



Soukhya Training and Research Institute with the perspective of imparting awareness, training & education in the field of Nutritional & Environmental Medicine, was started with a soft launch in the year 2010 by Dr. A. Sreekumar as Chairman.

Soukhya has pioneered in introducing courses, training programs and national and international conferences in Nutritional and Environmental Medicine to Doctors & graduates from all medical and allied fields in 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 in regaining health than just disease cure. Soukhya introduced a tailor made training program in 2012, which was 1st of its kind in India and it has gained global attention of doctors and graduates.

On attending this course you can be guaranteed in gaining top-level insight, expertise and credibility as you pursue your career in nutritional or integrative medicine. You will gain enough knowledge and confidence for helping patients achieve a 4 Dimensional (Physical, Mental, Spiritual and emotional/ holistic) health.



Digital FINEM Certification

Fellowship in Nutritional & Environmental Medicine

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 online/ classroom 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

Online Course Structure

Total No. of Online Hours : 60 hours

2 Sessions per month

Each Session is 3 hours which totals to 6 hours per month. The Course is spread for 10 months

One assignment on any selected topic related to the modules

Fellowship certificate and the title FINEM are awarded after the completion of all the modules, assignment, examination and nemcon.

Contact For Enquiries and Admission

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Academic Team

Founder & Chief Faculty



Dr. A. Sreekumar

MBBS, DLO, FACNEM, FINEM, FSAAARMM

Chief Mentors



Prof. Dr. Ushy Mohandas

CEO, Dr. Ushy's Wisdom Works
Founder, The Mind Workshop



Dr. Ian Brighthope

Founder ACNEM, Australia

Faculty



Dr. Sudha Chepyala

MD (USA), FINEM



Dr. Leroy Rebello

PhD, MD, FINEM



Dr. Mili Shah

President of Ozone Forum of India



Dr. Suraja Harilal

M.S General Surgery, FINEM



Dr. Rajany T

PhD, FINEM

