



**SUKRIT
HOLISTIC**
Nurture Our Nature



CERTIFICATE IN FUNCTIONAL GUT HEALTH & AUTOPHAGY



INTEGRATIVE
LEARNING



EVIDENCE BASED
PRACTICE



HOLISTIC
WELLNESS



THERAPEUTIC
NUTRITION



EXPERT
LED TRAINING



GLOBAL
CURRICULUM



PRACTICAL
APPLICATION



IMPACTFUL
CAREER



Ayurvedic Nutrition
Yogic Nutrition
Therapeutic Nutrition
Evidence Based Practice

EDUCATOR

Ritu kumari



LEARN • HEAL • EMPOWER



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INTEGRATIVE HOLISTIC NUTRITION

SCIENTIFIC FOUNDATION MODULES

MODULE 1

CELL BIOLOGY

The Building Blocks of Life

1



CELL BIOLOGY

- Study of cells – the fundamental units of life.
- Basis of all biological processes and functions.
- Understanding cells leads to understanding life itself.

2



CELL STRUCTURE AND FUNCTIONS

- Structure and function of key cellular components.
- Organelles and their specialized roles.
- How cells maintain life and perform vital activities.

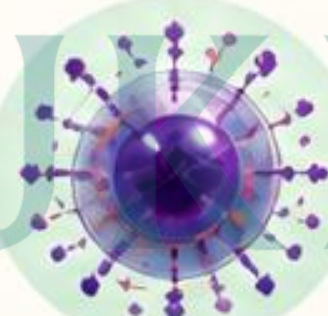
3



CELL DIVISION

- Process of cell growth and duplication.
- Mitosis and its role in growth and repair.
- Basis for development and reproduction.

4



CELL REPAIR

- Cells have the ability to repair and heal.
- Mechanisms that restore function and maintain health.
- Foundation of recovery and regeneration.

5



HUMAN TISSUES

- Groups of similar cells working together.
- Four primary tissue types and their functions.
- Tissues build organs and body systems.

6



BODY COMPOSITION

- The balance of fat, muscle, bone, and water in the body.
- Impacts health, performance, and longevity.
- Key to personalized nutrition and wellness.



“Every Cell is Intelligent. Every Cell Heals. Every Cell Transforms.”
Understand the Cell, Understand Life.”



SCIENTIFIC
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HOLISTIC
PERSPECTIVE



PRACTICAL
APPLICATION



PREVENTION &
WELLNESS



TRANSFORM
LIVES



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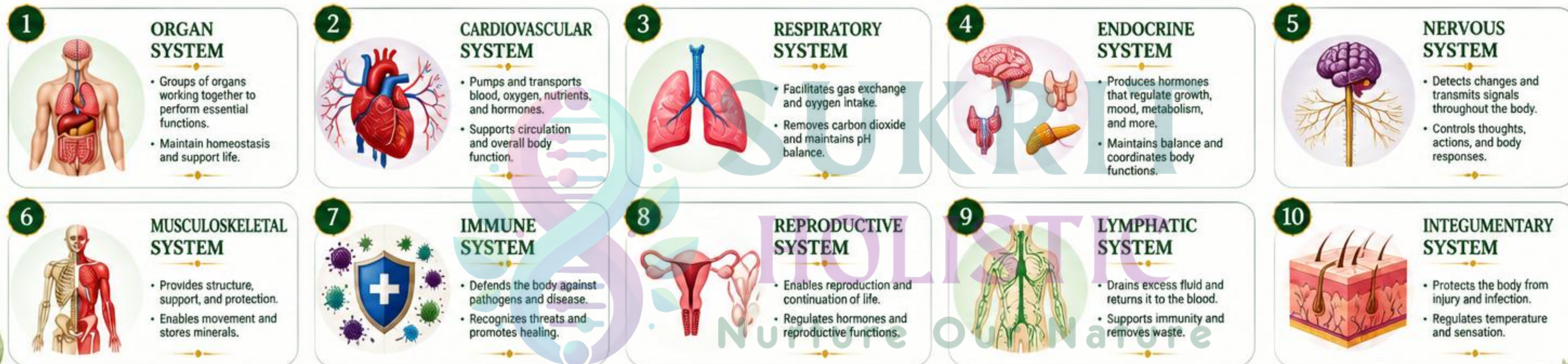
INTEGRATIVE HOLISTIC NUTRITION

SCIENTIFIC FOUNDATION MODULES

MODULE 2

HUMAN BIOLOGY

The Building Blocks of Human Systems



HOW BODY SYSTEMS WORK TOGETHER



“Every Cell is Intelligent. Every Cell Heals. Every Cell Transforms.”
Understand the Cell, Understand Life.”



