



INTERNATIONAL HEALTH AND FITNESS ASSOCIATION (IHFA)

NEWSLETTER

EDITOR DESK



Dear Valued readers,

I am delighted to welcome you to the very first edition of our newsletter. As the editor, I am excited to present you with the latest news and updates from our organization.

Our newsletter aims to provide you with a comprehensive overview of the work we do, the achievements we have made, and the challenges we face. We want to keep you informed about our projects, initiatives, and events, and share stories of the people who make them possible.

In this edition, we bring you news about our upcoming events, recent achievements, and contributions to the community. You will find articles about our staff, volunteers, and partners who have worked tirelessly to achieve our goals.

We hope that this newsletter will serve as a platform for communication, collaboration, and engagement. We welcome your feedback, comments, and suggestions on how we can improve and better serve our readership.

Thank you for your support and interest in our work. We look forward to your continued readership and involvement.

Sincerely,
Dr.Vipin Kumar PT
Director
International Health and Fitness Association (IHFA)

HIGHLIGHTS

- Pulmonary Rehab by *Dr.Samana Sayed PT*
- *How Wolly may helps for Physios*
- *Labor and Birth Support by Dr.Shagufta Parveen & Sneha*
- *Taping for movement injuries*
- *IHFA sponsored 8th International Conference at Paris, France.*
- *Pelvic Floor Rehabilitation at Puducherry - Dr.Sunita Patel*
- *Hands on workshop at Dry Needling at Dharampuri TN*
- *Varicose Vein an awareness - Dr.Kavita Puri*
- *Training Partner Educord*
- *Antenatal Postnatal Workshop*

BLOOD FLOW RESTRICTION TECHNIQUES AND PHYSIOTHERAPY

Blood flow restriction (BFR) therapy, also known as occlusion training, is a type of rehabilitation technique that involves partially restricting the blood flow to a muscle or limb during exercise. BFR therapy has been shown to be useful for physiotherapists in several ways., Dr.G.Durga Prathap PT. cont... page 4



WOLLY

Dr.Pooja Pandey Tripathi

WOLLY is

Dr.Pooja Pandey Tripathi owned Arogya physiotherapy clinic and Rehabilitation centre.at Bangalore

You will ask me why you should be a Wolly instructor? The answer is simple because you want to be fit, financially independent, get international certification and make others fit too in this journey. , start your career as a Wolly instructor.

You Know WHY ? - Wolly helps you bring

- *Hormonal harmony :- Wolly helps in preventing hormonal imbalance and PCOS which is caused due to sedentary lifestyle and excessive junk food intake.*
- *Calorie burner:- Wolly is a high calorie burn workout .*
- *For physical and mental fitness .*
- *Good for core and pelvic floor muscles strengthening*
- *Increases chances of fertility*

Can be done as postnatal workout after 3 to 6 months



Dr.Azhar presented hands on 2 days hands on workshop on Myofascial Dry Needling Therapist at Dharampuri, Tamilnadu and teach 32 physio students and professionals about amazing techniques.

Dry needling is a therapeutic technique that involves inserting a thin needle into the skin and muscle to release trigger points, which are areas of hyper-irritable tissue in the muscle that can cause pain, weakness, and restricted range of motion. Myofascial trigger points are a common cause of musculoskeletal pain and dysfunction, and dry needling is often used to treat them.

Physiotherapy Congress 2023

8th World Congress on
**Physiotherapy,
Physical Rehabilitation
& Sports Medicine**

July 10-11, 2023 | Paris, France

<https://physiotherapy-sportsmed.inovineconferences.com>



PILATES WORKSHOP AT MALAYSIA

Dr.Sharon Wu has more than 20 years working experience as Pilates instructor and Physiotherapist at Mumbai India. Shes's certified master trainer of the International Health and Fitness Association thats dedicated to provide training of Pilates to healthcare and fitness professionals worldwide.

AHFA, Malaysia successfully organized two days IHFA Certified Mat Pilates Trainer course .

Dr.Srikant always encourage IHFA certification programs for Malaysia trainers and therapists by its chartered faculties.

Pilates is a form of exercise that can be used for rehabilitation purposes. Pilates focuses on building strength, flexibility, and balance, which are essential for injury prevention and recovery. It also emphasizes the mind-body connection, which can help with pain management and stress reduction.



DR.SHAGUFTA PARVEEN



DR.SNEHA SHAH

Dr.Shagufat Parveen and Dr.Sneha Shah jointly presenting Labor and Child Birth Support (LABS)

Qualification and Years of experiences , teaching enthusiasm and certification by Institute of Women's Health and Child Care (IWHCC) in association with the International Health and Fitness Association member CPD, UK.

