

Certificate of Participation

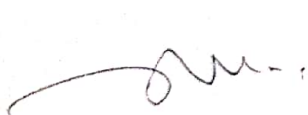
This is to certify that Dr./Mr./Ms. Vandana Tanwar.

Participated in the Three Days CRE Programme on

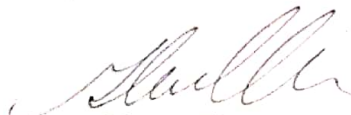
“Evaluation/Selection of Advanced Prosthetic Componentary, Medical/ Bio-Mechanical Treatment of Diabetic Foot and Foot Ulcers and Other Foot Problems”

From 11.02.2009 to 13.02.2009
at Total Orthotics and Prosthetics India Pvt. Ltd.

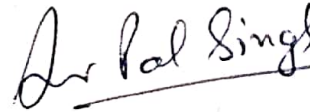
Under the aegis of
ISPO - India, RCI & Total Orthotics and Prosthetics India Pvt. Ltd



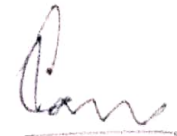
Vinod Bhanti,
Chairman,
ISPO - INDIA



Mr. Glenn Choi
Vice President
ST & G Corporation, Korea



Dr. A.P.S.Suri, MBBS,DPM
Diabetic Foot Care Clinic
New Delhi



Mr. Tarun Kumar Kulshrestha
Course Co-ordinator
Total Orthotics and Prosthetics India Pvt. Ltd.

(Approved by RCI as equivalent to 3 days CRE vide letter No. 7-14 (31)/08 - RCI 15063 dtd. 11.02.2009)

ONGC 15th Asian Junior

Table Tennis Championships



Certificate of Participation

This is to certify that Dr. Vandana Tanwar

Representing India Physiotherapist

as a ~~Player~~ / Official / ~~Referee~~ / ~~Umpire~~ in

15th Asian Junior Table Tennis Championships

at Jaipur, India from 22nd - 26th July 2009

M.C. Chowhan
Secretary General, TTFI

Ajay Singh Chautala, MP
President, TTFI

D.R. Choudhary
Organising Secretary



In Collaboration with



Organising Committee
CWG Delhi 2010



भारतीय खेल प्राधिकरण
Sports Authority of India



Medical Council of India



Indian Council of
Medical Research



Indian Medical
Association

SPORTS MEDCON 2009

NEW DELHI

Organised by



Indian Federation
of Sports Medicine

Organised by

The Indian Federation of Sports Medicine (IFSM)

Participation Certificate

This is to certify that

.....*Dr. VANDANA.....TANWAR*.....

*has attended the International Congress
on Sports Medicine, "SPORTS MEDCON 2009" in New Delhi during
November 06-08, 2009 as SPEAKER and delivered a talk on*

.....

.....

(Signature of Dr P S M Chandran)

(Dr P S M Chandran)
President IFSM

(Signature of Dr H L Nag)

(Dr H L Nag)
Secretary General IFSM



In Collaboration with



Organising Committee
CWG Delhi 2010



भारतीय खेल प्राधिकरण
Sports Authority of India



Govt. of NCT of Delhi



Medical Council of India



Indian Council of
Medical Research



Indian Medical
Association

SPORTS MEDCON 2009

NEW DELHI

Organised by



Indian Federation
of Sports Medicine

Organised by

The Indian Federation of Sports Medicine (IFSM)

ADVANCED TEAM PHYSIOTHERAPIST COURSE

This is to certify that

Dr. Vandana Tanwar

*has attended the Advanced Team Physiotherapist Course
along with Basic Life Support (BLS) Course conducted
on 5th & 6th November 2009 at New Delhi*

(Dr P S M Chandran)
President IFSM

(Dr Sanjeev Bhoi)
BLS Director

(Dr R K Chengappa)
Course Director





19th

Asian Table Tennis Championships



Organised by **UTTAR PRADESH TABLE TENNIS ASSOCIATION** Under the direction of **TABLE TENNIS FEDERATION OF INDIA**
in the auspicious presence of **ASIAN TABLE TENNIS UNION**

Lucknow - India
16-22 November, 2009



Asian Table Tennis Union

CERTIFICATE OF PARTICIPATION



Table Tennis Federation of India



Uttar Pradesh Table Tennis Association

This is to certify that

VANDANA TANWAR

Representing

INDIA

as a **Player / Official / Referee / Umpire** in
PHYSIOTHERAPIST
19th Asian Table Tennis Championships
held at Lucknow (INDIA)

Arun Kumar Banerjee
Secretary - Organising Committee

Prabhat C. Chaturvedi, IAS
Chairman - Organising Committee

Ajay Singh Chautala, MP
President, TTFI

D.R. Choudhary
Secretary, TTFI





भारतीय टेबिल टेनिस महासंघ
Table Tennis Federation of India

(Registered under the Societies Registration Act XXI 1860)
AFFILIATED WITH THE INTERNATIONAL TABLE TENNIS FEDERATION
& INDIAN OLYMPIC ASSOCIATION

TO WHOMSOEVER IT MAY CONCERN

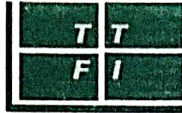
This is to certify that the Ms. Vandana Tanwar, Physiotherapist, was attached to the Indian Team as Physiotherapist during the 2010 World Team Table Tennis Championship held at Moscow, Russia from 23-30 May, 2010

We wish her best in career ahead.

With Best Regards,

V.K. BAWA
TREASURER

Date :- 22.6.2010



भारतीय टेबिल टेनिस महासंघ
Table Tennis Federation of India

(Registered under the Societies Registration Act XXI 1860)
AFFILIATED WITH THE INTERNATIONAL TABLE TENNIS FEDERATION
& INDIAN OLYMPIC ASSOCIATION

TO WHOMSOEVER IT MAY CONCERN

This is to certify that the Ms. Vandana Tanwar, Physiotherapist, was attached to the Indian Team as Physiotherapist during the Indian Open-an ITTF Pro Tour held at New Delhi, India from 16-20 June, 2010.

We wish her best in career ahead.

With Best Regards,

V.K. BAWA
TREASURER

Date : - 22.6.2010

XIX COMMONWEALTH GAMES 2010, NEW DELHI.

IT STATES THAT DR.VANDANA TANWAR, A PART OF INDIAN TABLE TENNIS TEAM ,HAS PARTICIPATED IN XIX COMMONWEALTH GAMES 2010 HELD AT NEW DELHI,INDIA.SHE HAS RENDERED HER DEDICATED PHYSIO SERVICES SINCE JULY 2009 TILL CWG 2010 TO THE CORE PROBABLE OF SENIOR NATIONAL TT TEAM DURING PREPERATIONS .SHE HAS TAKEN CARE OF ALL INJURIES AND MANAGED WELL WITH LATEST MODALITIES AND TECHNIQUES LIKE KINESIOTAPES , REHABILITATION PROGRAMME , STRETCHING WHICH HELPED PLAYERS DURING CRUCIAL MATCHES AND CHAMPIONSHIPS.HER PARTICIPITAION IN WORLD CHAMPIONSHIP HELD AT MOSCOW ALSO PROVED BENEFICIAL FOR TEAM.HER CONDUCT OF WORK IS HIGHLY APPRECIABLE AND WE ALL WISH HER A GOOD AND BRIGHT FUTURE AHEAD.