SCIENTIFIC FOUNDATION

Evidence-based knowledge for lasting impact.



HOLISTIC PERSPECTIVE

Whole-person approach for mind, body & spirit.



PRACTICAL APPLICATION

Real-world tools for everyday integration.



PREVENTION & WELLNESS

Empowering wellness for a healthier tomorrow.



TRANSFORM LIVES

Inspire change. Empower communities. Transform lives.



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INTEGRATIVE HOLISTIC NUTRITION

SCIENTIFIC FOUNDATION MODULES

MODULE 3

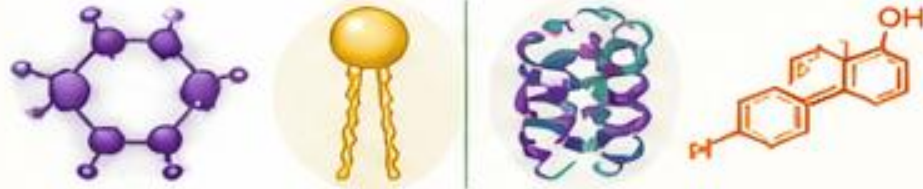
HUMAN CELL BIOCHEMISTRY AND METABOLISM

The Building Blocks of Cellular Processes

1

BIOMOLECULES

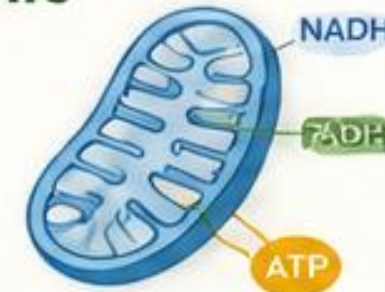
Carbohydrates, Lipids,
Protein and Hormones



2

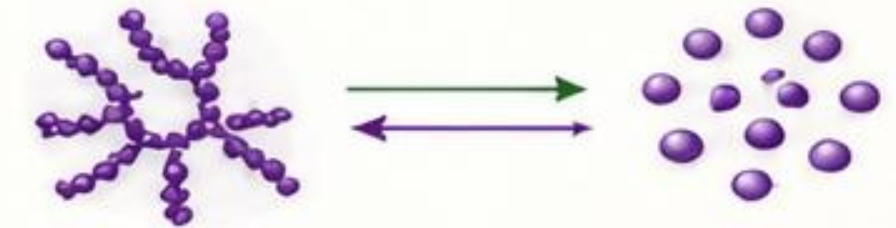
CARBOHYDRATE METABOLISM & METABOLIC PATHWAYS

- Glycolysis
- Citric Acid Cycle
- Pyruvate Dehydrogenase Complex
- Electron Transport Chain
- Oxidative Phosphorylation



3

GLYCOGENESIS AND GLYCOGENOLYSIS



4

PROTEIN METABOLISM & METABOLIC PATHWAYS

- Protein Synthesis
- Degradation
- Transamination
- Deamination
- Gluconeogenesis from Protein
- Ketogenic Amino Acids



5

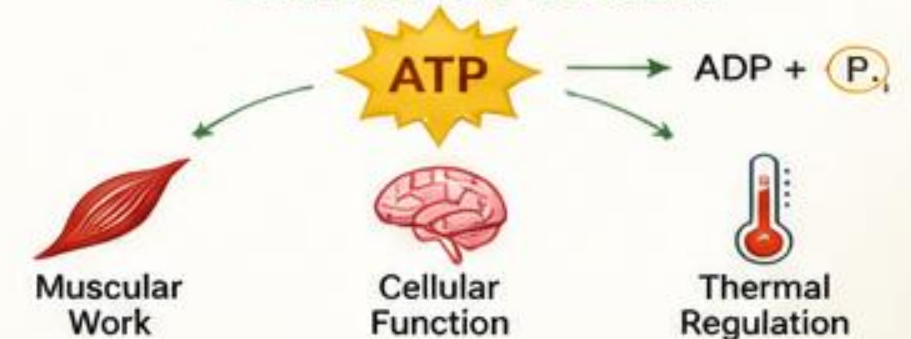
LIPID METABOLISM & METABOLIC PATHWAYS

- Lipolysis
- Beta-Oxidation
- Ketogenesis
- Lipogenesis
- Lipoprotein Transport
- Cholesterol Metabolism



