



**SUKRIT
HOLISTIC**

Nurture Our Nature

— MASTER DIPLOMA COURSE IN — 

INTEGRATIVE NUTRITIONAL SCIENCE

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.

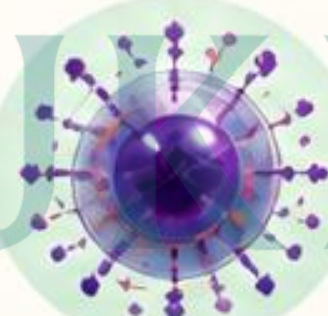
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CELL DIVISION

- 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.”



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PERSPECTIVE



PRACTICAL
APPLICATION



PREVENTION &
WELLNESS



TRANSFORM
LIVES



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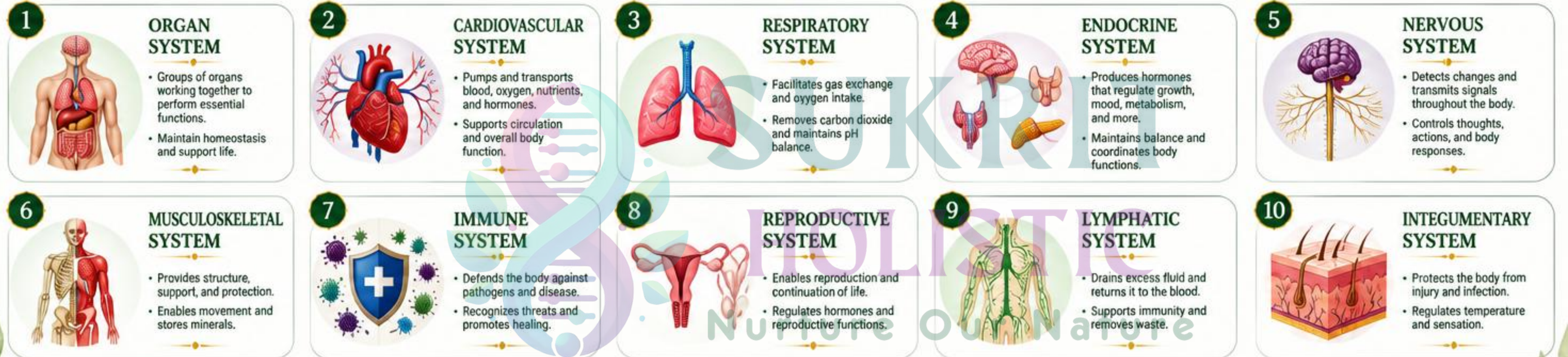
INTEGRATIVE HOLISTIC NUTRITION

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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MODULE 3

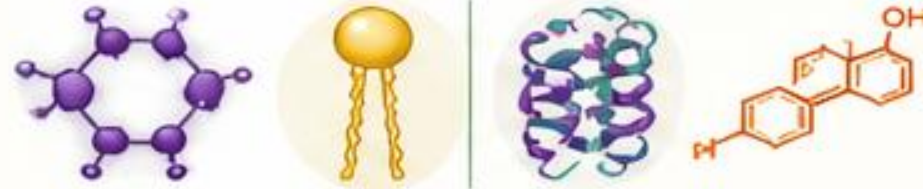
HUMAN CELL BIOCHEMISTRY AND METABOLISM

The Building Blocks of Cellular Processes

1

BIOMOLECULES

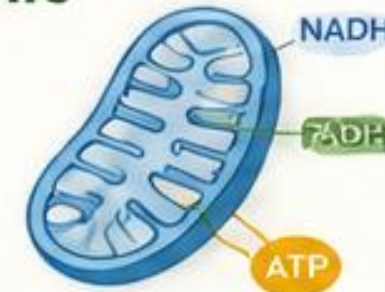
Carbohydrates, Lipids,
Protein and Hormones



