



JKPS

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Workshop Report: Awareness Session on Autism Spectrum Disorder

"If they can't learn the way we teach, we teach the way they learn."

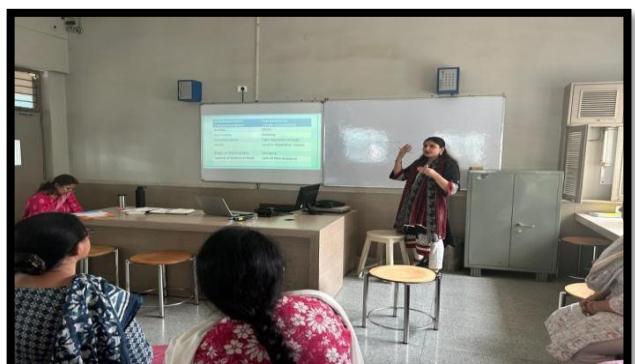
~ Dr. O. Ivar Lovaas

On May 20, 2025, Jaspal Kaur Public School organized an insightful workshop for its teaching staff on raising awareness about Autism Spectrum Disorder (ASD). The session was conducted by Dr. Pallavi Setia along with Ms. Shruti Sethi, special educators of the school. The primary objective of the workshop was to equip teachers with essential knowledge and practical strategies to support students with autism in an inclusive classroom setting.

The session began with an overview of what autism is, explaining it as a neurodevelopmental condition that affects communication, social interaction, and behaviour. The resource persons emphasized that autism is a spectrum disorder, and no two children present the same way. Teachers were then introduced to early signs of autism, such as limited eye contact, repetitive behaviour, sensory sensitivities, communication difficulties, and preference for routines. Real-life classroom examples were shared to help teachers understand the unique learning challenges faced by children on the spectrum. These challenges often include difficulty with abstract thinking, language comprehension, handling transitions, and coping with sensory overload in a busy classroom environment.



One of the key segments of the workshop focused on classroom accommodations and support strategies. Teachers were shown how tools like visual schedules, clear and concise instructions, noise-cancelling headphones, and designated calming corners can make a significant difference in the child's ability to cope and learn. The session also addressed common behavioural concerns seen in children with autism, such as meltdowns, withdrawal, or repetitive behaviours. Teachers were encouraged to view these behaviours through the lens of underlying needs and triggers, and were introduced to positive behaviour support strategies that promote emotional regulation.



Inclusive teaching practices were discussed in detail, with emphasis on Universal Design for Learning (UDL) and multi-level instruction to cater to varied learning profiles. The presenters advocated for creating structured, predictable, and empathetic environments where children with autism can thrive alongside their peers. Additionally, the importance of early identification and intervention was highlighted. Teachers were reminded of their critical role in observing developmental red flags and collaborating with parents and professionals to initiate timely support.

The workshop was well-received by all participants, who found the content to be both informative and practical. Teachers appreciated the interactive format and real-world classroom strategies that could be immediately implemented. Many expressed increased confidence in identifying and supporting students with autism in their classrooms.

This workshop was a meaningful step toward fostering a more inclusive, supportive, and empathetic school environment. By empowering educators with knowledge and skills, Jaspal Kaur Public School continues its commitment to nurturing every learner's potential.