



F I N E M

**Fellowship in Nutritional &
Environmental Medicine**





About STRI

The Soukhya Training and Research Institute, with the goal of imparting awareness, training & education in the field of Nutritional & Environmental Medicine, was brought into fruition after a soft launch in the year 2010 by Dr. A. Sreekumar acting as the Chairman.

Soukhya has pioneered in introducing courses, training programs, and national and international conferences in the domain of Nutritional and Environmental Medicine to Doctors & graduates from all medical and allied fields, both from India and overseas.

The Institute focuses on best patient care by equipping doctors with the latest developments in integrating nutritional and environmental medicine with other medical systems to provide high quality patient care with regards to health rather than just disease cure. Soukhya introduced a tailor-made training program in 2012, which was the first of its kind in India and since then, it has gained attention of a global scale from doctors and graduates alike.

FINEM is designed to guarantee gaining a top-level insight, expertise, and credibility as you pursue your career in Nutritional or Integrative Medicine. The course helps you gain knowledge and confidence in helping patients achieve a 4-Dimensional (Physical, Mental, Spiritual and emotional/holistic) aspect of health.

Who can attend this course?

While anyone with enough enthusiasm in the field can attend, Doctors from all streams, **Paramedics, Nutritionists, Wellness coaches, Wellness experts, Researchers, and Scientists, can benefit the most from this course.**

Course advantages

- | Soukhya is the only institute which teaches Nutritional and Environmental medicine in India
- | Affordable fee structure
- | Has gained global reputation over the years
- | Provides outstanding hospitality course materials, food and individual care and attention for students
- | Flexible modules and completion at your convenience: doctors can easily integrate it with their present practices
- | Continuous help and support system to enable the Fellows to clear their queries and doubts
- | Opportunities for teaching and presentations on an international platform
- | Has a unique Fellowship course hybrid training for 1 year with conveniently structured modules and timings
- | Internationally accredited expert and committed Faculties
- | Modules and topics are structured in such a way as to house every one under a single roof
- | Doctors are trained for immediate practice after the course
- | International conferences as Continued Medical Education (CME's) to update the Fellows with day today developments and improvements in integrating different systems of medicine and networking
- | Job opportunities as wellness consultants in major hospitals

The 15th batch is commencing in 11th May, 2025.

Register soon!

Academic Team

Founder & Chief Faculty



Dr. A. Sreekumar

MBBS, DLO, FACNEM (Australia)
Chairman Soukhya & Wellness Solutions

Chief Mentors & Faculty



Dr. Lekha Nair

PhD (Environmental Science),
Retd. Professor
Director, Soukhya Foundation



Prof. Dr. Ushy Mohandas

MD Mind and Business Coach
Professor, Writer



Dr. Anand Kumar

MD
Prof & Head Dept. of Neurology,
Amrutha Medical College



Dr. G.N. Ramesh

MD
DM – Head Department of Gastro,
Aster Medi city



Dr. Reghukumar MS

Retd. Prof. Surgery, Medical College,
Trivandrum



Dr. Sudha Chepyala

MD (USA), FINEM



Dr. Leroy Rebello

PhD, MD, FINEM



Dr. Mili Shah

President of Ozone Forum of India

Advisors



Prof. K. S. Rangappa

Prof. Biochemistry &
Ex Vice Chancellor, Uni Mysuru



Dr. Ian Brighthope

Founder ACNEM, Australia



Prof. S. N. Hegde

Ex Vice Chancellor, Uni Mysuru



Prof. Dr. C. N. Ramchand

CEO & CO Founder at Maggenome
Technologies Pvt. Ltd.

Our promoters





Registered Students' Entitlement



All presentations
in PowerPoint / PDF



Short Notes



Guidelines for
Dissertation



Networking
Opportunities



Hybrid Course Structure

- The Course is to be conducted both Online & Offline sessions.
- NEMConference – TBA
- Project & Dissertation before the examination.
- Fellowship certificate and the title FINEM are awarded after the completion of all the sessions, dissertation, examination & NEMCON.
- Those interested can join the course from any session. Can appear for the examination only after finishing all the modules & dissertation submitted.

Project / Thesis & Important dates to remember

- Project/Thesis – Soft copy submission is at least one month before the examination.

Course Syllabus

Fellowship modules are being done in Hybrid manner.

Online modules will be followed by assessment. Total Study time is 100+ hours

Course Design

Online

1. Introduction to Nutritional Medicine
2. Nutrients in Health
3. Vitamins C, D, K, E,
4. Minerals & Mineral Balance
5. Biochemistry of Health
6. Aging & Graceful Aging
7. Biophotons
8. Glymphatics
9. Endocrine System
10. Autonomic Nervous System
11. Exercise, Yoga & Meditation

Project/Thesis

Presentation before completion

Written examination

Registered person can write & awarded FINEM only after completing the whole modules.

