



SUKRIT HOLISTIC — ACADEMY —





**SUKRIT
HOLISTIC**
Nurture Our Nature

EMPOWERING YOU TO HEAL, NOURISH & TRANSFORM LIVES

Sukrit Holistic Academy is a premier educational institute dedicated to advancing knowledge in nutrition, holistic health, and natural therapies.

We blend ancient wisdom with modern science to create future-ready health professionals and empowered individuals.



OUR MISSION

To educate, inspire, and empower individuals to lead healthier lives and create a positive impact in their communities through holistic knowledge and compassionate care.



WHAT WE OFFER



CERTIFIED COURSES

Industry-aligned programs in nutrition, holistic health, and natural therapies.



EXPERT FACULTY

Learn from experienced professionals and subject matter experts.



HOLISTIC APPROACH

Integrating ancient wisdom with modern scientific understanding.



PRACTICAL LEARNING

Hands-on training, real-life case studies & practical exposure.



CAREER SUPPORT

Guidance, mentorship & support to help you succeed.



WHY CHOOSE US?



Holistic &
Student-Centric
Learning



Trusted
Academy with
Ethical Values



Up-to-Date
Curriculum
& Resources



Community of
Like-minded
Learners



Commitment to
Your Growth &
Well-being



Whether you are beginning your journey or advancing your expertise, **Sukrit Holistic Academy** is your partner in holistic transformation.



Phone
8890048257



Location
MP, India



Website
www.sukritholistic.com



**SUKRIT
HOLISTIC**
Nurture Our Nature

OUR COURSE LIST



MASTER DIPLOMA

- > Master Diploma in Integrative Nutritional Science, Functional Wellness & Therapeutic Nutrition
- > Master Diploma in Integrative Nutritional Science, Functional Wellness & Therapeutic Nutrition for Wellness & Hospitality
- > Master Diploma in Acupressure & Acupuncture
- > Master Diploma in Alternative Medicine



ADVANCED DIPLOMA

- > Advanced Diploma in Acupressure & Acupuncture
- > Advanced Diploma in Acupressure & Sujok Therapy



DIPLOMA

- > Diploma in Ayurvedic & Yogic Nutritional Science, Functional Wellness & Therapeutic Nutrition
- > Diploma in Acupressure Therapy



ADVANCED CERTIFICATE

- > Advanced Certificate in Therapeutic & Holistic Nutrition
- > Advanced Certificate in Vedic Nutrition & Lifestyle management



CERTIFICATE

- > Certificate in Science of meditation & Chakra balancing
- > Certificate in Functional Gut Health & Autophagy



Learn. Heal. Transform.
Build a meaningful career in holistic health & wellness.



Holistic
Knowledge



Practical
Wisdom



Personal
Growth



Purposeful
Living



**SUKRIT
HOLISTIC**
Nurture Our Nature



MASTER DIPLOMA IN ALTERNATIVE MEDICINE

LEARN. PRACTICE. HEAL. TRANSFORM LIVES.

A MULTIDISCIPLINARY JOURNEY TOWARDS HOLISTIC WELLNESS



NATURAL
HEALING



HOLISTIC
WELLNESS



THERAPEUTIC
CARE



INTEGRATIVE
APPROACH

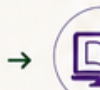
WHAT YOU'LL GET (ALL INCLUDED)

- ✓ 100+ Hours of Recorded HD Video Lectures
- ✓ Lifetime Access + 100% Self-Paced Learning
- ✓ Weekly Live Doubt Sessions Every Sunday on Zoom
- ✓ 1-to-1 Personal Mentorship & Career Guidance
- ✓ Comprehensive PDF Notes for Every Module
- ✓ 90+ Premium E-Books & Holistic Learning Resources
- ✓ Complete Anatomy & Physiology Study Material
- ✓ Foundations of Alternative & Complementary Medicine
- ✓ Acupressure & Acupuncture Fundamentals
- ✓ Ayurveda & Traditional Wellness Concepts
- ✓ Nutrition & Therapeutic Diet Planning
- ✓ Detoxification & Natural Lifestyle Management
- ✓ Reflexology & Pressure Point Therapy
- ✓ Breathing Techniques, Relaxation & Meditation
- ✓ Holistic Approach to Common Lifestyle Disorders
- ✓ Disease-Specific Natural Wellness Protocols & Case-Based Learning
- ✓ Integrative Wellness Assessment & Client Guidance
- ✓ Clinical Case-Based Alternative Medicine Training
- ✓ Practical Demonstrations & Therapeutic Application Training
- ✓ Online Examination & Practical Assessment
- ✓ Internship Opportunities with Sukrit Holistic Academy
- ✓ Learn to Start Your Own Online & Offline Holistic Wellness Consultation System
- ✓ Guidance for Building Your Personal Wellness Brand & Online Practice
- ✓ Get 5 ISO 21001:2025 International Accredited Master Diploma Certificate & Marksheet (Hard Copy Delivered)

