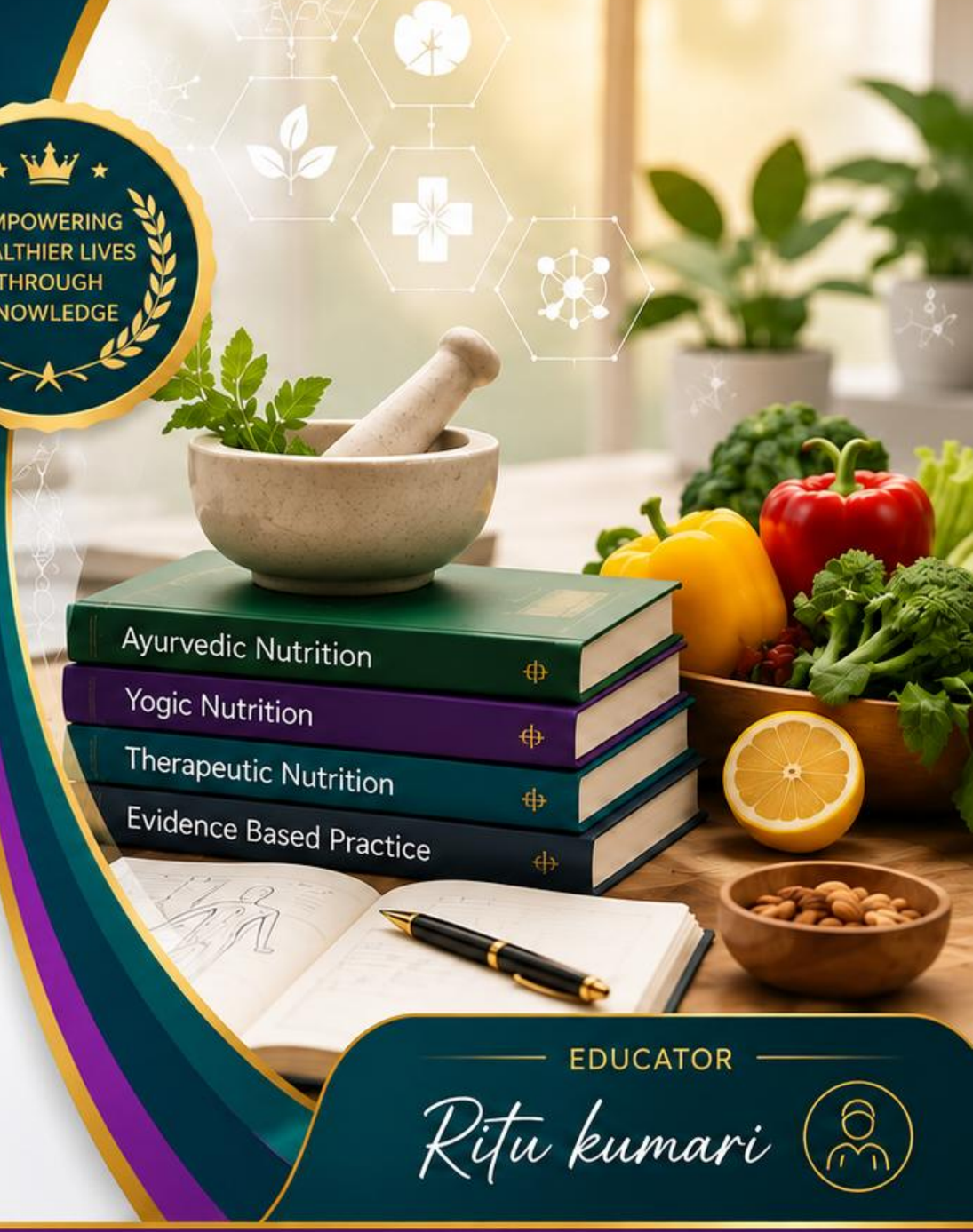
SUKRIT
HOLISTIC
Academy
Nurture Our Nature