Offline

1. Metabolic Syndrome
2. Diabetes
3. Heart Disease
4. Neurodegenerative Diseases
5. Case Studies
6. Movement Disorder
7. Immunity
8. Autoimmune Diseases
9. Cancer
10. Case Studies
11. Detoxification
12. IV Nutrients
13. Integrative Precision Medicine
14. Genomics & Geno-metabolic Assessment & Practice
15. Methylation Protocol
16. The practical Way Forward

Note: Indonesian students can contact us directly for course-related info as it may be subjected to change.

Functional Cellular Metabolic Medicine

This enables a health care professional to understand and practice the functional medicine at cellular and sub cellular level.

The course is designed to understand the basic component of functional health and syllabus comprises of the following sessions.

Medical Disclaimer

The contents presented through the FINEM practical explanation session under Soukhya Foundation is purely informative and strictly professional in nature.

These are not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek advice of your physician or other qualified health provider with any question you may have regarding a medical condition.

FINEM does not recommend or endorse any specific test, physician, products, opinion or procedure that may be mentioned through the demo. Soukhya Foundation shall not be liable for any acts done by the participants from the information and knowledge acquired through FINEM.



FINEM 2025 TENTATIVE SCHEDULE

<p>11-05-25 (Sunday) 09:00 AM - 01:00 PM Mode <input checked="" type="checkbox"/> Online</p>	<p>Module</p> <ul style="list-style-type: none"> • Introduction to Nutritional Medicine • Nutrients in Health 	<p>24-08-25 (Sunday) 09:00 AM - 01:00 PM Mode <input checked="" type="checkbox"/> Online</p>	<p>Module</p> <ul style="list-style-type: none"> • Session by Dr. Leroy Rebello
<p>01-06-25 (Sunday) 09:00 AM - 01:00 PM Mode <input checked="" type="checkbox"/> Online</p>	<ul style="list-style-type: none"> • Vitamins (C, D, K, E) • Mineral & Mineral Balance • Biochemistry 	<p>21-09-25 (Sunday) 09:00 AM - 01:00 PM Mode <input checked="" type="checkbox"/> Online</p>	<ul style="list-style-type: none"> • Movement Disorder • Immunity • Autoimmune Disease
<p>22-06-25 (Sunday) 09:00 AM - 01:00 PM Mode <input checked="" type="checkbox"/> Online</p>	<ul style="list-style-type: none"> • Aging & Graceful Aging • Biophotonics • Glymphatis 	<p>30-10-25 (Thursday) 09:00 AM - 04:00 PM Mode <input type="checkbox"/> Offline</p>	<ul style="list-style-type: none"> • Cancer- Case Studies • Detoxification
<p>20-07-25 (Sunday) 09:00 AM - 01:00 PM Mode <input checked="" type="checkbox"/> Online</p>	<ul style="list-style-type: none"> • Session by Dr. Sudha Chepyala 	<p>31-10-25 (Friday) 09:00 AM - 01:00 PM Mode <input type="checkbox"/> Offline</p>	<ul style="list-style-type: none"> • IV Nutrients • Integrative Precision Medicine • Genomics & Geno-metabolic • Assessment & Practice
<p>27-07-25 (Sunday) 09:00 AM - 01:00 PM Mode <input checked="" type="checkbox"/> Online</p>	<ul style="list-style-type: none"> • Endocrine System • Autonomic Nervous System • Exercise , Yoga & Medication 	<p>01-11-25 (Saturday) 09:00 AM - 04:00 PM Mode <input type="checkbox"/> Offline</p>	<ul style="list-style-type: none"> • Methylation Protocol • The Practical way Forward
<p>10-08-25 (Sunday) 09:00 AM - 01:00 PM Mode <input checked="" type="checkbox"/> Online</p>	<ul style="list-style-type: none"> • Metabolic Syndrome • Diabetes • Heart Disease • Neurodegenerative Disorder 	<p>02-11-25 (Sunday) 09:00 AM - 04:00 PM Mode <input type="checkbox"/> Offline</p>	<ul style="list-style-type: none"> • Summary Session • Exam

Please note that the thesis title should be submitted on or before August 20, 2025, and the thesis should be submitted on or before September 30, 2025.



F I N E M

Contact For Inquiries and Admission



Mrs. Hima Bindu: +91 95448 09992 / +91 97468 70888
+91 90486 62016



soukhyafoundation@gmail.com / inmamail2013@gmail.com



www.soukhyafoundation.com