



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



Certificate in
**FUNCTIONAL
GUT HEALTH
& AUTOPHAGY**

HEAL YOUR GUT, TRANSFORM YOUR HEALTH

Science. Nutrition. Healing.

WHAT YOU'LL GET (ALL INCLUDED)

- ✓ 15+ 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
- ✓ 20+ Premium E-Books & Study Resources
- ✓ 20+ Gut-Friendly Therapeutic Diet Plans E-Book
- ✓ Functional Gut Health & Healing Nutrition Guide
- ✓ Autophagy, Fasting & Metabolic Health E-Book
- ✓ Gut-Friendly Vegan & Healing Recipes E-Book
- ✓ Gut Microbiome & Digestive Health Study Material
- ✓ Clinical Case-Based Functional Gut Health Training
- ✓ Online Examination (100 MCQs)
- ✓ Learn the Fundamentals of Functional Nutrition Consultation
- ✓ ISO 21001:2025 International Accredited Digital Certificate



**MASTER YOUR GUT.
UNLOCK YOUR POTENTIAL.**

Gain in-depth knowledge of functional gut health, microbiome balance, digestive healing, fasting, and autophagy to restore health, boost immunity and improve overall well-being.



Gut Healing



Better Digestion



Immune Strength



Weight Balance



More Energy



Clear Skin



Mental Clarity



Longevity & Wellness

YOUR CERTIFICATION JOURNEY



Enroll



Complete 15+ Hours
of Learning



Live
Mentorship



Online
Exam



Receive Your International
Accredited Digital
Certificate

WHO IS THIS COURSE FOR?



Nutritionists



Wellness
Coaches



Yoga & Fitness
Professionals



BNYS &
Ayurveda Students



Healthcare
Practitioners



Nutrition
Enthusiasts



Individuals Seeking
Self-Care & Family Health



Aspiring Nutrition
Professionals

Ideal for nutritionists, wellness coaches, yoga & fitness professionals, BNYS & Ayurveda students, healthcare and wellness practitioners, nutrition enthusiasts, and individuals who want to understand **functional gut health, digestive wellness, fasting, and autophagy** for self-care, family care, or professional development.



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



Understand the gut-health connection and build practical expertise in **Functional Gut Health & Autophagy** with **Sukrit Holistic Academy**.





**SUKRIT
HOLISTIC**
Nurture Our Nature

CERTIFICATE IN

FUNCTIONAL GUT HEALTH & AUTOPHAGY

Heal Your Gut. Activate Autophagy. Transform Your Health.

A HEALTHY
GUT TODAY,
A BETTER YOU
TOMORROW.



Stronger Gut



Better Digestion



Boost Immunity



Improve Energy



Healthy Living



CAREER OPPORTUNITIES AFTER COMPLETING THIS COURSE

This specialized certificate focuses on **gut health**, **digestive wellness**, **lifestyle factors**, **nutrition education** and the science of **autophagy**.

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



1. Gut Health
Wellness Educator



2. Functional
Wellness Coach



3. Gut Health
Lifestyle Coach



4. Digestive
Wellness Educator



5. Gut Health
Workshop Facilitator



6. Online Gut
Wellness Educator



7. Health & Wellness
Content Creator



8. Gut Health Course &
Workshop Creator



9. Corporate
Wellness Educator



10. Wellness
Retreat Educator



11. Community
Gut Health Educator



12. Functional
Wellness Entrepreneur



13. Personal Wellness Brand Builder



INDUSTRY PATHWAYS



Functional
Wellness Centres



Holistic
Health Centres



Wellness
Retreats



Fitness &
Lifestyle Centres



Nutrition
Education
Platforms



Corporate
Wellness
Programs



Online
Wellness
Coaching



Health &
Wellness Content
Creation



Wellness
Entrepreneurship



POSITIONING: GUT HEALTH + FUNCTIONAL WELLNESS + LIFESTYLE + AUTOPHAGY EDUCATION



Evidence-Based
Knowledge



Practical
Application



Improve
Well-being



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

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

Date XX/XX/XXXX	 SUKRIT HOLISTIC Academy Nurture Our Nature	Certificate No. SHAFGH/XXXX/XXX
CERTIFICATE IN		
FUNCTIONAL GUT HEALTH & AUTOPHAGY		
	This certificate is proudly presented to YOUR NAME	
has completed the Certificate in Functional Gut Health & Autophagy for work in the field of Functional Gut Health and Preventive Wellness. He is, in our opinion, considered to be a capable Functional Gut Health & Autophagy Expert.		
In testimony of this, a Certificate is 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**.