

Autism and ADHD Nutrition Therapy (AANT) Certification



Course Overview:

Introduction: The **Autism and ADHD Nutrition Therapy (AANT)**, a comprehensive certificate course offered by **JKP Care Foundation**, is designed with a goal to equip healthcare professionals, Dietitians and parents with the knowledge and skills necessary to effectively manage children with Autism Spectrum Disorder (ASD) through nutrition therapy. This course emphasizes a multidisciplinary approach, acknowledging the complex interplay between nutrition, gastrointestinal health, and neurodevelopmental factors in individuals with Autism and ADHD.

Learning Outcomes:

- Identification of common feeding problems related to gut-brain connection in children with Autism & ADHD
- Recognition of the role of nutrition in neurodevelopment and feeding therapy
- Ability to implement personalized meal plans and behavioural interventions for individuals with Autism & ADHD

Course Structure:

The **AANT** course consists of two levels, each comprising several modules tailored to address different aspects of autism and nutrition therapy.

Eligibility criteria:

Level 1: Healthcare professionals, Paediatricians, Occupational therapists, Speech and Language pathologists, Physiotherapists, Psychologists, Behaviour therapists, Qualified Dietitians/ Nutritionists and Parents of children with Autism & ADHD and students.

Level 2: Qualified Dietitians and Nutritionists only. Should have completed level 1.

MODULES

Level 1 Topics:

PART A: Fundamentals of Autism & ADHD

Modules 1: Introduction & Basics- Dr. Alok Arora 20.04.2024 4 pm-6 pm

- Understanding Autism
- The Baby Brain
- Diagnosis, Signs and Symptoms -Autism & ADHD
- Importance of Multidisciplinary team

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Module 2: Nutrition and Special Diets- Mrs. Sushila Sharangdhar 21.04.2024 4 pm-6 pm

- Balanced Diet
- Understanding nutrient deficiencies and their impact
- Exploring various dietary interventions and their practical implementation
- Mastering special diets for children with autism

Module 3: Introduction & Basics- Dr. Apeksha Jain 27.04.2024 4 pm-5 pm

Part one

- Understanding Sensory System
- Sensory Diet
- Therapeutic Intervention and services

Module 3: Growth assessment of children with Autism & ADHD- Dr. Neha Sanwalka 27.04.2024 4 pm-5 pm

Part Two

- how and why growth varies in children who have ASD
- the basics of growth monitoring,
- and how to monitor growth of children with ASD.

Module 4: Gut Brain Axis-Mrs. Padmashri Shanmugaraj 28.04.2024 4 pm-6 pm

- Exploring the brain-gut connection and its implications
- Investigating gastrointestinal dysfunction in children with ASD
- Addressing dysbiosis and optimizing GI support

PART B: INTERVENTIONS IN MANAGEMENT OF Autism & ADHD

Module 5: Building a Healthy Relationship with Food-Dr. Sripriya Shaji 04.05.2024 4 pm-6 pm

- Exploring the Psychological Aspects of Nutrition
- Understanding the Role of Gut Microbiome in Dietary Health
- Counseling Techniques for Individuals with ASD
- Examining Dietary Impact on Mental Health
- Promoting Positive Attitudes towards Food
- Strategies for Fostering Healthy Eating Habits

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Module 6 Part 1: Assessment and Intervention Strategies- Mrs. Sushila Sharangdhar 05.05.2024

4 pm-6 pm

- Developing assessment and intervention strategies for feeding issues
- Crafting meal plans and recipes tailored to the ASD population.

Module 6 Part 2: Counselling Parents and caregivers- Dr. Alok Arora

Level 1 completes.....

