



# 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](http://www.sukritholistic.com)



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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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DIPLOMA IN

# AYURVEDIC & YOGIC NUTRITIONAL SCIENCE, FUNCTIONAL WELLNESS & THERAPEUTIC NUTRITION

*Ancient Wisdom. Modern Nutrition. Holistic You.*

## WHAT YOU'LL GET (ALL INCLUDED)

- ✓ 30+ 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
- ✓ 50+ Premium E-Books & Study Resources
- ✓ 20+ Therapeutic Diet Plans E-Book (Disease-Specific Nutrition)
- ✓ 25+ Ayurvedic Superfoods & Medicinal Herbs E-Book
- ✓ 15+ Multigrain Therapeutic Benefits & Healing Guide
- ✓ Complete Vegan & Yogic Healing Recipes E-Book
- ✓ Anatomy & Physiology Foundation Study Material
- ✓ Clinical Case-Based Functional Nutrition Training
- ✓ Online Examination (100 MCQs) + Certificate
- ✓ Internship Opportunities with Sukrit Holistic Academy
- ✓ Learn to Start Your Own Online Nutrition Consultation System
- ✓ ISO 21001:2025 International Accredited Diploma Certificate & Marksheet

ALL  
INCLUDED  
LIFETIME  
ACCESS



## LEARN. HEAL. NOURISH. TRANSFORM LIVES.

Gain in-depth knowledge of Ayurvedic & Yogic Nutrition, Functional Wellness, and Therapeutic Diet to improve lives and build a successful career in the holistic health industry.



Ancient  
Ayurvedic  
Wisdom



Functional  
Nutrition  
Science



Holistic  
Wellness  
Approach



Practical  
Learning



Career  
Growth



Global  
Certification

## YOUR CERTIFICATION JOURNEY



Enroll



Complete 30+ Hours  
of Learning



Live  
Mentorship



Online  
Exam



Receive Your International  
Accredited Diploma  
Certificate & Marksheet

## WHO IS THIS COURSE FOR?



Nutritionists



Yoga Instructors



BNYS &  
Ayurveda Students



Wellness  
Coaches



Fitness  
Professionals



Healthcare  
Practitioners



Individuals Seeking  
Self-Care & Family Health



Aspiring Holistic  
Nutrition Professionals

Ideal for nutritionists, yoga instructors, BNYS & Ayurveda students, wellness coaches, fitness professionals, healthcare practitioners, and individuals who want to improve self-care, family health, or build a career in **holistic nutrition**.



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



Start your journey in **Ayurvedic & Yogic Nutrition** and become a certified holistic wellness professional with **Sukrit Holistic Academy**.



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# DIPLOMA IN AYURVEDIC & YOGIC NUTRITIONAL SCIENCE

*Ancient Wisdom. Yogic Living. Nourished Life.*



AYURVEDA



YOGA



NUTRITION



LIFESTYLE



## CAREER OPPORTUNITIES AFTER COMPLETING THIS COURSE

This program is designed for learners interested in the intersection of traditional Ayurvedic principles, yogic lifestyle practices, nutrition education and holistic wellbeing.

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



1. Ayurvedic Nutrition Educator



2. Holistic Nutrition Educator



3. Ayurvedic Lifestyle Coach



4. Yoga & Nutrition Wellness Coach



5. Ayurvedic Wellness Consultant



6. Yogic Lifestyle Educator



7. Mindful Eating Educator



8. Holistic Wellness Coach



9. Wellness Workshop Facilitator



10. Ayurvedic & Yogic Wellness Content Creator



11. Retreat Wellness Educator



12. Community Wellness Educator



13. Wellness Program Coordinator



14. Online Wellness Educator



15. Wellness Course Creator



16. Holistic Wellness Entrepreneur



17. Personal Wellness Brand Builder



## INDUSTRY PATHWAYS



Ayurveda & Wellness Centres



Yoga Centres



Wellness Retreats



Holistic Health Centres



Wellness Resorts



Yoga & Meditation Programs



Health & Wellness Education



Online Wellness Platforms



Wellness Entrepreneurship



POSITIONING: AYURVEDA + YOGA + NUTRITION + LIFESTYLE



# SUKRIT HOLISTIC

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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