TEAMS WINNER: MEN'S DOUBLE - GOLD MEDAL (SHARATH KAMAL / SUBHAJIT SAHA).

WOMEN TEAM-SILVER MEDAL

MEN'S TEAM-BRONZE MEDAL

WOMEN'S TEAM - BRONZE MEDAL

MEN'S SINGLE - BRONZE MEDAL

A.SHARATH KAMAL

SUBHAJIT SAHA

SOUMYADEEP ROY

AMAL RAJ

R.ABHISHEK

K.SHAMINI

MAUMA DAS

POLOUMI GHATAK

MADHURIKA PATKAR

MAMTA PRABHU

Name : Madhurika Patkar

Age: 23/F

Her records: YOUTH NATIONAL CHAMPION (2006), SAF GAMES CHAMPION (2010)
CWG BRONZE MEDALIST (ENGLAND, 2009)
CWG 2010 - SILVER MEDALIST

In every tournament and championship she has been taken care by Dr.Vandana Tanwar .

In world championship ,moscow ,she was suffering from severe upper back ache and spasm and treated by me and could do her best during matches and she was unbeatable .

Madhurika says physiotherapist is essential component of team and due to her dedicated services towards team I appreciate her.she always taken care of my all injury and other medical condition throughout the time of preparation for CWG and during the matches she given supporting tapes at my affected knee joint which helped me lots to perform my best in commonwealth games 2010.

My heartiest congratulation and blessings to Dr.Vandana Tanwar.

wish you a great and bright future ahead.

DATE : -
14/10/10

Ms Patkar



भारतीय प्रौद्योगिकी संस्थान दिल्ली
Indian Institute Of Technology Delhi
Hauz Khas, New Delhi-110 016.

Website: www.iitd.ac.in



Professional Service Certificate

This is to certify that Dr. Vandana Tanwar has given her essential physiotherapy services to the participants of 46th inter IIT Sports Meet 2010 and 18th inter IIT Staff Sports meet held at Indian Institute of Technology, Delhi from 15th December 2010 to 22nd December 2010 and from 23rd December 2010 to 26th December 2010 respectively . Institute has been benefited by her quality services.

We wish all the best for her future endeavours.

Shashi Mathur

Prof. Shashi Mathur
Chairman, Organising Committee
18th Inter IIT Staff Sports Meet

XIX COMMONWEALTH GAMES 2010, NEW DELHI.

I DR.VANDANA TANWAR, ATTACHED WITH INDIAN TABLE TENNIS TEAM ,SHE HAS PARTICIPATED IN XIX COMMONWEALTH GAMES ,OCT. 2010 HELD AT NEW DELHI,INDIA.I HAVE RENDERED MY DEDICATED PHYSIO SERVICES SINCE JULY 2009 TILL CWG 2010 TO THE CORE PROBABLE OF SENIOR NATIONAL TABLE TENNIS TEAM DURING PREPERATIONS .I HAVE TAKEN CAÏRE OF ALL INJURIES AND MANAGED WELL WITH LATEST MODALITIES AND TECHNIQUES LIKE KINESIOTAPES , REHABILITATION PROGRAMME , STRETCHING WHICH HELPED PLAYERS DURING CRUCIAL MATCHES AND CHAMPIONSHIPS.I HAVE GIVEN ESSENTIAL SERVICES DURING ASIAN CHAMPIONSHIP,HELD AT LUKHNOW,NATIONAL CHAMPIONSHIP HELD AT ASSAM.I WAS REGULAR ATTACHED WITH TEAM IN ALL THE NATIONAL CAMPS AS PER SAI ORDERS AND NEVER MARKED ANY ABSENT.MY PARTICIPATION IN WORLD CHAMPIONSHIP HELD AT MOSCOW ALSO PROVED BENEFICIAL FOR TEAM.

TEAMS WINNER:

MEN'S DOUBLE – GOLD MEDAL (SHARATH KAMAL, SUBHAJIT SAHA)

• WOMEN TEAM-SILVER MEDAL

MEN'S TEAM-BRONZE MEDAL

WOMEN'S TEAM – BRONZE MEDAL
(DOUBLES)

MEN'S SINGLE – BRONZE MEDAL

DR.VANDANA TANWAR
SPORTS PHYSIOTHERAPIST
INDIA TABLE TENNIS TEAM

*I hope for her a
bright future*

Massimo Constantini
MR.MASSIMO CONSTANTINI

(FOREIGN COACH)

INDIA TABLE TENNIS TEAM.





Certificate of Participation

Awarded to

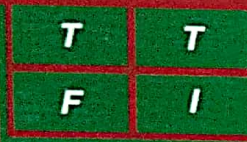
Vandana Tanwar

Mr. / Ms.

in recognition and appreciation of his/her contribution to the XIX Commonwealth Games 2010 Delhi, India
(3 - 14 October 2010)

SURESH KALMADI, Member of Parliament
Chairman, Organising Committee
Commonwealth Games 2010 Delhi

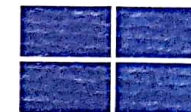
MICHAEL FENNELL OJ, CD
President
Commonwealth Games Federation



NATIONAL RANKING

Table Tennis Championships -2010 (North Zone)

D S T T A



Jointly Organized By

Table Tennis Federation of India & Delhi State Table Tennis Association

Participation Certificate

This is to certify that

DR. VANSHANA TANWAR (PHYSIOTHERAPIST)

of NYFI

State / Institution has participated

in the National Ranking Table Tennis Championships 2010 (North Zone)

held from December 19 to 23, 2010 at Yamuna Sports Complex, Delhi

as a Player / Official / Umpire / Referee

D.R. Choudhary
Secretary General, TTFI

Manjit Singh Dua
Organizing Secretary

A.S. Kler
Chief Referee

Manjinder Singh Sirsa
President, DSTTA



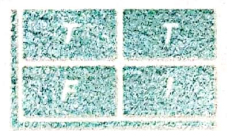


TABLE TENNIS CHAMPIONSHIPS-2010



Certificate of Participation

This is to Certify that

Dr. VANSHANA

Of

NEW DELHI

State / Institution has participated as Player / Coach /
PHYSIO
Manager / Official / Umpire / Referee in the

72nd JUNIOR & YOUTH

NATIONAL & INTER-STATE

TABLE TENNIS CHAMPIONSHIPS-2010

held at Ahmedabad, Gujarat,

from 4th to 10th February, 2011.



