



IBIS[®]
INSTITUTE OF BODYBUILDING
AND INTEGRATED SPORTS
CHENNAI

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EXERCISE SCIENCE
& TRAINING METHODS



NUTRITION &
DIET PLANNING



ANATOMY &
PHYSIOLOGY



CLIENT ASSESSMENT
& PROGRAM DESIGN



HEALTH & LIFESTYLE
COACHING

DIPLOMA

IN

PERSONAL TRAINING AND DIET NUTRITION

THIS IS TO CERTIFY THAT

Praveen Kumar

has successfully completed the **Diploma in Personal Training and Diet Nutrition** conducted by the **Institute of Bodybuilding and Integrated Sports (IBIS), Chennai.**

The candidate has undergone comprehensive training and assessment in the areas of exercise science, personal training, strength and conditioning, anatomy, physiology, nutrition, diet planning and client management, and has demonstrated the knowledge and skills required to practice as a certified fitness professional.

K. Ilangoan

K. ILANGOAN
Founder & Director
IBIS, Chennai



S. Suresh

S. SURESH
Academic Head
IBIS, Chennai

Certificate No. : IBIS/DPN/2023/1147
Date of Completion : 20/06/2023
Place : Chennai

BETTER TRAINERS. STRONGER COMMUNITIES. A HEALTHIER INDIA.