run by Parents of Children with Autism but ongoing campaign to create equitable society for Person with Autism and their families. ACNS is the growing organization and gradually being recognized as training centre and knowledge hub for Autism in Nepal. We believe this annual report will be next milestone for giving comprehensive information about ACNS and its campaign in Nepal. Our editorial team is privileged to prepare this report and we are heartily thankful for this opportunity to whole ACNS family.

# Introduction
# Autism Care Nepal Society

AutismCare Nepal Society (ACNS) was founded 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 Persons with Autism (PWAs). It is a non-governmental, nonprofit 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 exempt 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, it became clear that what was really needed was a center that would help families throughout Kathmandu and Nepal to raise Awareness, Advocacy, provide basic Therapy Services, Inclusive Education and to develop knowledge base and expertize 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.

ACNS now has gained credibility and become a model center for working with Persons on Autism Spectrum in Nepal from the government stakeholders, line ministries, various agencies, concerned stakeholders, international and national donor organizations.

## Vision

"A society where Person with Autism enjoy independent and dignified life."

## Mission

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

## Goals

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 PWA 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 understand 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 Persons 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/Persons with Autism.
- Formation of Parents Network group of Children/ Persons with Autism throughout the country.

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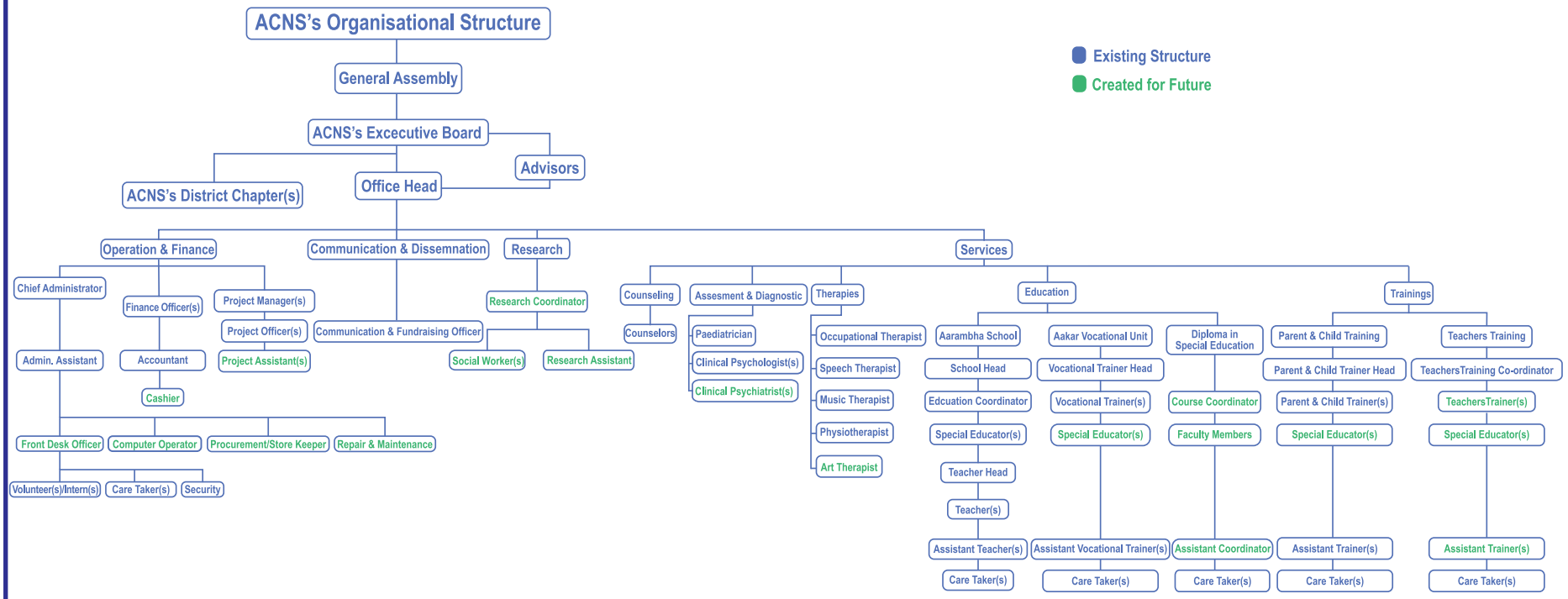
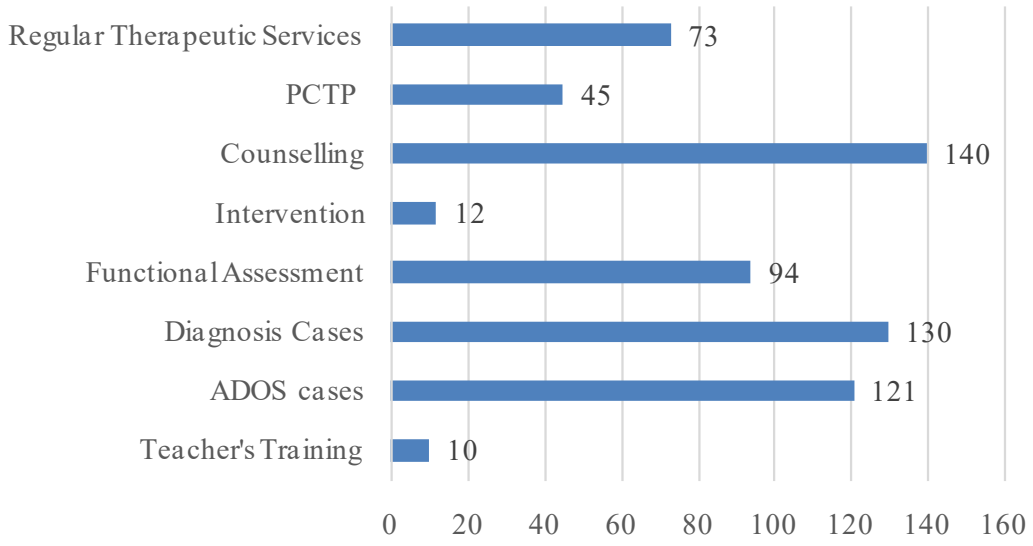
# ORGANIZATIONAL STRUCTURE

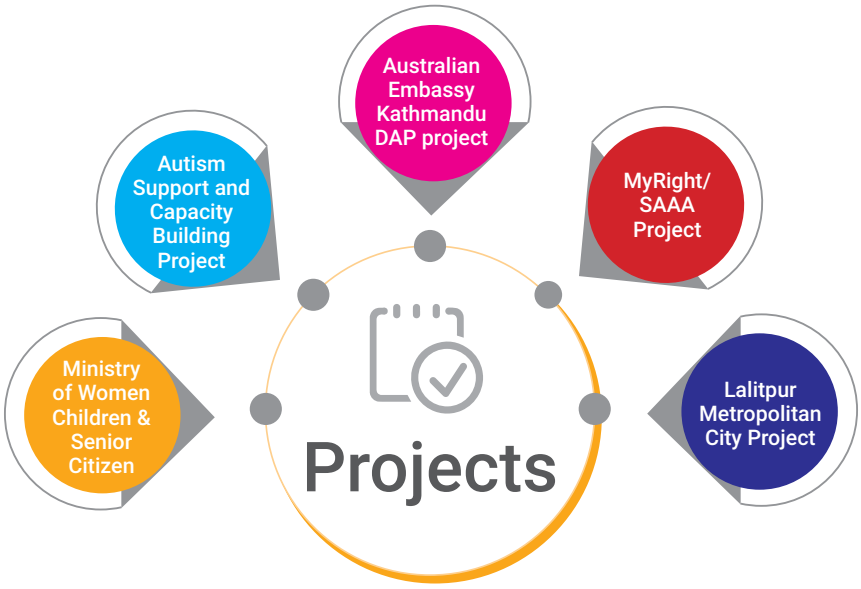


# ACNS
## Programs and Projects

- Assessment, Diagnosis and Intervention
- Therapies Services
- Aakar Vocational Unit
- Teacher's Training Program
- Aarambha Pre Primary school
- Diploma in Special Education
- Parent and Child Training Program (PCTP)
- Training of Trainers (TOT) of PCTP
- Counseling

## Beneficiaries from services at ACNS during Fiscal Year 076/077



# Main Activity Sheet of
# Fiscal Year 076/077

| Year | Event | Results |
|---|---|---|
| June 2019 | Mr. Hari Kumar Shrestha, Mr. Rajendra Shrestha and Members of Kathmandu Metropolitan City visited ACNS. | There was commitment to support PWAs of Autism Care Nepal Society. |
| June 2019 | Establishment of Autism Care Nepal Society Karnali Province by the Parents Network Group (PNGs) of Surkhet. | Services were decentralized and recognition of Autism in Karnali Province. |
| June 2019 | Health check up program for the Children/ Adolescent with Autism at ACNS premise | CWAs were prepared for regular health check-up at hospital. |
| June 2019 | Ms. Shova Joshi, District Governor of Lions Club 325 A2 along with Lion Mr. Shambu Thapa, Lion Mr. Rabindra Bdr. Pradhan, Lion Mr. Sunil Shrestha, and Lion Mr. Nathu Ram Shrestha visited to ACNS on behalf of Lions Club International. | There was mutual cooperation and commitments to support Person with Autism by Lion members |
| 29th June 2019 | Workshop on Importance of Teaching Communication and Daily Living Skills across the life span of CWAs/PWAs to parents & caregivers by Ms. Hibba Nagrial and Ms. Marina Bailey. | Participants learned about various skills to apply on their CWAs/PWAs. |
| 15th -26th July 2019 | Conducted School Teachers Training on Autism Spectrum Disorder for School Teachers. | School Teachers were trained on ASD for inclusive education. |
| July 2019 | Observation visit by Kathmandu University School of Medical Science and NAMS, Bir Nursing College Students. | Initiated mutual cooperation among various stakeholders. |
| 20th July 2019 | Organized workshop on Autism Spectrum Disorder (ASD) in coordination with Montessori Association Nepal (MAN) to the principals, teachers and parents from different schools. | More than 140 participants benefited from Kathmandu valley as well as from provinces of Nepal regarding Autism and help in early identification of Autism in community level. |
| August 2019 | Organized the "Feel the Autism-Feel the Difference" workshop to teachers of Grand Academy, Lalitpur. | More than 20 teachers were aware about autism. |
| 9th August 2019 | Dr. Sunita Maleku Amatya, Chairperson of ACNS gave orientation program on Autism to more than 300 Lions at District Cabinet Officer's Installation Program at Hotel Crown Imperial, Rabibhawan. | Lions members were aware about Autism. |
| 11th August, 2019 | The Lions Club International 325 A2 marked Autism Awareness Initiative program as District governor's priority Project. | Recognition of Autism by Lions Clubs. |
| 12th August 2019 | Tarangini Foundation, New Baneshwor visited at ACNS premises. | Participants were aware about the Autism condition. |
| 13th August, 2019 | Engage Corps visited to AutismCare Nepal Society | Initiated new collaboration with Engage team. |
| 19th August, 2019 | AutismCare Nepal Society organized the Autism Orientation program to Rotract Club of People's Campus. | 16 participants were sensitized during the program. |

