



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
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Nurture Our Nature

Master Diploma in INTEGRATIVE NUTRITIONAL SCIENCE, FUNCTIONAL WELLNESS & THERAPEUTIC NUTRITION

Transform Knowledge into Impact. Nourish Lives. Build a Global Career.



WHAT YOU'LL GET (ALL INCLUDED)

- ✓ 45+ 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
- ✓ 75+ Premium E-Books & Clinical Learning Resources
- ✓ 50+ Therapeutic Diet Plans E-Book (Disease-Specific Nutrition)
- ✓ 30+ Ayurvedic Superfoods & Medicinal Herbs E-Book
- ✓ 15+ Multigrain Therapeutic Effect and Benefits
- ✓ Complete Vegan & Healing Recipes E-Book
- ✓ Anatomy & Physiology Complete Study Material
- ✓ Clinical Case-Based Functional Nutrition Training
- ✓ Online Examination
- ✓ Internship Opportunities with Sukrit Holistic Academy
- ✓ Learn to Start Your Own Online Nutrition Consultation System
- ✓ ISO 21001:2025 International Accredited Master Diploma Certificate & Marksheet (Hard Copy Delivered)

YOUR CERTIFICATION JOURNEY



Enroll



Learn
45+ Hours



Live
Mentorship



Online
Exam



Receive
International
Accredited Hard Copy
Master Diploma
Certificate & Marksheet
by Sukrit Holistic Academy



WHO IS THIS COURSE FOR?

Perfect for nutritionists, dietitians, BNYS, Ayurveda & wellness professionals, yoga practitioners, fitness coaches, healthcare students, and anyone who wants to build a professional career/self care/family care in holistic and therapeutic nutrition.



INSTANT ACCESS

After successful registration, you will get complete course access & study materials are delivered to your email within 2 minutes.



WHY CHOOSE SUKRIT HOLISTIC ACADEMY?



Industry-Relevant
Curriculum with
Ancient Wisdom &
Modern Science



International
Accredited
Certification



Expert Faculty
& Live Mentorship
Support



Holistic Approach
to Real-Life
Transformation



Build a Global Career
in the Growing Field
of Nutrition



Build a globally recognized career in
Integrative & Therapeutic Nutrition with **Sukrit Holistic Academy**.





**SUKRIT
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MASTER DIPLOMA IN

INTEGRATIVE HOLISTIC NUTRITIONAL SCIENCE, FUNCTIONAL WELLNESS & THERAPEUTIC NUTRITION



CAREER OPPORTUNITIES AFTER COMPLETING THIS COURSE

This advanced program is designed to support professional development, practical application, wellness education and entrepreneurship across the growing health and wellness industry.

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



1 Integrative Nutrition
& Wellness Coach



7 Wellness Program
Coordinator



2 Holistic Nutrition
Educator



8 Wellness Retreat &
Hospitality Professional



3 Therapeutic
Nutritionist



9 Health & Wellness
Content Creator



4 Online Nutrition &
Wellness Consultant



10 Personal Wellness
Brand Builder



5 Corporate Wellness
Professional



11 Fitness & Wellness
Industry Professional



6 Health & Wellness
Workshop Facilitator

BUILD A
MEANINGFUL
CAREER IN THE
WELLNESS
INDUSTRY

PROFESSIONAL GROWTH PATHWAYS

This Master Diploma can complement careers and professional development in:

- ✓ Fitness & Personal Training
- ✓ Yoga & Mindfulness
- ✓ Wellness Coaching
- ✓ Naturopathy & Holistic Wellness
- ✓ Healthcare & Hospital Administration
- ✓ Wellness Resorts & Hospitality
- ✓ Health Education
- ✓ Corporate Wellness
- ✓ Health & Wellness Entrepreneurship
- ✓ Digital Health & Wellness Content



Turn Knowledge Into a Wellness Career

Learn → Apply → Educate → Build → Grow

Whether you are a fitness professional, yoga instructor, wellness coach, healthcare professional, student, homemaker or aspiring wellness entrepreneur, this program can help you develop a stronger foundation in Integrative Nutrition, Functional Wellness and Therapeutic Nutrition and explore meaningful opportunities within the wellness industry.



GLOBAL CAREER
OPPORTUNITIES



PROFESSIONAL
GROWTH



PRACTICAL KNOWLEDGE
& REAL-WORLD SKILLS



MAKE A POSITIVE IMPACT
ON LIVES



BUILD A SUSTAINABLE
WELLNESS CAREER



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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**
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. —



**SUKRIT
HOLISTIC**
Nurture Our Nature



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 SHAINTN/XXXX/XXX
Date XX/XX/XXXX

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
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SUKRIT HOLISTIC ACADEMY

Institute of Integrative Wellness & Holistic Health Education

SAMPLE

An ISO 9001:2015 Certified Organization
MSME Registration No : UDYAM-MP-35-0019962
ISO 21001:2025 No : 25-07-21157290
Educational Organizations Management System
Operated by Sukrit Holistic Pvt. Ltd.

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 INSWFTN
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

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**.