

CERTIFICATE OF COMPLETION

This is to Certify that

NIDHI NAGPAL

has successfully completed

Therapeutic Yoga Teacher Training

covering Yoga point of view, Introduction to Yoga Therapy, Ayurveda aspects, Nutritional aspects, Women-related ailments, common ailments- Thyroid, High Blood Pressure, Diabetes, Types of Headaches, Obesity, Insomnia, Vertigo, Varicose Veins, Digestive disorders, Mental ailments, Respiratory disorders, Spinal disorders, etc.

Their adaptation and application of yoga principles have demonstrated a clear understanding and ability to apply them in specific Therapeutic conditions.

Start Date: 09 Mar 2026

End Date: 07 Apr 2026

V. Ashok Kumar

Ashok Kumar Vankineni
Founder - Director

Prarthana

Prarthana Patel
Director
Yoga Therapy