

# International Health and Fitness Association

(REGISTERED BY MINISTRY OF CORPORATE AFFAIRS, GOVERNMENT OF INDIA)

WORLDWIDE  
EDUCATION PROVIDER

CERTIFIED  
**CHE**  
CONTINUING HEALTH EDUCATION  
APPROVED

Registration # CHE/14/2023

CPD  
MEMBER

The CPD Certification  
Service

Membership # 16195

European  
Qualifications  
Framework

Credits are Internationally  
Recognised under the  
EQF



INTERNATIONAL HEALTH AND FITNESS ASSOCIATION

HEREBY CERTIFIED THAT

*Dr. Sayali Sontakke*

Registration ID # IHFA2325368408

HAS SUCCESSFULLY COMPLETED

THE REQUIREMENTS OF THE CURRICULUM AND

IS HEREBY AWARDED THIS CERTIFICATE FOR THE COURSE OF

## Certified Diabetic Rehab Specialist (CDRS)<sup>®</sup>

Course Approved for 1.0 CHE (Continuing Health Education)

CHANNEL PARTNER : IHFA WORLDWIDE PVT. LTD.

RECOGNISED BY GOVERNMENT OF INDIA AS STARTUP FOR SKILL DEVELOPMENT EDUCATION  
BY THE DEPARTMENT FOR PROMOTION OF INDUSTRY AND INTERNAL TRADE (DIPP103277)

Batch # 1st

Certificate # 10222

Date of issue: 9th July 2023

Course Hours 10

Training Site: Online

CHE / CEU / CEC : 1.0

*Vipin Kumar*



DR. VIPIN KUMAR (PT)  
MD, IHFA

This Document is the privileged of the IHFA

**YOU**  
360  
HEALTHCARE & ACADEMY  
AIDING YOU  
TRAINING PARTNER

*Samana Sayed*

Resource Person

DR. SAMANA SAYED (PT)

CardioPulmonary Physiotherapist

Diabetes Rehab Specialist

OFFICE:  
MANDIR MARG MAHAVIR ENCLAVE,  
NEW DELHI 110045 INDIA

This document can be verify on  
[www.ihfafitness.com](http://www.ihfafitness.com) | [info@ihfafitness.com](mailto:info@ihfafitness.com)

ASSOCIATE OFFICE:  
NCCPT, 3481, OLD CADNEJO RD,  
#102 NEWBURY, PARK CALIFORNIA

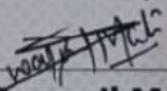


Mueller Sports Medicine  
**Kinesiology Taping Workshop**

This is to Certify that

*Sayali Nandkishor Sontakke*

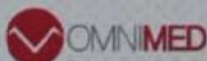
has attended the Kinesiology taping workshop on  
*16 DECEMBER (MODULE I)* conducted by

  
**Dr. Swapnil Mate (PT)**

Instructor - Kinesiology Taping  
Sports Physiotherapist (IOC)

Credit Hours: *8 hrs.*

Sponsored by:  
Mueller Sports Medicine, Inc. U.S.A.



Organised by:  
HPE India & OmniMed ([www.omnimed.co.in](http://www.omnimed.co.in))





# Certificate

OF COMPLETION

THIS CERTIFICATE IS AWARDED TO

**Sayali Sontakke**

for his / her participation in the  
**Pregnancy and Postpartum Nutrition and Fitness**  
equivalent to 2 credits and 0.6 CEU

**2022**

DATE OF ISSUE: 29-07-2022

VALIDITY: LIFETIME

Certificate Id: INFS1659081940

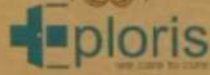
A handwritten signature in black ink, appearing to be "S. Sontakke", written over a faint circular watermark of the INFS logo.

Founder & Director,  
I.N.F.S.

A handwritten signature in black ink, appearing to be "A. Joshi", written over a faint circular watermark of the INFS logo.

Program Director  
I.N.F.S.

The certification demonstrates competency to provide nutrition and fitness counselling to individuals who are healthy or have medical clearance for exercise. Validity of the certificate can be verified on INFS website ([www.infs.co.in](http://www.infs.co.in))  
Registered Address: 403, Platinum Square, next to Hotel Hyatt, Opp.WNS, Above Shrinivas Restaurant, Viman Nagar, Pune - 411014



## CERTIFICATE OF COMPETENCY

*This is to Certify that Mr./Mrs./Miss/Dr.*

**SAYALI SONTAKKE**

*has successfully completed Theory as well as Clinical Hands-On*

**“ MYO-KINETIC CUPPING THERAPY (LEVEL 1 & 2)”**

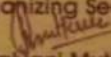
*and passed Theory & Practical Examination and is now Certified as*

**MYO-KINETIC CUPPING THERAPIST**

*On 26th & 27th June, 2021 at Nagpur, Maharashtra*


*With 16 Credit Hours*

Organizing Secretary

  
Dr. Kalyani Mutkure (PT)

Ref. No. : EPA/21/6006

Resource Person

  
Dr Mayank Pushkar (PT)  
(Chief Instructor-EPLORIS)