Vipul Mitra

Vipul Mitra, IAS
President, GSTTA

D. R. Choudhary

D. R. Choudhary
Secretary General, TTFI

Hareesh Sangtani

Hareesh Sangtani
Hon. Secretary, GSTTA

Anil Dubey

Anil Dubey
Chief Referee



 **Oil India Limited**



71st SENIOR NATIONAL & INTER-STATE TABLE TENNIS CHAMPIONSHIPS, 2009

Hosted by

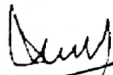
ASSAM TABLE TENNIS ASSOCIATION


UNDER THE AUSPICES OF TABLE TENNIS FEDERATION OF INDIA


Certificate of Participation

Shri/ Smt. Dr. Vandana Tomwar (Physiotherapist)
of India Team (S.A.I)

participated in the Oil India Limited 71st Senior National & Inter-State Table Tennis Championships,
2009 at Deshbhakta Tarun Ram Phookan Indoor Stadium, Guwahati, from 10th to 16th February, 2010.


D.R. Choudhury
Secretary General
TTFI


N. Ganesan
Chief Referee


Rockybul Hussain
Hon'ble Minister, Forest
Chairman Organising Committee
President, ATTA


Tridib Duvzith
Secretary
Organising Committee
General Secy ATTA

TO WHOM SO EVER IT MAY CONCERN

THIS IS TO CERTIFY THAT **DR.VANDANA TANWAR** HAS GIVEN ALL HER SINCERE ESSENTIAL PHYSIOTHERAPY SERVICES TO THE CORE PROBABLE OF NATIONAL LAWN TENNIS (WOMEN) TEAM UNDER CWG PREPERATION AT BALEWADI SPORTS COMPLEX, PUNE.

HER CONDUCT OF WORK IS HIGHLY APPRECIABLE AND DEDICATED TOWARDS SPORTS RELATED.

WISH HER A GOOD LUCK IN FUTURE.

MR JAIDEEP MUKHERJII

(NATIONAL COACH)

MR.ARUN KUMAR

(COACH)

MR.ENRICO PIPERNO

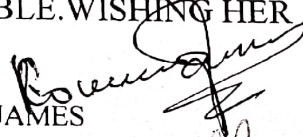
(COACH)



COMMON WEALTH GAMES 2010.
NATIONAL HOCKEY COACHING CAMP, CWG 2010.

TO WHOM SO EVER IT MAY CONCERN.

THIS IS TO CERTIFY THAT DR. VANDANA TANWAR, PHYSIOTHERAPIST HAS GIVEN HER ESSENTIAL PHYSIO SERVICES INCLUDING ALL TREATMENT REQUIRED BY THE CORE PROBABLE OF HOCKEY INDIA (MEN'S TEAM) FROM 1/05/10 -14/05/10 DURING PREPERATION OF CWG 2010. HER CONDUCT OF WORK IS HIGHLY APPRECIATED AND PROVED BENEFICIAL FOR THE PROBABLE. WISHING HER A BRIGHT FUTURE AND GOOD LUCK AHEAD.

COACH 
ROMEO JAMES

JUGVINDER SINGH 
JUGRAJ SINGH.

COMMON WEALTH GAMES2010.

NATIONAL TAEKEWONDU COACHING CAMP, CWG 2010.

TO WHOM SO EVER IT MAY CONCERN.

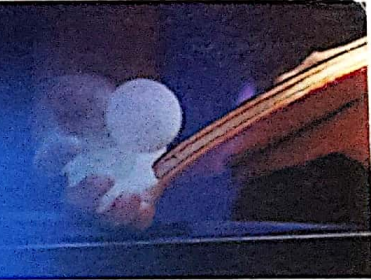
THIS IS TO CERTIFY THAT DR.VANDANA TANWAR,
PHYSIOTHERAPIST HAS GIVEN HER ESSENTIAL PHYSIO SERVICES
INCLUDING ALL TREATMENT REQUIRED BY THE CORE PROBABLE
OF TAEKWONDU (MEN'S/WOMEN TEAM) FROM 4/05/10 -
17/05/10.HER CONDUCT OF WORK IS HIGHLY APPRECIATED AND
PROVED BENEFICIAL FOR THE PROBABLE.WISHING HER A BRIGHT
FUTURE AND GOOD LUCK AHEAD.

COACH


MR.GAUTAM VIRDI

(CHIEF COACH)

LUMINOUS 18th VETERANS NATIONAL TABLE TENNIS CHAMPIONSHIPS



CERTIFICATE OF PARTICIPATION

This is to certify that :

Mr./Ms...DR.:...VANDANA...TANWAR...,...PHYSIOTHERAPIST.....
of ...Delhi.....Participated in

*luminous 18th veterans national
table tennis championships
at*

*Talkatora Indoor Stadium, New Delhi
from February 22-26, 2011*

Vinay Chopra
Org. Secretary - DVTTA

A. S. Kler
Chief Referee

Titus Philipose
Secretary General - IVTTA

Ram Bajpai
President - DVTTA



DELHI VETERANS TABLE TENNIS ASSOCIATION (Regd.)
(UNDER THE AUSPICES OF TABLE TENNIS FEDERATION OF INDIA)



TABLE TENNIS
FEDERATION OF INDIA





भारतीय राष्ट्रीय राइफल संघ
THE NATIONAL RIFLE ASSOCIATION OF INDIA

"NRAI HOUSE", 51-B Tughlakabad Institutional Area, New Delhi - 110062

Phone Nos. +91 11 29964091 / 92 / 93 Fax No. +91 11 29964090

Email: nraindia@rediffmail.com Website : www.thenrai.in

TRG/Olympics/603/12

June 22, 2012

The Regional Director (Teams)
Sports Authority of India
Khel Bhawan
New Delhi

Madam,

This is to inform you that Ms. Vandana Tanwar, Physiotherapist is attached with the Indian Shooting Team since last 1 year and has rendered her services to the Indian Shotgun Team during the various National and International Camps. She has also been participating in the various International Competitions such as Asian Championship, ISSF World Cups and recently attached with the Indian (Rifle /Pistol) Shooting Team for the National Coaching Camp at Balewadi, Pune.

Ms. Vandana Tanwar is a dedicated and sincere towards her work and has helped towards the fitness of the players and injury management.

She will be accompanying the Indian Shooting Team during Pre-Olympic training to be held at Hannover, Germany from 5th to 20th July 2012. We had also recommended her name for the upcoming London Olympic Games but due to the limitation of quota place, we are unable to process her name to Indian Olympic Association.

You are, therefore, requested to consider her name with the contingent of Olympic Team so that the Indian Shooting Team may be benefitted from her services which may enhance the performance of the Indian Players.

Thanking You,

Yours faithfully,

RAJIV BHATIA
Secretary

14th January 2012

The President,
National Rifle Association of India
New Delhi

Sub: Physiotherapist for Shotgun Shooters

Dear Sir,

We wish to thank you for having sanctioned and appointed a physiotherapist for us Shotgun shooters.