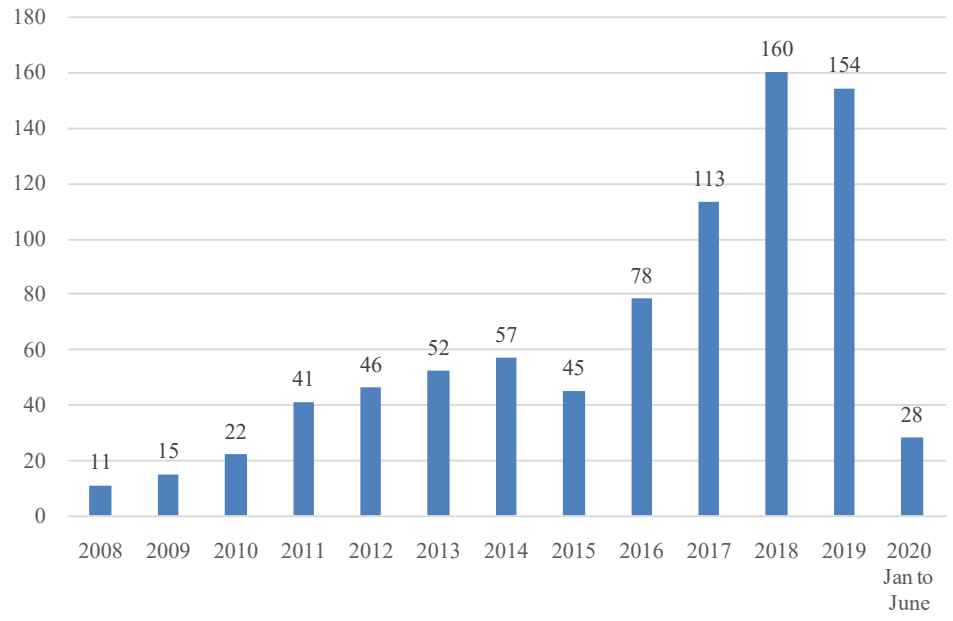
| Year | Event | Results |
|---|---|---|
| 31st August 2019 | Dr. Sunita Maleku Amatya, Chairperson of AutismCare Nepal Society presented at the program organized by School of Behavioral Science of Mahatma Gandhi University, Kerala, India. | During the Program there were participation of 150 participants including Parents, Special educators, Clinical Psychologist and Behavioral science students. |
| 10th September 2019 | Grade 1 kids of Rosebud school along with the teachers visited at ACNS. | 25 kids with 8 teachers were aware about Autism and aid in inclusive education. |
| 12th September 2019 | Organized the autism orientation to the Nepal Police personnel at Police Club of Nepal by Dr. Sunita Maleku Amatya, Chairperson of AutismCare Nepal Society | Participants were aware about the autism condition and committed to work in collaboration. |
| 14th September 2019 | ACNS initiated partnership with Lion's Club International District 325 A2 Nepal. | Big achievement for ACNS and committed to working for autism in future to ensure PWAs Rights. |
| September 2019 | The Autism Awareness and action committee has also being formed under the Lions Club International District 325 A2 to support the autism programs. | |
| September 2019 | The Autism Article published in Lion's International Magazine. | Recognition of Autism by Lions Clubs International. |
| 24th September 2019 | ACNS entered to Sudur Paschim Pradesh (Karnali Province) of Nepal and performed introductory meeting with National Federation Disabled Nepal (NFDN)'s province office along with other Disabled People's Organizations. | Autism awareness and advocacy with concerned stakeholders to ensure the Right of PWAs. |
| 25th September 2019 | Screening program and visited different Ministries along with Social Development Ministry of Karnali Province. | Increased Autism Awareness and Advocacy. |
| 19th October 2019 | Organized ACNS's 12th Annual General Meeting (AGM) and formed new Executive Board Committee. | 6th Executive Board Committee formed:<br>Dr. Sunita Maleku Amatya, Chairperson<br>Mr. Shyam Pdr. Bhandari, Vice-Chairperson<br>Ms. Neelam Gautam, Secretary<br>Ms. Kalpana Ghimire, Treasurer<br>Ms. Anjana Mahara, Executive Member<br>Mr. Bidhan Shrestha, Executive Member<br>Ms. Kritika Lamsal, Executive Member |
| | Released Autism song for Public Awareness. | Increase the level of autism awareness in community level. |
| | Released Position Paper focusing on Health, Education and Social Rights issue of Children/Persons with Autism | Aid in advocacy level to ensure the rights of PWAs regarding health, education and social right. |
| October, 2019 | ACNS visited to province 5 of Nepal for meeting/discussion with the Executive Board Member of the AutismCare Society Lumbini focusing on organization development. | Strengthening the autonomous bodies for their organization sustainability. |
| 6th November 2019 | ACNS visited to Surkhet in order to have meeting with Executive Members of AutismCare Nepal Society Karnali Pradesh & addressed Autism issue with Chief Minister, Chief Secretary along with other parliamentarians from province 6. | Increase Advocacy at provincial level. |
| | ACNS conducted the Interaction with Medical professionals. | Medical professionals more aware about the autism condition aiding in early identification |

| Year | Event | Results |
|---|---|---|
| November 2019 | Dr. Diane Richler and Ms. Lu Han from Open Society Foundation as well as Mr. Birendra Raj Pokharel visited ACNS. | Monitoring of Abilis Foundation Project performed. |
| 17th-22nd Nov 2019 | Dr. Eva from Swedish Autism Asperger Association visited to Nepal and performed the various project activities at a time. | Monitoring of project activities performed and also committed to support. |
| 23rd November | ACNS in collaboration with Behavior Momentum India Foundation (BMIF) conducted 1 day Autism Workshop on Applied Behavior Analysis and Autism Intervention at Hotel Amadabalam, Kathmandu Nepal & it was facilitated by Dr. Smita Awasthi, BCBA expert from BMIF. | More than 60 participants including parents and professionals learned about the Behavior Analysis and Autism Intervention. |
| 3rd December 2019 | ACNS participated in 28th International Disability Day-2019 with the theme for a year "'Promoting the Participation of Persons with Disabilities and their Leadership: taking action on the 2030 Development Agenda." | Solidarity with different Disabled Peoples Organizations. |
| 23rd December 2019 | JF institute of Health Sciences, Yeti Health Science Academy, Ms. Sephie Wacher from Northcott Society, Australia and the team from Patan Hospital visited to ACNS. | Collaboration with different hospitals of Kathmandu Valley. |
| 29th December 2019 | Conducted workshop on Art Practices For Inclusion in collaboration with Snehadhara Foundation. | Teachers learned about Art and applied it for social inclusion of PWAs. |
| 27th December 2019 | ACNS participated in the Disability Inclusive Sexual Reproductive Health Rights (SRHR) at Kathmandu Marriott Hotel. | ACNS highlighted the issues of SRHR on children/person with Autism to ensure their SRHR Rights. |
| 20th January, 2020 | Continuous support to ACNS and valuable contribution for celebration of World Autism Awareness Day- by Ms. Akemi Mizuwa, from NPO Laliguras, Kobe Miky City, Japan | Autism support Tshirts printed on occasion of World Autism Awareness Day 2020. |
| 27th-29th Jan 2020 | ACNS's Chairperson Dr. Sunita Maleku Amatya secured 2nd position during prestigious competition at Regional Australian Alumni workshop with the theme "Celebrating Alumni Success" held in Colombo, Sri-lanka. | Recognition of AutismCare Nepal Society in the international platform. |
| 2nd February 2020 | One day workshop on Autism Spectrum Disorder "Feel the Autism-Feel the Difference" to the Lions, Leos, Parents and Teachers at Adarsa Bal Bikash Kendra, Banepa with the collaboration Lions Member of Lions Club of Kabhre Banepa | Increase the autism awareness in the Lions community. |
| February 2020 | Academy of Culinary Arts Hospitality and Management students conducted the program for the Children with Autism at ACNS premises with the close coordination with special educators of ACNS. | Promote in the Social Inclusion of CWAs/ PWAs in community level. |
| February 2020 | AutismCare Nepal Society's team members, Ms. Kritika Lamsal, Executive member and Mr. Surendra Bajracharya, Chief Administrator participated in NFDN program Hetauda, Makwanpur. And also visited Social Development Ministry of Province 3. | Made a good rapport with Mrs. Indira Ojha, Chief of Disability Division and Mr. Dipendra Subedi, Under Secretary of the Social Development Ministry for more support to Autism area near future. |

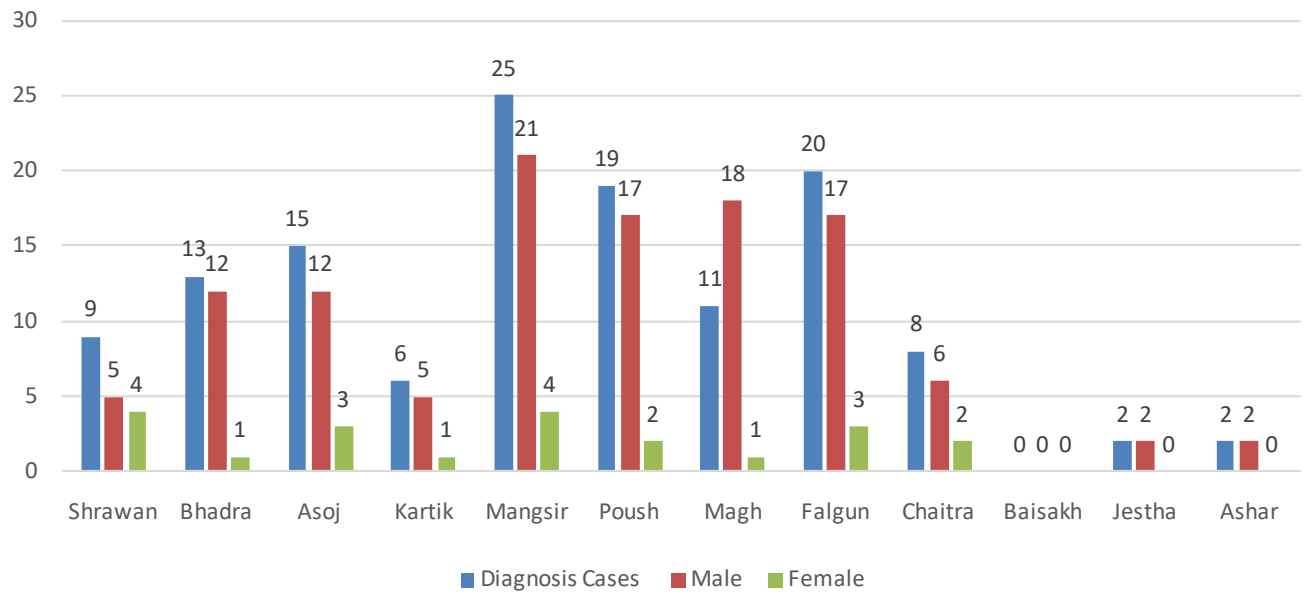
| Year | Event | Results |
|---|---|---|
| 24nd February 2020 | Conducted first orientation and workshop for formation of Autism Inclusive club. | Formation of Autism Inclusive club along with yearly programs and activities. |
| 7th March 2020 | 2nd workshop Autism Inclusive club performed among the club members. | Developed the yearly action plan to support Adolescents and Young Adult with Autism. |
| March 2020 | A short training on Autism and organization visit by Navajyoti School, Baluwatar, Kathmandu. | Teachers got the knowledge on sign and symptoms of autism which ultimately help in early identification of Autism in gross root level. |
| 18th March 2020 | AutismCare Nepal Society welcomed Honorable Minister Mr. Parwat Gurung, Secretary Mrs. Yam Kumari Khatiwada, Joint Secretary Mr. Gyanendra Poudel, Under Secretary Mr. Sashidhar Ghimire and all team of Ministry of Women Children and Senior Citizen (MoWCSC) at ACNS premises for the first time on the history of AutismCare Nepal Society. Dr. Sunita Maleku Amatya, Chairperson, Executive Board and staffs of ACNS greet all the distinguished guests and performed the observation visit of whole center along with presentation of Autism Scenario in Nepal. | Recognition of Autism by Ministry of Women Children and Senior Citizens. |
| 27th April, 2020 | Online interaction and orientation program "Supporting Children and Adolescents with Autism during COVID-19" held for parents of ACNS and it's networks. | Identified various problems and issues of parents of children with Autism during COVID-19 Pandemic for up coming Programs. |
| 24th June 2020 | Inauguration of 40th Batch of Parent and Child Training Program. | 12 families of CWAs benefited and empowered with the knowledge and skills on how to take care of CWAs. |
| 26th June 2020 | Initiated the research survey program on Impact of COVID-19 on Children and Youth with Autism | Developed Research document on situation of Children and Youth with Autism during COVID-19. |
| 5th July 2020 | Nomination of Dr. Sunita Maleku Amatya, Chairperson of ACNS in National Disability Directive Committee of Ministry of Women Children and senior Citizen. | Inclusion of Autism for the first time in Nepal to work on National policies of Person with Disabilities in Nepal. |
| 11th July 2020 | AutismCare Nepal Society organized the Webinar Program on Stress Management during COVID 19 Pandemic to the Parents of Children with Autism on 11th July 2020. Ms. Manju Maharjan, Special Educator of ACNS was the main presenter of the program. During the program there were participation of more than 40 participants | Addressed the stress of parents of children with Autism due to COVID-19 Pandemic. |