EMPOWERING HEALTHIER LIVES THROUGH KNOWLEDGE

DIPLOMA IN AYURVEDIC & YOGIC NUTRITION

FUNCTIONAL WELLNESS & THERAPEUTIC NUTRITION



- INTEGRATIVE LEARNING
- EVIDENCE BASED PRACTICE
- HOLISTIC WELLNESS
- THERAPEUTIC NUTRITION

- EXPERT LED TRAINING
- GLOBAL CURRICULUM
- PRACTICAL APPLICATION
- IMPACTFUL CAREER

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

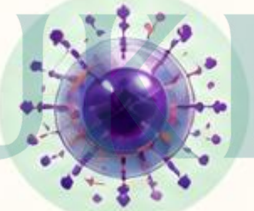
- Structure and function of key cellular components.
- Organelles and their specialized roles.
- How cells maintain life and perform vital activities.

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.

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"Every Cell is Intelligent. Every Cell Heals. Every Cell Transforms."
Understand the Cell, Understand Life."

SCIENTIFIC FOUNDATION | HOLISTIC PERSPECTIVE | PRACTICAL APPLICATION | PREVENTION & WELLNESS | TRANSFORM LIVES

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SCIENTIFIC FOUNDATION MODULES

MODULE 2

HUMAN BIOLOGY

The Building Blocks of Human Systems

1 ORGAN SYSTEM

- Groups of organs working together to perform essential functions.
- Maintain homeostasis and support life.

2 CARDIOVASCULAR SYSTEM

- Pumps and transports blood, oxygen, nutrients, and hormones.
- Supports circulation and overall body function.

3 RESPIRATORY SYSTEM

- Facilitates gas exchange and oxygen intake.
- Removes carbon dioxide and maintains pH balance.

4 ENDOCRINE SYSTEM

- Produces hormones that regulate growth, mood, metabolism, and more.
- Maintains balance and coordinates body functions.

5 NERVOUS SYSTEM

- Detects changes and transmits signals throughout the body.
- Controls thoughts, actions, and body responses.

6 MUSCULOSKELETAL SYSTEM

- Provides structure, support, and protection.
- Enables movement and stores minerals.

7 IMMUNE SYSTEM

- Defends the body against pathogens and disease.
- Recognizes threats and promotes healing.

8 REPRODUCTIVE SYSTEM

- Enables reproduction and continuation of life.
- Regulates hormones and reproductive functions.

9 LYMPHATIC SYSTEM

- Drains excess fluid and returns it to the blood.
- Supports immunity and removes waste.

10 INTEGUMENTARY SYSTEM

- Protects the body from injury and infection.
- Regulates temperature and sensation.

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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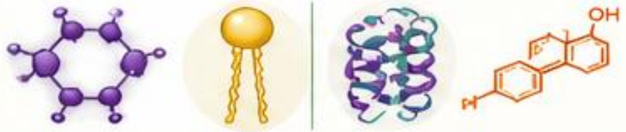
SCIENTIFIC FOUNDATION MODULES

MODULE 3

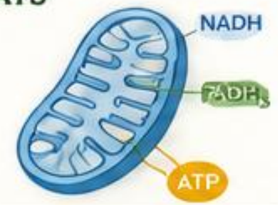
HUMAN CELL
BIOCHEMISTRY AND METABOLISM

The Building Blocks of Cellular Processes

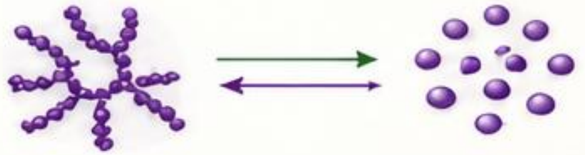
1 BIOMOLECULES
Carbohydrates, Lipids, Protein and Hormones



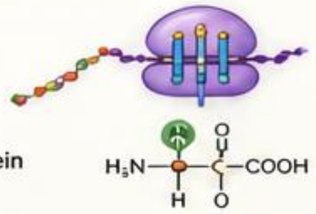
2 CARBOHYDRATE METABOLISM & METABOLIC PATHWAYS
- Glycolysis
- Citric Acid Cycle
- Pyruvate Dehydrogenase Complex
- Electron Transport Chain
- Oxidative Phosphorylation