6

ATP AND THE ENERGY SYSTEM



7

OXIDATIVE STRESS



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Whole-person approach for
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Real-world tools for
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INTEGRATIVE HOLISTIC NUTRITION

• SCIENTIFIC FOUNDATION MODULES •

MODULE 4

DIGESTIVE WELLNESS

• Nourish • Balance • Thrive •

1

DIGESTIVE SYSTEM



- Overview of the organs involved in digestion
- Structure and function
- Coordination for optimal digestive health

2

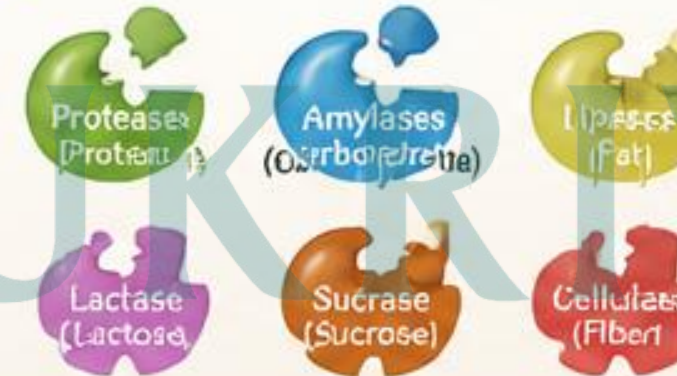
PHYSIOLOGY OF DIGESTION AND ABSORPTION



- Mechanical & chemical digestion
- Absorption of nutrients, water & electrolytes
- Factors affecting digestion and absorption

3

DIGESTIVE ENZYMES



- Types and sources of digestive enzymes
- Role in breaking down carbohydrates, proteins and fats
- Enzyme activity and support

4

ACCESSORY DIGESTIVE ORGANS



- Liver, Gallbladder, Pancreas
- Roles in bile production, enzyme secretion and nutrient processing
- Supporting optimal digestive function

5

THE DIGESTIVE PATHWAY



- Journey of food from ingestion to elimination
- Key processes at each stage
- Transit time and digestive comfort

6

THE GUT MICROBIOME



- Beneficial bacteria and their roles
- Microbiome balance and diversity
- Prebiotics, probiotics and fiber
- Impact on immunity and overall health

7

THE GUT BRAIN AXIS



- Communication between gut and brain
- Impact on mood, stress and behavior
- Supporting a healthy gut-brain connection



"A Healthy Gut is the Foundation of a Vibrant Life."
Nourish Your Gut, Nurture Your Life."



SCIENTIFIC FOUNDATION
Evidence-based knowledge
for informed decisions.



HOLISTIC PERSPECTIVE
Whole-person approach for
mind, body and spirit.



PRACTICAL APPLICATION
Real-world tools for
daily well-being.



PREVENTION & WELLNESS
Empowering wellness for
a healthier tomorrow.



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yourself and others.



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— MODULE 5 — FUNDAMENTALS OF NUTRITION

1 MACRONUTRIENTS



- Carbohydrates: Primary energy source
- Proteins: Build & repair tissues, support immunity
- Fats: Essential for hormone balance & cell function
- Balance is key for optimal health

2 MICRONUTRIENTS



- Vitamins & minerals support biochemical reactions
- Essential for growth, immunity, energy & overall function
- Deficiencies can impact health & performance

3 WATER BALANCE & ELECTROLYTES



- Water regulates body temperature, transports nutrients & removes waste
- Electrolytes (Na⁺, K⁺, Mg²⁺, Ca²⁺) maintain fluid balance, nerve & muscle function

4 HYDRATION ASSESSMENT METHOD



- Urine color chart
- Body weight changes
- Thirst perception
- Skin turgor
- Frequency & volume of urination

5 DEHYDRATION



- Causes fatigue, headache, dizziness & poor concentration
- Reduces physical & cognitive performance
- Can lead to heat stress & other health risks

6 HYPONATRAEMIA



- Low sodium levels in the blood
- Causes nausea, headache, confusion, fatigue
- Can be serious in severe cases
- Balance fluid intake & electrolytes

