

CERTIFICATE OF PARTICIPATION
Online Yoga Nidra Workshop - for Yoga Teachers

This is to acknowledge that

Shaveta Gupta

has successfully completed the **Yoga Nidra Workshop - for Yoga Teachers** online training of **7 hours (non-contact)**.

The course includes the following elements:-

Techniques, Training & Practice; Teaching Methodology; Yoga Philosophy, Lifestyle & Ethics

Course completed on
10 April, 2020

Shobhit Raj

Shobhit Raj
Founder & Principal Teacher,
Cognitive Yoga Academy

The Reiki Healers World Academy

USUI SHIKI RYOHO

This is to certify that

Shaveta Gupta

has attained the necessary Knowledge and Attunements in
The First Degree of The Usui System of Natural Healing
and has demonstrated comprehension of its Principles as well as the highest
degree of Proficiency in the newly acquired skills.

A Warm Welcome to our Cosmic Healers Family.



Dated : 31/01/2021

801, Block 4, Silver Estate, F-29, Sector 50, Noida.

霊気
Reiki

Jaya Wahi

Jaya Wahi
Reiki Grand Master

(In the Direct Lineage of Dr. Usui)



CERTIFICATE

**The Most Number of Participants Performing
Yogasanas Simultaneously at Multiple
Venues counted to 75,306 participants,
held at 199 different venues across India,
was set by Sri Chaitanya Educational
Institutions, India on December 04, 2019.
Kiran Kumar M K, Physical Education Department
(Zonal Incharge), Sri Chaitanya Educational
Institutions, Bengaluru Zone, India played a vital
role as a Chief Steward for the successful
completion of the attempt.**

RECORD LICENSE NUMBER: EWR20196616



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ELITE WORLD RECORDS PRIVATE LIMITED AND MUST NOT BE REPRODUCED WITHOUT PRIOR WRITTEN PERMISSION OF ELITE WORLD RECORDS

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Certificate of Appreciation

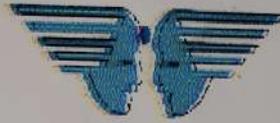
This is to certify that *Mrs. Shwetha Gupta* has been serving as *yoga teacher* for Adarane Orphans kids venture, Hegdenagara Jakkur po, Bangalore 560064, During this covid - 19 period she Constantly made efforts to spread awareness about yoga and its benefits. She had performed her duty in a dedicated manner and showed commendable progress in enhancing the health quotient of the station and improved the life style of children through yoga. I wish her all the best in her future endeavours.

Place : Bangalore 560064

Date : 4 - 06 - 2020

Director
Adarane Charitable Trust(R)

AIR FORCE WIVES WELFARE ASSOCIATION (LOCAL)



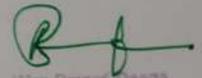
CERTIFICATE

(To Whom So Ever It May Concern)

This is to certify that **Mrs. Shaveta Gupta** has been serving as **Yoga Instructor** at one of AFWWA venture, Air Force Station Yelahanka from **01 Oct 2018** to **31 Oct 2019**. During this period she constantly made efforts to spread awareness about Yoga and its benefits. She had performed her duty in a dedicated manner and showed commendable progress in enhancing the health quotient of the Station and improved the life style of ladies and children through Yoga. I wish her all the best for her future endeavours.

Place: Air Force Stn, Yelahanka

Date: **11 Dec 2019**



(Mrs. Ravuri Deepa
President
AFWWA (L)
Air Force Station Yelahanka

indian yoga association



❁ yoganushasanam ❁

योग प्रशिक्षक - Yog Prashikshak
Yoga Professional Member (YPM)

Name: Shaveta Gupta

UniqueID: IYA/2021/YP1946

Cardholder's
Signature


Secretary General
(Authorised Signatory)

(This card is not an identity proof document)



**ASHMAYU YOGA
INSTITUTE**
ISO 9001 - 2015 Certified



CognitiveYogi™
Transforming lives spiritually & digitally

YOGA NIDRA LEVEL 2 WORKSHOP

Certificate of Attendance

This is to acknowledge that

SHAVETA GUPTA

**Has attended the yoga Nidra Level 2 Workshop at Ashmayu Yoga Institute,
JP Nagar, Bengaluru.**

Date:

23rd, 24th MARCH 2019

Shobhit Raj

Facilitator :
Shobhit Raj
Founder, Cognitive Yogi

Registration Number: ATY-TTC-1852

Hata Yoga Teacher Training Course

Level 1 - 200 hours



This is to certify
SHAVETA GUPTA

has successfully completed the 200 hours
of credit as part of a1000yoga's
Hata Yoga Teacher Training Program and has
graduated as a qualified Hata Yoga Teacher-Level 1.
As a Yoga Teacher, the graduate shall
observe all professional codes of conduct &
uphold Yogic values & principles.

A handwritten signature in black ink.

Course Date: March 2018

Graduation Date: October 2018

Location: a1000yoga, Bangalore, INDIA

Pradeep G Gowda,
E-RYT 500, RPYT, RCYT
Founder.

 **ACADEMY™**
education in authentic yoga



An ISO Certified Organisation

WORLD YOGA ORGANISATION (Regd)

वसुधैव कुटुम्बकम्

hereby certifies

SHAVETA GUPTA

as a registered Yoga Teacher



Issued on : 1st Mar, 2019
Valid upto : 1st Feb, 2025
Teacher Reg No. : WYORT1032



N.V.V. Jayakumari

AFFILIATED & ACCREDITED BY

WORLD YOGA ORGANISATION

CIT(E)BLR/12A/N-74/AAATW3301/J/ITO(E)-2/VOL 2015-2016

Registration Committee In-charge