



INTERNATIONAL HEALTH AND FITNESS ASSOCIATION (IHFA)

NEWSLETTER

MAY 2023



Team IHFA is really dedicated to serve better since more ever a decade

SPORTS PHYSIOTHERAPY & REHABILITATION

AT WORLD BODY BUILDING CHAMPIONSHIP

International Health and Fitness Association (IHFA) provided Sports Physiotherapy and Rehabilitation services at World Body Building Championship at Goregaon, Mumbai, Organized by the IBBF - Indian Body Building Federation.

SCOPE OF SPORTS PHYSIOTHERAPY IN BODY BUILDING

Sports physiotherapy plays a significant role in the field of bodybuilding. Here are some aspects highlighting the scope of sports physiotherapy in bodybuilding:

- 1. Injury Prevention:** Bodybuilding involves intense physical training and heavy weights, which increase the risk of injuries. Sports physiotherapists can assess the individual's strength, flexibility, and movement patterns to identify potential areas of weakness or imbalance. They can then develop targeted exercise programs and provide guidance on proper technique to help prevent injuries.
- 2. Rehabilitation:** In the unfortunate event of an injury, sports physiotherapists can assist bodybuilders in their rehabilitation process. They use a variety of techniques such as manual therapy, therapeutic exercises, and modalities like ultrasound or electrical stimulation to promote healing, restore mobility, and regain strength. They can also provide advice on injury management and help individuals safely return to training.
- 3. Performance Enhancement:** Sports physiotherapists can work closely with bodybuilders to optimize their performance. They can develop specific training programs that focus on improving strength, flexibility, and stability, thereby enhancing overall athletic performance. By addressing any movement restrictions or muscle imbalances, physiotherapists can help bodybuilders achieve better form and technique, leading to improved results.
- 4. Biomechanical Analysis:** Sports physiotherapists are skilled in assessing movement patterns and biomechanics. They can analyze bodybuilders' lifting techniques, identify any flaws or inefficiencies, and provide recommendations for corrective exercises or modifications. This analysis can help bodybuilders lift more effectively and efficiently, reducing the risk of injury and maximizing their performance.
- 5. Pre- and Post-Competition Support:** Prior to competitions, sports physiotherapists can provide bodybuilders with strategies to optimize their physical condition and minimize the risk of injury. They can offer advice on warm-up routines, recovery techniques, and assistance with managing any acute issues or muscle soreness. Additionally, post-competition, physiotherapists can aid in the recovery process, promoting muscle repair and addressing any post-event injuries or discomfort.

Physiotherapy may supportive at the individual's specific goals, training level, and any pre-existing conditions or injuries. Consulting with a qualified sports physiotherapist who has experience working with bodybuilders would provide tailored guidance and support.



About International Health and Fitness Association (IHFA)

The International Health and Fitness Association (IHFA) is a non-profit organization that aims to promote health and fitness worldwide. The organization was founded in 2007 and is based in the India. The IHFA provides certification programs, continuing education, and resources to fitness professionals around the world.

The IHFA offers a variety of certification programs for fitness professionals, including personal trainers, group fitness instructors, and health coaches. These certification programs are designed to provide fitness professionals with the knowledge and skills they need to effectively work with clients and help them achieve their fitness goals.

In addition to certification programs, the IHFA also provides continuing education opportunities for fitness professionals. These courses are designed to help fitness professionals stay up-to-date with the latest research, trends, and best practices in the field of health and fitness.

The IHFA also provides resources and support for fitness professionals, including a job board, online community, and a variety of publications and newsletters. The organization is committed to promoting the highest standards of professionalism and ethics in the health and fitness industry.

Overall, the IHFA plays an important role in promoting health and fitness worldwide by providing education, certification, and resources to fitness professionals around the world. By working with the IHFA, fitness professionals can enhance their knowledge and skills and provide high-quality services to their clients.



