



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 Certificate in VEDIC NUTRITION & LIFESTYLE MANAGEMENT COURSE

LEARN.
APPLY.
TRANSFORM.
LIVE BETTER.

Ancient Wisdom. Balanced Nutrition. A Healthier You.

WHAT YOU'LL GET (ALL INCLUDED)

- ✓ ∞ Lifetime Access + Self-Paced Learning
- ✓ 📖 PDF Notes | 55+ E-Books | Internship
- ✓ 📺 Weekly Live Doubt Session (Every Sunday, Zoom)
- ✓ 👤 1-to-1 Live Mentorship Support
- ✓ 📝 Online Exam (100 MCQ) + Certificate
- ✓ 💻 Setup Your Own Online Consultation System



After registration: Complete access delivered to your email in 2 minutes.

SIMPLE PATH TO CERTIFICATION



Complete Course



1-to-1 Mentorship



Online Exam



Get Certificate

Start today. Build your holistic wellness career with confidence.



CAREER OPPORTUNITIES

After Completing This Course

Many learners join for personal wellness and later use their knowledge professionally. After completing the course, you can:

- ✓ 🌱 Offer Nutrition & Lifestyle Guidance
- ✓ 💻 Start Online Wellness Consultations
- ✓ 👤 Support Clients with Healthy Lifestyle Planning
- ✓ 🧘 Work as a Wellness Coach
- ✓ 📝 Create Health & Wellness Content
- ✓ 👤 Support Family & Community Health
- ✓ 📈 Build Your Personal Brand in the Wellness Industry



This course is suitable for personal growth, professional development, and starting a wellness-focused career.

WHO IS THIS COURSE FOR?



Beginners & Nutrition Enthusiasts



BNYS & Ayurveda Students



Yoga Practitioners & Instructors



Fitness Coaches & Trainers



Wellness Professionals



Individuals Seeking Self-Care & Family Health



Aspiring Nutrition Professionals



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



Begin your professional journey in Vedic Nutrition & Lifestyle Management with Sukrit Holistic Academy.



**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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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. —

Sample Certificate

Date xx/xx/xxxx	 SUKRIT HOLISTIC Nurture Our Nature	Certificate No. SHAVN/XXX/XXX
ADVANCED CERTIFICATE IN VEDIC NUTRITION (LIFESTYLE MANAGEMENT)		
	This certificate is proudly presented to YOUR NAME	
has completed the Advanced certificate in Vedic Nutrition for work in the field of Integrative Health Systems. He/She is, in our opinion, considered to be a capable Vedic Nutritionist & Lifestyle Planner In testimony of this, a Certificate is awarded under the seal of the Sukrit Holistic Academy.		
  	 Ms. Sample CEO, Managing Director	 Dr. Sample Academy Director
www.sukritholistic.com		
Prescription of any kind of medicine is strictly prohibited		

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**.