During the ongoing 12th Asian Shooting Championships in Doha, Dr Vandana Tanwar, who has been attached with us as physiotherapist has been of immense support to us and has performed her duties diligently.

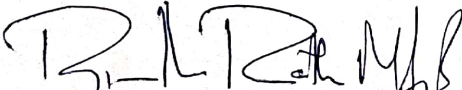
She has helped with our fitness and injury management.

Her continued services will help us shooters maintain fitness levels at desired optimum levels which in turn will help us enhance our performance and achieve set objectives at International Competitions.

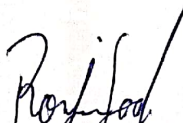
As such we request you to kindly attach her with the Indian Shotgun team on a permanent basis for all camps and competitions.


Thanking you and hoping for a favourable response from you.

Yours truly


RVS Rathore
Double Trap

14 Jan 2012
Mansher Singh
Trap


Ronjan Sodhi
Double Trap


Manavjit S Sandhu
Trap



12th ASIAN SHOOTING CHAMPIONSHIPS
QATAR SHOOTING & ARCHERY ASSOCIATION

الإتحاد القطري للرماية والقوس والسهم
البطولة الآسيوية الثانية عشر للرماية



THANKS & APPRECIATION شكر وتقدير

يتقدم الإتحاد القطري للرماية والقوس والسهم بفالصل الشكر والتقدير

THE Q. S. & A. A. HAS THE PLEASURE TO EXTEND HIS THANKS & ESTEEM

MR. VANDANA TANWAR / PHYSIOTHERAPIST للسيد

وذلك للروح الطيبة والمجهودات المشرفة التي ساهتمت بها في البطولة

THIS IS DUE TO THE HIGH SPIRIT AND THE APPRECIATED EFFORTS

مما كان له أكبر الأثر في انجاحها..

YOU CONTRIBUTED TO THE CHAMPIONSHIP

محمد بن علي الفانم Mohammed Bin Ali Al-Ghanem

رئيس الإتحاد القطري للرماية والقوس والسهم

President Of Qatar Shooting & Archery Association



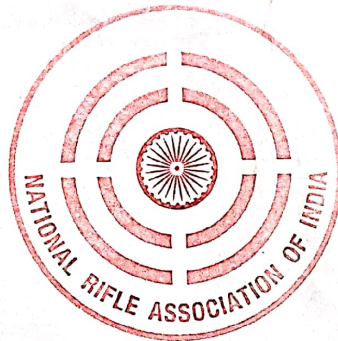



TO WHOT IT MAY CONCERN

This is to certify that Ms. Vandana Tanwar has participated in the following Shooting Competitions as a Physiotherapist:-

1. South Asian Games, Guwahati, India from 8th to 16th February 2016.
2. ISSF World Cup, (Rifle / Pistol), Bangkok, Thailand from 1st to 9th March 2016.
3. ISSF World Cup (Rifle / Pistol) at Baku (Azerbaijan) from 20th to 29th June 2016.

Date:- July 11, 2016




RAJIV BHATIA
Secretary

THE NATIONAL RIFLE ASSOCIATION OF INDIA

www.thenrai.in

"NRAI House", 51-B Tughlakabad Institutional Area, New Delhi - 110062 (India) t +91 11-29964091/92/93, f +91 11-29964090, E nraindia@rediffmail.com, indishooting@gmail.com

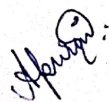


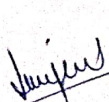
Scanned with OKEN Scanner

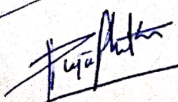
This is to certify that VANDANA TANWAR attached with INDIAN SHOOTING (Rifle/Pistol) TEAM has rendered her dedicated Physio Services to the Teams participated in ISSF WORLD CUP held at Bangkok, Thailand from 29th Feb — 9th March 2016.

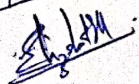
She has given essential Physio Services / Pain management to all the shooters as per their requirement. She is sincere & helped towards easy recovery from pain (musculoskeletal) from day to day basis.

We wish her all the best for her great future ahead and her continuity with Teams will be highly appreciated for upcoming competitions.

 [APOORVI CHANDELA]

 [SANJEEV RAJPUT]

 [POOJA GHATKAR]

 [ELIZABETH KUSHY]

JITU RAI



[JITU RAI]

[AKHIL SHERON]

[CHAIIN SINGH]

[DATE :- 9 MAR 2016]

I APOORVI CHANDELA, AIR RIFLE SHOOTER HAS BEEN TAKING PHYSIOTHERAPY SERVICES FROM DR. VANDANA TANWAR DURING NATIONAL CAMPS. SHE HAS BEEN DEDICATED & SINCERE TOWARDS HER WORK AND HELPED IN MY EARLY RECOVERY FROM INJURY AND DAY TO DAY PAIN MANAGEMENT AND RELAXATION; WHICH HAS CONTRIBUTED TOWARDS MY BETTER PERFORMANCE. I AM GREATFUL TO S.A.I THAT THEY ATTACHED DR. VANDANA WITH NATIONAL SHOOTING TEAM AND I REQUEST, TO LET HER CONTINUE WITH TEAM IN ALL COMPETITIONS, NATIONAL AND INTERNATIONAL FOR THIS YEAR (2015 - 2016) AND AHEAD TILL OLYMPICS 2016. MANY THANKS TO DR. VANDANA TANWAR AND I WISH HER ALL THE BEST IN FUTURE.



APOORVI CHANDELA,
AIR RIFLE SHOOTER.
BRONZE MEDAL - WORLD CUP
(KOREA 2015)
(OLYMPIC QUOTA - 2016)

Certificate



TIME RESEARCH MEDIA



DR. VANDANA TANWAR

For Achieving

"BEST SPORTS PHYSIOTHERAPIST IN DELHI OF THE YEAR"

P. K. Choudhary
Vice President

R. Dhiman
Director

©Time Research Media Pvt. Ltd.





Certificate of Attendance

This is to certify that VANDANA TANWAR attended
“Introductory Level Course in Trigger Point Dry Needling”
On 11-13th Aug. 2014.

LOWER QUADRANT: Lumbar Spine. Quadratus Lumborum. Gluteus Maximus. Gluteus Medius. Gluteus Minimus . Piriformis & Short external Rotators. Tensor Fasciae Latae. Iliopsoas. Pectineus. Adductor Longus. Adductor Brevis. Adductor Magnus. Gracilis. Sartorius. Rectus Femoris. Vastus Intermedius. Vastus Lateralis. Vastus Medialis. Biceps Femoris. Semimembranosus. Semitendinosus. Gastrocnemius. Soleus. Popliteus

UPPER QUADRANT: Posterior Cervicals. Trapezius (Upper, Middle, Lower). Levator Scapulae. Deltoid. Supraspinatus. Infraspinatus. Teres Major. Teres Minor. Latissimus Dorsi. Subscapularis. Rhomboids Major. Rhomboids Minor. Pectoralis Major. Pectoralis Minor. Biceps. Triceps. Brachialis

CPD Hours: 21

Venue
VIMHANS
New Delhi

Course Lecturer: Sourjit Moharana
Sourjit Moharana, MISCP, MIAP.