LABOR AND BIRTH SUPPORT (LABS)

- Provide unbiased emotional, physical, and informational support during pregnancy, labor, and the birth process and the immediate postpartum period.
- Encourage the birthing woman to seek care and a place of birth that reflects her values and needs.
- Assist in the preparation of birth preferences to facilitate communication with the birth team.
- Model, teach, and encourage effective communication
- Provide information on birth options and resources.
- Provide the woman with comfort techniques for labor, such as positions and movement, comforting touch, visualization, breathing techniques, and affirmation.
- Encourage informed decision-making.
- Seek to foster a cooperative, respectful, and positive atmosphere with the birth team.
- Provide support to the birthing woman's partner or family.
- Support and assist with initial breastfeeding.

LABS offering by the Institute of Women's Health and Child Care (IWHCC) initiated by the Educord International Pvt. Ltd. in association with International Health and Fitness Association (IHFA)

BFR THERAPY IS A VALUABLE TOOL FOR PHYSIOTHERAPISTS TO HELP THEIR PATIENTS ACHIEVE THEIR REHABILITATION GOALS, PARTICULARLY IN CASES WHERE TRADITIONAL EXERCISE METHODS MAY BE LIMITED OR NOT APPROPRIATE. IT IS IMPORTANT TO NOTE, HOWEVER, THAT BFR THERAPY SHOULD ONLY BE PERFORMED BY QUALIFIED PROFESSIONALS WHO HAVE RECEIVED PROPER TRAINING AND CERTIFICATION IN THIS TECHNIQUE.



- 1.Enhancing muscle strength and size: BFR therapy has been shown to increase muscle strength and size even when using light resistance or low-intensity exercise. This can be particularly beneficial for individuals who are recovering from an injury or have limited mobility.
- 2.Improving endurance: BFR therapy has been found to improve muscle endurance and cardiovascular fitness by increasing the metabolic stress in the muscles being exercised.
- 3.Reducing muscle atrophy: BFR therapy has been shown to prevent muscle atrophy, or loss of muscle mass, which can occur as a result of injury or immobilization.
- 4.Accelerating rehabilitation: BFR therapy can help accelerate the rehabilitation process and improve functional outcomes following an injury or surgery.

DRY NEEDLING



April 22nd, 23rd 2023 Certificate Course in Dry Needling Practitioner by resource Person Dr.Jatin Patel PT



DR.SAMANA SAYED ALIAS PULMONARY REHABILITATION

Dr.Samana Sayed MPT Cardiopulmonary Rehab Physiotherapist , International Presenter on Pulmonary Rehabilitation.

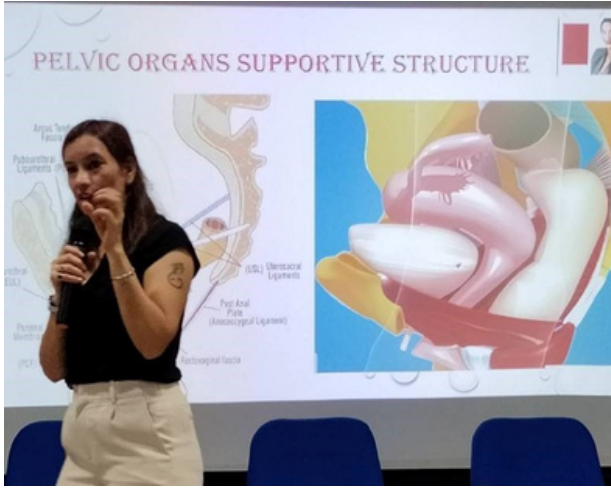
Dr.Samana teach thousands of professionals to trained them about key skills of pulmonary rehabilitation by her case studies and experience based techniques.

Covid19 create scope of pulmonary rehabilitation courses for physiotherapy is vast and expanding. Pulmonary rehabilitation programs are designed to improve the quality of life for people with chronic respiratory conditions such as chronic obstructive pulmonary disease (COPD), asthma, and cystic fibrosis. Physiotherapists play a crucial role in delivering pulmonary rehabilitation programs, as they are trained to help patients improve their respiratory function, manage their symptoms, and increase their physical activity levels.

Dr.Samana trained physiotherapists and rehab professionals from 30 countries like India, Dubai, Africa, Australia, India, Philippines, Qatar, Indonesia, America, Malaysia etc.

the demand for pulmonary rehabilitation services is increasing globally due to the growing prevalence of respiratory diseases, aging populations, and increased awareness of the benefits of pulmonary rehabilitation. This means that the scope of pulmonary rehabilitation courses for physiotherapy is likely to continue expanding in the future, providing more opportunities for physiotherapists to specialize in this field and improve the lives of patients with respiratory diseases.