3 GLYCOGENESIS AND GLYCOGENOLYSIS

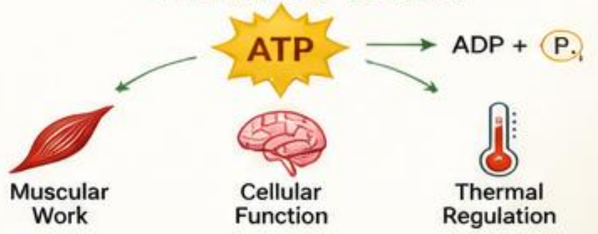


4 PROTEIN METABOLISM & METABOLIC PATHWAYS
- Protein Synthesis
- Degradation
- Transamination
- Deamination
- Gluconeogenesis from Protein
- Ketogenic Amino Acids



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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Understand the Cell, Understand Life."

SCIENTIFIC FOUNDATION
Evidence-based knowledge for lasting impact.

HOLISTIC PERSPECTIVE
Whole-person approach for mind, body & environment.

PRACTICAL APPLICATION
Real-world tools for everyday integration.

PREVENTION & WELLNESS
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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 & electroytes
- Factors affecting digestion and absorption

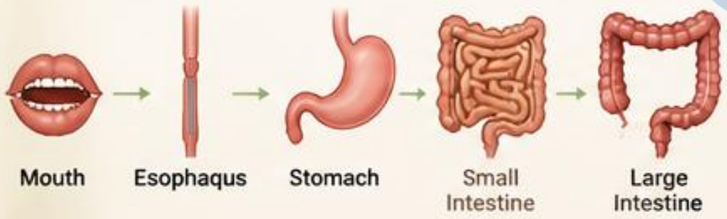
3 DIGESTIVE ENZYMES

- 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.

TRANSFORM LIVES
Inspire change. Empower 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^+, Mg^{2+}, Ca^{2+}) 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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MODULE 6

AUTOPHAGY & FASTING

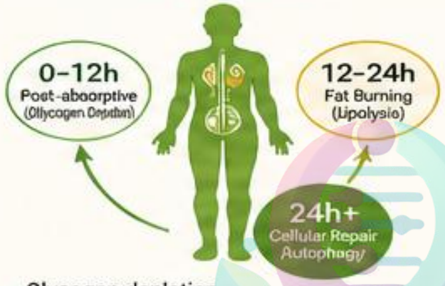
Purify · Renew · Rejuvenate

1 FASTING

1 FASTING

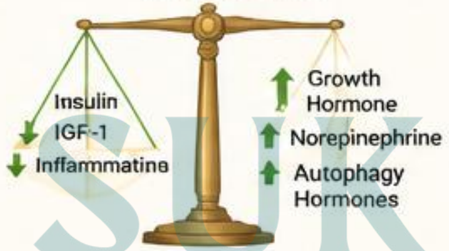
- Voluntary abstinence from food and sometimes calories for a period of time
- Ancient practice with modern scientific vaildation
- Supports body, mind and spirit

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
- Spuports 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

PREVENTION & WELLNESS
Empowering wellness for a healthier tomorrow

TRANSFORM LIVES
Inspire change. Empower healthier communities

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MODULE 7: TRADITIONAL & HOLISTIC NUTRITION

ANCIENT WISDOM FOR MODERN WELL-BEING

7.1 AYURVADIC NUTRITION

Eat According to
Nature, Balance & Constitution

VATA
Light, warm, nourishing & grounding

PITTA
Cooling, calm, moderate & soothing

KAPHA
Light, warm, stimulating & balancing

Focus: Digestive balance, dosha harmony, seasonal eating, and mindful nourishment.

Food is not just fuel — it is **information, vibration** and **medicine.**

– Ayurveda & Yoga

7.2 YOGIC NUTRITION

Nourish the Body,
Soothe the Mind, Elevate the Spirit

SATVIC
Pure, fresh, light & energizing

MINDFUL
Eat with awareness, gratitude & calm

DIGESTIVE FRIENDLY
Easy to digest, supports inner clarity

SPIRITUAL GROWTH
Enhances prana, focus & meditation

Focus: Sattvic diet, pranic nourishment, moderation, and inner harmony.