YOUR CERTIFICATION JOURNEY



ENROLL



LEARN
100+ HOURS



WEEKLY LIVE
MENTORSHIP



PRACTICAL
TRAINING



ONLINE
EXAMINATION



PRACTICAL
ASSESSMENT



RECEIVE INTERNATIONAL
ACCREDITED HARD COPY
MASTER DIPLOMA CERTIFICATE
& MARKSHEET FROM
SUKRIT HOLISTIC ACADEMY

WHO IS THIS COURSE FOR?



Perfect for naturopathy & wellness professionals, BNYS students, Ayurveda practitioners, yoga practitioners, acupressure & acupuncture practitioners, nutritionists, fitness professionals, holistic health coaches, massage therapists, healthcare students, and anyone interested in developing professional knowledge in alternative, complementary, and holistic wellness practices.

This program is also suitable for individuals who want to develop skills for self-care, family wellness, community wellness, professional development, online wellness consultation, or starting their own holistic wellness practice.

INSTANT ACCESS



After successful registration, you will receive complete course access and study materials directly to your registered email within 2 minutes.



5 INTERNATIONAL ACCREDITED CERTIFICATES YOU WILL RECEIVE

1



Master Diploma in
Alternative Medicine

With Marksheet

2



Master Diploma in
Acupressure &
Acupuncture

With Marksheet

3



Master Diploma in
Integrative Nutritional
Science, Functional
Wellness & Therapeutic
Nutrition

With Marksheet

4



Advanced Certificate in
Vedic Nutrition and
Lifestyle Management

5



Certificate in
Meditation and
Chakra Balancing

INDUSTRY PATHWAYS – ENDLESS POSSIBILITIES



Holistic Wellness
Centres



Ayurveda &
Wellness Clinics



Yoga &
Naturopathy Centres



Hospitals &
Health Centres



Wellness Retreats
& Resorts



Fitness &
Lifestyle Centres



Online Wellness
Platforms



Health Coaching
& Consultation



Wellness
Entrepreneurship

*Build Your Future
in Holistic Wellness*

Develop multidisciplinary knowledge across Alternative Medicine, Natural Healing, Nutrition, Traditional Wellness Systems, Acupressure, Acupuncture, Herbal Wellness and Lifestyle Management. Take the next step toward building your professional journey in Integrative & Holistic Wellness with Sukrit Holistic Academy.



SUKRIT
HOLISTIC ACADEMY
Nurture Our Nature



MASTER DIPLOMA IN ALTERNATIVE MEDICINE

Ancient Wisdom. Modern Science. Holistic Living.



HOLISTIC
KNOWLEDGE



NATURAL
HEALING



HEALTHY
LIFESTYLE



WELLNESS
FOR ALL

CAREER OPPORTUNITIES AFTER COMPLETING THIS COURSE

Many learners join the **Master Diploma in Alternative Medicine** to gain holistic wellness knowledge and later use their skills for personal growth or professional development.

After completing the course, you can:

- ✓ Offer Holistic Wellness Guidance
- ✓ Start Online Wellness Consultations
- ✓ Support Clients with Natural Lifestyle Planning
- ✓ Work as a Holistic Wellness Coach
- ✓ Apply Acupressure & Complementary Wellness Techniques
- ✓ Provide Nutrition & Lifestyle Guidance
- ✓ Guide Clients in Yoga, Relaxation & Meditation Practices
- ✓ Support Healthy Lifestyle & Preventive Wellness Goals
- ✓ Create Health & Wellness Educational Content
- ✓ Work in Wellness Centres & Holistic Health Settings
- ✓ Conduct Wellness Workshops & Educational Sessions
- ✓ Support Family & Community Wellness
- ✓ Develop Your Own Holistic Wellness Programs
- ✓ Build Your Personal Brand in the Wellness Industry
- ✓ Start or Expand Your Own Wellness-Focused Practice



This course is suitable for personal growth, professional skill development, wellness entrepreneurship, and building a career in the holistic & complementary wellness field.