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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

|                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                     |                                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |  <div style="display: inline-block; text-align: left;"><b>SUKRIT<br/>HOLISTIC</b><br/><small>Nurture Our Nature</small></div>                                                                                                                                                                                                                                                      |  | <br><small>Ministry of MSME, Govt. of India</small> |
| <h2 style="margin: 0;">CERTIFICATE OF DIPLOMA</h2> <h1 style="margin: 0;">Ayurvedic &amp; Yogic Nutritional Science,</h1> <h2 style="margin: 0;">Functional Wellness &amp; Therapeutic Nutrition</h2> <div style="text-align: center; font-size: 2em; font-weight: bold; margin-top: 10px;">Your Name</div> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                     |                                                                                                                                        |
|                                                                                                                                                                                                                           | <p>has successfully completed the Diploma in Ayurvedic &amp; Yogic Nutritional Science, Functional Wellness &amp; Therapeutic Nutrition program, demonstrating knowledge and practical understanding of Ayurvedic nutrition, yogic nutrition principles, functional wellness, therapeutic nutrition, dietary planning, lifestyle management, and holistic approaches to health and wellbeing. He/She has demonstrated competency in the principles and practical application of Ayurvedic &amp; Yogic Nutrition, Functional Wellness and Therapeutic Nutrition.</p> <p><b>In testimony of this, this Certificate is hereby awarded under the seal of the Sukrit Holistic Academy.</b></p> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                     |                                                    |
| <b>Full Name</b><br><b>Division</b><br><b>Certificate No</b><br><b>Date</b>                                                                                                                                                                                                                                 | <b>Your Full Name</b><br><b>First</b><br><b>SHAAYN/XXXX/XXX</b><br><b>XX/XX/XXXX</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <div style="display: flex; justify-content: space-around;"><div style="text-align: center;"><br/><b>Ms. Ritu Kumari</b><br/><small>CEO, Managing Director</small></div><div style="text-align: center;"><br/><b>Dr. Shubham Gupta</b><br/><small>CMO, Academy Director</small></div></div> |                                                                                     |                                                                                                                                        |
| <p><a href="http://www.sukritholistic.com">www.sukritholistic.com</a></p> <p><small>Prescription of any kind of medicine is strictly prohibited</small></p>                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                     |                                                                                                                                        |

|                                                                        |                                                                                                            |                                                                                              |                           |
|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|---------------------------|
| <b>Postal address of Enterprise</b>                                    |                                                                                                            |                                                                                              |                           |
| <b>Door/Block No.</b>                                                  | 1011 Ward no. 16                                                                                           | <b>Name of Premises/ Building</b>                                                            | Shambhu Sadan             |
| <b>Village/Town</b>                                                    | Deori                                                                                                      | <b>Block</b>                                                                                 | Udaipura                  |
| <b>Road/Street/Lane</b>                                                | Main Road, Deori                                                                                           | <b>City</b>                                                                                  | Deori                     |
| <b>State</b>                                                           | MADHYA PRADESH                                                                                             | <b>District</b>                                                                              | RAISEN , Pin : 464774     |
| <b>Mobile</b>                                                          | 7354534253                                                                                                 | <b>Email:</b>                                                                                | sukritholistic@gmail.com  |
| <b>Latitude</b>                                                        | 23.119495854397226                                                                                         | <b>Longitude:</b>                                                                            | 78.6978145519314          |
| <b>Industrial Industry Classification Code(S)</b>                      |                                                                                                            |                                                                                              |                           |
| <b>Nic 2 Digit</b>                                                     | <b>Nic 4 Digit</b>                                                                                         | <b>Nic 5 Digit</b>                                                                           | <b>Activity</b>           |
| 47 - Retail trade, except of motor vehicles and motorcycles            | 4772 - Retail sale of pharmaceutical and medical goods, cosmetic and toilet articles in specialized stores | 47721 - Retail sale of pharmaceuticals, medical and orthopaedic goods and toilet articles    | Trading                   |
| 72 - Scientific research and development                               | 7210 - Research and experimental development on natural sciences and engineering                           | 72100 - Research and experimental development on natural sciences and engineering            | Services                  |
| 85 - Education                                                         | 8549 - Other education n.e.c.                                                                              | 85491 - Academic tutoring services                                                           | Services                  |
| 86 - Human health activities                                           | 8690 - Other human health activities                                                                       | 86904 - Activities of nurses, masseurs, physiotherapists or other para-medical practitioners | Services                  |
| 10 - Manufacture of food products                                      | 1079 - Manufacture of other food products n.e.c.                                                           | 10797 - Manufacture of vitaminised high protein flour, frying of dal and other cereals       | Manufacturing             |
| Are you interested to get registered on Government e-Market (GeM)      |                                                                                                            |                                                                                              | Yes                       |
| Are you interested to get registered on TReDS Portals(one or more)     |                                                                                                            |                                                                                              | Yes                       |
| Are you interested to get registered on National Career Service(NCS)   |                                                                                                            |                                                                                              | Yes                       |
| Are you interested to get registered on NSIC B2B Portal                |                                                                                                            |                                                                                              | Yes                       |
| Are you interested in availing Free .IN Domain and a business email ID |                                                                                                            |                                                                                              | Yes                       |
| Are you interested in getting registered on Skill India Digital Portal |                                                                                                            |                                                                                              | Yes                       |
| Rural Industries Centre                                                |                                                                                                            |                                                                                              | RAISEN ( MADHYA PRADESH ) |
| Registration.gov.in/Udyam_User/Udyam_PrintApplication.aspx             |                                                                                                            |                                                                                              |                           |



**SUKRIT  
HOLISTIC**  
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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**.