

INDIA INTRODUCING MISS INDIA FITNESS PHYSIQUE IN APRIL 2012

The 1st Miss India Fitness Physique 2012 will be held from 20 – 22 April 2012 in Bidar, Karnataaka, organized by the Karnataka State Bodybuilding and Fitness Association together with the Bidar District Bodybuilding Association.



The initiative to host this fitness competition for women has been long overdue and the following officials Messrs Bette Gowada, M. Chandran and Tanveer Ahmed Khan with the support and encouragement coming from President Baba Madhok of the Indian Bodybuilders Federation.

The above competition is being held in conjunction with the 5th Senior National Body Building Championship 2012 at the Nehru Stadium in Bidar.



Chetan Pathare, General-Secretary of the IBBF is coordinating and assisting their affiliated units and urging them to participate to ensure great success.

Amit Swami, Executive Vice-President of IBBF and Vice-President of ABBF quoted: “This is the right time to move and introduce Fitness Physique for women in India as we have good crop of athletes in this field, and we could add a bit of Yoga movements and improve their fitness, strength and endurance to achieve good results at international competitions”.

Baba Madhok, President of IBBF is all out for this new sport introduced at National level and hoped that many young ladies and students will come forward and participate. In 2010 India clinched a bronze medal through Puja Roy who participated in Singapore at the WBPF World Fitness Championships. She is from Kolkata, West Bengal.