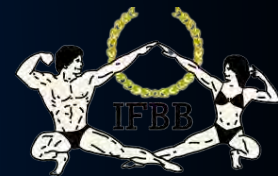


ABOUT OUR DIRECTOR OF CERTIFICATION (UFTA)

**BRAND AMBASSDOR
&
PROMOTER**



SUPPORTED BY



Bibhu Moni Singha, PhD Scholar

SPORTS & EXERCISE SCIENTIST

&

AWARD WINNING FITNESS EXPERT & LEADING SPORTS NUTRITIONIST OF INDIA.

- Recipient of "Excellent Personal Trainer of the Year 2018 by FEA &
- "India's Best Fitness Trainer of the Year 2018 by ILA"
- Featured in FOX STORY INDIA "AS 100 INFLUENTIAL INDIANS" in 2022
- FIT INDIA AMBASSADOR, 2022

CALL

9864047046

www.bibhuuniversalfitness.com



BRIEF INTRODUCTION

Bibhu Moni Singha is regarded as one of the topmost Fitness Expert & Sports Nutritionists of the country. By profession he is a Professional Personal Trainer, Sports & Exercise Nutritionist, Strength & Conditioning Coach and a PhD Scholar doing research in Sports & Exercise Science. Fitness is his passion and has devoted 23 plus years of his life to helping people get into shape, trained thousands of clients and have certified more than 2200 trainers.

PRESENTLY WORKING

- Director of Certification Universal Fitness Training Academy
- PROPTA U.S.A. Senior Director of Fitness & Nutrition, Pan India
- Franchise Manager (North East India) & Head Coach (Assam) SFL Gyms
- Franchise Spokesperson & Promoter Nitro Fitness & Zone 360 (Northeast India)
- Master Trainer Bodypower Academy U.K. (Northeast India)
- Head Strength & Conditioning Coach & Nutrition Adviser of Faculty Higher Secondary School

EDUCATION QUALIFICATION

- PGD Fitness & Nutrition
- MSc Strength Training & Conditioning
- MA Physical Education
- Certified Anti-Doping Specialist IFBB
- CPT ACSM, CPT PF, CBT NSBBN
- Master Trainer S & C, SPEFL-SC
- Master Trainer Bodypower Academy U.K. (Northeast India)
- ToMT GIZ, IGCC, NSDC & MSDE. CMPPT IFBB, IFPEFSSA,
- Certified S & Ed C Pre-Level 2 World Rugby, Setanta College, Spain,
- Certified Body Composition Analyst, InBody India

CALL
9864047046



AWARDS & ACCOLADES

- First individual from the entire Eastern Region & second in India to be declared as the winner out of the 1300 nominations from all over the country. and was awarded the prestigious “EXCELLENT PERSONAL TRAINER OF THE YEAR 2018” by FITNESS EXCELLENCE AWARDS (FEA) held on 4th May 2018 at The Taj Diplomatic Enclave, New Delhi organized by Messe Frankfurt India, in the presence of other eminent fitness personalities and legends of India like Dronacharya Awardee Bhupendar Dhawan, Madhukar Talwarkar, Vikram Aditya Bhatia, Kaizzad Capadia, Sumaya Dalmia, Kiddy Kaul and many more.
- Awarded as INDIA’S BEST FITNESS TRAINER OF THE YEAR 2018 by BOLLYWOOD CELEBRITY, SOHA ALI KHAN, during the India Leadership Awards (ILA) held on 07th October 2018, at The Taj Hotels Bangalore organized by Blindwink.in.
- Featured in a reputed national magazine FOX STORY INDIA “AS 100 INFLUENTIAL INDIANS” in 2022. The whole story has been covered in Zee News & The Tribune India too.



MISSION IN LIFE

MY MAIN OBJECTIVE IS TO CREATE CAREER AWARENESS ABOUT THE IMPORTANCE OF SCIENTIFIC FITNESS TRAINING BY CONDUCTING VARIOUS SEMINARS AND WORKSHOPS ON HEALTH, FITNESS & NUTRITION IN DIFFERENT PARTS OF THE COUNTRY. TO MAKE PEOPLE UNDERSTAND THAT TO BECOME A FITNESS TRAINER OR A PERSONAL TRAINER EDUCATION IN EXERCISE SCIENCE, SPORTS & EXERCISE NUTRITION IS VERY IMPORTANT, MOREOVER TRAINING IN CPR & AED IS ALSO VERY IMPORTANT TO SAVE A PERSON’S LIFE DURING AN EMERGENCY SUCH AS HEART ATTACK. STANDARDIZATION OF THE FITNESS INDUSTRY ACCORDING TO THE INTERNATIONAL STANDARDS SET ENCOURAGING EVIDENCE BASED SCIENTIFIC PROTOCOL OF FITNESS TRAINING IN GYMS AND HEALTH CLUBS.