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MODULE 8:

Vedic Superfoods & Herbs

By

SUKRIT HOLISTIC ACADEMY

Ancient Wisdom. Natural Healing. Holistic Living.

1 TULSI (HOLY BASIL)

Adaptogen that boosts immunity, reduces stress & supports respiratory health.

2 NEEM

Powerful detoxifier that purifies blood, supports skin health & immunity.

3 ASHWAGANDHA

Adaptogen that reduces stress, improves stamina & supports vitality.

4 BRAHMI

Enhances memory, cognitive function & promotes mental clarity.

5 AMLA (INDIAN GOOSEBERRY)

Rich in Vitamin C, rejuvenates cells, supports immunity & hair health.

6 GILOY (GUDUCHI)

Immunity booster & detoxifier that supports overall well-being.

TRIPHALA
(AMLA + HARITAKI + BIBHITAKI)

Gentle detox for digestive health, regularity & rejuvenation.

14 SAFETY & DOSAGE

Guidelines for safe use, individual constitution & mindful practices.

8 TURMERIC

Golden spice for inflammation support, joint health & inner healing.

9 TRIPHALA
(AMLA + HARITAKI + BIBHITAKI)

Supports digestion, eliminates toxins & promotes healthy aging.

10 SHATAVARI

Nourishes reproductive health, balances hormones & promotes vitality.

11 MULETHI (LICORICE)

Soothes the throat, supports digestion & balances the digestive fire.

12 FENUGREEK (METHI)

Supports digestion, blood sugar balance & lactation.

13 PIPPLI (LONG PEPPER)

Enhances digestion, improves absorption & supports respiratory health.

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INTEGRATIVE HOLISTIC NUTRITION

SCIENTIFIC FOUNDATION MODULES

MODULE 9

MIND BODY & WELLNESS SCIENCE

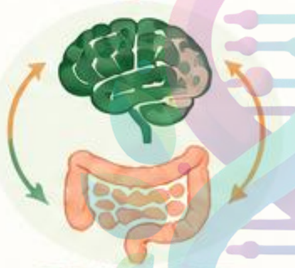
The Science of Inner Balance. The Art of Living Well.

1

EMOTIONAL EATING

- Understand how emotions influence eating behaviors.
- Identify triggers and patterns.
- Build awareness for healthier choices and self-compassion.

2



BRAIN GUT CONNECTION

- Explore the powerful communication between the brain and gut.
- Discover how gut health impacts mood, stress, and cognition.
- Support balance through nutrition and lifestyle.

3

TYPES OF EMOTIONAL EATING

- Identify different types of emotional eating patterns.
- Learn the root causes behind each type.
- Develop personalized strategies for healing and balance.

4

THE SCIENCE OF HABIT

- Understand how habits are formed in the brain.
- Learn the habit loop: cue, routine, reward.
- Build sustainable habits for wellness and success.

5

MOTIVATIONAL INTERVIEWING

- Use empathy and collaboration to inspire change.
- Strengthen intrinsic motivation and commitment.
- Empower lasting behavior change for wellness.

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Every Cell Is Intelligent, Every Cell Heals, Every Cell Transforms –
Understand the Cell, Understand Life.

SCIENCE MEETS NATURE | INTEGRATE MIND & BODY | NOURISH AT THE CELLULAR LEVEL | BALANCE EMOTIONS & ENERGY | LIVE WELL THRIVE NATURALLY

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Nurture Our Nature

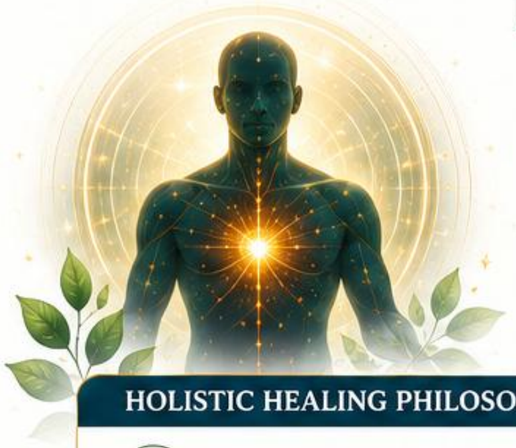
INTEGRATIVE HOLISTIC NUTRITION

MODULE 10

HOLISTIC LIFESTYLE MEDICINE

Healing the Person, Not Just the Disease

WHOLE PERSON. ROOT CAUSE. SUSTAINABLE HEALTH.