Chartered Physiotherapist and Clinical Specialist in Musculoskeletal Therapy, Ireland.
PG Diploma Orthopaedic Manual Therapy; Master of Manual Therapy www.cohesivetherapy.ie

Certificate

This is to certify that

DR. VANDANA TANWAR

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: 14-15 JULY 2017

NEW DELHI



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. VANDANA TANWIAR

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: *16 - 17 JULY 2017*

NEW DELHI



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





VANDANA TANWAR, Medical Professional (Kho Kho)

In recognition and appreciation of your contribution to the success
of the 13th South Asian Games held in Kathmandu-Pokhara-Janakpur,

Nepal on December 1-10, 2019.

Ramesh Kumar Silwal
Member Secretary
13th SAG Organizing Committee

Hon'ble Jeevan Ram Shrestha
President
South Asia Olympic Council
Nepal Olympic Committee

Hon'ble Jagat Bahadur Sunar (Bishwakarma)
Minister for Youth & Sports
Chairman, 13 SAG Organizing Committee






Certificate of **PARTICIPATION** (LEVEL - 1)

1st INTERNATIONAL KHO KHO COACHING CAMP 2020

(From 23rd Feb to 20th Mar 2020 at Jawahar Lal Nehru Stadium, New Delhi)


It is certified that Mr./Ms. **DR. VANDANA TANWAR**
representing **INDIA** as **PHYSIOTHERAPIST** has attended
the 1st International Kho Kho Coaching Camp 2020 organized by the
Kho Kho Federation of India under the aegis of Asian Kho Kho Federation

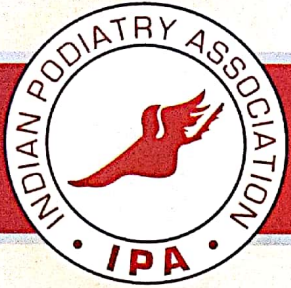



(Rajeev Mehta)
President, Asian Kho Kho Federation


(Sudhanshu Mittal)
President, International Kho Kho Federation




(M. S. Tyagi)
Acting Secretary, Asian Kho Kho Federation



INDIAN PODIATRY ASSOCIATION

Membership No. : IPA-490

Dr. Vandana Tabwar

has been duly enrolled as Life Member of the

INDIAN PODIATRY ASSOCIATION

In witness where of we affix our hands and seal

on 15 / 07 / 2021

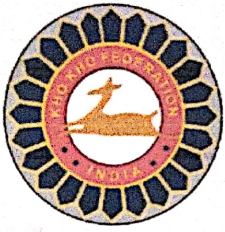
Dr. A.P.S. Suri
President



Dr. Rajnish Saxena
Secretary

Dr. Sanjay Kala
Treasurer





भारतीय खो खो संघ

KHO KHO FEDERATION OF INDIA

Affiliated to : International Kho Kho Federation, Asian Kho Kho Federation & Indian Olympic Association
Recognised by Ministry of Youth Affairs & Sports

Office Address: B-1, Basement, Dhawandeep Building, 6 Jantar Mantar Road, New Delhi 110001
Website: www.khokhofederation.in | Email: khokhofederationofindia@gmail.com

PRESIDENT
SUDHANSHU MITTAL
Mob: +91-9811034338

TREASURER
M. SEETHARAMI REDDY
Mob: +91-9848156652

GENERAL SECRETARY
M. S. TYAGI
Mob: +91-9999010236

F.No: 21-10/KKFI/NCC/2020-21/15

Dated: 15.01.2021

To,

Dr. Vandana Tanwar,
Physiotherapist,
7/16, Sec-2, Ground Floor,
Rajinder Nagar, Sahibabad,
Ghaziabad, Uttar Pradesh - 201005

**Sub: Conduct of National Kho Kho Coaching Camp w.e.f. 17th Jan to 16th Feb 2021 –
Appointment of Physiotherapist thereof.**

Dear Madam,

It is with great pleasure to inform you that to enhance the expertise and effectiveness of Kho Kho Players in the achievement of agreed outcomes, a **National Kho Kho Coaching Camp** scheduled to be held from **17th Jan to 16th Feb 2021** is being conducted by the Kho Kho Federation of India in Delhi/NCR region.

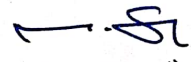
Accordingly, in pursuance to smooth commencement of the abovesaid National Kho Kho Coaching Camp 2021, the Competent Authority, KKFI has appointed you as **Physiotherapist** for the same.

We are confident that your expertise will help in the smooth conduct of the abovesaid National Kho Kho Coaching Camp.

We look forward for your kind consent in this regard.

Thanking You!

Warm Regards,

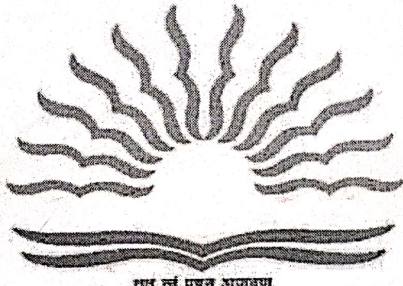

(M. S. Tyagi)

General Secretary,
Kho Kho Federation of India

Copy for information to:

- President, Kho Kho Federation of India





सत्यं त्वं पूषन् आयास्यसि
केन्द्रीय विद्यालय संगठन

केन्द्रीय विद्यालय / KENDRIYA VIDYALAYA

ए - 7, सेक्टर - 24, नोएडा / A-7 SECTOR-24, NOIDA
जिला - गौतम बुद्ध नगर/ DISTRICT - GAUTAM BUDH NAGAR
उत्तर प्रदेश, पिन - 201301/UTTAR PRADESH, PIN - 201301

Website: <https://noida.kvs.ac.in>,

E-Mail: kvnoida02@gmail.com

Tel.: 0120-4327434, 4327435


CBSE School Code: 64018, CBSE Affiliation No.:2100045, KV
Code:1431

Date: 20/12/2022

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Dr. Vandana Tanwar, CEO of Physiolution has rendered her essential services of Physiotherapy during Kendriya Vidyalaya Sangathan National Sports Meet Kho Kho Tournament held at Kendriya Vidyalaya, Sec-24, Noida with her team (Riya Singh and Bhavya kakkar).

We wish her success in her future endeavours.