2

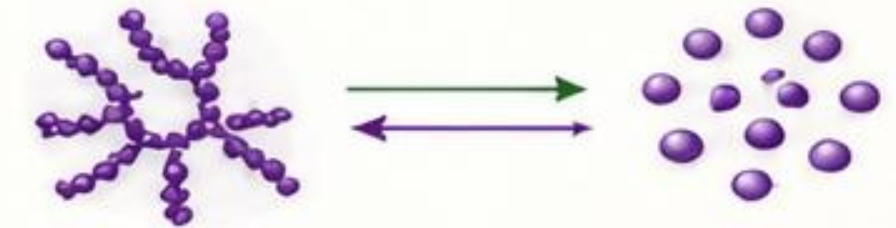
CARBOHYDRATE METABOLISM & METABOLIC PATHWAYS

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



3

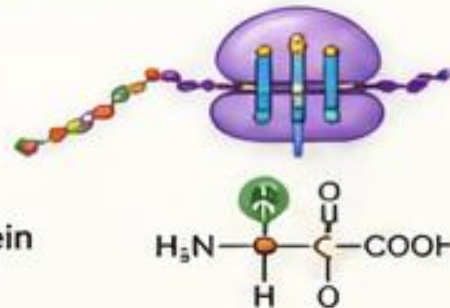
GLYCOGENESIS AND GLYCOGENOLYSIS



4

PROTEIN METABOLISM & METABOLIC PATHWAYS

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



5

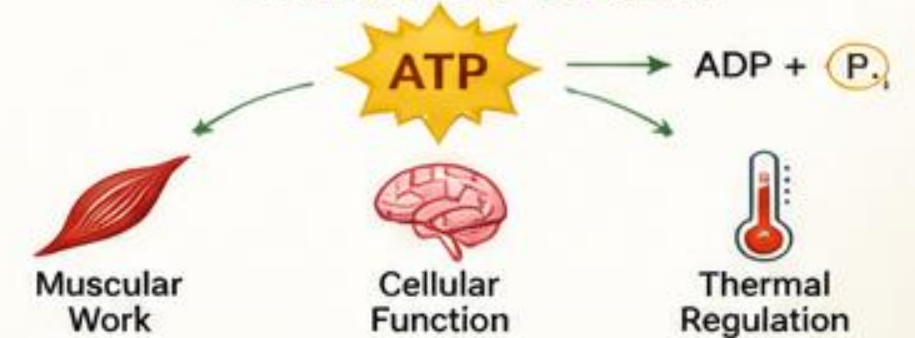
LIPID METABOLISM & METABOLIC PATHWAYS

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



6

ATP AND THE ENERGY SYSTEM



7

OXIDATIVE STRESS



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



**SCIENTIFIC
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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**

Empowering wellness for a
healthier tomorrow.



**TRANSFORM
LIVES**

Inspire change. Empower
communities. Transform lives.



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• 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

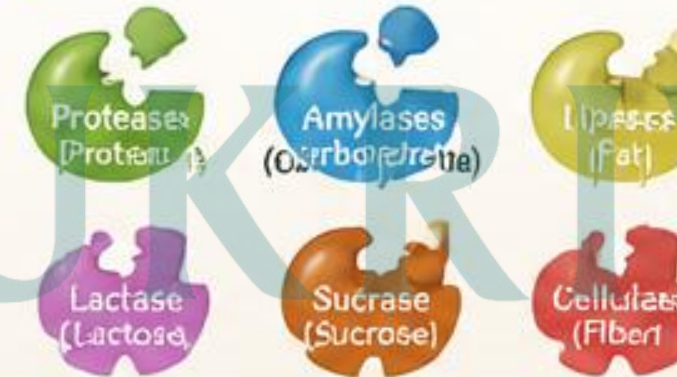
PHYSIOLOGY OF DIGESTION AND ABSORPTION



- 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.



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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PREVENTION &
WELLNESS



TRANSFORM
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AUTOPHAGY & FASTING