HOLISTIC HEALING PHILOSOPHIES

- **Balance** — In body, mind & spirit
- **Root Cause** — Address the why, not just the what
- **Interconnection** — All systems of life are connected
- **Personalization** — Unique needs, unique path
- **Empowerment** — You are the healer within

PRACTICAL APPLICATION

- **Assess** — Look at the whole person
- **Personalize** — Create simple, realistic plans
- **Support** — Build small habits that last
- **Empower** — Educate, motivate, inspire change

THE MIND–BODY INTEGRATION

Thoughts Shape Emotions → **Emotions** Influence Hormones → **Hormones** Affect Metabolism → **Metabolism** Impacts Health → **Habits** Create Healing

Holistic Lifestyle Medicine empowers you to create vibrant health – naturally and sustainably.

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INTEGRATIVE HOLISTIC NUTRITION

SCIENTIFIC FOUNDATION MODULES

MODULE 11

THERAPEUTIC NUTRITION

Food as Medicine. Nutrition as Therapy. Healing as a Science.

1 OBESITY

- Etiology and contributing factors
- Nutritional assessment and body composition
- Dietary strategies for weight management
- Lifestyle and behavioral intervention

2 DIABETES

- Types and pathophysiology
- Carbohydrate counting & glycemic management
- Medical nutrition therapy for diabetes
- Prevention of complications

3 CARDIOVASCARDIOVASCULAR

- Risk factors and lipid management
- DASH, Mediterranean & heart-healthy diets
- Blood pressure & sodium management
- Lifestyle for heart health

4 GASTROINTESTINAL

- Common GI disorders and nutrition care
- Gut microbiome and diet
- Elimination diets and food sensitivities
- IBS, IBD & celiac disease nutrition

5 RENAL & HEPATIC NUTRITION

- Chronic kidney disease nutrition
- Liver diseases and diet management
- Electrolyte and fluid balance
- Protein and micronutrient considerations

6 AUTOIMMUNE & INFLAMMATORY DISEASE

- Understanding immune dysregulation
- Anti-inflammatory dietary approaches
- Gut-immune connection
- Nutritional support for symptom management

7 CANCER & NUTRITIONAL SUPPORT

- Role of nutrition in cancer care
- During treatment & recovery
- Managing side effects with diet
- Evidence-based nutritional strategies

8 PCOS & HORMONAL DISORDERS

- Pathophysiology of PCOS
- Insulin resistance & diet
- Weight management strategies
- Nutrition for hormonal balance

9 THYROID NUTRITION

- Hypothyroid & hyperthyroid nutrition
- Iodine, selenium & key micronutrients
- Goitrogens and food interactions
- Supporting thyroid balance through diet

10 ANEMIA – NUTRITIONAL ASSESSMENT & MANAGEMENT

- Types and causes of anemia
- Nutritional assessment
- Iron, B12, folate & other key nutrients
- Dietary management and prevention

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Nourish the Body. Support the Healing. Restore Balance.
Therapeutic Nutrition for Every Life Stage.

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MODULE 12

HOLISTIC COACHING & CLIENT TRANSFORMATION

Empowering clients to achieve lasting wellness through holistic guidance, ethical practice and professional excellence.

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CLIENT ASSESSMENT

Gather comprehensive information to understand the client's health history, lifestyle, goals, and unique needs.

LIFESTYLE PLANNING

Create personalized, realistic plans that integrate nutrition, movement, stress management, sleep, and self-care for sustainable change.

COMMUNICATION PLANNING

Build trust and rapport through active listening, powerful questioning, and clear, compassionate communication strategies.

WELLNESS COACHING ETHICS

Uphold integrity, confidentiality, and professional boundaries while empowering clients with respect and non-judgment.

PROFESSIONAL PRACTICE SETUP

Establish a purpose-driven coaching practice with clarity—from services and systems to marketing and client management.

HOLISTIC CARE. LASTING CHANGE. TRANSFORMED LIVES.