



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
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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

Advanced Certificate in THERAPEUTIC & HOLISTIC NUTRITION

Ancient Wisdom. Modern Nutrition. Holistic You.

LEARN.
NOURISH.
TRANSFORM.
LIVE BETTER.

WHAT YOU'LL GET (ALL INCLUDED)

- ✓ 20+ 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 & Learning Support
- ✓ Comprehensive PDF Notes for Every Module
- ✓ 25+ Premium E-Books & Study Resources
- ✓ 20+ Therapeutic Diet Plans E-Book
- ✓ 20+ Ayurvedic Superfoods & Medicinal Herbs Guide
- ✓ Complete Vegan & Healing Recipes E-Book
- ✓ Clinical Case-Based Therapeutic Nutrition Training
- ✓ Online Examination (100 MCQs)
- ✓ Learn the Fundamentals of Online Nutrition Consultation
- ✓ ISO 21001:2025 International Accredited Digital Certificate

EMPOWERING YOU

Gain practical knowledge of therapeutic nutrition and holistic living to improve health, prevent lifestyle disorders, and support overall well-being.



Evidence-Based
Nutrition



Holistic
Healing



Disease
Prevention



Practical
Application



Career
Growth



Global
Certification

YOUR CERTIFICATION JOURNEY



Enroll



Complete 20+ Hours
of Learning



Live
Mentorship



Online
Exam



Receive Your International
Accredited Digital
Certificate

WHO IS THIS COURSE FOR?



Beginners &
Nutrition Enthusiasts



BNYS &
Ayurveda Students



Yoga
Instructors



Fitness
Coaches



Wellness
Professionals



Individuals Seeking
Self-Care & Family Health



Aspiring Nutrition
Professionals

Ideal for beginners, nutrition enthusiasts, BNYS & Ayurveda students, yoga instructors, fitness coaches, wellness professionals, and individuals who want to improve self-care, family health, or start their journey in **therapeutic and holistic nutrition**.



INSTANT ACCESS: After successful registration, your complete course access and study materials will be delivered to your email **within 2 minutes**.



Begin your professional journey in **Therapeutic & Holistic Nutrition** with **Sukrit Holistic Academy**.



**SUKRIT
HOLISTIC**
Nurture Our Nature



ADVANCE CERTIFICATE IN THERAPEUTIC & HOLISTIC NUTRITION

Learn. Nourish. Transform Lives.



CAREER OPPORTUNITIES AFTER COMPLETING THIS COURSE

This advanced certificate is suitable for learners who want to strengthen their understanding of **therapeutic nutrition**, **holistic wellness** and nutrition-based lifestyle education.

After completing the course, learners can explore opportunities such as:



1. Therapeutic
Nutrition Educator



2. Holistic
Nutrition Educator



3. Health & Wellness
Workshop Facilitator



4. Online Nutrition
Education Consultant



5. Community
Nutrition Educator



6. Corporate
Wellness Educator



7. Wellness Program
Support Professional



8. Health & Wellness
Content Creator



9. Nutrition
Workshop Creator



10. Online Wellness
Educator



11. Wellness
Retreat Educator



12. Wellness
Entrepreneurship



INDUSTRY PATHWAYS



Wellness
Centres



Fitness
Centres



Holistic Health
Programs



Corporate
Wellness



Community
Wellness



Online Wellness
Education



Wellness
Retreats



Health & Wellness
Content Creation



Wellness
Entrepreneurship



POSITIONING: THERAPEUTIC NUTRITION + HOLISTIC WELLNESS + LIFESTYLE EDUCATION



Professional
Recognition



Practical
Knowledge



Career
Growth



Make a Positive
Impact



Global
Opportunities



**SUKRIT
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EXAMINATION & CERTIFICATION PROCESS

All **Sukrit Holistic Academy** programs include an online assessment and certification process.



EXAMINATION FORMAT



100 MCQs

Multiple Choice Questions



120 MINUTES

Examination Duration



50%

Passing Score



3 ATTEMPTS

Total Attempts Allowed



FLEXIBLE SCHEDULE

You can take the examination anytime after completing your course at your own convenience. There is no fixed exam date.



DEVICE FRIENDLY

The examination can be attempted on Mobile, Tablet, Laptop, or Desktop.



CERTIFICATION

Upon successfully passing the examination, you will be eligible to receive your Course Certificate/Diploma from **Sukrit Holistic Academy**.

IMPORTANT INFORMATION

- ✓ The examination is conducted completely online.
- ✓ A stable internet connection is recommended.
- ✓ Students are advised to complete the course before attempting the examination.
- ✓ After completing the examination, students may be asked to share their result screenshot for verification purposes.



Learn at Your Own Pace. Get Certified with Confidence.



ENROLL



LEARN



PREPARE



TAKE EXAM



GET CERTIFIED



**SUKRIT
HOLISTIC**
Nurture Our Nature

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



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

Date xx/xx/xxx	 SUKRIT HOLISTIC Nurture Our Nature	Certificate No. SHATHN/XXXX/XX
ADVANCED CERTIFICATE IN THERAPEUTIC & HOLISTIC NUTRITION (LIFESTYLE MANAGEMENT)		
	This certificate is proudly presented to YOUR NAME	
has successfully completed the Advanced Certificate in Therapeutic & Holistic Nutrition (Lifestyle Management) program, demonstrating knowledge and practical understanding of therapeutic nutrition, holistic nutrition principles, dietary planning, lifestyle management, healthy eating practices, and holistic approaches to health and wellbeing. He/She has demonstrated competency in applying nutritional and lifestyle principles to support overall wellness within the scope of the training program. In testimony of this, this Certificate is hereby awarded under the seal of the Sukrit Holistic Academy.		
   	 Ms. Ritu Kumari CEO, Managing Director	 Dr. Shubham Gupta CMO, Academy Director
www.sukritholistic.com		
Prescription of any kind of medicine is strictly prohibited		



**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**.