# Graphs of Autism Diagnosis Details

## Total Cases of Autism Diagnosed at ACNS (Total 822)




## New Diagnosis cases of Autism in Fiscal year 076/077 (Total: 130, Male:117, Female: 21)



# World Autism Awareness Day & Our Response to COVID-19

The whole world is still fighting against the 'COVID -19' pandemic since December 2019. Nepal confirmed its first case on 23rd January 2020 with Corona Virus with this the scenario of country have been change dramatically affecting all human lives. The whole country went on lock-down from 24th March 2020. As lock-down begins in the country, the whole services and programs of AutismCare Nepal Society (ACNS) was severely affected. There was chaotic situation and we did not have any concrete idea or plan how to tackle this situation. Our biggest celebration- World Autism Awareness Day (WAAD) 2020 and the whole program need to be canceled which we used to celebrate grandly every year.

Our special school 'Aarambha Pre-Primary School (APPS)' need to be closed leaving all students at home without any necessary preparation. This was a terrible situation for both parents and our children. The intensive 2 weeks long training program 'Parent and Child Training Program (PCTP)' need to be have break at the middle of the training session. Many participant parents were from out of Kathmandu Valley, they were force to rush back to their home leaving everything. The regular Assessment, Diagnostic, Intervention and Counseling programs need to be stopped. The teacher's training program need to be canceled after announcement. Our all project activities & programs, outreach programs, awareness, and Advocacy programs everything need to be stopped. For three weeks all activities and services were stopped, on the mean time we performed several virtual meetings among Board Members, Staff Members, Teachers and Parents for strategic planning to start our services gradually.

Though we were unable to provide our services through physical presence and hands on we managed to provide our services to parents & children through virtual mechanism. We developed the "Guidelines of ACNS to response COVID-19" and develop strategic plan to tackle the situation. By the end of April 2020, we organized Online Orientation and Interaction Program for Parents and Caregivers with the topic "Supporting Children and Adolescents with Autism during COVID-19". We initiated all our Board Meetings, Staff meetings & parents meeting regularly through Zoom Virtual session. Our team participated in various programs organized by various stakeholders & organizations through virtual sessions which was opportunity for two-way learning & sharing our ideas to move forward.

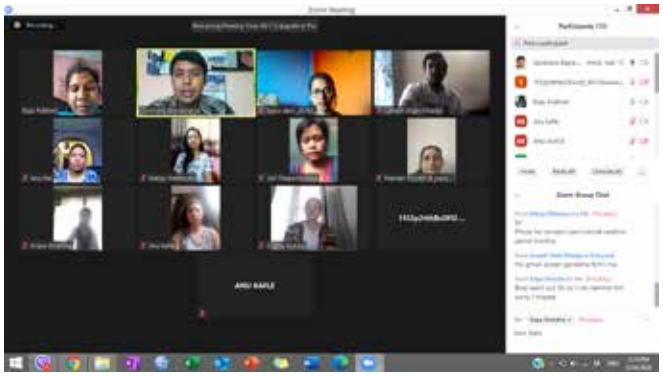
# Aarambha Pre-Primary School

Aarambha Pre-Primary School (APPS) is school unit of AutismCare Nepal Society. It provides special education to children and adolescent with Autism friendly environment. The school mainly focus on students below 18 years for their progressive improvement by specialized professionals and educators. This year we have added one more classroom in the APPS setting having Red, Blue, Yellow and Green Classrooms with 20 students. Due to COVID-19 Pandemic our school has been severely affected and forced to close our all services in Physical Presence. In this context we have been conducting Online classes for each class where both parents and students can participate. The zoom based virtual sessions for parents and children mainly focus on activities of daily living at home environment with various Applied Behavior Analysis (ABA) techniques and structured teaching methods. Simultaneously, various therapeutic Online interventions were also on going during this pandemic period to all the students.

# AAKAR VOCATIONAL UNIT

Students above 18 years old are welcomed in Aakar Vocational Unit (AVU) as per their interest. AVU mainly focuses on the practical Vocational skills and its applications among adolescent and young adult with Autism for their independence. The students progress through the per-vocational Training program and learn the various vocational skills like; Hand Loom, Sewing, Stitching, Nepali handmade paper products making, Candle Making, Beading, Computers and Sorting and Sequencing. During this fiscal year we tried to welcome new adolescents with Autism as well as add new vocational activities like; tree plantation, waste segregation, paper recycling and bakery. Due to the COVID -19 pandemic situation, ACNS is unable to perform all planned activities however we are trying our best to support our young students with Autism through various virtual sessions. We can realized that there has been several challenges of these Adolescents.

# Parent and Child Training Program



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 ans girls with Autism, for parent mediated early intervention.

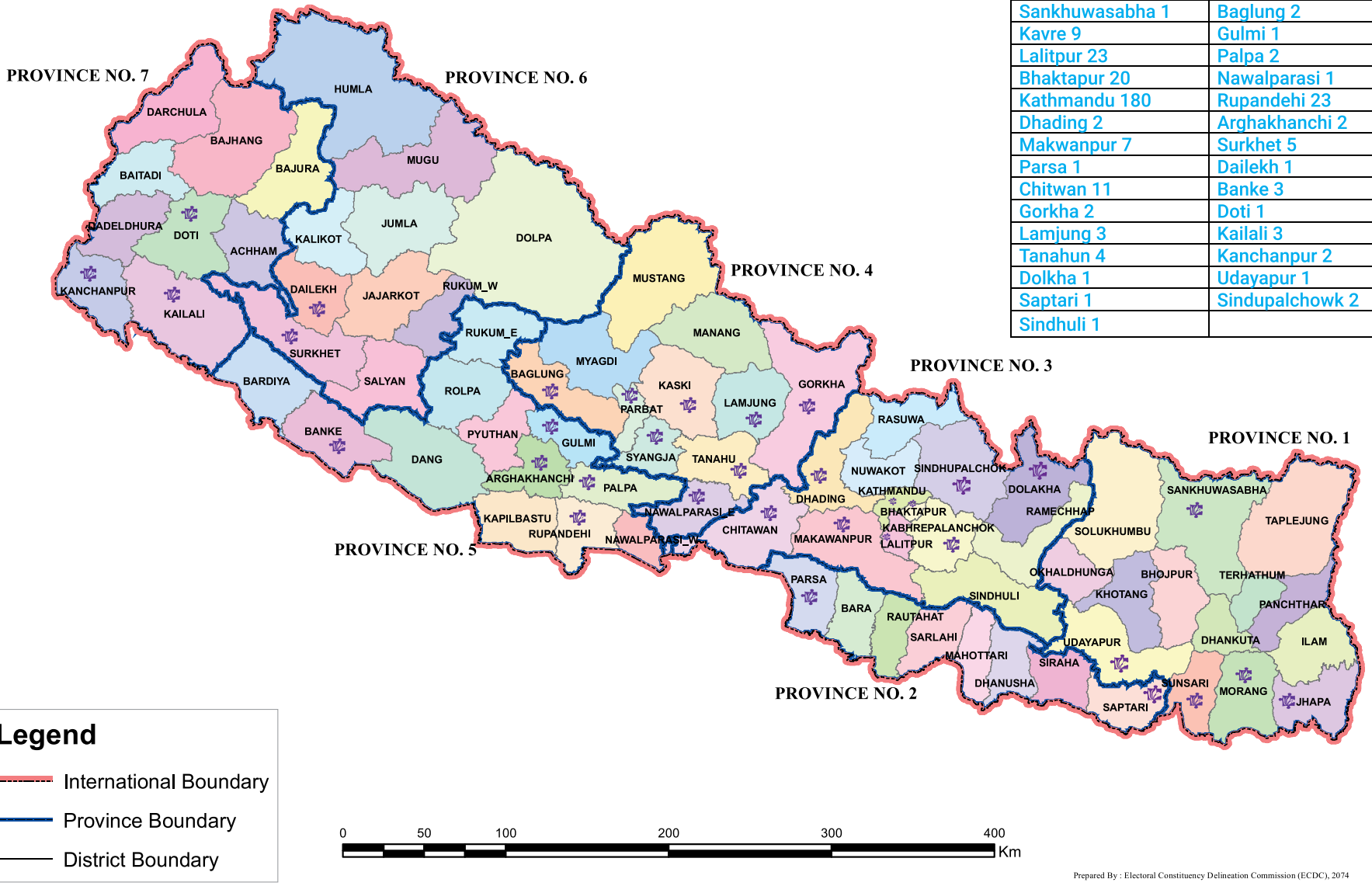
It is the one of the most significant training for parent of child with autism to understand their children. It is 12 weeks training program to parents, especially mothers with the aim of empowering them with the knowledge of autism. Training provides knowledge and skill of Applied Behavior Analysis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

From the beginning of the fiscal year we were conducting our 37th, 38th, 39th batch Parent and Child Training program in overwhelming way. During the 39th batch we were force to stop our training because of covid-19 pandemic. After taking a short break we initiated our training program virtual basis and need conclude 39th and 40th batch training program through virtual sessions. Altogether, 110 Parents and Children were benefited from this training program during this fiscal year. We are glad to have support from Ministry of Women Children and Senior Citizens and Lalitpur Metropolitan City to conduct these training programs successfully.

