



CATFIT
Mind Matters



In today's modern age a few extremely important issues still remain largely unaddressed. Catfit aims at identifying, alleviating & preparing our trainees for the same. MASTS (Military Application And Special Forces Tactics) was designed and created to train and strengthen the resolve of our trainees. We have the Elite Special Forces and N.S.G as our instructors/Faculty. We have had tremendous success in all institutions across India where we have trained employees and managed to identify and address issues to make them better leaders. We also have the distinction to empower organizations & people and bring them back into the mainstream and turn them back into confident individuals with our elite & pioneering training and sessions.

VISION

CatFit is the pioneer of M.A.S.T.S (Military Application and Special Forces Tactics). It covers all domains from psychological, mental, physical to emotional, thereby ensuring that employees reach their optimum potential.

MISSION

The mission of CatFit is performance enhancement by providing cutting edge trainings on the pattern of the Special Forces & Black Cat Commandos. Individuals & teams are trained systematically, progressively and intensely to enhance their levels of resilience and bring out their best in even adverse situations.





M.A.S.T.S (Military Application and Special Forces Tactics) is the holistic concept of psychological, physical and mental toughness training employed by the Special Forces and the National Security Guard (N.S.G) better known as the (Black Cat Commandos). The program is tailored to provide employees from all domains to perform at the optimum level and out of their comfort zones to reach the pinnacle of success.

This unique yet possibility theory emanates from the work ethics, resilience and industriousness of the specialized training which is nonpareil and available only to personnel of the elite units of the armed forces. This training is all encompassing and involves realistic tests and evaluations, exercises, discussions, situations, lectures, physical activities and most importantly the mindset training of people for performance enhancement.



LEADERSHIP TRAINING LIKE SPECIAL FORCES & BLACK CATS

CatFit are the pioneers of M.A.S.T (Military Application and Special Forces Tactics) training in India. MASTS was designed and created to train and strengthen the resolve of our trainees. We have the Elite Special Forces and N.S.G as our instructors/Faculty. Leadership training by CatFit is a module which trains people to not just think out of the box but expand their horizon to take decisions with integrity, valour and empathy in mind. With this elite Leadership program CatFit are also successfully changing the mindsets of people in the field.

Special Forces leadership training program. M.A.S.T.S (Military application and Special Forces tactics). These training modules have enhanced the capabilities of all personnel who have undergone our extensive programs. The essence of CatFit's training lies in drawing the lessons from how the Special Forces (Commandos) train and lead the way in warzones putting everything on the line. Delivering day after day at a pace which is unmatched. All this while constantly "Living on the edge". We have seen the difference in the attitude and training make in people's lives. CatFit training programs inspire workplace enthusiasm & passion by developing your employees into more self-confident, enthused and goal oriented individuals. Our unique modular corporate training courses are designed to focus on areas that are important to the success of an organization. M.A.S.T concept was created to reinforce organizational competencies and address performance gaps while giving participants the ability to apply what has been learned in their own work space.





Program 1

LEADERSHIP TRAINING LIKE SPECIAL FORCES & BLACK CATS

We would be pleased to enhance the skills of the personnel of your institution with our innovative and pioneering techniques and prepare them for the real world with specialized programs which are nonpareil.

Topics can be chosen by organizations in which they wish to receive training as per their requirement and accordingly concerned trainers are deputed for the program. (On an average 4-5 topics are covered by a single trainer and up to eight by two trainers in a day.)

Some of the training sessions we conduct are:

Leadership the Special Forces Way	Leadership is ever evolving. (Change / Transition / Growth)	Inspiring Excellence with Black Cat Mindset
Keeping Personnel Loyal and Motivated	Asset Mindset	Innovation and Creativity. New Approach to Profitable growth in the world of digitalization
Four ways to beat a leaders greatest enemy	Effective Communication for best results & manage time plus resources	Artificial Intelligence is a journey of understanding how best one is going to grow and move ahead as a business using AI.
Military Mindset	Recruit , train and retrain	Evolving Business Dynamics and evaluating strategy like the Special Forces
How to leverage kindness	Asking the correct questions for the best strategy	Leadership and Management Development
How leaders lead by voice and words	Manage transition; turbulence in an organization	Understanding yourself / Overcoming your fears and managing them
Methods to recover a leaders greatest tools	Leaders lead, managers manage	Workplace Ethics. Ethics in Professions -Values and ethos of Indian army
Aspire to Inspire	Bash on Regardless	Staying Ahead of the curve
Lead from the front	Motivation / Morale and passion when chips are down	Conflict management & Dealing with tough situations / Clients & How to have tough conversations Role play on dealing with tough situations
Enhancing Resilience	Team Bonding and the happiness quotient	Mindset Vs Setting your mind
Handling Adversity	Oblivion to Stardom/Champion	Yourself Up
Be a Visionary,envision your goals to strategize.		



