



**IFA**

**INDIAN FITNESS ACADEMY**

**BROCHURE**



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## ABOUT US

Indian Fitness Academy was established to produce superior quality fitness professionals who can further help people to adopt a healthier lifestyle by adding more safe and effective physical movements in their life.

Indian fitness academy is an innovative initiative taken by Dr. Samar Chandra Sinha with the goal to promote healthier lifestyle. Having seen heavy loopholes within the existing industry since decades it was a high time to take the initiative and renovate the system.

IFA is determined to convert passion into the profession for many who want to pursue and grow their career in one of the fastest growing Fitness Industry. IFA mainly concentrate on fitness education, empowering the trainers focusing on every domain that helps joining paraphernalia and body to work in an enduring way without disruption.

With the advent of technology and erratic food habits, obesity and fatal diseases are on an all time high. The purpose here entirely is to create a safe and educated environment for our generations to come, we focus primarily on enabling a healthy mindset that leads to a healthy & fit body.

IFA emphasizes on every aspects like fitness etiquette, physiology of exercise, biomechanics and many other booming parts. We aim of spreading awareness, creating acceptance in the world to embrace fitness as a career.

## FOUNDER & DIRECTOR



Dr. Samar Ch. Sinha is the well-renowned physiotherapist . He is the founder and director of Indian Fitness Academy. He is also the member of Indian association of physiotherapist. He was the ex lecturer of National Institute for the orthopaedically handicapped, Kolkata, associated with Ministry of social justice and empowerment Government of India. He is an MPT (ORTHOPAEDIC) from Pune University. He is also PGD - PPHC from Apollo Hospital Hyderabad. He has fellowship inOrthopedic Rehabilitation from Hyderabad. He is also the founder and director of Re life Physiotherapy.

Being the great visionary Dr. Samar Chandra Sinha wants to take the fitness industry to the next level. He emphasizes on optimizing the delivery of human movement science education by integrating technology, student-centered learning, and evidence-based, practical education. He is passionate about creating the platform we wish would have existed earlier, the platform we all deserve.

# OUR COURSES



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## CPT CERTIFIED PERSONAL TRAINER COURSE

The fitness industry needs fitness professionals who know the science behind the exercises they teach. Certified personal trainers are also known as Personal Trainer' or 'Fitness Trainer' or 'Personal Fitness Trainer' or 'Fitness Professional' or 'Weight Trainer' is one of the fastest growing professions today.

We have created a course that caters to the needs of people coming from all varied backgrounds of education and experience. The need is for a course that will teach and equip an individual with the knowledge, skills and abilities to become educated, successful and result-oriented fitness professionals.

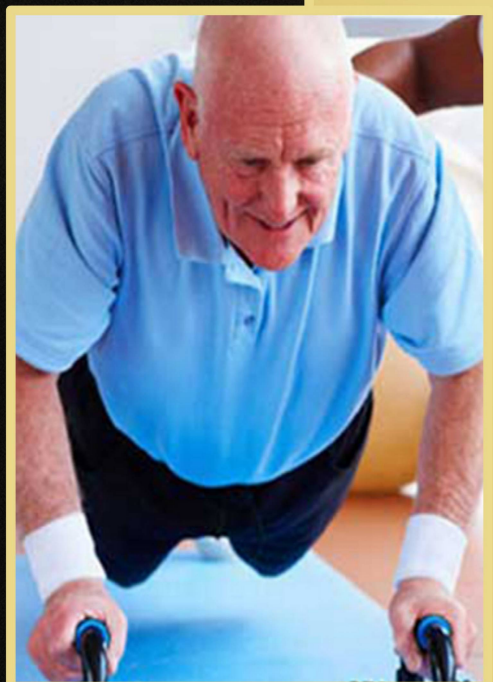


## CPR CERTIFICATION COURSE

Cardiopulmonary resuscitation (CPR) is a lifesaving technique that's useful in many emergencies, such as a heart attack or near drowning, in which someone's breathing or heartbeat has stopped. Cardiopulmonary resuscitation (CPR) is an emergency procedure consisting of chest compression often combined with artificial ventilation in an effort to manually preserve intact brain function until further measures are taken to restore. Our course will guide you through the entire process to give you a knowledge about how to perform CPR correctly.