Purify · Renew · Rejuvenate

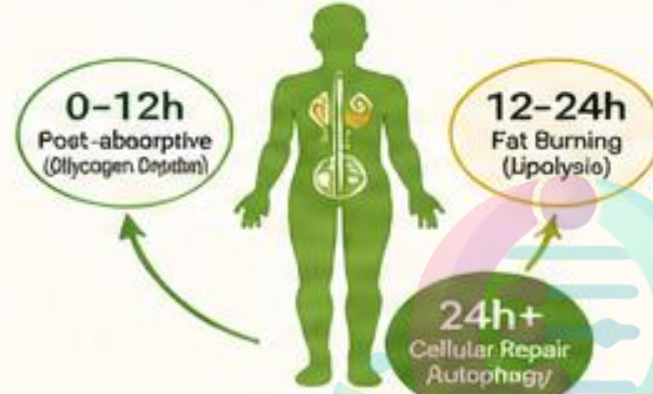
1 FASTING

1 FASTING



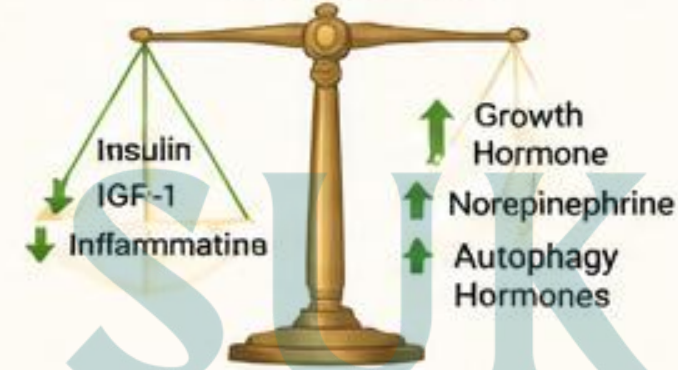
- Voluntary abstinence from food and sometimes calories for a period of time
- Ancient practice with modern scientific validation
- Supports body, mind and spirit

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



PREVENTION & WELLNESS
Empowering wellness for a healthier tomorrow



TRANSFORM LIVES
Inspire change. Empower healthier communities



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MODULE 7: TRADITIONAL & HOLISTIC NUTRITION

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.

ANCIENT WISDOM FOR MODERN WELL-BEING



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.

MODULE 8:

Vedic Superfoods & Herbs

By

SUKRIT HOLISTIC ACADEMY

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.



Ancient Wisdom. Natural Healing.
Holistic Living.





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INTEGRATIVE HOLISTIC NUTRITION

SCIENTIFIC FOUNDATION MODULES

MODULE 9

SPORTS NUTRITION

Fuel. Perform. Recover. Thrive.

1



SPORT NUTRITION

- Overview of nutrition for athletes.
- Supports performance, recovery, and overall health.

2



ENERGY SYSTEM AND NUTRITION TIMING

- Importance of when to eat for energy and performance.
- Pre, during, and post-exercise nutrition.

3



THE THREE TYPES OF ENERGY

- ATP-PC: immediate, short bursts of energy.
- Anaerobic: fast, intense efforts.
- Aerobic: sustained, endurance activities.

4



NUTRIENT TIMING

- Best times to consume carbs, protein, and fats.
- Optimizes performance, recovery, and body composition.

5



CARBOHYDRATES PERIODIZATION

- Carbs intake planning for different training phases.
- Matches fuel to training load and goals.

6



MPS (MUSCLE PROTEIN SYNTHESIS)

- Role in muscle recovery and growth.
- Stimulated by adequate protein and training.

7



TYPES OF PROTEIN AND AMINO ACID PROFILES

- Different protein sources and their quality.
- Impact on muscle repair, growth, and performance.

8



FLUID BALANCE IN ATHLETIC PERFORMANCE

- Importance of hydration for endurance, strength, and focus.
- Maintains temperature, boosts performance.

9



SPORTS SUPPLEMENTS

- Common supplements used by athletes.
- Uses, benefits, and evidence-based guidance.

10



VEGAN & VEGETARIAN ATHLETE PROTOCOL

- Nutrition tips for plant-based athletes.
- Ensures complete nutrition, performance, and recovery.

"Nutrition is the foundation. Timing is the strategy."
Fuel your body. Elevate your game."



PERFORMANCE



ENERGY



RECOVERY



STRENGTH



FOCUS



LONGEVITY



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INTEGRATIVE HOLISTIC NUTRITION

SCIENTIFIC FOUNDATION MODULES

MODULE 10

PUBLIC NUTRITION AND FOOD SAFETY

→ Nourishing Communities, Safeguarding Health ←

1



PUBLIC NUTRITION

- Science and art of promoting health and preventing disease through nutrition.
- Focus on populations, equity and health outcomes.

2



INDIA'S NUTRITIONAL LANDSCAPE

- Overview of nutritional status across life stages.
- Key challenges: malnutrition in all its forms, disparities and determinants.

3



MATERNITY & INFANT NUTRITION

- Optimal nutrition for mother before, during and after pregnancy.
- Breastfeeding, complementary feeding and early childhood nutrition.

4



SAM & MAM MANAGEMENT

- Identification and assessment of SAM and MAM.
- Community-based management, treatment, and follow-up care.

5



COMMUNITY NUTRITION ASSESSMENT

- Assess nutritional status, diet, and health indicators at community level.
- Tools, techniques and use of data for action.