LEADERSHIP TRAINING LIKE SPECIAL FORCES & BLACK CATS

(M.A.S.T) Military application and Special Forces tactics) As the Special Forces do and follow. Methods used to train include:

(A) Psychological /Mental training

- (a) Deep awareness
- (b) Situational awareness
- (c) Focus Single point

(C) Team Building aspects

- (a) Trust and Humility
- (b) Morale and Motivation
- (c) Rapid planning tools (Opportunity analysis)
- (d) Team Bonding

(B) Individual training aspects

- (a) OODA loop
- (b) Rituals vs Routines
- (c) Observation
- (d) Silence parade

(D) Leadership training aspects

- (a) Goal setting
- (b) Energy
- (c) Distraction
- (d) Focus
- (e) Oratory skills
- (f) Kindness



MENTAL TOUGHNESS

Covid-19 found the world unprepared for handling a crisis. Organizations collapsed and the economy went downhill across continents. Even as people prepare for careers and promotions by learning new subjects, one domain is rarely touched, that of “Mental Toughness”.

Four of CatFit psychologists were involved in the biggest study conducted by the Government of India in May-June 2020 on the Impact of Covid-19 on the Mental Health of People. Six sectors were identified for research. Corporate employees were also part of the study along with teachers, doctors, policemen, students and corona warriors. The results were published by the Government in the form of six books. Seeing the results it is imperative that Corporate organizations undertake the written evaluations by CatFit psychologists to check the emotional / mental and psychological health of employees. CatFit covers 50 plus domains *(See Chart Ahead) when evaluating employees and this gives to the top management the picture of the mental and psychological fitness of the company.

Post the evaluations our team also conducts individual and group sessions for employees who need it. Then the unique sessions of “Mental Toughness” training programs of CatFit on the lines of M.A.S.T (Military Application & Special Forces Tactics) are taken to transform the employee by strengthening the mind and resolve. At CatFit we believe in “Mind Matters” and that is also on our emblem. The ability to cope with adversity and increasing one’s resilience levels is a first of its kind program and has been covered extensively in the National Media including on channels such as NewsX, Hotstar and Zee5 etc.



Program 2

MENTAL TOUGHNESS

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Program 2

OUR GOAL

- We have been able to tap into some pressure points and have derived some insights on which we will structure our 'off the shelf' solution.
- We would however want the solution to be deeply rooted in the reality of your business; therefore we propose a rigorous customization process.
- Our team and tools will be deployed to identify the psychosocial risk factors within your organization currently. Also, we will spend time with your leaders to understand your current priorities and the path you want to chart for the organization in the near future and in case there are any revisions to your long term vision etc.
- We will also connect with random samples from different sections of your workforce to understand the current levels of readiness, pain points, pressure points, motivators, barriers etc. This will help us customize our solution accordingly.
- We believe in robust solutions that have a sustainable impact on the organization and its people, and from our experience, we have understood, that such sustainable impact is possible only if we can design an end to end solution that address interdependent drivers of organizational well-being and performance.
- Stress management, conflict management, crisis management & time management etc are all handled with our unique mindset training under our philosophy of M.A.S.T

MENTAL TOUGHNESS





Program 2

PARAMETERS FOR PSYCHOLOGICAL EVALUATION FOR NEW & EXPERIENCED EMPLOYEES

An organization may choose from a vast array of evaluation modules depending on their requirements.

	<u>Evaluations</u>		<u>Evaluations</u>		<u>Evaluations</u>		<u>Evaluations</u>
1	Integrity/Honesty	2	Consistency/Reliability	3	Work Ethics	4	Attitude
5	Aptitude	6	Adversity Quotient (CatFit is the pioneer of this evaluation)	7	Resilience (CatFit is the pioneer of this evaluation)	8	Leadership qualities
9	Team Spirit	10	Motivational Level	11	Empathy	12	Ability to withstand Pressure
13	Depression / Stress / Anxiety Levels	14	Trust	15	Mindset (Rigid or Flexible)	16	Self-Image
17	Decision Making Skills	18	Interpersonal Skills	19	Team Work	20	Creativity
21	Personality Assessment	22	Confidence	23	Self Esteem	24	Organizational and Delegation Ability
25	Psychological Well Being	26	Achievement	27	Warmth	28	Reasoning Ability
29	Emotional Stability	30	Dominance	31	Liveliness	32	Rule Consciousness (Dutiful)
33	Social Boldness	34	Sensitivity	35	Vigilance	36	Abstractedness (Imaginative)
37	Privateness (Discreet & Polished)	38	Apprehension	39	Openness to Change	40	Self-Reliance
41	Perfectionism	42	Tension (High Energy, Driven, Impatient)	43	Rapid Learners	44	Mechanical Thinking
45	Moral Dilemma (CatFit is the pioneer of this evaluation)	46	Innovative Skills	47	Employee Loyalty	48	Ethics
49	Persona (Identity or Soul Based)	50	Emotional Quotient	51	Intelligence Quotient	52	Emotional Wellness





Program 2

IN-DEPTH ANALYSIS

MENTAL TOUGHNESS

Apart from the above 51 Psychological Evaluation parameters the following may also be utilized for a more detailed and in-depth Analysis:

1	Autonomy Subscale	2	The Environmental Mastery Subscale
3	The Personal Growth Subscale	4	The Positive Relations with Others Subscale
5	The Purpose in Life Subscale	6	The Self-Acceptance Subscale

+ YOUR MENTAL FITNESS MATTERS!