CERTIFIED PULMONARY REHAB SPECIALIST

Bangalore , India

Workshop at BANGALORE, INDIA
on 20th, 21st May 2023
Resource Person **DR.SAMANA SAYED PT**



CPRS

#IHFACERTIFIED



CERTIFIED PULMONARY REHAB SPECIALIST

Indore , India

Workshop at INDORE, MP, INDIA
on 25th, 25th May 2023
Resource Person **DR.SAMANA SAYED PT**



CPRS

#IHFACERTIFIED

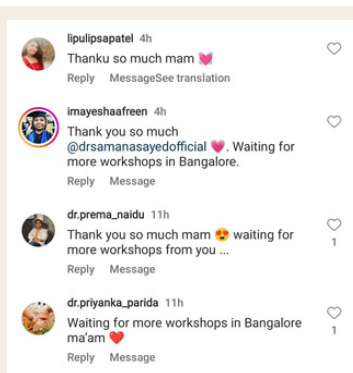
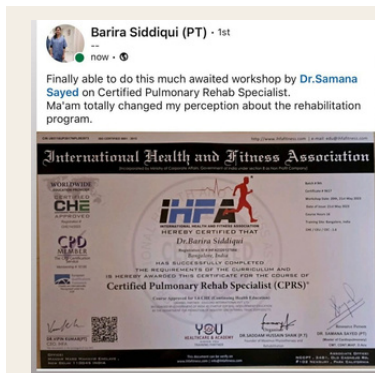


May 2023 | Certified Pulmonary Rehab Workshops
You360 Healthcare and Academy in Association with the **International Health and Fitness Association (IHFA)** successfully present hands on workshop on Certified Pulmonary Rehab Specialist (CPRS) at **Bangalore 20th, 21st May 2023** with Organiser **Dr.Saddam Hussain Shaik (PT)** Founder of **Maximus Physiotherapy and Rehabilitation (Bangalore)** , **Indore on 24th , 25th May 2023** organized by **Dr.Ankit Rathore Asst. Prof. Pratyansh College of Paramedical and Science & Jaipur on 27th, 28th May 2023** by **Dr.Punita Saini Consultant, and Dr.Amit Kumar Natani HOD from Manglamplus Medicity Hospital Jaipur.**

CPRS CERTIFIED PULMONARY REHAB SPECIALIST

Resource Person **Dr.Samana Sayed (MPT)**
International Presenter & Author **IHFA - CPRS**

TESTIMONIALS





LABS

LABOR AND BIRTH SUPPORT

**INSTITUTE OF WOMEN'S
HEALTH AND CHILD
CARE - IWHCC**

Labor and birth support Course typically focuses on preparing individuals to provide emotional, physical, and informational support to pregnant people and their families during childbirth.

THE SCOPE OF LABOR AND BIRTH SUPPORT TRAINING IS DESIGNED TO PREPARE INDIVIDUALS TO PROVIDE HOLISTIC SUPPORT TO PREGNANT PEOPLE AND THEIR FAMILIES DURING THE CHILDBIRTH PROCESS.



7th May 2023 (Sunday): Institute of Women's Health Child Care (IWHCC) successfully conducted Online and Onsite modules at Herwellness Clinic, Bangalore by eminent resource persons Dr.Shagufta Parveen and Dr.Sneha Shah

This comprehensive program included 50 hours internships



1. Anatomy and physiology of pregnancy and childbirth: This includes understanding the stages of labor, fetal development, and the physical changes that occur during pregnancy.
2. Pain management: Labor support training typically covers non-pharmacological pain relief techniques such as breathing, relaxation, massage, and position changes. Some programs may also include information on pharmacological pain relief options.
3. Comfort measures: In addition to pain relief, labor support training often includes information on how to provide comfort to laboring individuals through verbal and nonverbal communication, positioning, and other techniques.
4. Communication skills: Effective communication is key to providing emotional support during labor and birth. Training programs may cover active listening, how to respond to emotional needs, and how to provide encouragement and reassurance.
5. Advocacy: Labor support professionals may need to advocate for their clients' needs and preferences during labor and birth. Training programs may cover how to communicate with healthcare providers, how to navigate medical interventions, and how to support informed decision-making.
6. Postpartum support: Labor support professionals may also provide support to individuals and families in the postpartum period. Training programs may cover breastfeeding support, newborn care, and postpartum recovery.



NATIONAL CONFERENCE ON WOMEN'S HEALTH & REHABILITATION

2023 IHFA CONFERENCE | HARYANA

in Association with
ARTIMIS HOSPITAL
GURUGRAM, HARYANA



International Health and Fitness Association (IHFA) in association with Artemis Hospital organized successful National conference on Women's Health and Rehabilitation on 5th February 2023 at Artemis Hospital, Gurugram.