WHERE YOU CAN WORK & GROW

- Wellness Centres
- Holistic Health Clinics
- Ayurveda & Naturopathy Centres
- Yoga & Meditation Centres
- Wellness Resorts & Retreats
- Spa & Natural Therapy Centres
- Health & Wellness Coaching
- Corporate Wellness Programs
- Community Wellness Programs
- Online Wellness Platforms
- Wellness Product & Service Companies
- Wellness Entrepreneurship



YOUR GROWTH PATH



LEARN

Gain Holistic
Knowledge



APPLY

Use Natural
Healing Approaches



GUIDE

Support Others
with Wellness



GROW

Build Your Career
& Make Impact

“

Be the reason someone lives a healthier, happier and more balanced life.

”



BENEFITS OF A CAREER IN ALTERNATIVE & HOLISTIC WELLNESS



Meaningful
& Purposeful
Career



Personal
Growth &
Fulfillment



Work with
Natural & Safe
Approaches



Flexible
Work
Options



Make a Positive
Impact on Lives &
Communities



Opportunities
for Growth &
Entrepreneurship



Healthy
Lifestyle for
Yourself & Others



READY TO START YOUR JOURNEY IN HOLISTIC WELLNESS?

Would you like to see the Certificate Sample
or Enrollment Process next?





**SUKRIT
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EXAMINATION & CERTIFICATION PROCESS

All Sukrit Holistic Academy Master Diploma Programs include a comprehensive **5-part online examination and certification process** designed to assess your knowledge across the major areas covered in the program.



EXAMINATION FORMAT

The Master Diploma examination consists of 5 separate online examinations:

1



Human Biology & Fundamentals of Nutrition

2



Ayurvedic & Yogic Nutrition

3



Sports & Public Health Nutrition

4



Holistic & Therapeutic Nutrition

5



Wellness Coaching & Entrepreneur Development



EXAMINATION DURATION

Each examination includes:

100 MCQs | 120 Minutes | 50% Passing Score

Total: 5 Examinations × 100 MCQs = 500 MCQs



ATTEMPT & RE-EXAMINATION POLICY

- ✓ One attempt is included for each examination.
- ✓ If a student does not achieve the required 50% passing score, a re-examination can be taken.
- ✓ Re-Examination Fee: ₹1,000 per examination attempt.



FLEXIBLE EXAMINATION SCHEDULE

You can take each examination after completing the relevant course content, at your own convenience.

- ✿ There is no fixed examination date.
- ✿ Learn at your own pace and schedule your examinations when you feel prepared.



DEVICE FRIENDLY

The examinations can be attempted using:

- ✦ Mobile
- ✦ Tablet
- ✦ Laptop
- ✦ Desktop

A stable internet connection is recommended.



CERTIFICATION

After successfully completing all 5 examinations and meeting the required passing criteria, you will be eligible to receive your **Master Diploma Certificate & Marksheet from Sukrit Holistic Academy**, as applicable to your enrolled program.

Students who successfully complete the certification requirements will receive the certification according to the terms and format of their respective Master Diploma program.



IMPORTANT INFORMATION



The entire examination process is conducted online.



Students are advised to complete the course and study materials before attempting the examinations.



Each examination must be passed with a minimum score of 50%.



The included examination attempt is one attempt per subject/examination.



In case of failure, the applicable ₹1,000 re-examination fee must be paid for the additional attempt.



A stable internet connection is recommended during the examination.



After completing an examination, students may be asked to share their result screenshot for verification purposes.



Successful completion of all 5 examinations is required for the Master Diploma certification process.

LEARN AT YOUR OWN PACE. MASTER 5 CORE AREAS. GET CERTIFIED WITH CONFIDENCE.



