

TCID : TC113491

Regd. No: AAIY-1457

Certification Registration No. ADN-129-7070

Yoga Alliance ID: 305299



Dr. Satnam's

Arogyam Institute

An ISO 9001:2015 Certified Institute

(Internationally Recognized)

YTA (HSSQ 4001) is Accredited with

*Skill India under N.S.D.C & Ministry of Skill Development & Entrepreneurship***

Affiliated with Yoga Alliance, USA, for RYT-200

Certificate of Completion of Course

This is to Certify that **Harshita Tewari**, has successfully completed 1 Month of online Certification Course in **Ayurvedic Diet & Nutrition**. From 4th September 2023 to 4th October 2023.

Arogyam Institute Skilled Course
For Yoga and Panchkarma
Prop.

Satnam Singh
Dr. Satnam Singh
Course Director

*Accredited with Skill India Under N.S.D.C & Ministry of Skill Development & Entrepreneurship pertain to Institute offering various course(s), details whereof is available on the website www.arogyaminstitute.com

Visit website to know about various accreditations, courses and other information.

CPD LEARNING TOOL

EVIDENCING YOUR LEARNING



This activity equates to 46 hours of CPD

Please answer the following questions to complete the learning reflection tool.

This exercise enables personalised reflection on your learning outcomes and helps record your CPD for a professional body or employer.

Before the activity: What was the key reason for you choosing to undertake this activity?



During the activity: What were your key learning points, ideas for practice, or lightbulb moments?



After the activity: What content was most relevant to your role? And how could you build on your learning?



Significant learning outcome: To transfer to your formal CPD record for your employer or professional body



**Did you know that completing this CPD activity qualifies you for free membership to the Institute of CPD?
Receive prestigious letters after your name and digital badges to demonstrate your commitment to learning.
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