Conference inaugurated by Chief Guest Prof. Dinesh Kumar Agarwal Vice Chancellor Gurugram University Guest of Honor Shri Rakesh Daultabad , Chairman Krishi Udyog Nigam and MLA Badshahpur Vidhansabha Gurugram



Conference eminent speakers are:

Dr.Nutan Aggarwal deliver session on Abnormal Uterine Bleeding , Shes highly experienced and working as Chairperson & DNB Program Director Department of Obstetrics & Genecology Artemis Hospital.

Dr.Sunita Patel PT - Importance of Pelvic Floor Rehab
Dr.Sunita Patel is an international speaker on women's health physiotherapy and pelvic floor rehab, she is a certified instructor of the IHFA and teach pelvic floor rehab in multiple countries.

Dr.Priya Tiwari (Unit head and senior consultant, Medical Oncology Artemis) light on Prevention and early detection of gynecological cancers.

Dr.Divya Gaur PT Founder Physioheal & Bump and Baby Club
Topic - Tips from a Lamaze Child Birth Educator.

Dr.Indu Kashyaapp PT , Educator Co-Founder - HealthSpecifics Academy, New Delhi - topic The overhyped Kegal's (when it is insufficient & contraindicated).

Dr.Yogyata Gandhi is known instructor and presenter of women health - Breastfeeding ! Physiotherapists can make it successful.

Dr.Aditi Srivastava PT - An obstetric physiotherapist, Lamaze certified childbirth educator DONA trained doula, Garbhanskar consultant.

Topic - Antenatal Exercises - Lets upgrade yourself with hands on.



Dr.Nutan Aggarwal Gyne Artemis Hospital facilitate Prof. Dinesh Kumar Aggarwal, Vice Chancellor Gurugram University.

Organizing Committee

Org. Secretary
Owner- Aarogyam Physio
MPT Obgyn
Founder
Aarogyam physio
Ex consultant CK Birla
Hospital



DR.JUHI SAXENA PT

Co-Org. Secretary
Founder Swastikam Physio & Rehab
Owner -
Swastikam Physio & Rehab
MPT Sports
Guest faculty Gurugram University

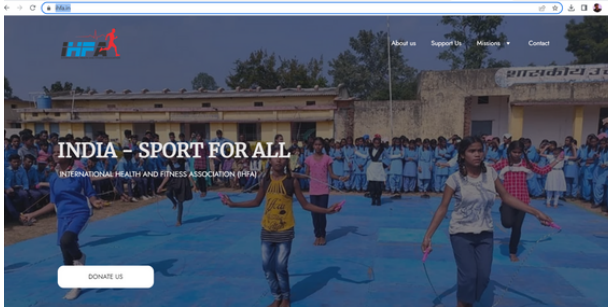


DR. SHWETA PANCHAL (PT)

Dr.Juhi Saxena PT dedicated to encourage IHFA projects at public , private and government sector , shes organised successfully IHFA National Conference with her colleague Dr.Shweta Panchal that also play leading role to make IHFA at Gurugram.



INTERNATIONAL HEALTH AND FITNESS ASSOCIATION (IHFA) LAUNCHED NEW WEBSITE WWW.IHFA.IN TO PROMOTE SPORT FOR ALL



International Health and Fitness Association is non profit company that now encourage also Sport For All to conduct sport and physical activities events for under youths.

RIGHT TO PLAY : we help children to develop their physical, emotional, and social skills, build confidence and self-esteem, and foster a sense of belonging and community. Play is an essential part of childhood, and ensuring that all children have the opportunity to play is an important step towards building a more equitable and just world.



YOUTH DEVELOPMENT : Sports providing a valuable platform for promoting youth development. By participating in sports, young people can develop important physical, social, and emotional skills that can benefit them throughout their lives.

GENDER EQLITY: women and girls face barriers to participating in sports, including cultural and social norms, lack of access to facilities and equipment, and discrimination. By encouraging and supporting female participation in sports, we can help to break down these barriers and create a more inclusive and equitable society.



Dr.Vipin Kumar CEO, International Health and Fitness Association with Prof. Dr. Juho CHANG , Honorary President TAFISA



Dr.Vipin Kumar PT Joined TAFISA World Congress in 2017 at Seoul, South Korea where 140 countries represented sport organizations, institutions and projects. that time he decided to encourage youth about fitness through 'sport for all'

India is a most youth populous country in the world and we should take responsibilities to encourage our youth to participate in sports to making national strength.