# DISTRICT COVERAGE BY PARENT AND CHILD TRAINING PROGRAM

## Number of Family Participants

| | |
|---|---|
| Jhapa 16 | Syangja 1 |
| Morang 11 | Kaski 13 |
| Sunsari 7 | Parwat 1 |
| Sankhuwasabha 1 | Baglung 2 |
| Kavre 9 | Gulmi 1 |
| Lalitpur 23 | Palpa 2 |
| Bhaktapur 20 | Nawalparasi 1 |
| Kathmandu 180 | Rupandehi 23 |
| Dhading 2 | Arghakhanchi 2 |
| Makwanpur 7 | Surkhet 5 |
| Parsa 1 | Dailekh 1 |
| Chitwan 11 | Banke 3 |
| Gorkha 2 | Doti 1 |
| Lamjung 3 | Kailali 3 |
| Tanahun 4 | Kanchanpur 2 |
| Dolkha 1 | Udayapur 1 |
| Saptari 1 | Sindupalchowk 2 |
| Sindhuli 1 | |




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

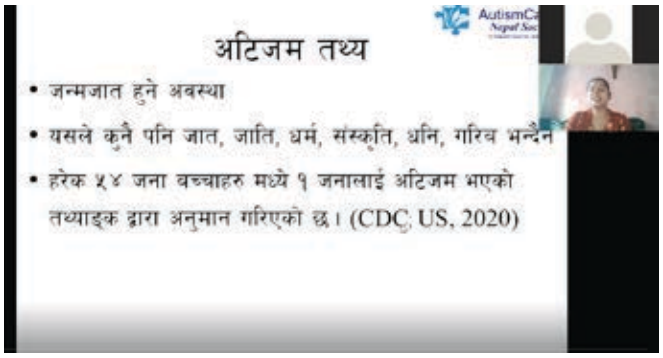
# TEACHERS TRAINING ON AUTISM SPECTRUM DISORDER

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 upon severity of Children with Autism, they also need special education.




It was a 1 week training in the starting focusing on the different topics such as understanding Autism, Understanding Behavior and Behavior 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. | SSDRC | 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/Schools | 44 |
| | Total: | 147 |

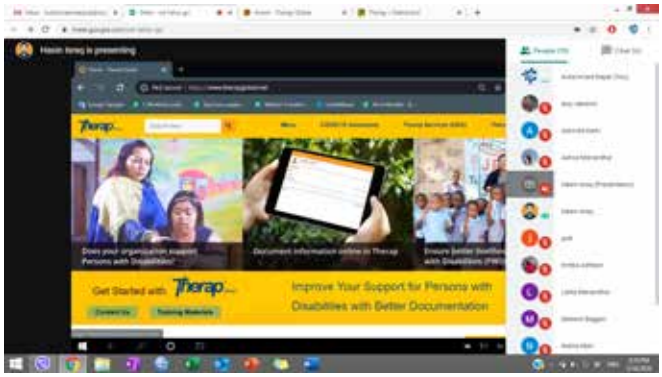
Thank you all the trainees, trainers of ACNS and everyone there for your valuable time, dedication and passion for this achievement. We are indebted to MyRight/SAAA for the continue support to our journey to bring this real.

# Therap Global

Therap Global is the international organizations supporting People with Disabilities (PWDs). Therap has been in use in the USA since 2003 and is considered as the national leader in disability software in USA. Therap has also been implemented in number of special schools and agencies all over Asia. They have been helping us in keeping records, communication and documentation of the organization working in the field of people with disabilities.

Therap provide services, schools and agencies maintain a database to store their information regarding people with disabilities alongside performing various other day to day tasks such as tracking skills/ Individual Education Plan (IEP), assessing skills of each individual/student, entering daily diary notes etc.

Since 2020, Therap Global has been providing training to Autism Care Nepal Society's school teachers of Arambha Pre-Primary School. After the training, teachers have learned about Online digital documentation. They can enter the data and information about the students, attach files, photos and picture of the student. Through this they learned to document Individual Education Plan, progress report, assessment and diagnosis report. It helped in keeping records, internal communication within staff members and parents. Based on the data entered it became easy to access records and also in different forms. Throughout the pandemic period parents also started taking training along with the teachers. They are keeping records of their children including behavior and their daily activities.



# My Right Project

## "Increased Access of Persons with Autism in Education, Health and Social Rights"

Envisioned project "Increased Access of Persons with Autism in Education, Health and Social Rights"framed on the agreed situation of Persons with Autism (PWAs) was further worse compared to other disabilities in Nepal. Project aimed to empower PWAs to protect, promote and utilize their education, health and social rights for quality life through meetings/training/ seminar for the parents/carers and relevant professionals through national/international experts. Having favorable policies, acts, regulations and working guidelines in order to realize the rights of persons with autism through continuous advocacy is another aim of ACNS.

In order to attain a result project achieved following in the fiscal year 2076/077:

**Education:** Training on ASD to 32 teachers increased level of competencies in teaching student with ASD. This made able to enroll 10 new children in special/mainstream school and 23 children with ASD are benefiting from the competencies of trained teachers from schools of different district besides Aarambha Pre Primary School (a school for children with Autism under ACNS) enrolled 5 new student this year making 20 number in total. And 147 teachers oriented on ASD resulted-referring 24 suspected children with Autism only to ACNS for Autism identification/diagnosis.

Piloting Diploma Course on ASD with 5 trainees completed this year, produced 5 human resource to work as a special educator in 4 different districts (Surkhet, Chitwan, Rupandehi and Kathmandu) at different Autism Societies formed by the parents from the concerned districts. Educational material produced and distributed of 600 copies from the partnership of Centre for Education and Human Resource Development through the regular advocacy/ lobby focusing school teachers regarding early identification of Autism. Kathmandu University is positive to have affiliation the Diploma Course on ASD targeting to run the course under university from 2020.

**Health:** Continuing Medical Education (CME) to 140 health care professionals in Surkhet, Chitwan and Kathmandu district on early identification of ASD resulted in referring children with ASD symptoms. This led 27 parent/families referring for counselling, 27 visits for suspicion of Autism, 37 diagnosed with ASD from the referrals in the centre.

**Social Security:** Different training/workshops provided to 119 families of PWAs from Chitwan and Kathmandu district of contributed to understand the rights of PWAs as a disability right. Total 26 PWAs received disability identity card ensured social security allowance from the government. As a result of media campaign news published for 17 times on Autism and ACNS. Likewise, different consultations from local, provincial and federal level helped to widen the Autism movement from the different parts of Nepal hence ACNS reached to 6 provinces out of 7 except no.

**Organizational Development:** ACNS this year formulated Gender Equality and Social Inclusion policy aiming to provide equal opportunities for women and men to actively participate and contribute to the organization. Position paper prepared on need of education, health and social for children with ASD acts as guideline for advocacy/ lobby. Regular advocacy and lobby from the provincial and federal level recognized the Autism Centre from the concerned districts hence chapter/organizations/ Parent Network Group started to invite from different local level stakeholders during meetings/planning.

A total of 58 parents/families/caregivers in 4 different batch received vocational training and are equipped of making vocational items like

greeting card, envelope box set, muffler knitting, beading and candle making. After training received; parents/carers have better understand their child's diagnosis and how they can engage child or adult with autism in the vocational work. As a result of the training 20 families are involving/supporting child/adult children in different vocational activities.

Several thoughts/examples from the benefit of the activity can be extracted as below:

*"After attending the interaction on Autism at F-PAN hall, Lalitpur, I truly recognized the severity on this issue. I will talk about this to the Mayor of Laliptur district. I am ready to support Autism Care at my level from today."*- Ganesh Maharjan, Ward Chairman of 29 ward

*"Thank you ACNS for providing us the workshop on social rights. After attending this, we are able to get the blue card for my son. Previously, local government was willing to give us the blue card. After getting red card, I am getting social security allowance from the government."*-Shova Devi Kharel, Parent, Tanahu

*"This workshop made me able to explain in a more detailed way to the parents of an autistic child and can empathize the parents of an autistic child as well as see the child from a different perspective as well as the practical aspect of autism".*- Saurabh Karna, Health Assistant, Sundarharaicha Primary Health Center

*"It is good opportunity to be the part of 1 year Diploma Course on ASD run by ACNS. I feel I am confident to work on the province 6 with all the acquired knowledge theoretically and practically."* -Sumitra Shahi, graduated trainee, Karnali Pradesh

# Direct Aid Project

## "Strengthening and developing work opportunities for young adult with Autism at ACNS and establishing tele-training program"

ACNS in collaboration with Direct Aid Program (DAP), Australian Embassy Kathmandu accomplished its successful 7 years partnership since 2013. The projects *"Strengthening and developing work opportunities for young adult with Autism at ACNS and establishing tele-training program in Jhapa and Surkhet"* has played significant role within the center (ACNS) for set up and continuous of pre-vocational, vocational unit and also worked in development of an app for CWAs/PWAs. This project also helped to decentralize the ACNS services in rural parts of Nepal through the online method. Various vocational training and skills transfer trainings were conducted in Kaski, Surkhet, & Jhapa districts.

**Highlights:**

- We had printed the all IEC materials such as brochure, poster, pamphlets regarding ASD for the autism awareness in the community & table calendars were printed with COVID-19 pictorial information.
- We conducted the workshop for the establishment of Autism Inclusive Club, with the objective of Social Inclusion of Person with Autism and all types of Disabilities. There were 90 total participants in this first workshop. There were participation of all aged group people from various professional backgrounds. The English Online khabar newspaper has also wonderful coverage of establishment of Autism Inclusive Club workshop and real scenario of Autism Spectrum Disorder in the community.
- We conducted the Webinar; Supporting Children & Adolescent with Autism during COVID-19" by Dr. Rena Shrestha; Psychologist & Assistance professor of TU where 54 parents and caregivers were present.
- The second Webinar was held on 11th July, 2020 on the topic "Stress Management during COVID-19 Pandemic to the Parents of Children with Autism" by Ms. Manju Maharjan; Special educator of ACNS, where 40 parents and caregivers were participated.

# CBM Project

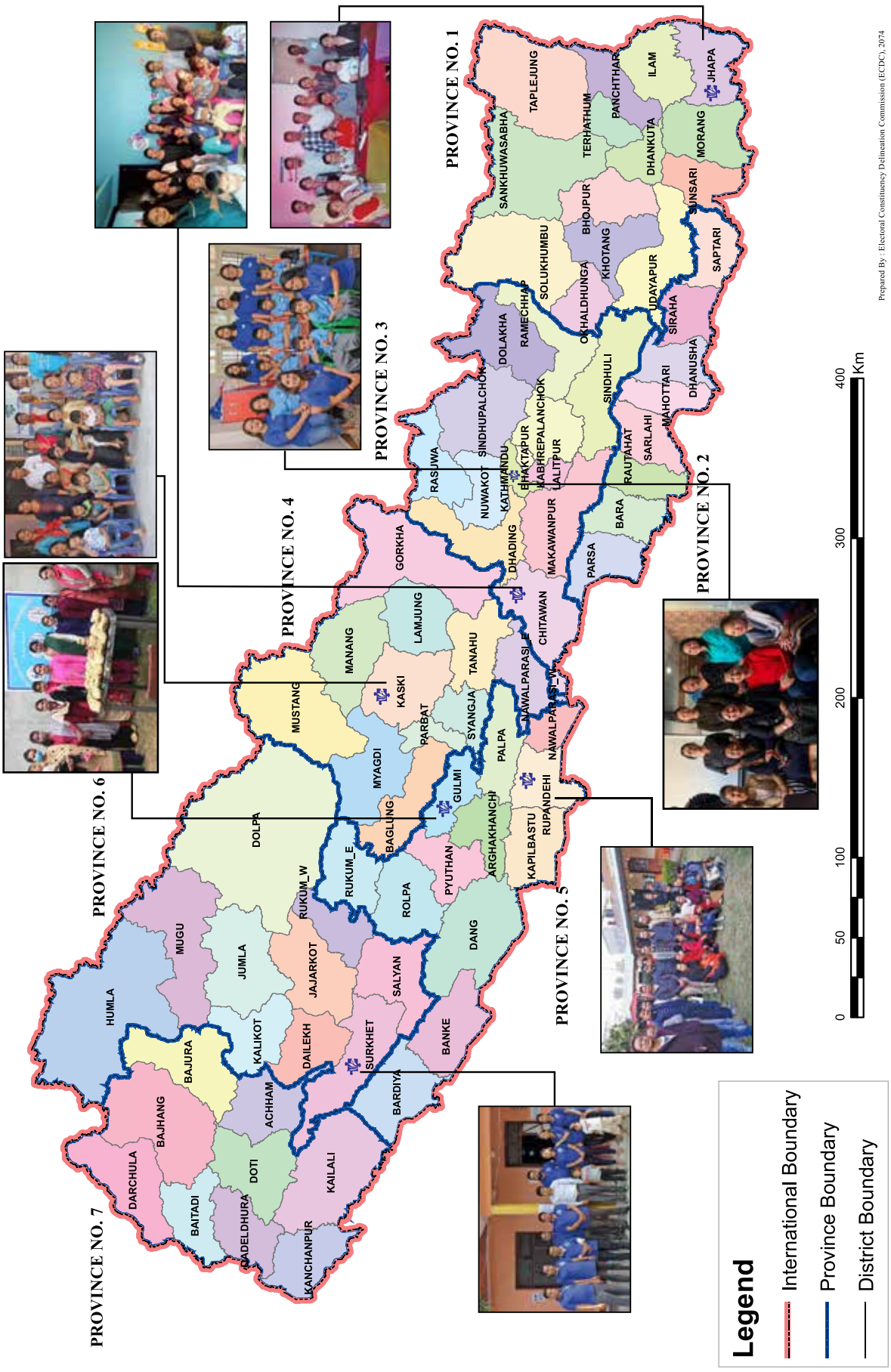
## Development of educational materials for Inclusion of Children with Autism in Mainstream school of Nepal