(Mukesh Kumar)
Principal
प्राचार्य / Principal
केन्द्रीय विद्यालय सेक्टर-24
Kendriya Vidyalaya Sector-24
नोएडा (यूपी) 201301
Noida (U.P.) 201301





CERTIFICATE

OF ACHIEVEMENT

This certificate is proudly presented to

DR. VANDANA TANWAR (PHYSIO)

For Outstanding Participation in the
Table Tennis Tournament
Held on

26 JAN 2024 NOIDA




Tournament Director


Tournament Referee



CERTIFICATE

OF ACHIEVEMENT



THIS CERTIFICATE IS PROUDLY PRESENTED TO

DR. VANDANA TANWAR (SPORTS PHYSIO)
(EX INDIA TEAM PHYSIO)
"PHYSIOLUTION"

FOR OUTSTANDING PARTICIPATION IN
1ST OPEN EAGLE TABLE TENNIS TOURNAMENT- 2023,
Venue : Rohini Sports Complex, New Delhi





KHO KHO FEDERATION OF INDIA®

Recognised by Ministry of Youth Affairs & Sports, Govt. of India,
Affiliated to International Kho Kho Federation, Asian Kho Kho Federation & Indian Olympic Association



DKKC 24 - 062

DIPLOMA IN KHO KHO COACHING (LEVEL-III)-2024

(Organised by Kho Kho Federation of India)

CERTIFICATE OF APPRICIATION

is Awarded to

Dr. VANDANA



from*Delhi*..... for his valuable contribution as Resource Person
in Diploma in Kho Kho Coaching (Level-III)
from 21st June to 02nd July 2024, at Karnail Singh Stadium, New Delhi - 110055.

Sudhanshu Mittal
President
Kho Kho Federation of India

Dr. G. L. Khanna
Scientific Adviser

M. S. Tyagi
General Secretary
Kho Kho Federation of India





भारतीय खो खो संघ
KHO KHO FEDERATION OF INDIA

Affiliated to : International Kho Kho Federation, Asian Kho Kho Federation & Indian Olympic Association
Recognised by Ministry of Youth Affairs & Sports

PRESIDENT
SUDHANSHU MITTAL
MOB : 9811034338

TREASURER
SURENDRA KUMAR BHUTIYANI
MOB : 9837021140

GENERAL SECRETARY
M.S.TYAGI
MOB : 9999010236

F.No.: 36-10/KKFI/NCC/WC/2024-25

Dated: 17.12.2024

To,

Dr. Vandana Tanwar
Physiotherapist
Uttar Pradesh

Sub: Regarding for National Coaching Camp – 1st Kho Kho World Cup 2024-25, Nomination as Physiotherapist, thereof.

Dear Madam,

With reference to the subject cited above, aforementioned forthcoming events is being conducted by Kho Kho Federation of India.

In this regard, the Competent Authority, Kho Kho Federation of India (KKFI) has nominated you as Physiotherapist for National Coaching Camp in progress at Jawahar Lal Nehru Stadium, New Delhi from 10th December, 2024 to 11th January, 2025 to performance optimization, and recovery Indian team for 1st Kho Kho World Cup 2024-25, scheduled to be held from 13th to 19th January, 2025.

In view of the above, you are advised to provide your services to the campers from 9.30 AM to 2.30 PM. w.e.f. 18.12.2024. You will be required to make your own arrangements for attending the camp as Physiotherapist.

Your cooperation and support in this regard would be highly appreciated in ensuring the smooth and successful execution of these events.

Warm regards,



(M.S.Tyagi)
General Secretary
Kho Kho Federation of India

Copy to: President, KKFI



INTERNATIONAL KHO KHO FEDERATION

1st Kho Kho World Cup 2025

(Men & Women)

From 13th to 19th January 2025 at Indira Gandhi Stadium, New Delhi, India

Participation Certificate




Awarded to **DR. VANDANA TANWAR** as **SUPPORT STAFF**
representing **INDIA (WOMEN)**



Sudhanshu Mittal
PRESIDENT

International Kho Kho Federation



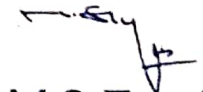
Rohit Haldania
SECRETARY

International Kho Kho Federation



Vikram Dev Dogra
CHIEF EXECUTIVE OFFICER

1st Kho Kho World Cup 2025



M.S. Tyagi
ORGANISING SECRETARY

1st Kho Kho World Cup 2025



कार्यालय मुख्य विकास अधिकारी गाजियाबाद ।

OFFICE OF THE CHIEF DEVELOPMENT OFFICER GHAZIABAD

दूरभाष : 0120.2820605

E-Mail- cdo.gz-up@nic.in

पत्रांक 1006 / एस0टी0-सी0डी0ओ0 / 2025

दिनांक 18 मार्च, 2025

To,

Dr. Vandana Tanwar,
Sports Physiotherapist,
7/16, Sector-2, Rajinder Nagar, Sahibabad, Ghaziabad,
Uttar Pradesh-201005

Subject: Appreciation for Your Outstanding Contribution

Dear Dr. Vandana Tanwar,

I extend my heartfelt appreciation for your unwavering dedication and invaluable contributions to the well-being of athletes. Your expertise in physiotherapy and commitment to ensuring the physical fitness and recovery of sportspersons have been commendable.

Dr. Vandana Tanwar is a distinguished physiotherapist with over 14 years of experience, specializing in sports injuries, orthopedic, neurological, pediatric rehabilitation, and diabetic foot care. She has been associated with various Indian sports teams, including table tennis, gymnastics, hockey, lawn tennis, taekwondo, athletics, and shooting. Dr. Vandana is expert in sports injury Management and prevention. Dr. Tanwar has also served with the Sports Authority of India and have been with CWG 2010 and Olympics 2012 and 2016 preparations with India shooting team. She has worked with Olympian's like Rajyavardhan Rathore Shooter, Manavjit Sandhu and Gagan Narang who is now part of India Olympic association. Recently given Physiotherapy services to India Women Team, Kho-Kho World Cup, 2025.

Your proactive approach, meticulous attention to detail, and compassionate care have significantly enhanced the performance and confidence of athletes. Your selfless service during training sessions and sporting events has been instrumental in preventing injuries and ensuring a speedy recovery for players.

We acknowledge and deeply value your commitment to the field of sports physiotherapy and the positive impact you have made in the sports community. Your continued support and expertise are crucial in fostering a healthier and more resilient sporting environment.

Once again, we express our sincere gratitude for your dedication and exemplary service. We look forward to your association with the District Sports Office in our shared mission of promoting sports excellence. My heartiest congratulations to her for her achievements.

With warm regards,

(Abhinav Gopal)
IAS

Chief Development Officer,
Ghaziabad.





ལྷོ། །འབྲུག་གྲོང་མདའ་རྩེད་རྒྱུ།
BHUTAN SHOOTING FEDERATION
Changlingmethang National Stadium PO Box 939
Phone: +975 2 322138 Fax: +975 2 323937

A LETTER OF APPRECIATION

Dear Dr. Vandana Tanwar,

On behalf of Bhutan Shooting Federation, I extend our deepest gratitude to you for successfully organizing and conducting the Shooting Sports Physiotherapy and Psychological Training Program held from 11th April to 15th April in Thimphu, Bhutan.

