



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



ADVANCED DIPLOMA IN ACUPRESSURE & ACUPUNCTURE

Traditional Wisdom. Modern Techniques. Holistic Healing.



ACUPRESSURE
Restores Balance

ACUPUNCTURE
Promotes Healing

HOLISTIC WELLNESS
Enhances Well-being



WHAT YOU'LL GET (ALL INCLUDED)

- ✓ 55+ 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
- ✓ 10+ Premium E-Books & Clinical Learning Resources
- ✓ Complete Anatomy & Physiology Study Material
- ✓ Complete Meridians & Energy Pathways Study Material
- ✓ Essential Acupuncture Points & Point Location E-Book
- ✓ Acupressure Techniques & Practical Application
- ✓ Acupuncture Needling Fundamentals & Safety Principles
- ✓ Reflexology & Pressure Point Therapy
- ✓ Pain Management, Stress & Lifestyle Wellness Applications
- ✓ Clinical Case-Based Learning & Practical Demonstrations
- ✓ Online Examination & Practical Assessment
- ✓ Internship Opportunities with Sukrit Holistic Academy
- ✓ Advanced Diploma Certificate by Sukrit Holistic Academy



INSTANT ACCESS

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



YOUR CERTIFICATION JOURNEY



ENROLL



LEARN
55+ HOURS



COMPLETE
THEORY MODULES



WEEKLY LIVE
MENTORSHIP



PRACTICAL
TRAINING



ONLINE
EXAMINATION



PRACTICAL
ASSESSMENT



RECEIVE YOUR
ADVANCED DIPLOMA
CERTIFICATE FROM
SUKRIT HOLISTIC ACADEMY



WHO IS THIS COURSE FOR?

Perfect for naturopathy professionals, BNYS students, Ayurveda practitioners, yoga practitioners, wellness professionals, acupressure practitioners, massage therapists, fitness coaches, holistic health practitioners, healthcare students, and anyone who wants to develop professional skills in acupressure, acupuncture, traditional healing techniques, and holistic wellness.



This course is ideal for those looking to develop practical knowledge for professional skill development, wellness consultation, self-care, family wellness, or building their own holistic wellness practice.

MASTER THE ART & SCIENCE OF



ACUPRESSURE
Techniques &
Pressure Points



ACUPUNCTURE
Needling &
Point Location



MERIDIANS
& Energy
Pathways



PAIN RELIEF
& Lifestyle
Wellness



STRESS RELIEF
& Mind-Body
Balance



REFLEXOLOGY
& Pressure Point
Therapy



**CLINICAL
APPLICATIONS**
& Case Studies

BENEFITS OF THIS COURSE



Boost Your
Therapeutic Skills



Enhance Career
Opportunities



Help Others
Naturally



Start Your Own
Wellness Practice



Holistic Approach
to Healing



Personal & Family
Wellness



*Build Your Skills in
Acupressure & Acupuncture*

Strengthen your knowledge of traditional therapeutic techniques, pressure points, acupuncture points, meridian systems, TCM concepts, and holistic wellness applications. Take the next step toward developing your professional skills with Sukrit Holistic Academy.





SUKRIT
HOLISTIC ACADEMY
Nurture Our Nature



ACUPRESSURE
Relieves Pain
& Restores Balance



SUJOK THERAPY
Holistic Healing
Through Hands
& Feet



NATURAL HEALING
Drug-Free &
Side-Effect Free



HOLISTIC WELLNESS
Mind, Body &
Energy Balance

ADVANCED DIPLOMA IN — ACUPRESSURE & ACUPUNCTURE

Ancient Wisdom. Simple Techniques. Natural Healing.

CAREER OPPORTUNITIES AFTER COMPLETING THIS COURSE

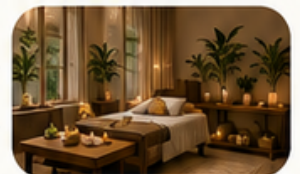
Many learners join the Advanced Diploma & Diploma in Acupressure & Sujok Therapy to develop practical skills in pressure-point and Sujok-based complementary wellness techniques and later use their knowledge professionally. After completing the course, you can:

- ✓ Offer Acupressure & Sujok Wellness Guidance
- ✓ Start Online Wellness Consultations
- ✓ Work as an Acupressure & Sujok Wellness Practitioner
- ✓ Apply Hand & Foot Correspondence Techniques
- ✓ Use Seed, Magnet & Color Therapy Techniques
- ✓ Support Clients with Holistic Lifestyle Planning
- ✓ Work in Wellness Centres & Holistic Health Settings
- ✓ Conduct Acupressure & Sujok Wellness Sessions
- ✓ Organize Wellness Workshops & Educational Programs
- ✓ Create Acupressure, Sujok & Wellness Content
- ✓ Develop Complementary Wellness Protocols
- ✓ Support Stress, Relaxation & General Wellness Goals
- ✓ Start Your Own Online Wellness Consultation System
- ✓ Build Your Personal Brand in the Wellness Industry
- ✓ Start or Expand Your Holistic Wellness Practice

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

WHERE YOU CAN WORK & GROW

- Acupressure & Sujok Wellness Centres
- Holistic Health Centres
- Naturopathy & Ayurveda Clinics
- Yoga & Meditation Centres
- Spa & Natural Therapy Centres
- Fitness & Lifestyle Centres
- Wellness Resorts & Retreats
- Community Health & Wellness Programs
- Corporate Wellness Programs
- Online Wellness Platforms
- Wellness Education & Training Institutes
- Wellness Entrepreneurship



YOUR CAREER GROWTH PATH



LEARN

Gain Knowledge
& Practical Skills



PRACTICE

Apply Techniques
with Confidence



HELP OTHERS

Support & Guide
Clients Naturally



BUILD

Create Your Brand
& Services



GROW

Expand & Make a
Positive Impact

“

Empower others. Inspire wellness.
Build a meaningful & fulfilling career.

”

BENEFITS OF A CAREER IN ACUPRESSURE & SUJOK THERAPY



Meaningful &
Purposeful Work



Holistic & Natural
Healing Approach



Low Investment
High Impact



Flexible Work
Options



Help Individuals
& Communities



Growing Demand in
Wellness Industry



Personal Growth
& Inner Balance



Build Skills. Build Confidence. Build Impact.

Your Journey to a Holistic & Fulfilling Career Starts Here!





**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
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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



**SUKRIT
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ADVANCED DIPLOMA IN Acupressure & Acupuncture Therapy Your Name



has successfully completed the Advanced Diploma in Acupressure & Acupuncture Therapy program, demonstrating knowledge and practical understanding of acupressure principles, acupuncture fundamentals, therapeutic techniques, meridian concepts, pressure-point application, holistic wellness approaches, and basic client care practices. He/She has demonstrated competency in the principles and practical application of Acupressure & Acupuncture Therapy within the scope of the training program.
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	SHAADAA/XXXX/XXX
Date	XX/XX/XXXX

Signature
Ms. Ritu Kumari
CEO, Managing Director

Signature
Dr. Shubham Gupta
CMO, Academy Director

www.sukritholistic.com

Prescription of any kind of medicine is strictly prohibited

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



**SUKRIT
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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**.