CERTIFIED PELVIC FLOOR REHAB SPECIALIST (CPFRS) workshop course by Dr.Sunita Patel at Indira Gandhi Medical College & Research Institute (Government of Puducherry institution) Pondicherry India



Pelvic floor rehabilitation is a specialized area of physical therapy that requires specialized training and expertise. If you are experiencing pelvic floor dysfunction or related symptoms, it's important to seek out a trained pelvic floor physical therapist for evaluation and treatment.

Pelvic floor rehabilitation focuses on strengthening the muscles of the pelvic floor. The pelvic floor is a group of muscles that support the pelvic organs, including the bladder, uterus, and rectum. Weakness or dysfunction of the pelvic floor muscles can lead to a range of problems, including urinary and fecal incontinence, pelvic pain, and sexual dysfunction.



Dr.Sabita HOD, Dr.D.Beulah Jebakani HOD Indira Gandhi Medical College & Research Institute (Government of Puducherry institution) Pondicherry India.

Organizer Dr.Sunita's Certified Pelvic Floor Rehab Specialist (CPFRS) on 19th, 20th 21st April 2023

VARICOSE VEIN - PREVENTION AND AWARENESS



Varicose veins are a common condition that can cause discomfort, swelling, and cosmetic concerns. While some risk factors for developing varicose veins cannot be controlled, there are several ways to prevent or reduce the risk of developing varicose veins.

- 1.Exercise regularly: Regular exercise, particularly low-impact activities such as walking, swimming, and cycling, can help improve circulation and strengthen the muscles that support the veins.
- 2.Maintain a healthy weight: Excess weight can put additional pressure on the veins in the legs, so maintaining a healthy weight can help reduce the risk of developing varicose veins.
- 3.Elevate your legs: If you spend a lot of time sitting or standing, try to elevate your legs above heart level for 15 minutes every few hours to help improve circulation.
- 4.Wear compression stockings: Compression stockings can help improve circulation and reduce swelling in the legs. They work by putting pressure on the legs, which helps to push blood back up towards the heart.
- 5.Avoid tight clothing: Tight clothing, particularly around the waist, groin, and thighs, can restrict blood flow and increase pressure on the veins in the legs.
- 6.Avoid prolonged sitting or standing: If your job requires you to sit or stand for long periods, try to take breaks and move around regularly to help improve circulation.
- 7.Eat a healthy diet: A diet that is rich in fiber and low in salt can help improve circulation and reduce the risk of developing varicose veins.
- 8.Don't smoke: Smoking can damage the walls of the blood vessels, making it harder for blood to flow through them.

While these tips can help reduce the risk of developing varicose veins, it's important to note that some risk factors, such as genetics and age, cannot be controlled. If you are concerned about varicose veins or have symptoms such as pain or swelling, it's important to speak with your healthcare provider.

Dr.Kavita Puri
 Consultant Therapist
 Director (Public Health) IHFA

EDUCORD INTERNATIONAL PVT. LTD. IS AN OFFICIAL TRAINING PARTNER OF THE INTERNATIONAL HEALTH AND FITNESS ASSOCIATION (IHFA)



Educord International Pvt. Ltd. works in partnership with the institution's leadership to oversee and handle various administrative, financial, and operational aspects of the institute.



Key objectives of the Educord for educational institutions, organization and universities.

1.Strategic Planning: Educord helps the educational institution develop a strategic plan that outlines the institute's goals and objectives, as well as the steps required to achieve them.

2.Finance and Accounting: Educord manage the institution's finances, including budgeting, payroll, and accounting. They can also help the institute to secure funding and manage its investments.

3.Human Resources: Educord provide HR services such as recruitment, benefits administration, training and development, and performance management.

4.Operations: Educord manage day-to-day operations of the institution, including facilities management, maintenance, and security.

5.Marketing and Enrollment: Educord develop marketing and enrollment strategies to increase student enrollment and retention.

6.Curriculum and Instruction: Educord provide guidance and support to the institution's faculty and staff, including curriculum development, instructional technology, and assessment.

Educord provides valuable support to an educational institution by leveraging its expertise, experience, and resources to help the institute run more efficiently and effectively.

www.educord.org

ERGONOMICS AND POSTURE ALIGNMENT AWARENESS SESSION BY DR.SACHIN GOYAL PT



Dr.Sachin Goyal PT Antarnaad Wellness Solutions Presented a wonderful session for employees of one of our corporate clients. The session went very well and we received excellent feedback. He discussed all aspects of an employee's wellbeing and how to maintain health during working hours.