This specialized program has made a significant contribution to enhancing the physical resilience and mental fortitude of shooting athletes. Your initiative to integrate advanced physiotherapy techniques and psychological conditioning has set a new standard in holistic athlete development. The knowledge and skills imparted through this program will undoubtedly help athletes optimize their performance, prevent injuries, and maintain peak competitive mental states.

We particularly commend your focus on:

- Customized physiotherapy protocols for shooting athletes
- Psychological strategies to enhance focus and manage competition stress
- The comprehensive approach combining physical and mental wellness

Once again, thank you for your dedication to athlete welfare and sports development. We look forward to continued collaboration in future programs that benefit shooting athletes in Bhutan and beyond.

Please accept this letter as a token of our sincere appreciation for your outstanding efforts.

Warm regards,
Yours sincerely,

(Gyamtsho)
General Secretary
Bhutan Shooting Federation
Thimphu, Bhutan.

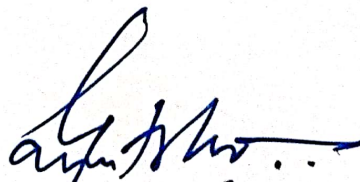


Certificate of Appreciation

IS PRESENTED TO

Dr. Vandana Tanwar

**For conducting Shooting
Physiotherapy & Psychological
Training from 11th April to 15th April
2025 in Thimphu, Bhutan**


Gyamtsho

General Secretary

संजीव शर्मा

विधायक

56, गाजियाबाद शहर



मो. नं. – 8130666180

Date: 21.05.2025

Dr. Vandana Tanwar,
Sports Physiotherapist,
7/16, Sector-2, Rajinder Nagar, Sahibabad,
Ghaziabad, Uttar Pradesh- 201005

Subject: Appreciation for your Outstanding Contribution in Sports.

Dear Dr. Vandana Tanwar,

On behalf of the District Sports Office, Ghaziabad, I extend my heartfelt appreciation for your unwavering dedication and invaluable contributions to the well-being of athletes. Your expertise in physiotherapy and commitment to ensuring the physical fitness and recovery of sportspersons have been commendable.

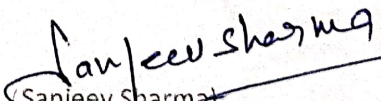
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Your proactive approach, meticulous attention to detail, and compassionate care have significantly enhanced the performance and confidence of athletes. Your selfless service during training sessions and sporting events has been instrumental in preventing injuries and ensuring a speedy recovery for players.

We acknowledge and deeply value your commitment to the field of sports physiotherapy and the positive impact you have made in the sports community. Your continued support and expertise are crucial in fostering a healthier and more resilient sporting environment.

Once again, we express our sincere gratitude for your dedication and exemplary services in Sports. We look forward to your association with the State Government of Uttar Pradesh in our shared mission of promoting sports excellence. My heartiest congratulations to her for her achievements.

With Best Regards,


(Sanjeev Sharma)

MLA, 56- Ghaziabad

कैम्प कार्यालय – R-145, वकील कॉलोनी, प्रताप विहार, गाजियाबाद
ई-मेल – sanjeevsharmamlagzb56@gmail.com



CERTIFICATE OF PARTICIPATION

IN THE COMPETITION FOR

VANDANA TANWAR

BADMINTON ASIA PARA BADMINTON CHAMPIONSHIPS Nakhon Ratchasima

17th June - 22nd June 2568

PIPAT CHANTARAPAICHIT
Tournament Director

MAITREE KONGRUANG
*President of Sports Association for the Disabled of Thailand
under the Royal Patronage of His Majesty the King*





पं० आर. डी. शर्मा
राष्ट्रीय अध्यक्ष
मो. 9911321815

वन्दना तंवर (फिजियो थैरेपिस्ट)

मेरी आवाज सुनो जन कल्याण समिति (पंजी०)

राष्ट्रीय जागरूक ब्राह्मण महासंघ (पंजी०)

अन्तराष्ट्रीय महिला दिवस

के उपलक्ष्य में विभिन्न क्षेत्रों में कार्यरत प्रतिभाशाली महिलाओं को समर्पित

झाँसी की रानी लक्ष्मीबाई पुरस्कार

रविवार 5 मार्च 2023

मुख्य अतिथि :

डॉ. अनिल अग्रवाल जी

मा.संसद राज्य सभा

मुख्य अतिथि :

श्रीमति आशा शर्मा जी

महापौर, नगर निगम गा०बाद

कार्यक्रम संयोजक : श्रीमति रुची गर्ग, राष्ट्रीय महासचिव, प्रदेश मंत्री महिला मोर्चा भाजपा
सह संयोजक : श्रीमति भक्ति सिंह, प्रदेश अध्यक्ष, जिला महामंत्री भाजपा
श्रीमति निधि गुप्ता प्रदेश उपाध्यक्ष, श्रीमति प्रिति वाष्णीय प्रदेश सचिव,
श्रीमति नेहा जैन प्रदेश सचिव

कार्यक्रम व्यवस्थापक : दीपक शर्मा, महानगर अध्यक्ष राष्ट्रीय जागरूक ब्राह्मण महासंघ



**PROMETHEUS
SPORTS ACADEMY**
sports RE imagined

KHEL INDIA DIL SE BADMINTON COMPETITION 2024

Certificate of Participation

10 & 11 FEB 2024

This is to certify that M.D CITY HOSPITAL

Participated in BADMINTON COMPETITION 2024 held at

Prometheus Sports Academy Garhi Gaon, adjacent to Prometheus School, Sector 131,
Noida, Uttar Pradesh 201301

From 10/02/2024 to 11/02/2024 Under Boys/Girls/Mens/Womens

_____ he/ she secured _____ place.

Amit Gupta

FOUNDER

KHEL INDIA DIL SE SPORTS
MANAGEMENT GROUP

Muazzam Ansari

CHIEF-REFEREE

KHEL INDIA DIL SE SPORTS
MANAGEMENT GROUP

Chirag Aggarwal

CO-FOUNDER

KHEL INDIA DIL SE SPORTS
MANAGEMENT GROUP





चलेगा बल्ला उड़ेगे होश, पूर्वी दिल्ली दिखायगी युवा जोश !

CERTIFICATE

of Participation

This certificate is presented to

Dr Vandana Tawar

in recognition of his Excellent Performance and Contribution in

East Delhi Premier League - EDPL 2023

organized by

East Delhi Youth Connect (Regd.)

10th December 2023

Organizing Committee, EDYC



In the loving memory of
Judy Hashman-England



Delhi State
(U-7, U-9, U-15, U-17)
Badminton
CHAMPIONSHIPS-2024

Dates: 09th Aug – 14th Aug 2024

Venue: Thyagaraj Sports Complex, INA Colony, New Delhi

Organized By: Delhi Capital Badminton Association

Participation Certificate

This is to certify that

Mr./Ms. Dr. Vandana Tanwar

has participated Physio in the championship.