## PT-SP PERSONAL TRAINING FOR SPECIAL POPULATION

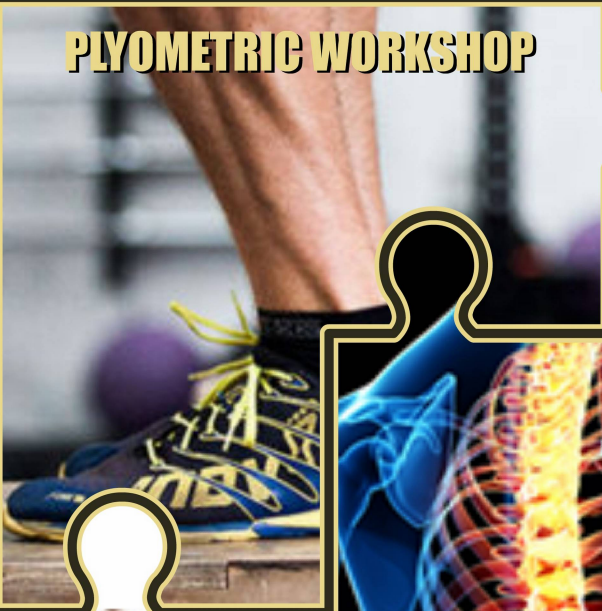
The purpose of this training is to provide practical, research based and relevant information for those people involved or wanting to be involved in the delivery of physical activity to those with specific health conditions, referred to as 'special populations'. This training is also designed to complement any training qualification, as the information provided here is based on up-to-date research and information provided by relevant professional bodies. The more you exercise, the greater the health benefits are for the body and also the mind.



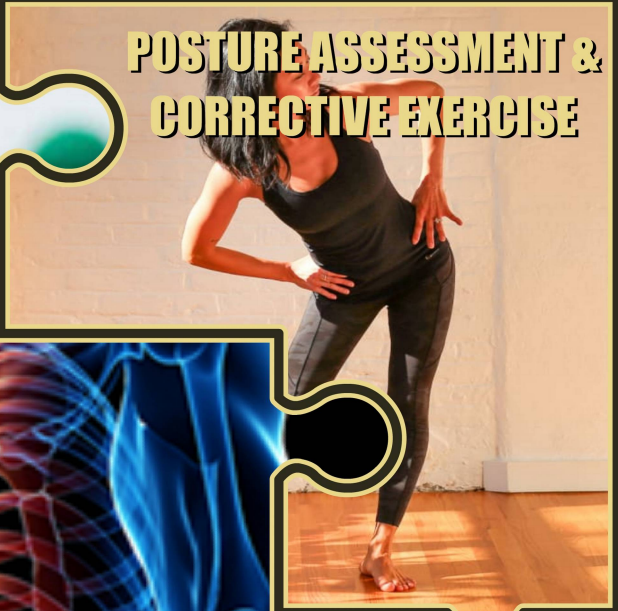
# OUR WORKSHOPS

We have various types of Workshop programmes, that will enhance your knowledge and make you more proficient in your career.

## PLYOMETRIC WORKSHOP



## POSTURE ASSESSMENT & CORRECTIVE EXERCISE



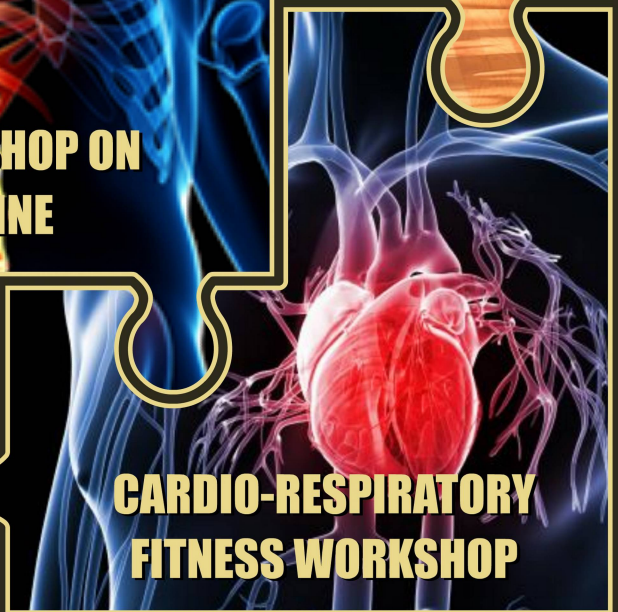
## WORKSHOP ON SPINE



## WORKSHOP ON STRETCHING



## CARDIO-RESPIRATORY FITNESS WORKSHOP



# OUR MISSION

★ TO PROMOTE HEALTHIER LIFESTYLE ★ TO MAXIMIZE SAFETY AND EFFECTIVENESS IN PHYSICAL ACTIVITY ★ TO SET GLOBAL AND HIGHEST TRAINING STANDARDS ★ TO ASSIST IN EMPLOYMENT ★ TO PRODUCE/PREPARE THOROUGH FITNESS PROFESSIONAL ★ TO PROVIDE CONTINUOUS FITNESS EDUCATION ★ TO EXPAND ENHANCE ASSOCIATION IN THE FIELD OF HEALTH AND FITNESS

# OUR VALUES

HONESTY ★ PROFESSIONALISM, ETHICS ★ VALUE FOR INVESTMENT ★ TOGETHERNESS  
★ EASY TO REACH ★ THE GROWTH OF STUDENTS  
(GROWING TOGETHER) ★ LONG TERM RELATIONSHIP



# CONTACT US

## OUR BRANCHES



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## WHATSAPP US

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## OUR TIMING

MONDAY TO SATURDAY 10 A.M. TO 5 P.M.  
SUNDAY CLOSED

## VISIT OUR WEBSITE

[www.indianfitnessacademy.org](http://www.indianfitnessacademy.org)

## OUR ASSOCIATE PARTNERS



## ACCREDITED BY