



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



— MASTER DIPLOMA IN — **ACUPRESSURE & ACUPUNCTURE**

Ancient Wisdom. Modern Wellness. Holistic Healing.

WHAT YOU'LL GET (ALL INCLUDED)

- ✓ 65+ 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
- ✓ 15+ Premium E-Books & Clinical Learning Resources
- ✓ Complete Acupressure Points & Meridians Study Material
- ✓ Acupuncture Points, Meridians & Clinical Application E-Book
- ✓ 100+ Important Acupressure & Acupuncture Points Reference Guide
- ✓ Therapeutic Protocols & Condition-Specific Treatment Guidelines
- ✓ Traditional Chinese Medicine (TCM) Fundamentals & Five Elements Study Material
- ✓ Auricular Acupressure & Auriculotherapy Learning Resources
- ✓ Anatomy & Physiology Complete Study Material
- ✓ Clinical Case-Based Acupressure & Acupuncture Training
- ✓ Practical Demonstration & Treatment Protocol Training
- ✓ Online Examination & Practical Assessment
- ✓ Internship Opportunities with Sukrit Holistic Academy
- ✓ Learn to Start Your Own Online & Offline Wellness Consultation System
- ✓ ISO 21001:2025 International Accredited Master Diploma Certificate & Marksheet (Hard Copy Delivered)

PRESSURE
Stimulates
Healing

NEEDLES
Restore
Balance

WELLNESS
Transform
Lives

YOUR CERTIFICATION JOURNEY



ENROLL



LEARN
65+ HOURS



LIVE
MENTORSHIP



CLINICAL &
PRACTICAL TRAINING



ONLINE
EXAM



PRACTICAL
ASSESSMENT



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

WHO IS THIS COURSE FOR?



Perfect for naturopathy doctors, BNYS professionals, Ayurveda practitioners, acupressure therapists, acupuncture practitioners, yoga practitioners, physiotherapists, wellness professionals, massage therapists, fitness coaches, healthcare students, and anyone who wants to develop professional skills in acupressure, acupuncture, complementary wellness, and holistic therapeutic care.

Whether your goal is professional practice, wellness consultation, career development, self-care, family care, or building your own holistic wellness brand, this program provides structured theoretical, practical, and clinical learning.

MASTER THE ART & SCIENCE OF



ACUPRESSURE
Points & Meridians



ACUPUNCTURE
Points & Techniques



TCM PRINCIPLES
& Five Elements



AURICULAR
Acupressure



CLINICAL
Applications



HOLISTIC
Wellness



INSTANT ACCESS

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



HARD COPY CERTIFICATE & MARKSHEET

ISO 21001:2025 International Accredited Master Diploma Certificate & Marksheet (Hard Copy Delivered)

LEARN. PRACTICE. HEAL. TRANSFORM LIVES.

*Build Your Future in
Holistic Healing*

Gain structured knowledge of Acupressure, Acupuncture, Meridians, Therapeutic Points, TCM Principles, Clinical Applications, and Integrative Wellness and take the next step toward building your professional journey with Sukrit Holistic Academy.





SUKRIT

HOLISTIC ACADEMY

Nurture Our Nature

MASTER DIPLOMA IN ACUPRESSURE & ACUPUNCTURE

Ancient Wisdom. Modern Techniques. Holistic Healing.



ACUPRESSURE
Restore Balance
Naturally



ACUPUNCTURE
Stimulate Healing
Energies



**HOLISTIC
WELLNESS**
Mind, Body
& Spirit



**INTEGRATIVE
CARE**
Complete
Well-being

CAREER OPPORTUNITIES

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

- 1  Acupressure Wellness Practitioner
- 2  Acupuncture Practitioner
- 3  Holistic Wellness Practitioner
- 4  Complementary Wellness Consultant
- 5  Acupressure & Acupuncture Educator
- 6  Corporate Wellness Facilitator
- 7  Acupressure & Wellness Workshop Facilitator
- 8  Health & Wellness Content Creator
- 9  Wellness Entrepreneurship
- 10  Personal Wellness Brand Builder

INDUSTRY & PROFESSIONAL PATHWAYS

- ✓  Acupressure & Wellness Centres
- ✓  Acupuncture Clinics — where legally permitted
- ✓  Holistic Health Centres
- ✓  Wellness Resorts & Retreats
- ✓  Spa & Wellness Centres
- ✓  Yoga & Meditation Centres
- ✓  Fitness & Lifestyle Centres
- ✓  Complementary Wellness Programs
- ✓  Corporate Wellness
- ✓  Community Wellness Education
- ✓  Online Wellness Education
- ✓  Wellness Entrepreneurship



PROFESSIONAL GROWTH PATHWAYS

This Master Diploma can complement existing careers in:



Yoga &
Meditation



Naturopathy



Wellness
Coaching



Fitness



Holistic
Health



Spa &
Wellness



Hospitality



Health
Education



Complementary
Wellness



Wellness
Entrepreneurship

LEARN



PRACTICE



EDUCATE



BUILD



GROW



Develop knowledge of traditional complementary practices and explore opportunities to contribute to the growing holistic and wellness industry.



100% Holistic &
Practical Learning



Internationally
Recognized
Certification



Mentorship
& Career
Guidance



Build Your
Professional
Future



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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



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.



DEVICE FRIENDLY

The online examinations can be attempted using:



Mobile



Tablet



Laptop



Desktop



A stable internet connection is recommended.



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.



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



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
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
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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
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

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.

SAMPLE

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

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**.