



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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DIPLOMA IN ACUPRESSURE THERAPY

Ancient Wisdom. Natural Healing. Holistic Living.



PRESSURE
Restores Balance



ENERGY
Activates Healing



WELLNESS
Enhances Vitality



HOLISTIC CARE
Mind, Body & Spirit

WHAT YOU'LL GET — ALL INCLUDED

- ✓ 35+ Hours of HD Recorded Video Lectures
- ✓ Lifetime Access + 100% Self-Paced Learning
- ✓ Weekly Live Doubt Sessions on Zoom
- ✓ 1-to-1 Personal Mentorship & Career Guidance
- ✓ 30+ Premium E-Books + Complete PDF Notes
- ✓ Complete Anatomy & Physiology Study Material
- ✓ Acupressure Points + Point Location Training
- ✓ Major Meridians & Energy Pathways
- ✓ TCM, Yin-Yang & Five Elements Fundamentals
- ✓ Hand & Foot Acupressure + Reflexology
- ✓ Condition-Specific Acupressure Protocols
- ✓ Pain, Stress, Sleep & Digestive Wellness Applications
- ✓ Lifestyle & Preventive Wellness Approaches
- ✓ Practical Demonstrations + Case-Based Learning
- ✓ Online Examination + Practical Assessment
- ✓ Internship Opportunity with Sukrit Holistic Academy
- ✓ Online & Offline Consultation Setup + Personal Branding Guidance
- ✓ 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



YOUR CERTIFICATION JOURNEY



ENROLL



LEARN
35+ HOURS



COMPLETE
THEORY MODULES



WEEKLY LIVE
MENTORSHIP



PRACTICAL
DEMONSTRATIONS



CASE-BASED
ASSIGNMENTS



ONLINE
EXAMINATION



PRACTICAL
ASSESSMENT



RECEIVE YOUR DIPLOMA
CERTIFICATE FROM

SUKRIT HOLISTIC ACADEMY



WHO IS THIS COURSE FOR?

Perfect for beginners, wellness professionals, naturopathy students, BNYS students, Ayurveda practitioners, yoga practitioners, massage therapists, fitness coaches, healthcare students, and anyone interested in learning Acupressure and pressure-point wellness techniques.



This course is ideal for individuals who want to develop practical knowledge for self-care, family wellness, professional skill development, wellness consultation, or starting their journey in holistic wellness.

WHAT YOU WILL LEARN



ACUPRESSURE
POINTS &
LOCATION



HAND & FOOT
ACUPRESSURE
TECHNIQUES



MERIDIANS &
ENERGY
PATHWAYS



TCM, YIN-YANG
& FIVE ELEMENTS
FUNDAMENTALS



PAIN, STRESS
& SLEEP
MANAGEMENT



DIGESTIVE
WELLNESS
APPLICATIONS



LIFESTYLE &
PREVENTIVE
WELLNESS



HOLISTIC HEALING
& BALANCE

BENEFITS OF THIS COURSE



Develop Practical
Therapeutic Skills



Enhance Career
Opportunities



Help Others
Naturally



Support Family
Wellness



Start Your Wellness
Consultation



Holistic Approach
to Health



Build Personal
Wellness Brand



Start Your Journey in
Acupressure

Develop practical knowledge of pressure points, meridians, stimulation techniques, hand and foot acupressure, and holistic wellness applications. Take your first step toward developing professional skills in Acupressure & Pressure Point Therapy with Sukrit Holistic Academy.





SUKRIT
HOLISTIC ACADEMY
Nurture Our Nature



— **DIPLOMA IN** — **ACUPRESSURE** **THERAPY** —

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.



ACUPRESSURE
Relieves Pain
& Restores Balance



SUJOK THERAPY
Holistic Healing
Through Hands
& Feet



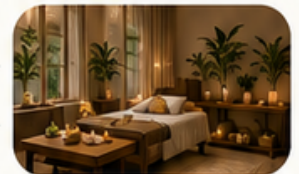
NATURAL HEALING
Drug-Free &
Side-Effect Free



HOLISTIC WELLNESS
Mind, Body &
Energy Balance

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



“ 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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CERTIFICATE OF DIPLOMA Diploma in Acupressure Therapy (DAT) Your Name



has successfully completed the Diploma in Ayurvedic & Yogic Nutritional Science, Functional Wellness & 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 & Yogic Nutrition, Functional Wellness and Therapeutic Nutrition.
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	SHADAT/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



**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**.