INTERNATIONAL HEALTH AND FITNESS ASSOCIATION IS A SUPPORTIVE MEMBER OF THE TAFISA - THE ASSOCIATION FOR INTERNATIONAL SPORT FOR ALL, GERMANY

- Believes Sport for All and physical activity are basic human rights for all people, regardless of sex, age, race, religion, ability level or socioeconomic background
- Supports the preservation, promotion and development of traditional sports and games
- Sees Sport for All as a major contributor to individual, social, community and national life quality
- Supports international exchange
- Supports education of leaders
- Cooperates with the health, culture, education, science, recreation, environment, urban planning and transportation sectors
- Assumes political leadership and provides practical events and programs
- Supports diversity, inclusiveness and member development

IHFA is conducting **Sport For All Games** in various locations in India to encourage under privilege youths and children



Hands on workshop on CUPPING THERAPY at Patna (Bihar) India



IHFA Newsletter - 27th, 28th May 2023:

Re-Active Physio Planet Patna successfully organized two days hands on workshop on CUPPING THERAPY by Dr.Azhar Siddiqui

Dr.Azhar Siddiqui Director, Delhi Academy of Cupping and Health Science is a well known resource person who trained 5000+ physio and rehab professionals about Cupping Therapy , he presents more than 100s of workshops in entire India.

On 27th and 28th it was made special at Patna by eminent physio Dr.Ahmar Imam (PT) working as Senior Physio at PPatna AIIMS and Dr.Bushra Rahman (PT) Co-Founder and Director of Re-Active Physio Planet & Asst. Prof. Maulana Azad Paramedical Training & Research Institute.

On this academic day well renowned personalities felicitate resource persons and organizers by Dr.Ahmad Abdul Hai, Director of General Surgery Paras HMRI Hospital Patna.

Dr.S.M.Kamal Waris , Principal of MM Rahamani Technical Institute.

Dr.Enayatulla Palvi , Principal of Mahavir Paramedical and Research Institute

Mr.Manzar Imam, Sectional Officer Civil Court Patna

Dr.Ahmar Imam, Neuro Physiotherapist AIIMS Patna.



ORGANISERS





DR.AHMAR IMAM (PT)
MPT (Neuro Rehab)
Senior Physio, AIIMS, Patna

DR.BUSHRA RAHMAN (PT)
Co-Founder & Director of Re-Active
Physio Planet

OUR MISSION TO ORGANIZE CONTINUING PHYSIOTHERAPY EDUCATION & EVIDENCE BASED SKILLS TO PHYSIOS WHICH MAY HELPFUL FOR PROFESSIONAL UPGRADATION



CUPPING THERAPY IS A WELL KNOWN ANCIENT THERAPY AND WITH MODERN SCIENTIFIC TECHNIQUES IT'S A EFFECTIVE TOOL FOR PAIN MANAGEMENT & REHABILITATION SO EVERY PHYSIOS & REHAB PROFESSIONAL SHOULD LEARN CUPPING THERAPY.

DR.AZHAR SIDDIQUI
SR. PHYSIO, DELHI

CUPPING THERAPY & PHYSIOTHERAPY

- 1.**Expanded Treatment Options:** Learning cupping therapy techniques provides physiotherapists with additional tools and treatment modalities to address various musculoskeletal conditions and soft tissue restrictions. It allows them to offer a broader range of treatment options to their patients.
- 2.**Enhanced Therapeutic Approach:** Cupping therapy can complement other physiotherapy techniques such as manual therapy, exercise therapy, and electrotherapy. By integrating cupping therapy into their practice, physiotherapists can create a more comprehensive and personalized treatment plan for their patients.
- 3.**Pain Management:** Cupping therapy has been reported to provide pain relief for certain conditions, such as muscle soreness, sports injuries, and chronic pain. By incorporating cupping techniques, physiotherapists can potentially improve pain management outcomes for their patients.
- 4.**Increased Circulation and Tissue Healing:** Cupping therapy is believed to enhance blood circulation and stimulate tissue healing. Physiotherapists can utilize these benefits to promote the recovery process, reduce inflammation, and improve tissue health in their patients.
- 5.**Patient Satisfaction:** Offering cupping therapy as part of physiotherapy services can increase patient satisfaction. Some patients may be interested in alternative therapies and appreciate the inclusion of cupping as an adjunct to their treatment.