Justice Pankaj Naqvi (Retd)
Administrator


Sanjay Kumar
Referee

Organized By



Powered By





PROMETHEUS
SPORTS ACADEMY
sports RE imagined

KHEL INDIA DIL SE BADMINTON COMPETITION 2024

Certificate of Participation

10 & 11 FEB 2024

This is to certify that DR. VANDANA TANWAR

Participated in BADMINTON COMPETITION 2024 held at

Prometheus Sports Academy Garhi Gaon, adjacent to Prometheus School, Sector 131,
Noida, Uttar Pradesh 201301

From 10/02/2024 to 11/02/2024 Under Boys/Girls/Mens/Womens

_____ he/ she secured _____ place.

Amit Gupta

FOUNDER

KHEL INDIA DIL SE SPORTS
MANAGEMENT GROUP

Muazzam Ansari

CHIEF-REFEREE

KHEL INDIA DIL SE SPORTS
MANAGEMENT GROUP

Chirag Aggarwal

CO-FOUNDER

KHEL INDIA DIL SE SPORTS
MANAGEMENT GROUP



To,

Mr. / Ms. **Vandana Tanwar ji**

Physiotherapists- Indian Team

CWG

Ghaziabad

Sub: Invitation as **Guest of Owner**

Dear Sir,

We, Pentathlon Sports India, organizing a mini marathon in Raj Nagar Extn area as per detailed program below:

Date: 14th Oct 2018 Sunday) at 6:00 am

Theme: #Healthy India and Save Environment"

Venue: GD Goenka School, Raj Nagar Extn

Marathon's Route: GD Goenka School (within Raj Nagar Extn)

Look forward your gracious presence to address and motivate the youth.

Thanking You

Regards,

Vijay Kr Rana

Pentathlon Sports India

Plot No. 873 Raj Nagar Extn Main Road

Ghaziabad

Mob: 9971150713, 9818144879

PENTATHLON SPORTS INDIA

24, Eros Market Place, Shakti Khand-II, Indirapuram, Ghaziabad, UP-201010

Email: sales@pentathlonsports.com, www.pentathlonsports.comPage 3



KARNATAKA CHAPTER

KRSSDI & IPA
in association with
DEPT OF PODIATRY - KIER
presents



**DIABETIC
FOOT**
SYMPOSIUM 2022

CERTIFICATE OF APPRECIATION

KRSSDI & IPA in association with **DEPARTMENT OF PODIATRY-KIER**
is proud to award this Certificate of Appreciation to

Dr Vandana Tanwar

For attending the '**DIABETIC FOOT SYMPOSIUM 2022**' held on **26th March 2022**
as a **Delegate**

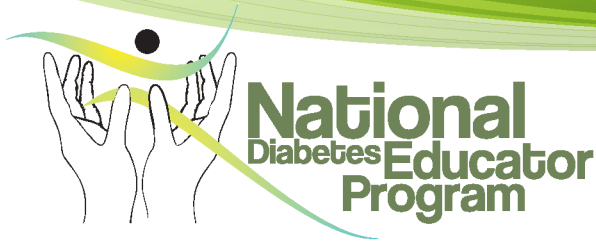
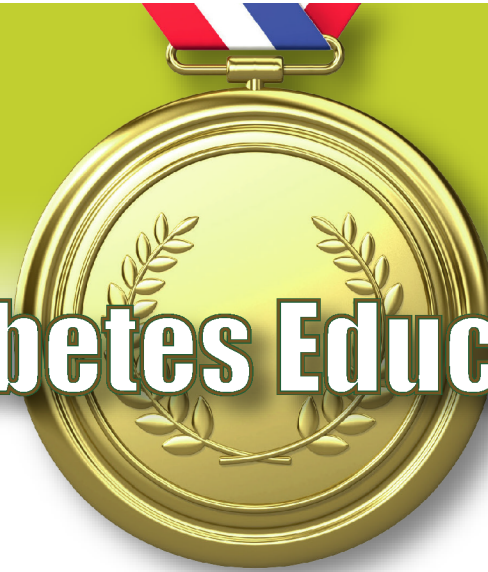
Dr K Ravi
Director KIER

Dr R Suman
Chairman KRSSDI

Dr A P Suri
President, IPA

Dr Arun Maiya
President, IPA-Karnataka Chapter

Diabetes Educator



This initiative has been brought to you through
an educational grant from



This is to certify that

Vandana Tanwar

has successfully completed training under

National Diabetes Educator Program (NDEP) to qualify as 'Diabetes Educator'.

This course is run by Dr. Mohan's Diabetes Education Academy (DMDEA)

Indian College of Physicians (ICP) & Indian Academy of Diabetes (IAD)

Dr V Mohan
Course Director

Dr Shashank Joshi
Course Director

Dr. Arun Singhal
Course Trainer



भारतीय खो खो संघ KHO KHO FEDERATION OF INDIA

Affiliated to : International Kho Kho Federation, Asian Kho Kho Federation & Indian Olympic Association
Recognised by Ministry of Youth Affairs & Sports

PRESIDENT
SUDHANSHU MITTAL
MOB : 9811034338

TREASURER
SURENDRA KUMAR BHUTIYANI
MOB : 9837021140

GENERAL SECRETARY
M.S. TYAGI
MOB : 9999010236

Ref. No.:8-3/KKFI/MISC/2025-26

Date: 30.06.2025

Letter of Appreciation

To Whomsoever It May Concern

This is to inform that Dr. Vandana Tanwar, a Sports Physiotherapist and Rehabilitation expert, has rendered her services during the International Kho Kho events, coaching camps, and workshops, which proved to be of immense benefit to many athletes and ensured their physiological, psychological, and overall well-being.

The Kho Kho Federation of India (KKFI) cherishes its long association with her, notably her engagement in the following events-

1. Kho Kho World Cup [Jan 13- Jan 19, 2025] at IGI Stadium, New Delhi.
2. South Asian Games [1 Dec - 10 Dec, 2019] at Kathmandu, Nepal.
3. 1st International Kho Kho Coaching Performance Camp at Manav Rachna University [17th Jan- 16th Feb, 2021]
4. 1st international Kho Kho Coaching Camp (Level One) at New Delhi in March 2020.
5. Conducted workshop on Sports Injury Prevention at "Diploma in Kho Kho Coaching (Level-III)" at New Delhi from 21 June - 2 July, 2024.

Her support extended beyond the field. Kho Kho athletes and coaches have benefited from the rehabilitation workshops, injury prevention programs, and performance recovery sessions conducted by her under the KKFI banner.

We wish her all the success in her future endeavours, and would like to continue the association with her for the benefit of sports and sportspersons.

Warm regards,



(M. S. TYAGI)

General Secretary

Kho Kho Federation of India.