ACNS in collaboration with Christoffel-Blindenmission (CBM) under the project title *"Development of educational materials for Inclusion of Children with Autism in Mainstream school of Nepal"* developed flip chart as one of the major project activities. The main purpose of this project is to develop specific educational material for teachers and parents for inclusion of Children with Autism in Mainstream school. This project has been the cornerstone for ACNS and Children with Autism as the developed the flip chart is an important asset for teachers of mainstream schools for enhancing inclusive education in Nepal.

### Highlights of CBM Project Activities:

| S.N | Activities | Participants | Outcomes/Result |
|---|---|---|---|
| 1. | Preliminary meeting with experts in Autism Field for draft preparation of Educational materials | Total: 7<br>Male: 4<br>Female: 3 | Agreed with prepared two different topic drafts of educational materials and sharing them in the workshop |
| 2. | Workshop for Sharing the drafts of Educational Materials in collaboration with CBM | Total: 18<br>Male: 11<br>Female: 7 | Screening tool for early identification of autism for inclusion of CWAs in mainstream school. |
| 3. | Developed the Flip chart (educational materials ) for | Autism experts team | 300 numbers of charts were developed which help in autism early diagnosis as well as help in inclusion education for them. |

# PARENTS NETWORK GROUPS OF ACNS IN NEPAL



# Occupational Therapy at Home

## Positive Aspects

**Ms. Rojeena Bajracharya**
Physiotherapist (Trained on OT)

The term Occupational Therapy (OT) gives us a meaning that it's a therapy that assists individuals to engage in everyday activities or occupations that they want and need to do. Simply, we can say that we prepare child to do his/ her daily activities independently.

Due to global pandemic COVID-19, occupational therapy services has been closed since Chaitra. As a great proverb says-"When there is a will, there is a way", we took this as an opportunity to focus on its positive aspects and start a virtual sessions for all the parents of children enrolled in Arambha pre-primary school. And with no wonder, we were highly motivated to go further till date due to our parents and supervisor's positive feedback and encouragement.

To share with some, I have mentioned in points below;

- Virtual class has been the great platform to learn and share the knowledge and experiences.
- Interaction between parents, class teachers and therapist brought better outcomes to the challenges. Parents are also more aware about the activities that were done at schools and OT sessions. Also, therapist and class teachers are aware about the activities of children at home. This will definitely be a good help to plan for future sessions at school and at home. Also, the bond created will help in healthy communication in future.
- Children showed good response when they saw their friends and teachers virtually. Parents reported about their better level of understanding and felt comfort after explaining and showing everyone is staying home and "No school" for everyone.
- Parents felt being directed which helped them to choose activities and plan a day for their child.
- Students are getting engaged in ADL/ functional activities which at the end fulfill their sensory needs, spend time in meaningful activities and observed to be happy. It is more helpful than getting engaged in mobile and television. This also reduced the inappropriate behaviors of children, meltdown and boredom.
- The level of anxious acts and stress of parents as well as students are being managed after proper handling of their child along with sharing among parents and therapist during the session.
- Parents are motivated to engage their child in meaningful activities due to the assignment given.
- Sharing the videos among parents uplift their hope and spread positive energy. Videos of students of red and vocational class (higher) are like inspiration videos for green n yellow class (lower) students' parents.
- Planning a schedule for a child helped parents to spare time for self too.
- Parents reported "Need of self-regulation and self-preparation class for parents" helped them be calm and focus better on self as well as their children.

### Occupational Therapy at Home

A therapy that assists individuals to engage in everyday activities or occupations that they want and need to do. As Occupational Therapy is usually home based and materials available at home are the best asset to the therapy, we encourage parents to know these points to help your children get the facility of occupational therapy at home.

### What do we do?

- Prepare child to achieve his ultimate goal of living life independently, planned as per their needs and their parent's expectation.

### How do we do?

- Work on his:
- Physical strength and ability- Gross and fine motor
- Cognitive skills: motor planning, memory, problem solving skills, learning
- Fulfill his Sensory diet: Vision, sound, smell, taste, touch, movement, pressure.
- Behavior modification.

### How do we plan?

- Prepare parent/ care giver first.
- Prepare child:
- Make a schedule.
- Choosing an activity: Always remember the points below-
  - Make sure child is physically, mentally and emotionally able to do it.
  - Fulfill his sensory diet.
  - The activity will help him/ her in his daily living and his physical, mental and social development
  - The activity is related to your goal.
  - Know why you want your child to get engage in activities that you are planning.
  - Make it fun/ play based so that a child takes it as fun and not a burden or stress.

### Examples of activities that will help child to do his daily living activities in future:

- Weight bearing activities: for joint compression, proprioceptive/ sensory need, calming, fine motor, develop core muscles.
- Fine motor skills activities: for their hand grip, manipulation and isolation
- Sensory toys/ play for fulfilling sensory diet (visual, audio, taste, touch, smell, movement, pressure), fine motor skills, cognitive skills.
- Free play: obstacle course, jump, walk, run, climb
- Mid line crossing activities (hand, leg, eyes) for brain development process information, perform tasks, manage emotions, and regulate activities such as breathing, crying, language skills, speech, and physical activity.
- Puzzle, matching, sorting for cognitive skills development.

# Importance of Psychological Assessment and Diagnosis in Autism

**Ms. Ajeeta Deuja**
Psychologist

The analyzing or identifying a cause/disease/disorder from its signs and symptoms, nature of condition or problem for making proper judgment 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.
The 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 neuro-developmental 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, analyze 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 organization which has been actively working for the betterment of Children with Autism. Further, necessary therapies and counseling are provided to support both parents having CWAs.

# Music Therapy At Autismcare Nepal Society

**Amrit Gandhari**
Clinical Music Therapist

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 this fiscal year we provided virtual music therapy to our students due to COVID-19.

## Virtual music Therapy

We couldn't go out, we couldn't meet friends, we just had options to stay home because of pandemic of COVID-19. People were physically and mentally tired. Imagine what happened with Children with Autism because they don't like changing their routine and they have to stay home and not able to go school to get all the regular therapy. How difficult all the parents to mange that situation. We all therapist and special educator had decided to provide virtual therapy and class after one month period of lock-down.

We have provided virtual music therapy to both parents and children with Autism. We gave some Music Therapy guideline to parents and we guided how they can conduct session with their children. We have setup few different musical activities so they can sang and enjoy with their children, dance with children.

During the session, students perform some physical warm up with warm up song along with therapist. They do meditation with live flute music, that help to relax their mind. Similarly, children can also feel some outdoor things through musical activities while they are in home like we can drive, swim, flying etc.

We tried to work with children favorites songs which help to develop children attention, self awareness and conscious experience of what ever they do. Selecting their favorite song means maintaining consistency throughout the session.

# 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 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

# Innovation in Response to COVID 19 Pandemic

## Autism and AutismCare Nepal Society

**PT. Surendra Bajracharya**
Chief Administrator

Autism habilitation, is not just onetime cure but care for long run with multi-disciplinary therapies and approaches. Therapies like Occupational, Sensory Integration, Speech and Language, Physical, Behavioral Skill, Art, Music and approaches like Verbal Behavior Analysis (VBA), Applied Behavioral Analysis (ABA), Treatment and Education of Autistic and related Communication-Handicapped (TEACCH) along with Special Education has been always priority for AutismCare Nepal Society (ACNS). ACNS have been focusing for life skills education and Activities of Daily Living (ADL) not only for children but also for all People with Autism with vocational skills and job orientation programs.

ACNS has Special School Program, Teachers Training Program focusing in special education and inclusive education in Mainstream Schools. It runs Parent and Child Training Program (PCTP). So far more than 500 families have been trained in PCTP from 32 districts of Nepal and 110 students from 26 different schools from the country have been benefited so far. ACNS launches formal Diploma course on Special Education on ASD and MTOT of PCTP as part of HR development.

ACNS services has been utmost demand during this COVID-19 Pandemic. The challenges are increasing day by day with increasing number of cases in the country although fighting with limited resources. Government services for people with autism during this pandemic in halt. ACNS has not been able to run its services on physical presence but with continuous perseverance, innovation and creativity of ACNS team, it has been leading centre to support the families of People with Autism all around the country through regular virtual sessions for special education, Online trainings to parents and teachers, panel discussions and Webinars to address various home based issues of PWAs and mental health problems of parents and caregivers and give them proper remedies and counseling to support and uplift their lifestyles.

### Timeliness

ACNS initiated the virtual programs from April 2020. The webinar on topic "Supporting Children and Adolescents with Autism during COVID 19" was organized on April 2020, where there were 86 families' participants from various parts of Nepal. The special education, therapies, trainings, and counselling programs were initiated from May 2020 and will be continued throughout this pandemic period. We have been continuously lunching virtual programs on timely manner to address person with Autism, Parents, Teachers and concerned stakeholders.

### Impacts and Beneficiaries

The People with Autism's coping mechanism and capacity to endure the COVID 19 pandemic situation in home based environment is satisfactory although there are few issues identified during survey program which is one of the greatest impact of the innovation. The individual counseling and need based programs through virtual mechanism supported the parents and caregivers, increasing their motivation and patience to deal with this difficult situation.