Level 2 Topics:

INTERVENTIONS in management of Autism & ADHD- A practical Approach

Module 7: Meal Planning Mrs. Sushila Sharangdhar 11.05.2024 4 pm-6 pm

- Designing personalized meal plans for children with autism
- Emphasizing practical strategies for meal preparation and implementation

Module 8: Internship/Observership Dr. Alok Arora and Mrs. Sushila Sharangdhar 12.05.2024

4 pm-6 pm

- Engaging in offline or online internships to apply learned concepts
- Completing a minimum of one case study with a diet plan
- Receiving placement assistance for practical application of skills

Mode of Teaching:

- **Live lectures over weekends Saturdays & Sundays 4pm – 6pm India Time on Zoom**
- Direct consultation with Program Director for clarifications and support
- Periodic assessments including notes, MCQs, and case studies

Assessments:

- Online test with 80% passing requirement (3 attempts allowed)
- Completion of a brief course evaluation

The AANT course offers a comprehensive and practical approach to addressing the nutritional needs of individuals with autism, empowering participants to make a meaningful impact in the lives of those affected by Autism & ADHD.

Level 2 completes.....

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Program Director: [Mrs. Sushila Sharangdhar](#), Registered Dietitian

A Registered Dietician with 4 decades of varied experience in renowned hospitals like Hinduja, Nanavati, Wockhardt and many more. Nutrition for Children with special healthcare needs is very close to her heart. Since 2007 she has been associated with various clinics for the same.

FACULTY

Dr. Alok Arora is a clinical psychologist and an esteemed expert in the field of autism, is a highly qualified professional with an MSc. in Clinical Psychology and a PhD (UK), with over 20 years of experience, Dr. Arora is renowned for his profound contributions to the autism community. He is not only a distinguished professional but also an accomplished author, having penned the insightful book on Autism "**Spectrum of Hope.**" challenges associated with the spectrum. In recognition of his outstanding contributions, Dr. Alok Arora has been honoured with the **Bhartiya Gyan Ratna Award** by the Global Scholars Foundation, further solidifying his status as a respected figure in the field of autism advocacy and support.

Dr. Apeksha Jain, is a dynamic and dedicate professional in the realm of pediatrics, possessing over 6+ years of comprehensive experience in working with various neurological conditions. She holds a dual license as a Physical Therapist and Early Intervention Specialist in the USA, showcasing her versatility in addressing the unique needs of children. Moreover, her dedication to specialized intervention is evident through her certification as a provider for Pathways therapy for Autism, reflecting her unwavering commitment towards enhancing the quality of life for children with autism spectrum disorders. She is enthusiastic about making meaningful contributions to the lives of children and their families by embodying a holistic approach grounded in expertise, empathy and care.

Dr. Neha Sanwalka specialises in growth monitoring and has been conducting growth monitoring workshops for more than a decade. In the ASD and growth class learn from her the basics of growth monitoring, how and why growth varies in children who have ASD and how to monitor growth of children with ASD.

Dr. Sripriya Shaji is a distinguished expert in the field of nutrition and psychology, specialising in counseling individuals with autism spectrum disorder (ASD). With a profound commitment to holistic well-being, Dr. Sripriya's sessions are centered around understanding the intricate interplay between psychology and nutrition. Her focus lies in elucidating the psychological factors that underpin dietary behaviours, empowering participants with practical strategies to foster positive eating habits in individuals with ASD. Through her unparalleled expertise in nutritional psychology, Dr. Sripriya facilitates transformative insights, guiding participants towards comprehensive approaches to nutrition therapy.

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Program Duration: One Month

Language of Instruction: English

Course Fee:

Level 1: INR 7,000 or US\$ 100 (For all Professionals, Dieticians & Parents)

Level 2: INR 4,000 or US\$ 60 (For Dieticians only)

Together INR 10,000 Or US \$125 (For Dieticians only)

How to Apply:

To Enroll transfer Course Fee in the following NGO Bank Account:

(International Participants are requested to transfer fee in US Dollars)

A/c Name : Jaikripalu Prabhu Care Foundation

Bank Name : Axis Bank

A/c Number : 922020047115906

IFSC Code : UTIB0004766

SWIFT Code: AXISINBB019



Alternatively, you may also pay Google Pay, Phone Pe, Paytm and other Wallets using QR Code of JAIKRIPALU PRABHU CARE FOUNDATION given below or pay via Debit / Credit Card on our Website www.jkphealthcare.com



**For more details feel free to call / whatsapp our coordinator
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