CALL
9864047046

www.bibhuuniversalfitness.com



BRAND AMBASSADOR & PROMOTER OF THE FOLLOWING BRANDS IN THE NORTH-EAST REGION

- Lumen world's first hand-held, portable device to measure and track your metabolism.
- Bodypower Academy a UK based Entity Promoting Health & Fitness Worldwide.
- World's Topmost Brand of Gym Equipment Realleader USA
- Gasp & Better Bodies, USA world's most renowned hardcore fitness & bodybuilding gym wear clothing company www.gaspofficial.com & www.betterbdies.com.
- InBody world-leader in Body Composition Technology.

RESEARCH EXPERIENCE

- **NUTRITIONAL PRACTICES TO ENHANCE PEAK PERFORMANCE IN THE SPORTING ACTIVITY CHALLENGES AND SOLUTIONS**, A RESENTATION DURING THE FSN NATIONAL CONFERENCE ON SPORTS NUTRITION HELD ON 28TH FEBRUARY 2014, BHOPAL ORGANISED BY INDIAN ASSOCIATION OF ENTERAL & PARENTERAL NUTRITION (IAPEN) IN ASSOCIATION WITH SANT HIRDARAM MEDICAL COLLEGE OF NATUROPATHY & YOGIC SCIENCES.
- **THE EFFECTS OF WHEY PROTEIN ISOLATE & RESISTANCE TRAINING ON TESTOSTERONE LEVELS IN MEN** PUBLISHED IN THE ANNUAL CONFERENCE JOURNAL DURING THE 48TH ANNUAL NATIONAL CONFERENCE OF THE NUTRITION SOCIETY OF INDIA" HELD IN BANGALORE IN 2016 AT THE PRESTIGIOUS ST JOHN'S RESEARCH INSTITUTE.

EXPERIENCES AS A PERSONAL TRAINER & NUTRITIONIST

- WORKED AS A FITNESS COACH, 2001-2003 AT DON BOSCO SHOOL, PANBAZAAR.
- WORKED AS A FITNESS & NUTRITION COACH FOR DOCTOR'S & STAFF, 2004-2006 AT DISPUR HOSPITALS LTD.
- WORKED AS A TRAINING & NUTRITION HEAD, 2008-2016 AT GOLD'S GYM GANESHGURI BRANCH.

CALL
9864047046



CONFERENCES, SEMINARS & WORKSHOPS ATTENDED

- Have done a course on Explosive Rotational Power, Movement Development for Child & Conditioning, from Setanta Academy on 2nd December 2021.
- Have done a course on Masterclass in Speed Development from Setanta Academy on 2nd December 2021.
- Have done a workshop on Scientific and Technological Advancements in Sports Training organized by Department of Education, Mizoram University on 4th April 2022.
- Secured Grade "A" in "One Week Workshop on ASSESSMENT AND MANAGEMENT OF STRENGTH" organized by the Faculty of Physical Education and Sports Science in collaboration with IQAC, Rajiv Gandhi University (RGU) on 18th June 2021.
- Attended the "HAMMER STRENGTH" STRENGTH & CONDITIONING CLINIC in Kolkata 2016.
- Have also attended the Body Composition Workshop in Clinical Nutrition & Medical Sciences conducted by InBody Body Academia at Mumbai 2019.
- "BACK INJURY REHAB" under Dr Nehal Vora, organized BFY Sports & Fitness, Mumbai in association with Progressive Fitness Education Worldwide- U.S.A. on 3rd December, 2006.
- CORE TRAINING under Dr Ruchira Tondolkar, organized BFY Sports & Fitness, Mumbai in association with Progressive Fitness Education Worldwide- U.S.A. on 3rd December, 2006.
- "PROS & CONS OF DIETARY SUPPLEMENTS" under Sushila Sharangdhar, organized BFY Sports & Fitness, Mumbai in association with Progressive Fitness Education Worldwide- U.S.A. on 3rd December, 2006.