32 Children with Autism and parents are receiving Online special education and therapeutic interventions on regular basis. The adolescents are engaged and trained on household chores helping in cleanliness, kitchen activities, personal hygiene including hand hygiene and respiratory hygiene to protect from Corona Virus. The ADLs has been improved and CWAs are more familiar with their family members. 27 families are benefited from regular PCTP. Parents learned the basic skills to understand the newly diagnosed CWAs and work with them to improve their communication, socialization, play skills and ADLs through visual schedules. More than 100 families of PWAs have been benefited from trainings, Webinars, and panel discussions and counseling conducted during this Pandemic. The real difference is mental wellbeing of Mothers, to be more creative and innovative to engage themselves and their children in more educational and functional activities with participatory mechanism. More than 50 teachers from different schools during the pandemic were oriented about ASD and learn the technical ideas and skills to support CWAs in Mainstream Schools. It showed that E- learning is the essential part in future as well.

ACNS got opportunity to show its existence at international arena through organizational participation and sharing our learnings in the Online panel discussion program of Australia Global Alumni on the topic "Literacy and Inclusion in Asia: COVID 19, Challenges and Opportunities".

## Originality

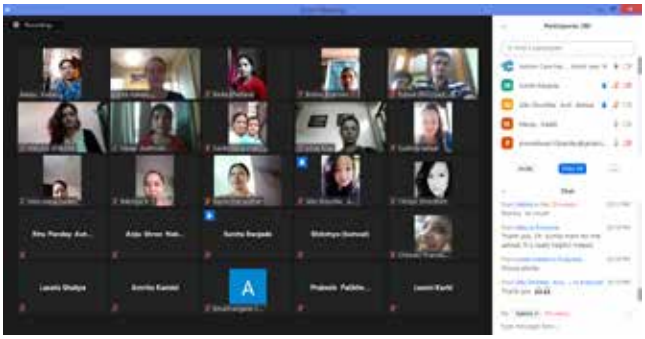
Our teaching learning procedures are designed through various audio-visual presentations, pictorial tools, video modeling, social stories and using live discussion approach by professionals. We are not only trying to get our children engage in educational and vocational activities but also focusing on skill development to cope with pandemic. We have been providing parent management training based on social learning theory; teaching about developmental milestones in terms of physical, cognitive and emotional aspects. Our professionals provide tips on behavior management and emotional regulation and provide platform for sharing parents' experience and knowledge. There is intensive discussion on evidence based practices for handling challenging issues and our experts are dedicated to address these issues. We believe all these process, methods and approaches directly or indirectly impacts in the functioning of People with Autism and are equally important for parents and teachers for continuous learning and better change to tackle this pandemic situation.

## Engagement of Partners from Different Sectors

During this pandemic, ACNS initiated "Autism Family Vs. COVID-19 Campaign" in collaboration with all Parents Network Groups of Nepal in partnership with Australian Embassy and My Right. The Campaign continues showing its solidarity with Social Welfare Council of Nepal Government. The few programs were conducted in collaboration with Department of Education and Human Resource Development Center-MOE, and disability line ministry of Nepal- Ministry of Women Children and Senior Citizen. ACNS participated in various programs and activities organized by international organizations like World Education, SAAA, Australian Embassy, AFA- India, Humanity and Inclusion (HI) during this pandemic periods to support this project. There were collaboration with disability umbrella organization NFDN and other DPOs like NAPD- Nepal, BYAN, NDFN, SGCP- Nepal etc.

## Scalability, Sustainability and Replicability

The whole process of teaching learning have been transformed from physical presence to virtual mechanism during this COVID pandemic. All the challenges we faced were our opportunities and learnings to modify the method and approach of service delivery. The virtual teaching learning procedure is one of the best way to reach our target group and provide them services in long run. This innovation can be scaled up by increasing number of sessions and expanding the area of coverage. We realized that Online programs are more cost effective than the program with physical presence. The resources engaged are less in virtual programs; single human resource can organize, coordinate and facilitate the whole program. The facilities of two way communication through audio-visual means, chat box, recording, live services made the whole teaching learning process easy, fast and reliable with proper documentation system. The program is sustainable with the availability of internet facilities and certain limited fund. The innovative ideas like use of social stories, audio- visual aids, video modeling, pictorial tools during the teaching learning process is replicable not only to autism family of other countries; also useful for various educational institutions and organizations with neuro-typical children and other Children with Disabilities.



# Understand and Accept Autism

**Ms. Kripa Shrestha (Mother)**
**Mr. Biraj Shrestha (Son)**

शुरू शरूमा त लाग्ने गर्थ्यो COVID-19 ले निम्त्याएको lockdown ले सधैंको दौडधुपबाट केही आराम मिल्नेछ भनेर तर जब lockdown लम्बिदै गयो र कहिले खुल्ने भनेर अनिश्चित हुँदै गयो म र मेरो छोरो जो अहिले १५ वर्षको भयो हामी दुवैका लागी यो lockdown निकै चुनौतीपूर्ण बन्दै गयो । वयस्कताको शिखरमा पुगे को मेरो छोरा र त्यस माथि lockdown आँगोमा तेल थपे झैं भयो ।

चित्रका सहायताको प्रयोग गरेर उसलाई धेरै बुझाउने प्रयास गरे र त्यो प्रयास अझै जारी नै छ । उदाहरणका लागी हिजोको कुरालाई लिउ न । मेरो ममी, दिदि, र भेना केही emergency काम परेर काठमाण्डौं आउनु भएको थियो । मेरो छोरालाई पनि पोखरा जान असाध्यै मनपर्छ । उँहाहरू आउनु भएको मौकामा भेट्ने सारै इच्छा थियो तर उँहाहरू मेरो घर सम्म आउन सक्नु भएन । मैले बाबुलाई पनि बरू उहाँहरू बस्नु भएकै ठाँउमा लग्ने विचार गरे तर के भनेर लग्ने कसरी बुझाउने भनेर सोइदै थिए । मेरो मोबाइलमा भएको उँहाहरूको फोटो मैले बाबुलाई देखाएर बुझाउने कोशिश गरे र म सफल पनि भए । उसलाई त्यहाँ गएर सबैलाई भेटेर एकदमै खुशी भयो ।

गएको हप्ताको कुरा हो मेरो छोरालाई मैले उसको मनपर्ने खानेकुराहरू किन्न नजिकैको पसलमा लगे । मैले सिखाए बमोजिम उसले एक-एक गर्दै खानेकुराको नाम देखाएर पसले संग ती सामान मागेको देख्दा मेरो खुशीको सिमाना थिएन । यसरी पसल लग्नु अगाडि मैले पूर्व तयारीहरू गरेकी थिए ।

शुरूमा म त्यस पसलमा गएर त्यहाँको केही तस्वीरहरू खिचेर ल्याए र सोही तस्वीरहरूको प्रयोग गरेर एउटा सामाजिक कथा अर्थात social story बनाए । social story भन्नाले कुनै पनि सामाजिक स्थानमा अथवा सामाजिक परिस्थितीमा कस्तो व्यवहार देखाउने भनेर तयार पारिएको एउटा कथा हो । यसमा अटिजम भएको बच्चा/व्यक्तिले बुझ्ने खालका चित्रहरूको प्रयोग गरिएको हुन्छ र यो एउटा सही व्यवहार सिकाउने अति नै प्रभावकारी (effective) माध्यम हो ।

त्यसपछि पसलमा गएर कुन काम कुन क्रममा गर्ने भनेर एउटा work system बनाए । Work system भन्नाले mini schedule जस्तै हो । जस्तै उदाहरणको लागी हात धुन जादाँ के-के गर्ने भनेर चित्रको प्रयोग गरेर बनाइएको एउटा तालिका हो । यस्तै गरेर मैले उसले प्रयोग गर्ने क्यालेण्डरमा पसल जाने दिन पनि चित्रको प्रयोग गरेर देखाए ।

मेरो छोराको एउटा बलियो पक्ष छ । उसलाई तिमिलाई के खान मन छ भनेर प्रश्न गरियो भने उसले मौखिक रूपमा भन्न सक्छ । त्यसैले मैले उसलाई यो प्रश्न गर्दा उसले भनेका खानेकुराको नाम लेखेर एउटा shopping list पनि तयार गरे । यदि बच्चाले मौखिक भन्न सक्दैन भने हामी choice board को पनि प्रयोग गर्न सक्छौ । मेरो छोराले आफूलाई मनपर्ने खानेकुराको नाम पढ्न सक्ने भएकोले मैले उसको शपिङ लिस्टमा नाम नै लेखे तर यदि बच्चामा पढ्न सक्ने क्षमता छैन भने ती खानेकुराको तस्वीर अथवा लोगो प्रयोग गर्न सकिन्छ ।

यी सबै कुरा तयार पारेपछि मैले उसलाई पसल जानु एक दिन अघि मात्र सामाजिक कथा सुनाए । किन भने धेरै अगाडि देखि सुनाए भने उसलाई पर्खन गाह्रो हुन्थ्यो । तर अटिजम भएका सबै बच्चा फरक हुन्छन् र उनीहरूको learning style पनि फरक फरक हुन्छन् । त्यसैले कसैलाई हुनसक्छ एक हप्ता अगाडि नै सुनाउनु पर्ने हुन्छ । राति सुत्ने बेलामा मेरो मनमा एक प्रकारको उत्साह पनि थियो र डर पनि थियो । पसल गएर केही गडबड भयो भने भनेर किनभने लामो समय देखि मैले उसलाई केही पनि लगेकी थिइन । उसले आफ्नो सपिङ लिस्टमा राखेका सबै खानेकुरा त्यो एउटै पसलमा छ/छैन पनि थाहा थिएन । त्यसैले भोली पल्ट बिहानै त्यस पसलमा गएर सबै सामान भए-नभएको check गरे र त्यहाँ नभएका सामान मैले अरू पसलबाट किनेर त्यहाँ लगेर राखिदिए । यसमा मलाई पसलको साहूजीले पनि धेरै मद्दत गर्नुभयो । उहाँले पनि मेरो छोरालाई धेरै अगाडि देखि चिन्नु भएकोले मैले उसलाई पसल ल्याउने कुरामा धेरै नै साथ दिनुभयो ।

जब मैले उसलाई यी सबै तयारी गरेर पसल लिएर गए, पसलमा गएर उसले गरेको व्यवहार देखेर म मात्र हैन पसले पनि छक्क पर्नु भयो । पहिले पहिले पसल लग्दा उ पसलको भित्र पसेर आफूलाई चाहिने सामान सबै आफै झिकेर ल्याउने गर्थ्यो तर यस पटक भने उसले यस्तो गरेन ।

मेरो लागी त अटिजम कुनै अपाङ्ग नै होइन मात्र एउटा फरक संस्कृति हो । जब दुई फरक संस्कृति भएका मानिस एकै ठाउँमा बस्छन् तब ती दुई एक अर्काको संस्कृति अपनाउनु पर्ने हुन्छ । उसको अटिजमलाई अपनाएर, उसको संस्कृतिलाई अपनाएर हामी उसलाई केही सिकाउछौ भने हामी पक्कै पनि सफल हुन्छौं ।

हाम्रो अटिजम भएका बाबु नानीहरू visual learners हुन । त्यसैले चित्रको सहायता लिन पछाडि नपरौ । शुरू शुरूमा यी काम केही झंझटिलो लाग्न सक्छ । तर जति प्रयोगमा ल्याउनु भयो त्यति नै सजिलो हुँदै जान्छ । हाम्रो यो सानो प्रयासले उसको जीवन अर्थपूर्ण (meaningful) हुन्छ भने किन प्रयोगमा नल्याउने त ?