6



FOOD INDUSTRY

- Role in food availability, quality, and innovation.
- Regulations, sustainability and corporate responsibility.

7



FOOD MARKETING

- Influence of marketing on food choices and behavior.
- Ethical marketing, labeling and protecting vulnerable populations.

8



FOOD SAFETY & ADULTERATION

- Hazards, contamination and foodborne illnesses.
- Detection, prevention and regulatory standards to ensure safe food.

9



WHO GLOBAL TARGET 2030

- End all forms of malnutrition by 2030.
- Achieve Sustainable Development Goals for a healthier, equitable and sustainable world.

"NOURISH PEOPLE. EMPOWER COMMUNITIES. ENSURE SAFETY."
TOGETHER FOR A HEALTHIER FUTURE.



INTEGRATE
Science with
Wisdom



NURTURE
Every Life
Every Day



EMPOWER
Communities
for Change



ENSURE SAFETY
From Farm to
Family



SUSTAIN
Health for
Future Generations



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MODULE 11

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.

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

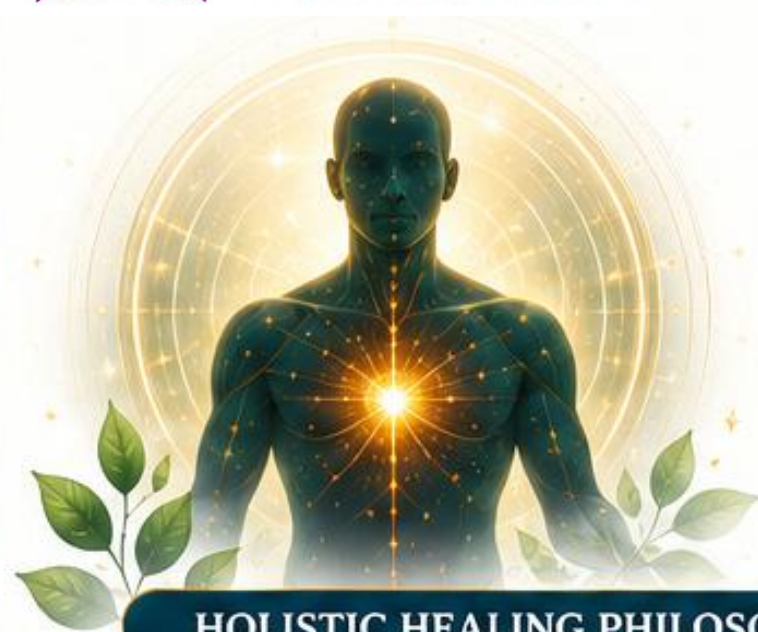


LIVE WELL
THRIVE NATURALLY

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 13

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

CARDIOVASCULAR



- 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



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





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MODULE 14

HOLISTIC COACHING & CLIENT TRANSFORMATION

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



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.

WELLNESS ENTREPRENEURSHIP & ACADEMY DEVELOPMENT

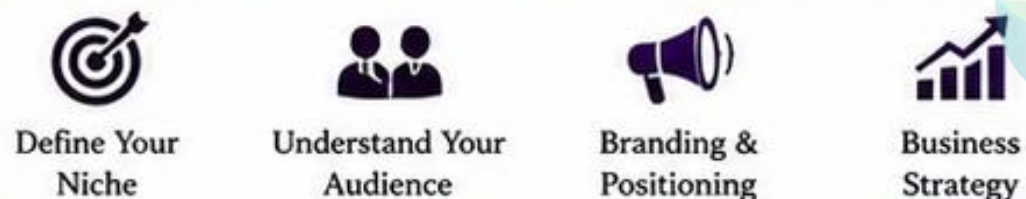
Inspire • Educate • Empower • Create Impact



WELLNESS ENTREPRENEUR MINDSET



BUILDING YOUR WELLNESS BUSINESS



SERVICES & OFFERINGS



VALUES THAT DRIVE SUCCESS



PURPOSE
DRIVEN



COMMUNITY
IMPACT



INNOVATE &
CREATE VALUE



SUSTAINABLE
GROWTH



EDUCATE &
EMPOWER



HOLISTIC
TRANSFORMATION



ACADEMY DEVELOPMENT



MARKETING & VISIBILITY



SYSTEMS FOR SUCCESS



YOUR IMPACT



Transform Lives.

Build Freedom.
Create a Legacy
That Lasts.



EDUCATE. EMPOWER. ENTREPRENEUR. ELEVATE.