Antarnaad organizes ergonomics camps at corporate to awareness about ergonomics and promoting its importance in the workplace, employers can help reduce the risk of workplace injuries and improve employee health and productivity.

Dr.Sachin Goyal and his Team Conducting training sessions: sessions on ergonomics to educate employees on proper posture, stretching techniques, and other ergonomics-related topics.



Ergonomics is royal scope for physios. for more info reach to Dr.Sachin Goyal PT info@antarnaad.net

Dr.Sabita HOD, Dr.D.Beulah Jebakani HOD Indira Gandhi Medical College & Research Institute (Government of Puducherry institution) Pondicherry India.

Organizer Dr.Sunita's Certified Pelvic Floor Rehab Specialist (CPFRS) on 19th, 20th 21st April 2023

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IHFA Certified Personal Trainers at Sri Lanka by Mishai L Rajarathna

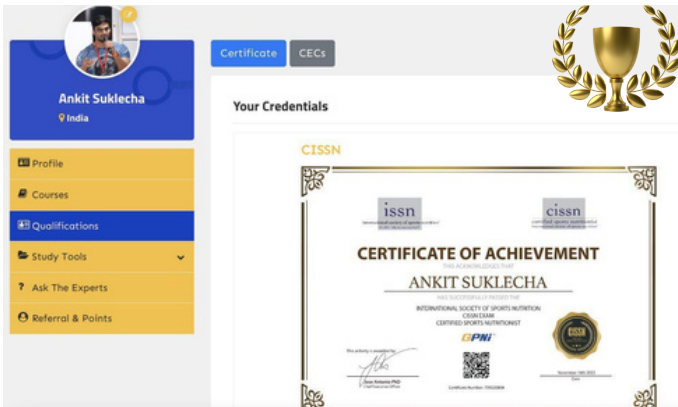


Inter- School Sports Olympiad organized by the IHFA / International Health and Fitness Association at Amroha, Uttar Pradesh.

TAFISA WORLD WALKING DAY

International Health and Fitness Association (IHFA) celebrate TAFISA World Walking Day at Jagdalpur, Chhattisgarh - Organised by Dr.Rukhsar Nabi and Muhammed Nabi Ji.

IHFA MASTER TRAINER MR. ANKIT SUKLECHA BECOME A ISSN CERTIFIED SPORTS NUTRITION BY GPNI



Mr.Ankit Suklecha is true learner and dedicated fitness trainer, he teach many personal trainers from all over India and abroad.



Mr.ANKIT SUKLECHA

Ankit is certified master trainer of the Sports Sector Council and IHFA.

in continuation of education he achieved Certified Sports Nutritionist Certification by the GPNI



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29th, 30th April 2023 | Bangalore | 48th Batch

Certified Antenatal Postnatal Exercise Specialist (CAPES)

by Dr.Shagufta Parveen MPT (Obs & Gyne)

Antenatal and postnatal courses can be very useful for physiotherapists who work with pregnant women and new mothers. These courses provide specialized training in the assessment and management of musculoskeletal conditions related to pregnancy and childbirth. Physiotherapists who complete these courses are equipped with the knowledge and skills needed to address the unique needs and concerns of pregnant women and new mothers.

During pregnancy, a woman's body undergoes significant changes that can put a strain on her musculoskeletal system. Common conditions such as back pain, pelvic girdle pain, and carpal tunnel syndrome can occur, and physiotherapists with specialized training can provide effective treatments to help manage these conditions.

In the postnatal period, physiotherapists can help women recover from childbirth, including addressing issues such as pelvic floor dysfunction, diastasis recti, and postpartum back pain. Physiotherapy can also be beneficial in helping new mothers regain strength and mobility, and in addressing any complications that may have arisen during pregnancy or childbirth.

In summary, antenatal and postnatal courses can help physiotherapists to better understand and manage the musculoskeletal conditions that can arise during pregnancy and childbirth, and provide more effective care for pregnant women and new mothers.

IHFA - International Health and Fitness Association providing high quality course on Prenatal and Postnatal for Rehab, Fitness and Medical professionals by well know experienced resource person Dr.Shagufta Parveen PT Bangalore



SPORTS PHYSIOTHERAPY INTERNSHIP PROGRAM

Manashvi and Dhruvi Jain
successfully completed
Sports Physiotherapy
Internship Program under
the guidance
Dr.Gopakumar, Bangalore



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