# My perception towards Autism and ACNS

**Mahesh Bajagain**
Assistant Teacher

Autism is lifelong complex neuro developmental disorder commonly known as Autism Spectrum Disorder (ASD). It is expected that a child born out of 54 is found as autism where males are found 4 times more than girls. There is not any specific cause for autism but commonly seen causes are genetic factor, environmental factor, more age gap between parents, taking too much medicine, alcohol & drug addiction etc. Person with Autism is mostly affected in communication, socialization, having repetitive behavior in addition with absence of eye contact, playing with same object, has a sign of speech delay, not aware with dangerous materials, showing unusual behavior, sensory issues etc. There is not any medicine or vaccine prepared for cure of Autism but it can be care by providing intervention, assessment, therapies from early age after diagnosis.

Generally education system can be categorized into mainstream and special education. General education is an educational system having standard curriculum using standard teaching methodology common to all while special education is having special curriculum set for special students in order to meet their individual needs. The person with Autism also needs such type of special education to achieve their needs. The article 26th of the Universal declaration of human rights mentioned everyone has right to education, guaranteed the education to person with Autism. The neuro-typical child can easily adjust in general school but person with Autism cannot because their functional skills and needs vary from each other. The person with autism can obtain platform for entire development from such special education.

After the diagnosis of Sylvia Baral as Autism the efforts of her parents established ACNS. ACNS was the first established center for Autism in Nepal and actively run passionate parent groups. It is established on 2nd April, 2008 on the occasion of World Autism Awareness Day. ACNS is providing different services as diagnosis, assessment & intervention, counseling for parents & siblings, occupational music and art therapies, school & vocational units, parent and child training, teachers training, diploma in special education, social education and awareness. And now ACNS is running with different branch offices in Nepal and playing leading role for the holistic development of autism sector.

As I have joined ACNS I have get the opportunity to understand Autism from closer and chance to gain some experiences. I get the opportunity to engage in APPS and PCTP. I have observed their talent as drawing, painting, playing musical instruments and singing, helping in kitchen etc. There are many challenges while working with person with Autism and I have faced them. The anger of them does not have any ego and their kind and innocent heart really impressed me. While providing them education or any therapies experienced and trained teachers/ professional is required to provide skill according to their needs in error less way. On the other side while comparing the person with autism who have access the such type of special education than those who are outside of it. We can find at least some positive changes those who get the opportunity than who are outside of it. And I am feeling very happy and satisfied working in this sector.

There are many successful and famous person with Autism as Temple Grandin (author and speaker on Autism) and obtain Phd in animal behavior, Greta Thunberg (teenager environmental activist), Peter Howsin (painter) and many others can inspire all the person with Autism and their parents. As the person with Autism is parts of the society should bring to the mainstream of special education or if not possible we should manage inclusive and equitable education in general school also. They may have special talent in any fields which should be recognized. So, they must be provided knowledge, skills and vocational training to make independent as possible, help them adjust in the society and established too. Also the parents, family and caregiver always be optimistic and fight for the rights and justice for them.

# Different Experience with Parents During Pandemic

**Ms. Ajeeta Deuja**
Psychologist

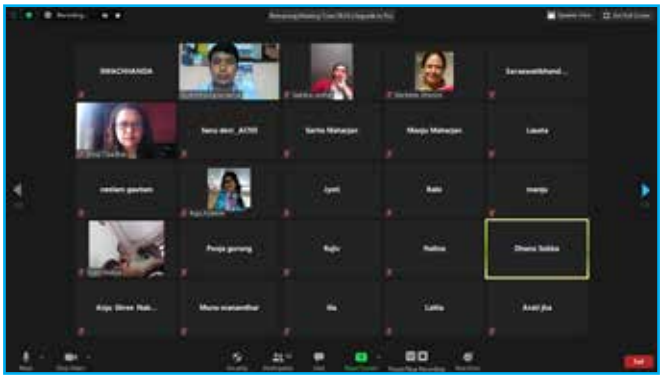
We all know that at present we are we can guess what we are experiencing in the pandemic situation, each and everyone is bothered mentally and emotionally. Due to the lock-down and fear of getting infected people are bound to stay at home and are notable to continue their work or business, resulting economic crisis.

Financially, it is challenging but we know that our parents have bigger issues than this as the parents of children who lacks ideas of social communication and socialization skills and we need to follow the social distancing rules. Its really a big challenge where we have to make them(children) understand what is the present situation. All of the sudden why their daily schedule has been changed, why their school has been closed or for how long, and why we are attending Online classes all of the sudden its challenging to explain and expect them to understand easily.

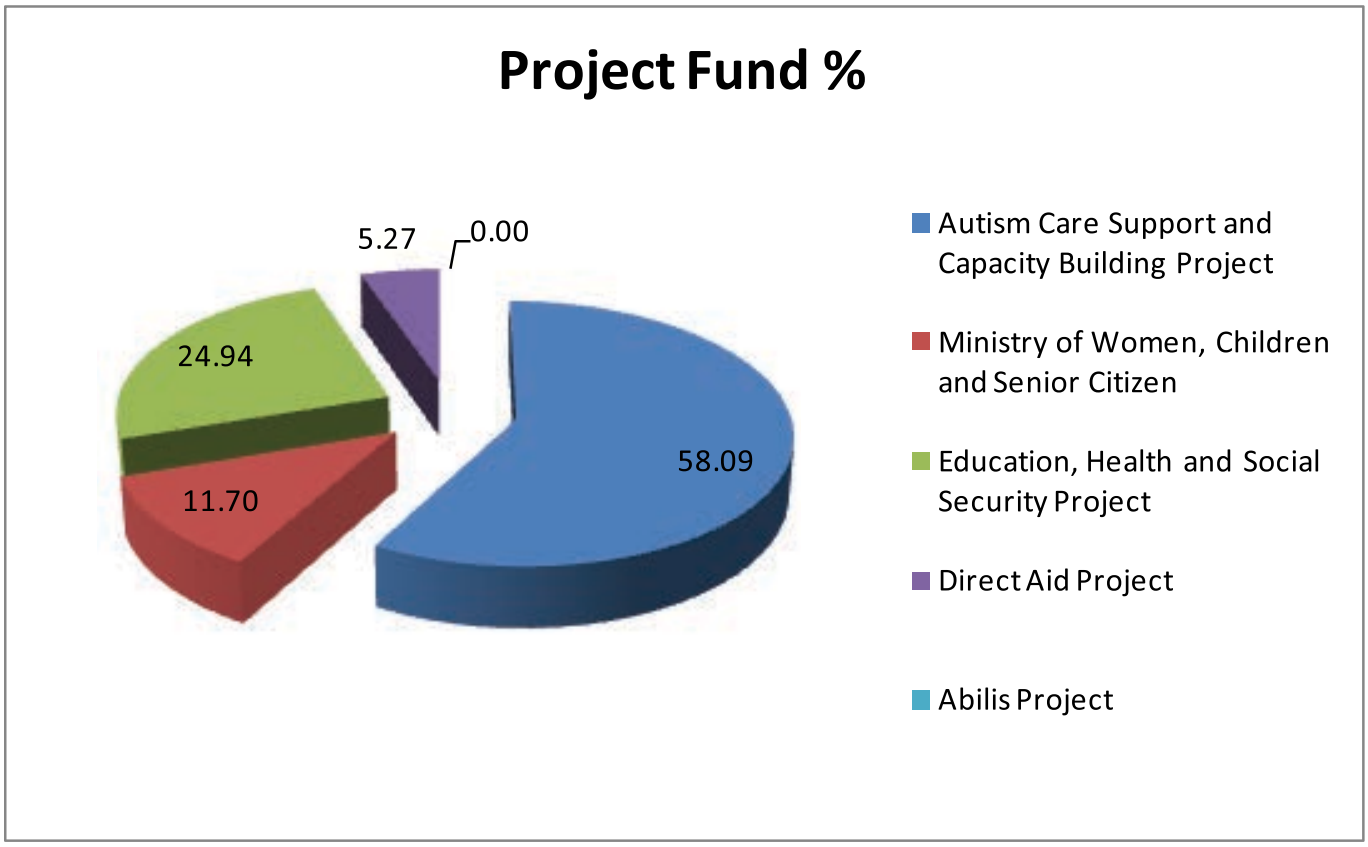
Therefore, we need to get creative and think out of the box in order to make them aware of the situation what is going on. Also, we need to change their schedule so that they feel comfortable and knows what to do next without being bothered.

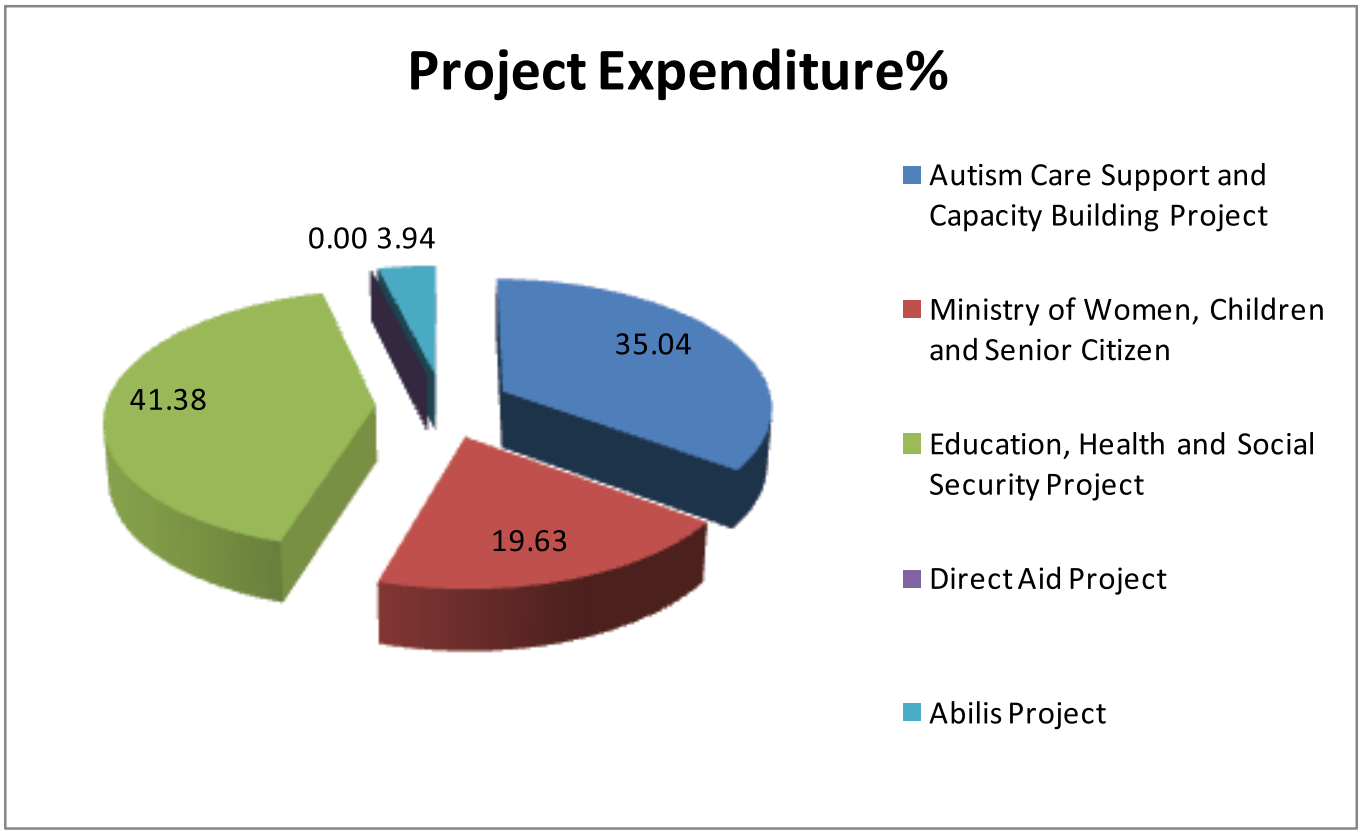
Being a professional in mental health parents have been contacting with their children's issues and their own problems. They also share what they have been doing and ask for help which is good thing to do. Parents also share with each other what they are doing so that children learn while having fun. It feels good to know that our parents are working really hard for the children and they also share how they feel happy after sharing about the little issues and the little progress of their children.

