





CERTIFICATE OF COMPLETION

This Certificate is presented to

UMESH THAKUR

who has attended and participated in the practical and
theoretical requirements necessary to satisfy the completion of

RESISTANCE TRAINING SPECIALIST LEVEL 1

19. JUNE 2023

22. MAY 2025



Date

Valid Until

RTS Global
Course Instructor



FIRST AID TRAINING CERTIFICATE

This is to certify that

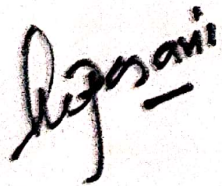
Umeshchand Thakur

Has successfully attended The First Aid Training Course

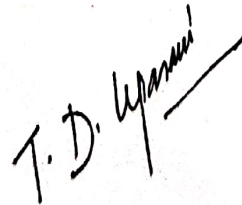
Awarded 10/04/2023

Location Mumbai

Validity : 1 year



Dr. (Mrs.) Shradhda D. Upasani
Founder & Chairperson



Dr. Tejas D. Upasani
Managing Director



Dr. Dnyaneshwar Shinde
Head - ICU & Course Instructor

CERTIFICATE OF COMPLETION

THIS IS TO CERTIFY THAT

Umeshchand Thakur

HAS MET THE REQUIREMENTS ESTABLISHED BY PREHAB 121 ACADEMY AND
GAINED FUNDAMENTAL KNOWLEDGE AND SKILLS TO UNDERSTAND, CONDUCT AND
DESIGN STRENGTH & CONDITIONING TRAINING PROGRAMS

STRENGTH & CONDITIONING TRAINING SPECIALIST (LEVEL 6)

AWARDED ON 20TH OCTOBER 2024

022819

Registration No



Dr Luqman Shaikh (PT)
Founder Prehab 121 Academy



2.0 CECs

ACE Approved No
CEP205013



PREHAB 121TM
ACADEMY



20 CECs

ACSM Approved No
885783

CERTIFICATE OF COMPLETION

THIS IS TO CERTIFY THAT

Umeshchand Thakur

HAS MET THE REQUIREMENTS ESTABLISHED BY PREHAB 121 ACADEMY &
HAS GAINED FUNDAMENTAL KNOWLEDGE & SKILLS TO UNDERSTAND,
CONDUCT & DESIGN CORRECTIVE EXERCISES

POSTURE & FUNCTIONAL CORRECTIVE EXERCISE SPECIALIST

AWARDED ON 25TH AUGUST 2024

062529

Registration No



Dr Luqman Shaikh (PT)
Founder Prehab 121 Academy



1.2 CECs
ACE Approved No
CEP205503



60 CECs
ACSM Approved No
885783

CERTIFICATE OF COMPLETION

THIS IS TO CERTIFY THAT
Umeshchand Thakur

HAS MET THE REQUIREMENTS ESTABLISHED BY PREHAB 121 ACADEMY &
HAS GAINED FUNDAMENTAL KNOWLEDGE & SKILLS TO UNDERSTAND, CONDUCT &
DESIGN MAT PILATES & QUALIFIED TO TEACH MAT PILATES PROFESSIONALLY

MAT PILATES SPECIALIST

AWARDED ON 30TH SEP 2024

091376

Registration No



Dr Luqman Shaikh (PT)
Founder Prehab 121 Academy

CERTIFICATE OF COMPLETION

THIS IS TO CERTIFY THAT
Umeshchand Thakur

HAS MET THE REQUIREMENTS ESTABLISHED BY PREHAB 121 ACADEMY &
HAS GAINED FUNDAMENTAL KNOWLEDGE & SKILLS TO UNDERSTAND, CONDUCT &
DESIGN KETTLEBELL TRAINING

KETTLEBELL TRAINING SPECIALIST

AWARDED ON 30TH SEP 2024

131496

Registration No



Dr Luqman Shaikh (PT)
Founder Prehab 121 Academy



2.4 CECs

ACE Approved No
CEP203473



PREHAB 121TM
ACADEMY



24 CECs

ACSM Approved No
885783

CERTIFICATE OF COMPLETION

THIS IS TO CERTIFY THAT
UMESHCHAND THAKUR

HAS MET THE REQUIREMENTS ESTABLISHED BY PREHAB 121 ACADEMY &
HAS GAINED FUNDAMENTAL KNOWLEDGE & SKILLS TO UNDERSTAND, CONDUCT &
DESIGN PREHAB & REHAB TRAINING PROGRAMS

PREHAB & REHAB SPECIALIST

AWARDED ON 20TH AUGUST 2024

0525783

Registration No



Dr Luqman Shaikh (PT)
Founder Prehab 121 Academy



Certificate Of Completion

In Recognition Of The Successful Completion Of The Requisite Course Study And
Upon Certified Nomination Of The Faculty Of Prehab 121 Academy Has Conferred Upon
Umeshchand Thakur

In Recognition Of The Satisfactory Fulfillment Of The Prescribed Requirements For The
Certified Personal Trainer (Level 5)
With The Rights, Honors & Privileges Thereunto
Pertaining Dated 5th October 2024

2006243

Registration No



Dr Luqman Shaikh (PT)
Founder Prehab 121 Academy