Learn



Complete the Course



Attempt 5 Online Exams



Pass All Assessments



Receive Your Master Diploma Certificate & Marksheet



SUKRIT
HOLISTIC ACADEMY
Nurture Our Nature

Empowering
Holistic Healers
Building
Healthier
Tomorrow

EXAMINATION & CERTIFICATION PROCESS

The Sukrit Holistic Academy Master Diploma in Acupressure & Acupuncture includes a comprehensive **5-part** online examination and assessment process designed to evaluate your theoretical knowledge, practical understanding, clinical application, and professional skills.



EXAMINATION FORMAT

The Master Diploma examination consists of 5 separate assessments:

- Acupressure Therapy – Theory & Clinical Application
- Su Jok Therapy – Principles & Therapeutic Application
- Acupuncture Therapy – Principles & Clinical Application
- Clinical Safety, Hygiene & Infection Prevention
- Clinical Viva Voce & Practical Assessment



EXAMINATION DURATION

For the written online examinations:



100
MCQs



120
Minutes



50%
Passing Score

- Total: 4 Written Examinations × 100 MCQs = 400 MCQs
- Total: 1 Live Viva Examination × 20 questions = 100 Marks

TOTAL 500 MARKS

The Clinical Viva Voce & Practical Assessment is evaluated separately according to the applicable practical assessment criteria.



ATTEMPT & RE-EXAMINATION POLICY

- One attempt is included for each examination/assessment.
- If a student does not achieve the required 50% passing score in a written examination, a re-examination can be taken.
- Re-Examination Fee: ₹1,000 per examination attempt.
- Practical/Viva re-assessment, where applicable, will follow the Academy's assessment requirements.



FLEXIBLE EXAMINATION SCHEDULE

You can take each examination after completing the relevant course content at your own convenience.

- There is no fixed examination date.
- Learn at your own pace
- Complete the relevant modules
- Prepare
- Schedule your assessment



DEVICE FRIENDLY

The online examinations can be attempted using:



Mobile



Tablet



Laptop



Desktop



A stable internet connection is recommended.



CERTIFICATION



After successfully completing all required examinations and the Clinical Viva Voce & Practical Assessment, and meeting the applicable passing criteria, you will be eligible to receive your Master Diploma Certificate & Marksheet in Acupressure & Acupuncture from Sukrit Holistic Academy, according to the terms and format of the program.



IMPORTANT INFORMATION



The examination process is conducted online, except where a practical assessment requires demonstration or verification.



Students are advised to complete the relevant course modules and study materials before attempting each assessment.



Each written examination requires a minimum score of 50%.



The included examination attempt is one attempt per examination/assessment.



In case of failure in a written examination, the applicable ₹1,000 re-examination fee will apply for an additional attempt.



A stable internet connection is recommended during online examinations.



Students may be asked to share their result screenshot or assessment details for verification.



Successful completion of all required examinations and practical assessment is required for the Master Diploma certification process.

LEARN. PRACTICE. DEMONSTRATE. GET CERTIFIED.



ENROLL
Join the Master Diploma Program



COMPLETE THE COURSE
Finish all Modules & Learning



ATTEMPT 4 WRITTEN EXAMS
Complete 4 Online Written Examinations



COMPLETE CLINICAL VIVA & PRACTICAL ASSESSMENT
Attend Live Viva Voce & Practical Assessment



PASS ALL ASSESSMENTS
Achieve 50% or more in all Assessments



RECEIVE YOUR MASTER DIPLOMA CERTIFICATE & MARKSHEET
From Sukrit Holistic Academy



**SUKRIT
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INTERNSHIP OPPORTUNITY (OPTIONAL)

After successfully completing your examination and receiving your certificate, you may choose to participate in our internship program for additional practical learning.

PRACTICE
TODAY,
IMPACT
TOMORROW

NUTRITION
WELLNESS
BALANCE
LIFESTYLE

HOW IT WORKS



COMPLETELY OPTIONAL

Join only if you
want extra practical
experience.



DESIGNED TO IMPROVE PRACTICAL UNDERSTANDING

Gain deeper insights through
hands-on learning.



BASED ON REAL-LIFE CASE STUDIES

Work on real case studies
for practical application.



EXPERT GUIDANCE & FEEDBACK

Receive personal
mentorship and
constructive feedback.



During the internship, you will receive **10–20 clinical case studies**. Using the knowledge gained from your course, you will analyze and solve each case in the provided format.



Our **expert mentors** will personally
review your submissions and provide feedback.