Further active involvement in the Online programs for the parents where they share how they overcome challenging situation, and looking after each other is really appreciative.



# FINANCIAL HIGHLIGHTS



# Autism Care Society Gandaki

Autism Care Society Gandaki (ACS Gandaki) 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 Kaski 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/Activities:**

- Day Care for Children with Autism
- Parent Children Training Program(PCTP)
- Counseling/ Awareness
- Interaction Program
- Occupational Therapy

**Organizational Future Plan:**

To conduct/ organize the following programs and trainings

- Vocational Training
- Teachers Training
- Human Right

| S.N. | Activities | Total beneficiaries | Total CWAs/PWAs | Male | Female |
|---|---|---|---|---|---|
| 1 | Assessment & Diagnosis | 36 | 12 | 7 | 5 |
| 2 | Functional Assessment | 8 | 8 | 5 | 3 |
| 3 | Intervention | 8 | 8 | 5 | 3 |
| 4 | Parent & Children Training Program | 24 | 24 | 17 | 7 |
| 5 | Day Care- Special School | 9 | 9 | 8 | 1 |
| 6 | Occupational Therapy | 15 | 15 | 11 | 4 |
| 7 | Music Therapy | 9 | 9 | 8 | 1 |
| 8 | Advocacy Program | more than 200 | | | |

# 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 FPCA (Friends of Parents of Children with Autism & it was founded by Ms. 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, Friends of Parents of Children with Autism envisions extending its services to as many numbers of people/children with Autism as possible in future. FPCA is running its day-care and learning centre where 10 CWAs (girls: 4 & boys:6)were 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 children/ persons with autism and their families in every way possible.

**Organizational Services and Activities:**

1. Day care school
- Education
- Life skills
- Sports/ games
- Music Therapy
- Occupational Therapy
- Speech / play therapy
- Craft skills/ painting/ drawing

2. Autism Awareness
3. Advocacy Program

| S.N | Activities | Total beneficiaries | Total CWAs/PWAs | Male | Female |
|---|---|---|---|---|---|
| 1. | Day Care- Special School | 10 | 10 | 7 | 3 |
| 2 | Music Therapy | 10 | 10 | 7 | 3 |
| 3. | Advocacy Program | More than 200 | | | |
| 4. | Autism Awareness Program | More than 1000 | | | |

# Autism Care Chitwan Society

Autism Care 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
- Parent & Children Training program
- Functional Assessment
- Pre- Vocational
- Teachers/Staff Training Program
- Advocacy Program
- Counseling/ Awareness

| S.N. | Activities | Total beneficiaries | Total CWAs/PWAs | Male | Female |
|---|---|---|---|---|---|
| 1 | Functional Assessment | 5 | | | |
| 2. | Parent & Children Training Program | 2 | | | |
| 3. | Day Care- Special School | 11 | 11 | 9 | 2 |
| 4. | Music Therapy | 40 | 25 | 19 | 6 |
| 5. | Vocational Training | 11 | | | |
| 6. | Advocacy Program | more than 100 | | | |
| 7. | Training to teachers/staffs | 15 | 15 | 11 | 4 |
| 8. | Disability Inclusive COVID -19 Response Program for PWDs and other vulnerable groups | | | | |

# AutismCare 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.

### Organizational Goal:

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

### Organizational Objectives:

- To identify Children with Autism and provide counseling 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 organizations for inclusion of Autism in Society.

### Organizational Activities:

- Day Care for Children with Autism
- Parent & Children Training program
- Functional Assessment
- Advocacy Program
- Counseling/ Awareness

| Board Members: | Designation |
|---|---|
| Dr. Satish Rupakheti | President |
| Mr. Madhu Prasad Aryal | Sr. Vice President |
| Ms. Geeta Shrestha | Vice President |
| Mr. Krishna P. Adhikari | Secretary |
| Mr. D.B. Pandey | Treasurer |
| Ms. Radha Bhandari | Member |
| Ms. Rabina Aryal | Member |
| Mr. Arjun Neupane | Member |
| Mr. Thakur Gaire | Member |

| S.N | Activities | Total beneficiaries | Total CWAs/PWAs | Male | Female |
|---|---|---|---|---|---|
| 1. | Functional Assessment | 13 | 13 | | |
| 2. | Parent & Children Training Program | 27 | 27 | 20 | 7 |
| 3. | Day Care- Special School | 5 | 5 | 3 | 2 |
| 4. | Counseling | More than 100 | | | |
| 5. | Advocacy Program | More than 300 | | | |

# AutismCare Nepal Society Karnali

**Introduction:**
AutismCare Nepal Society Karnali (ACNS-Karnali) was established on 2073/11/25 it is a Provincial chapter of ACNS, Kathmandu which is a social organization working for welfare of person with autism of Karnali province. This is a parent's run organization forming the Parents Network Group.

The organization was formed by nine core members, namely

| | |
|---|---|
| Sushil Thapa | Chairperson |
| Bishnu Budha | Vice President |
| Bishnu B.C | Secretary |
| Bindu Sharma | Treasurer |
| Sushila Shahi Thapa | Member |
| Samjhana Sunar | Member |
| Masiram Khan | Member |
| Ravi Malla | Member |
| Man kumari Khattri | Member |

Presently it is situated at Birendra Nagar Nagarpalika Surkhet.

**Activities:**
- Screening camp two times
- Manage the meeting time to time
- Awareness program were given to main political leaders and doctors and professionals.
- Functional Assessment

**Future plan:**
- Recently PCTP will be conducted after Kartik.
- Screening camp will be conducted time to time
- Awareness programs will be run in the society.

We are focusing on the autism awareness in the rural areas of the Karnali Pradesh. We conducted the various program regarding awareness and also for advocacy programs to ensure the Rights of CWAs/ PWAs.

# 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 programs for the advocacy on Autism,
- Parent Child Training Program (PCTP),
- Organize Autism Screening Camp in local level and refer final diagnosis,
- Capacity building training programs 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: | Designation |
|---|---|
| Ms. Amrita Kandel | Chairperson |
| Ms. Laxmi Devi Panth | Member |
| Mr. Jhabindra Gyawali | Member |
| Mr. Ram Lal B.K. | Member |
| Mr. Maniram Kandel | Member |
| Mr Krishna Paudel | Member |
| Ms. Barsha Gyawali | Member |
| Ms. Shanta Gyawali | Member |
| Ms. Lilawoti Bhandari | Member |

**Total number of beneficiary during fiscal year 2076/077**

| S.N. | Services / Activity | Total No. of Beneficiaries | Male | Female | No. of CWAs/PWAs benefited from the services/Activity | Male | Female | Remarks |
|---|---|---|---|---|---|---|---|---|
| 1 | Assessment & Diagnosis | 21 | 17 | 4 | 6 | 5 | 1 | |
| 2 | Functional Assessment | 11 | 9 | 2 | 6 | 5 | 1 | |
| 3 | Intervention | | | | | | | |
| 4 | Parent & Children Training Program | 4 | 1 | 3 | 0 | 0 | 0 | Parents only |
| 5 | Advocacy Program | 100 | 45 | 55 | 6 | 5 | 1 | |
| 6 | Others program and activities/ Training | Many people attended different trainings | | | | | | |

**Contact Details:**
Rurukshetra-1, Peepaltari, Ridi, Gulmi
Ph. No.: 079-400129
Email: autismpathashala@gmail.com

# Autismcare 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. At present there are 9 beneficiaries.

### 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 Birtamod.
- 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: | Designation |
|---|---|
| Mr. Kumar Chudal | Chairperson |
| Mrs. Puja Shrestha | Vice-Chairperson |
| Ms. Bina Das | Secretary |
| Mr. Bhola Baral | Vice-Secretary |
| Mrs. Balika Bhandari | Treasure |
| Mr. Sabin Rijal | Member |
| Mr. Tirtha Khatiwada | Member |
| Ms. Mandira Upreti | Member |

**Contact Details:**
Birtamode-1, 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 children of autism. In the Aavani Foundation provided day care service to altogether 10 CWAs (Girl: 1 & boys: 9).

### Organizational Goal:

- To create an understanding and supportive society where people with Autism coexist 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 behavior and to teach them to control such behaviors
- To teach children with Autism about social concepts and enhancing their communication skills
- To provide an early intervention as soon as possible.

### Organizational Services and Activities:

- Special School
- Speech Therapy
- Occupational Therapy
- Awareness Program
- Patent and Child Training Program
- Parental Counseling

Board & Advisor Members of the Organization:

| Board Members: | Designation |
|---|---|
| Ms. Pragya Shrestha Pradhan | Founder |
| Mr. Gyanendra Pd. Pradhan | Executive Member |
| Mr. Nirendra Pradhan | Executive Member |
| Ms. Prijma Pradhan | Administrative Head |
| Ms. Asmita Pradhan | Board Member |

# GLANCE OF 12th AGM OF ACNS

# GLANCE OF AARAMBHA PRE-PRIMARY SCHOOL

# GLANCE OF AUTISMCARE NEPAL SOCIETY

"MONTESSORI
ORIENTATION PROGRAM"
MAN

## Notes:

## Notes:

# 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. Saraswoti 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

**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. Pooja Gurung**
Asst. Teacher

**Ms. Kamala Gharti**
Care Taker Head

**Ms. Sarmila Tamang**
Care Taker

**Mr. Raj Kumar Lama**
Guard

**Ms. Anu Tamang**
Care Taker

**Ms. Sunita Adhikari**
Care Taker

**Ms. Manisha Ghartimagar**
Care Taker

**Ms. Ramshari Tamang**
Care Taker

**Ms. Nisha Tamang**
Care Taker

**Ms. Geeta Tamang**
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 तपाईंहरुबाट

**All Contributions quality income tax exemption**

(Income-tax exempt organization under the Income Tax Act 2058 Clause 2 (DHA) recognized by the Internal Revenue Department)

# BUY A BRICK

**Buy one..., buy one hundred –– the choice is yours**

अटिजम भएका व्यक्तिहरुका लागि राष्ट्रिय केन्द्र स्थापनाको लागि ईटा किनी सहयोग गरिदिनुहुन हार्दिक अनुरोध गर्दछौं ।

- अटिजम केयर नेपाल सोसाइटी

Rs. **100** Per Brick

Building Construction Site of "National Center for Autism". 'Jharuwarasi, Ward no. 13, Godawari Municipality, Lalitpur District, Bagmati Province, Nepal'. This Center will provide education training and autism related services for People and Familes affected by Autism.

### 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:**

Autism Care Nepal Society
Harsiddhi, Lalitpur, Nepal, P.O. Box: 23729
Phone No.: 977-01-5251554, 5251549 | Email: autismnepal@gmail.com

**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 National Center for Autism**
**All the donors name and amount to be put in the Autism Care Nepal Society**
**website: autismnepal.org**

**Contact: 977-01-5251554, 5251549 | Email: autismnepal@gmail.com**