7 DAILY RECOMMENDED WATER



- General guideline: 30–35 ml per kg of body weight
- Adjust based on activity level, climate, age & health status
- Listen to your body & stay consistent
- Clean, safe water is essential for life


**HYDRATION
IS THE
FOUNDATION
OF HEALTH**



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TRANSFORM
LIVES



AUTOPHAGY & FASTING

Purify · Renew · Rejuvenate

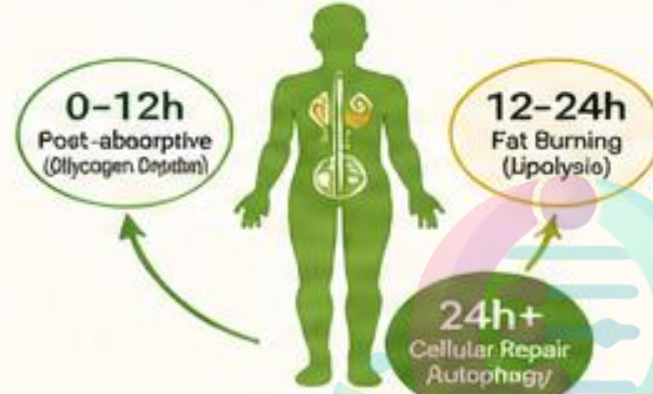
1 FASTING

1 FASTING



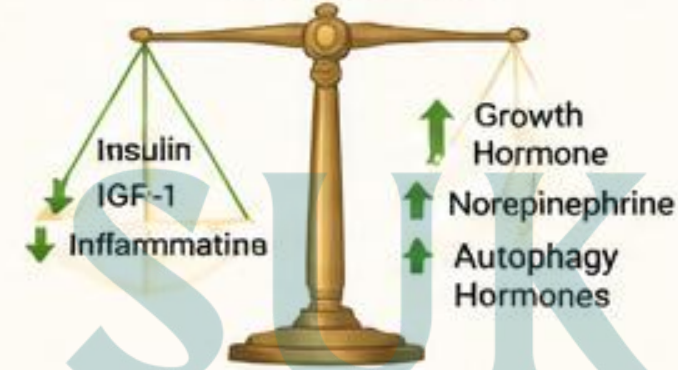
- Voluntary abstinence from food and sometimes calories for a period of time
- Ancient practice with modern scientific validation
- Supports body, mind and spirit

2 THE PHYSIOLOGY OF FASTING



- Glycogen depletion
- Fat mobilization & ketone production
- Cellular repair & regeneration
- Improved metabolic flexibility

3 HORMONAL RESPONSE TO FASTING



- Lower insulin promotes fat burning
- Growth hormone supports muscle preservation
- Enhanced cellular repair and longevity pathways

4 AYURVEDIC FASTING



- Langhana – The Ayurvedic principle of lightness
- Clears Ama (toxins)
- Restores Agni (digestive fire)
- Brings balance to Doshas
- Supports mental clarity, spiritual growth & detoxification

5 TYPES OF FASTING IN AYURVEDA



Upavasa
Complete fast
(Water / Herbal teas)



Phalahara
Fruits, juices, and light foods



Ekadashi Fast
Fasting on lunar days (11th & 26th)



Laghu Upavasa
Light diet, easy to digest foods

2 AUTOPHAGY

1 WHAT IS AUTOPHAGY?

The body's natural process of cellular cleaning, recycling and renewal.



KEY BENEFITS OF THE PROCESS

- Removes damaged proteins & organelles
- Reduces oxidative stress & inflammation
- Supports longevity & healthy aging
- Enhances immunity & cellular health

2 THE IMPORTANCE OF AUTOPHAGY



Detoxifies cells at the deepest level



Supports brain health & function



Improves metabolic health & insulin sensitivity



Protects against chronic diseases



Promotes healthy aging & longevity



Enhances physical performance & recovery

"When we fast, the body rests. When autophagy awakens, the body renews."
Fasting Ignites Autophagy. Autophagy Restores Vitality.



SCIENTIFIC FOUNDATION
Evidence-based knowledge for lifelong wellness



HOLISTIC PERSPECTIVE
Whole-person approach for mind, body & soul



PRACTICAL APPLICATION
Real-world tools for daily transformation



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