IF YOUR ASSESSMENT IS CORRECT

Our experts will acknowledge your work and
help build your confidence for future practice.



IF IMPROVEMENTS ARE NEEDED

Our experts will explain the correct approach
and provide guidance to help strengthen
your understanding.



The internship is designed to **bridge the gap** between theory and practical application, helping you gain confidence before working with **real clients**.

— Learn. Practice. Improve. Grow. —

Sample Certificate

4 Certificates







Master Diploma in Acupressure & Acupuncture

Your Name

has successfully completed the Master Diploma in Acupressure & Acupuncture program, demonstrating comprehensive knowledge and practical understanding of Acupressure and Acupuncture principles, acupoints, meridian systems, therapeutic techniques and holistic approaches to health and wellness. He/She is, in our opinion, considered to be a competent Acupressure & Acupuncture Practitioner. In testimony of this, this Certificate is hereby awarded under the seal of the Sukrit Holistic Academy.




Full Name **Your Full Name**
Division **First**
Certificate No **SHAAA/XXXX/XXX**
Date **XX/XX/XXXX**

 
Ms. Ritu Kumari **Dr. Shubham Gupta**
CEO, Managing Director CMO, Academy Director

www.sukritholistic.com
Prescription of any kind of medicine is strictly prohibited







Master Diploma in Integrative Nutritional Science

Functional Wellness & Therapeutic Nutrition

Your Name

has successfully completed the Master Diploma in Integrative Nutritional Science, Functional Wellness & Therapeutic Nutrition program, demonstrating comprehensive knowledge and practical understanding of integrative nutrition, functional wellness, therapeutic nutrition, ayurvedic nutrition principles, dietary planning, lifestyle management and holistic approaches to health and wellness. He/She is, in our opinion, considered to be a competent Integrative Nutrition & Wellness Practitioner. In testimony of this, this Certificate is hereby awarded under the seal of the Sukrit Holistic Academy.




Full Name **Your Full Name**
Division **First**
Certificate No **SHAINN/XXXX/XXX**
Date **XX/XX/XXXX**

 
Ms. Ritu Kumari **Dr. Shubham Gupta**
CEO, Managing Director CMO, Academy Director

www.sukritholistic.com
Prescription of any kind of medicine is strictly prohibited

Date
XX/XX/XXXX


Certificate No.
SHAVN/XXX/XXX

ADVANCED CERTIFICATE IN VEDIC NUTRITION (LIFESTYLE MANAGEMENT)

This certificate is proudly presented to
YOUR NAME

has completed the Advanced certificate in Vedic Nutrition for work in the field of Integrative Health Systems. He/She is, in our opinion, considered to be a capable Vedic Nutritionist & Lifestyle Planner. In testimony of this, a Certificate is awarded under the seal of the Sukrit Holistic Academy.



 
Ms. Sample **Dr. Sample**
CEO, Managing Director Academy Director

www.sukritholistic.com
Prescription of any kind of medicine is strictly prohibited

Date
XX/XX/XXXX


Certificate No.
SHAMBC/XXX/XXX

CERTIFICATE IN SCIENCE OF MEDITATION & BALANCING CHAKRAS

This certificate is proudly presented to
YOUR NAME

has successfully completed the Advanced Certificate in the Science of Meditation & Balancing Chakras for work in the field of Integrative Health and Consciousness Studies. He is, in our opinion, considered to be a capable Meditation & Chakra Balancing Practitioner. In testimony of this, a Certificate is awarded under the seal of the Sukrit Holistic Academy.



 
Dr. Sample **Ms. Sample**
CEO, Managing Director Academy Director

www.sukritholistic.com
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SUKRIT HOLISTIC ACADEMY

Institute of Integrative Wellness & Holistic Health Education

An ISO 9001:2015 Certified Organization
MSME Registration No : UDYAM-MP-35-0019962
ISO 21001:2025 No : 25-07-2157290
Educational Organizations Management System
Operated by Sukrit Holistic Pvt. Ltd.



