

# Silva International Headquarters

LAREDO · TEXAS · U.S.A.

This is to certify that

**Hritu Mehra**

has satisfactorily completed

## The Silva Method

Silva Life System Program

and is hereby awarded this

# CERTIFICATE

on this 18<sup>th</sup> day of October, 2020

Certificate No. SG2020022



*Pooja Arora*  
Certified Silva Method Instructor

**Pooja Arora**