However, it's important to note that cupping therapy should be practiced within the scope of a physiotherapist's training and expertise. Physiotherapists should ensure they receive proper education and training through reputable courses or workshops to understand the techniques, contraindications, and safety considerations associated with cupping therapy.

Always prioritize patient safety and follow evidence-based practices when incorporating cupping therapy or any other modality into your physiotherapy practice.



Winners of quiz Competition on Cupping Therapy organized by Re-Active Physio Planet Vidhan Sabha, Bihar



Apeksha Pankhuri - 1st Prize
Aastha Singh - 2nd Prize
Naveen Kumar - 3rd Prize



Mr.Mishai appointed as National representative of the IHFA - International Health and Fitness Association for Sri Lanka to present IHFA Academic programs to upgrade knowledge with worldwide certification to Sri Lankan trainers.

Mr.Mishai L Rajarathna, Director of International Institute of Fitness and Wellness Science and National President of Sri Lanka IBFF - International Bodybuilding and Fitness Federation.

CONTINUING PHYSIOTHERAPY EDUCATION

DR.K.P.SAINI IS A WELL KNOWN SENIOR PHYSIOTHERAPIST IN MEERUT, UTTAR PRADESH STATE , HE PRACTICING PHYSIOTHERAPY SINCE 20 YEARS AT MANY REPUTED HOSPITAL AND ORGANISATIONS.



IHFA Certified Pelvic Floor Rehab Specialist (CPFRS) - hands on session organized by the Dr.Sunita Patel PT at Hyderabad on 3rd, 4th May 2023 organized by Dr.Shah.



Feedback

Amirah Athirah

I would love to express my ultimate gratitude and appreciation for the Greatest pelvic floor course ! Thank you so much providing more than enough not just knowledge but also awareness.. nobody has ever make the PFM looks so important just like u did.

For the first time I felt very much important for my presence as physio to educate and help all the female community in Malaysia and around the world.

The teachings are so crystal clear and all doubts are answered perfectly. Dr.Sunita is so helpful whenever I need further explain even during practical session.

Right after the course I am already have so much confidence to start practicing. My journey from Malaysia to Hyderabad to learn from Dr.Sunita is totally worth it.I should have flown earlier!

Many of us like to drink and get high, especially during the weekends, spoiling our progress and then taking us back to ground zero, because we don't drink wisely. Plus let's clear this question that's always surrounded by myths and dilemmas and a lot of bro science involved and the question is ...



Article by
Ankit Singh Suklecha , CISSN,
 IHFA Master Trainer
 Skill India Master Traine

WHAT EXACTLY HAPPENS TO ALCOHOL IN THE BODY?

When you drink alcohol, about 20% is absorbed into the bloodstream through the stomach and the remainder through the small intestine. Most of this alcohol is then broken down in the liver (it cannot be stored, as it is toxic) into a substance called acetyl CoA and then, ultimately, into ATP (adenosine triphosphate or energy). Obviously, while this is occurring, less glycogen and fat are used to produce ATP in other parts of the body.

However, the liver can carry out this job only at a fixed rate of approximately 1 unit alcohol/ hour. If you drink more alcohol than this, it is dealt with by a different enzyme system in the liver (the microsomal ethanol oxidising system, MEO) to make it less toxic to the body. The more alcohol you drink on a regular basis, the more MEO enzymes are produced, which is why you can develop an increased tolerance to alcohol. You need to drink more to experience the same physiological effects. Initially, alcohol reduces inhibitions, increases self-confidence and makes you feel more at ease.

However, it is actually a depressant rather than a stimulant, reducing your psychomotor (coordination) skills. It is potentially toxic to all of the cells and organs in your body and, if it builds up to high concentrations, it can cause damage to the liver, stomach and brain.

Too much alcohol causes hangovers, headache, thirst, nausea, vomiting and heartburn.

These symptoms are due partly to hypohydration and a swelling of the blood vessels in the head. Congeners, substances found mainly in darker alcoholic drinks such as rum and red wine, are also responsible for many of the hangover symptoms.

Prevention is better than cure, so make sure you follow the government guidelines. The best way to deal with a hangover is to drink plenty of water or, better still, a sports drink. Do not attempt to train or compete with a hangover!