MARKSHEET

MASTER DIPLOMA PROGRAM ACUPRESSURE & ACUPUNCTRE

Certificate No: SHAINWH/XXXX/XXX
Name of Student: YOUR FULL NAME
Father's Name: YOUR FATHER'S NAME
Examination: MD IN ACUPRESSURE & ACUPUNCTURE
Year of Exam: XX/XX/XXXX



STATEMENT OF MARKS

Sr.	Subject	Total Marks		Obt. Marks
		Max. Marks	Min. Marks	
1	Acupressure Therapy - Theory & Clinical Application	100	50	77
2	Su Jok Therapy - Principles & Therapeutic Application	100	50	84
3	Acupuncture Therapy - Principles & Clinical Application	100	50	90
4	Clinical Safety, Hygiene & Infection Prevention	100	50	75
5	Clinical Viva Voce & Practical Assessment	100	50	80
Total		500	250	406

Max Marks	500	Grand total	Result
Marks Obtained	406	406/500	PASS FIRST

Checked By
1.
2.

Date: **Controller of Exams**



SUKRIT HOLISTIC ACADEMY

Institute of Integrative Wellness & Holistic Health Education

An ISO 9001:2015 Certified Organization
MSME Registration No : UDYAM-MP-35-0019962
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MARKSHEET

MASTER DIPLOMA PROGRAM INTEGRATIVE NUTRITIONAL SCIENCE, FUNCTIONAL WELLNESS & THERAPEUTIC NUTRITION

Certificate No: SHAINWH/XXXX/XXX
Name of Student: YOUR FULL NAME
Father's Name: YOUR FATHER'S NAME
Examination: MD IN INSFWTN
Year of Exam: XX/XX/XXXX



STATEMENT OF MARKS

Sr.	Subject	Total Marks		Obt. Marks
		Max. Marks	Min. Marks	
1	Human Biology & Fundamentals of Nutrition	100	50	77
2	Ayurvedic & Yogic Nutrition	100	50	84
3	Sports & Public Health Nutrition	100	50	90
4	Holistic & Therapeutic Nutrition	100	50	75
5	Wellness Coaching & Entrepreneur Development	100	50	80
Total		500	250	406

Max Marks	500	Grand total	Result
Marks Obtained	406	406/500	PASS FIRST

Checked By
1.
2.

Date: **Controller of Exams**

2 Marksheets

amregistration.gov.in/Udyam User/Udyam PrintApplication.aspx



**SUKRIT
HOLISTIC**
Nurture Our Nature



Meet Our Founders

Driven by passion, guided by knowledge,
and committed to building a
healthier world through holistic wellness.



MS. RITU KUMARI

FOUNDER & WELLNESS COACH

Passionate wellness coach dedicated to
empowering individuals to achieve
balance, vitality, and lifelong
well-being through holistic living.



DR. SHUBHAM GUPTA

BNYS, M.D. ACU, VEDIC NUTRITIONIST

Holistic health expert and educator with
a mission to blend ancient wisdom
with modern science for
transformative wellness.



Together, we envision a world where nutrition, mindfulness,
and holistic living empower every individual to live **healthier**
and more **fulfilling** life.



OUR COMMITMENT



Empowering lives through knowledge, compassion, **affordability** & holistic care.



HOLISTIC APPROACH

Integrating ancient
wisdom with
modern science.



EXPERT KNOWLEDGE

Years of experience in
holistic health &
wellness education.



COMPASSIONATE CARE

Guiding individuals
towards a balanced
and healthy life.



AFFORDABLE WELLNESS

Quality education &
holistic solutions
that are accessible
to all.



We are here to support your journey towards
wellness, growth & a better tomorrow.





SUKRIT HOLISTIC

Nurture Our Nature

Thank You

We truly appreciate your time and interest
in **Sukrit Holistic**.

We are here to support you on your journey towards
better health, balanced living & a brighter tomorrow.



BOOK YOUR
FREE CALL
CONSULTATION APPOINTMENT



8890048257

✿ LET'S CONNECT & CREATE A HEALTHIER YOU! ✿



**PERSONALIZED
GUIDANCE**

Tailored support for
your unique needs.



**EXPERT
ADVICE**

Get insights from
experienced
professionals.



**HOLISTIC
SOLUTIONS**

Comprehensive
approach for mind,
body & lifestyle.



**BETTER
WELL-BEING**

Empowering you to
live a healthier &
happier life.



**LONG-TERM
HEALTH**

Sustainable habits for
a better tomorrow.



Your health is your greatest wealth.
We are here to help you **Nurture Your Nature**.