CALL

9864047046



CONFERENCES, SEMINARS & WORKSHOPS CONDUCTED

- Seminar on "How to Choose the Right Personal Training and Strength & Conditioning Certification in India to build a Career in the Fitness at the INTOWELLNESS Product Experience Center by REALLEADER USA in 2022.
- Ten Days Extensive Practical Training Workshop on "Strength Training & Conditioning Program and Basics of CPR/AED & First Aid" organised on behalf of Universal Fitness Training Academy in association with the Faculty of Physical Education & Sports Sciences (A National Center for Sports Science Research) at Rajiv Gandhi University, a Central University, supported by Ministry of Youth Affairs and Sports, Government of India on July, 2022.
- SEMINAR ON HEALTH FITNESS SPORTS & EXERCISE NUTRITION.
- Seminar "OBESITY & WEIGHT LOSS MANAGEMENT" at Faculty Higher Secondary School, Amingaon.
- SEMINAR ON "EXERCISE IS MEDICINE" at Sankardeva Netralaya, Guwahati. Seminar on
- "HEALTH, FITNESS & NUTRITION" at Swahaid Piyoli Phukan College, Naamti, Sivasagar.
- Have also conducted the 1st & 2nd North-East Seminar on Fitness, Bodybuilding, and Sports & Exercise Nutrition" on 2016 & 2018 at Guwahati in association with the Director of Sports & Youth Welfare, Government of Assam.
- Seminar On "FITNESS FOR OUR LIFE SAVIOURS THE DOCTORS" at Excelcare Hospitals Pvt Ltd 2019.
- Seminar on "OBESITY-A THREAT TO OUR HEALTH AND LIFE STYLE-FINDING WAYS AND SOLUTIONS TO CONTROL IT" at Downtown Hospitals Pvt Ltd, year 2017.
- Workshop during World Health Day on the topic "EXERCISE IS MEDICINE & HOW TO USE THIS MEDICINE TO LEAD A HEALTHY LIFE" at University of Science & Technology.

CALL
9864047046



- Seminar on “MOTHER & CHILD HEALTH, NUTRITION & SAFETY” at Bright Beginning School Seminar on “FITNESS INDUSTRY IN INDIA & ABROAD” during “1st Guwahati Fitness Awards, 2018
- Seminar on “FITNESS INDUSTRY IN INDIA & ABROAD” during “1st Guwahati Fitness Awards, 2018

AREA OF EXPERTISE & RESEARCH INTERESTS

- EXERCISE PHYSIOLOGY
- STRENGTH & CONDITIONING
- SPORTS INJURY REHABILITATION & PERFORMANCE ENHANCEMENT
- SPORTS & EXERCISE NUTRITION BODY TRANSFORMATION & FAT LOSS

SPORTS CELEBRITY CLIENTS TRAINED

- Olympic Boxer Shiva Thapa, 2018 Commonwealth.
- 100 Meters Gold Champion Hima Das
- Latest Junior International Tennis sensation Miss Priyana Kalita Team Addidas sponsored former competitive International Tennis Player & student athlete for the Women’s Tennis Team for Miami University, USA

TELEVISION SHOWS ON HEALTH & FITNESS

- Official Show-Host of Morning Prime Health & Fitness Show on ND24 Channel (Airtel DTH no 637) www.newsdaily24.in.
- Appeared in interviews in popular Satellite channels & Radio Stations since 2004.
- Done talk shows on Health & Fitness in DY365
- Gold’s Gym Fitness shows
- Sasthya & Career Mantra on Prag
- “Good Life” in North East Live
- “SFL Fitness Show” in News 18, Time8
- RED FM, FITNESS SHOW on Radio Mirchi, GUP SHUP etc.

CALL
9864047046



MEMBERSHIP IN PROFESSIONAL ORGANISATION

- Professional Member International Federation of Physical Education and Sports Science Associations (IFPEFSSA).
- Member International Society of Exercise Immunology (ISEI) U.S.A.
- Member American College of Sports Medicine (ACSM), USA.
- Life Member Indian Association of Health & Fitness (IAHF).
- Life Member Indian Association of Enteral & Parenteral Nutrition (IAPEN)
- Life Member Nutrition Society of India (NSI).

ARTICLES PUBLISHED ON HEALTH, FITNESS & NUTRITION

Have written numerous articles on Fitness & Nutrition for some of the major Newspapers of Guwahati like THE SENTINEL, AJIR AXOM, PRATIDIN, DAINIK AGRADOOTH, & G Plus.

THANK YOU

CALL
9864047046

www.bibhuuniversalfitness.com