Ref. HEALTHbeat
 Harvard Medical School

5 foods that fight high cholesterol

How? Some cholesterol-lowering foods deliver a good dose of soluble fiber, which binds cholesterol and its precursors in the digestive system and drags them out of the body before they get into circulation.

Others provide polyunsaturated fats, which directly lower LDL, or "bad" cholesterol. And those with plant sterols and stanols keep the body from absorbing cholesterol. Here are five of those foods:

- Oats. An easy way to start lowering cholesterol is to choose oatmeal or an oat-based cold cereal like Cheerios for breakfast. It gives you one to two grams of soluble fiber. Add a banana or some strawberries for another half-gram.
- Beans. Beans are especially rich in soluble fiber. They also take a while for the body to digest, meaning you feel full for longer after a meal. That's one reason beans are a useful food for folks trying to lose weight.
- Nuts. Studies show that eating almonds, walnuts, peanuts, and other nuts is good for the heart. Eating two ounces of nuts a day can slightly lower LDL, on the order of 5%. Nuts also have additional nutrients that protect the heart in other ways.
- Foods fortified with sterols and stanols. Sterols and stanols extracted from plants interfere with the body's ability to absorb cholesterol from food. Companies are now adding them to a wide variety of foods. They're also available as supplements. Getting two grams of plant sterols or stanols a day can lower LDL cholesterol by about 10%.
- Fatty fish. Eating fish two or three times a week can lower LDL in two ways: by replacing meat, which has LDL-boosting saturated fats, and by delivering LDL-lowering omega-3 fats. Omega-3s reduce triglycerides in the bloodstream and protect the heart by helping prevent the onset of abnormal heart rhythms.



About **Global Coach Conference (GCC)**

Every two years, the International Council for Coaching Excellence (ICCE) brings together coaches, coach developers, researchers, sport scientists, technical directors and sport administrators to address issues in coaching, to learn about new coaching research, and to share experiences with the top coaching development experts in the world.

The 14th GCC will be in Singapore from 30th November to 3rd December, 2023 with the theme; "Coaching for a Better Tomorrow". The main focus will continue to be on effective coaching practice, coach learning and development, coaching policy and systems, and inclusivity but with a view of preparing coaches better for a future that is volatile, uncertain, complex and ambiguous, and technologically advanced.

IRCC - Indian Register of Certified Coaches is an official register for coaches in India initiated by the International Health and Fitness Association (IHFA), IRCC is a common platform of coaches where they can get national coaches network with global connection through ICCE.

All IRCC - IHFA Registered coaches may eligible to participate in Global Coach Conference (GCC) at Singapore.

International Health and Fitness Association is an member of the International Council of Coaching Excellence (ICCE)



Indian Coaches is a biggest network in India that's engage to providing sport and physical activities at societies, schools and corporate. International Health and Fitness Association provide a common platform to all coaches where they can get updates about latest trends of the industry, training system and learn research.

The basic objective of the ICCE membership to encourage Indian Coaches participation at world class coaching events and programs.

ICCE COACH DEVELOPER PROGRAMME

Building on the foundation provided by the publication of the ICCE International Coach Developer Framework (ICDF) in 2014, the ICCE Coach Developer Programme provides manuals, e-learning modules and courses in two key areas: Facilitation Skills for Coach Developers, and Supporting Coaches in Practice. Through its partnership with Nippon Sport Science University in the NSSU Coach Developer Academy, a global network of Coach Developers is now providing global leadership in this important area.

I COACH KIDS - WHERE YOUTH DEVELOPMENT MATTERS



ICOACHKIDS IS A NON-PROFIT GLOBAL MOVEMENT. OUR MISSION IS TO HELP KIDS GET THE MOST OUT OF SPORT. OUR ONLINE PLATFORM GIVES YOUTH SPORT COACHES THE KNOWLEDGE AND TOOLS TO SHARE AND LEARN FROM ONE ANOTHER, SO THEY CAN GIVE KIDS THE BEST PLAYING ENVIRONMENT AND MOTIVATION TO STAY IN SPORT LONGER. KIDS WHO MOVE, CAN MOVE THE WORLD.



TEAM IHFA PHYSIOS AT JAWAHAR LAL NEHRU STADIUM , NEW DELHI

INTERNATIONAL HEALTH AND FITNESS ASSOCIATION

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