## CERTIFICATE OF COMPETENCY

*This is to Certify that Mr./Mrs./Miss/Dr.*

**SAYALI SONTAKKE**

*has successfully completed Theory as well as Clinical Hands-On*

**“ ON-FIELD THERAPEUTIC TAPING (LEVEL1&2)”**

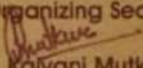
*and passed Theory & Practical Examination and is now Certified as*

**ON-FIELD THERAPEUTIC TAPING THERAPIST**

*On 28th & 29th June, 2021 at Nagpur, Maharashtra*


*With 16 Credit Hours*

Organizing Secretary

  
Dr. Kalyani Mutkure (PT)

Ref. No. : EPA/21/6016

Resource Person

  
Dr Mayank Pushkar (PT)  
(Chief Instructor-EPLORIS)

*This is to certify that*

**Dr. Sayali Sontakke**

*Completed the Physioplus online course:*

**Respiratory Management of  
People with COVID-19**

*Physioplus points awarded:*

**1.5**



**On behalf of Physioplus**

**Date: 27th March 2020**

1 Physioplus point is equivalent to 1 hour of learning - accreditors may award different CEUs or CPD points

Certificate validity code ( <http://bit.ly/ppcertcheck> ): d10b31553b6baeadc209029a6f1a579e-u63173-t29737-p1.5-d1585307359

South African Society of Physiotherapy: PPB007/PT000/2020/132 (3 General CEUs Level 1)

Physioplus, 10 Queen Street Place, London, EC4R 1BE, United Kingdom

*This is to certify that*

**Dr. Sayali Sontakke**

*Completed the Physioplus online course:*

**Understanding Coronavirus  
Disease (COVID-19)**

*Physioplus points awarded:*

**0.8**



**On behalf of Physioplus**

**Date: 27th March 2020**

1 Physioplus point is equivalent to 1 hour of learning - accreditors may award different CEUs or CPD points

Certificate validity code ( <http://bit.ly/ppcertcheck> ): b4418bde635e1e37e0ef4c6b6b16e04d-u63173-t29690-p0.8-d1585302425

South African Society of Physiotherapy: PPB007/PT000/2020/129 (3 General CEUs Level 1)

Physioplus, 10 Queen Street Place, London, EC4R 1BE, United Kingdom

*This is to certify that*

**Dr. Sayali Sontakke**

*Completed the Physioplus online course:*

**Role of Physiotherapy in  
COVID-19**

*Physioplus points awarded:*

**0.8**



**On behalf of Physioplus**

**Date: 27th March 2020**

1 Physioplus point is equivalent to 1 hour of learning - accreditors may award different CEUs or CPD points

Certificate validity code ( <http://bit.ly/ppcertcheck> ): 15f2925a2872eed749ddc337d242b53a-u63173-t29732-p0.8-d1585303707

South African Society of Physiotherapy: PPB007/PT000/2020/131 (3 General CEUs Level 1)

Physioplus, 10 Queen Street Place, London, EC4R 1BE, United Kingdom



# Certificate

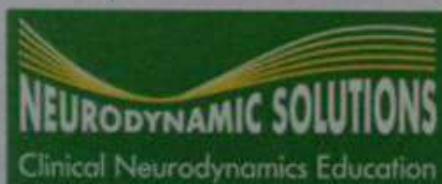
This is to certify that

Dr. Sayali N. Sontakke

Has successfully completed the two-day *lower quarter* course on clinical neurodynamics, total practical and lecture time 14 hours, conducted by Neurodynamic Solutions (NDS).

Dates: 31<sup>st</sup> August & 1<sup>st</sup> September, 2019

VSPM'S COLLEGE OF PHYSIOTHERAPY, NAGPUR



SEMINAR GROUP  
providing practical solutions  
for clinicians treating  
musculoskeletal disorders

6th floor, 118 King William Street  
Adelaide, South Australia 5000

Phone +61 8 8212 4886  
Fax +61 8 8212 8028

admin@neurodynamicsolutions.com  
www.neurodynamicsolutions.com

E-mail  
Web

*Michael Shacklock*

Michael Shacklock  
M.App.Sc., Dip. Physio.  
Director

*Kiran Challagundla*

Kiran Challagundla  
MOSMPT  
Course Instructor

# Certificate

This is to certify that

Dr. Sayali N. Sontakke

Has successfully completed the two-day *upper quarter* course on clinical neurodynamics, total practical and lecture time 14 hours, conducted by Neurodynamic Solutions (NDS).

Dates: 29<sup>th</sup> August & 30<sup>th</sup> August, 2019

VSPM'S COLLEGE OF PHYSIOTHERAPY, NAGPUR



SEMINAR GROUP  
providing practical solutions  
for clinicians treating  
musculoskeletal disorders

6th floor, 118 King William Street  
Adelaide, South Australia 5000

Phone +61 8 8212 4886  
Fax +61 8 8212 8028

admin@neurodynamicsolutions.com  
www.neurodynamicsolutions.com

E-mail  
Web

*Michael Shacklock*

Michael Shacklock  
M.App.Sc., Dip. Physio.  
Director

*Kiran Challagundla*

Kiran Challagundla  
MOSMPT  
Course Instructor