*Be Part of the Pioneering
Mental Toughness
Program and
Transform Your Life*

TRAUMA MANAGEMENT / CPR & FIRST AID

For multiple generations now, we have lost citizens due to sheer lack of awareness and inefficient infrastructure. There have been no systems in place to ensure first-responder training from the ground-up. This reality can be changed for the future generations. The employees of today, if equipped with the right knowledge and skills, can ensure that one day in the future - our nation as a whole will face fewer preventable losses. It is also imperative that their management & support staff members, those who spend maximum time maximum time with each other, are involved in the process as well.

- To ensure they themselves are sufficiently equipped.
- For students to imbibe this training in the right spirit.

Another significance of this training is that most employees spend maximum time with each other. If they are adequately trained in life saving skills with the assistance of technology they can be there for one another.

Our Trauma Management / CPR / First Aid program covers almost everything a lay person with no medical background can utilize in his/her day to day life. Round the clock technical support ensures the injuries can be reduced and casualties avoided.

WE TRAIN YOUR ORGANIZATION TO EFFECTIVELY MANAGE:



Burns



Fractures



Strokes



Sprains



Choking



Heart Attack



Hypoglycemia



Heat Stroke



Head Injury



Spinal Injury



Asthma



Fits



Program 3

Catfit 91Safe India's training helps increase your organization's overall value!



Increased Effectiveness

Time usually wasted on waiting for medical personnel in an emergency situation can be used to save lives in some cases



Increased Credibility

Being a trained lifesaver and helping train those involved in the cause your organization works for helps cement your dependability with employees and leads to a better bonhomie amongst the staff.



Increased Effectiveness

The otherwise huge liability and other costs of any damage to life or injury to person can be minimized if the people in question are trained and aware



Increased Morale

A feeling of safety and knowing that those around you can help in case there is a need is a definite boost of morale for employees who have health issues and one less reason to worry for their families

TRAUMA MANAGEMENT

- Almost 15 Lakh+ People die due to Road Accidents
- 1.75 Lakhs+ die in India alone
- 3% of a nation's G.D.P is affected by it
- Children and Young Adults aged 5 - 29 years are the ones who are victims of road deaths and injuries.

CPR (Cardio Pulmonary Resuscitation)

- 28% people in India die due to Cardiovascular failure. Double from 1990
- Young population is directly affected, 55 million people were hit by cardiac diseases in 2016 alone.

FIRST AID

- Almost 20 - 50 million people suffer from severe to minor injuries
- 1,50,000 - 2,50,000 people die due to incorrect or lack of First Aid





Program 3



ROUND THE CLOCK TECHNICAL SUPPORT

- First of a kind app
- Free to download
- Contains a panic button for citizens
- Has literature, videos and audios for people to view and learn how to take care of people for trauma management, cpr and first aid
- An app which will not only tranform lives but also save lives, if every citizen has this millions of lives can be saved just in the next 5-8 years alone with the help of this app



Program 4

IMAGE BUILDING / PERSONALITY DEVELOPMENT / SOFT SKILLS

Image Building: The Image a person portrays to his colleagues, seniors, juniors and clients has a great impact on the mindset of people. In today's time having a polished exterior is a necessary requisite. CatFit Image consultants and Image builders assist in ensuring the leader becomes the part he/she wishes to be. Enhancing the appearance (clothing & grooming) leads to respect and also showcases discipline and self care. Only when one is refined can the expectation to be admired come into existence. The specific aspects as per each individual personality would be addressed including methodologies to employ in dealing with millennial's by our image consultant.

Soft skills training and interpersonal skills: The importance of Soft skills training and interpersonal skills is well known. Catfit trainers have taken this to the next level with cutting edge tools of training and with simple and easy to learn methods have transformed the lives of those utilizing the services.

Inspirational Stories and Lessons from War heroes: Team Members of CatFit who have extensive experience in operations and the war zone including lady officers will narrate how they made a difference while defending the borders of our nation and lead by example. These are used to boost the confidence and morale and thereby reigniting their passion for work and industriousness.

Personality development: A strong personality automatically commands respect and admiration. Our teams of experts from the field practically demonstrate the dos and don'ts and assist in developing a personality which transforms the person and also the performance.

Corporate language & etiquette: The difference between a manager and a good leader is how he/she commands and interacts with the staff. Organizations where corporate language and etiquette are not followed are likely to see their performance dip and revenues curtailed. Our corporate language and etiquette trainers are seasoned professionals with over a decade and a half of experience. They have worked with the top multinational organizations from around the world and are renowned and vouched for their expertise.

Program 5

MILITARY SELF DEFENCE & SURVIVAL

Self Defence and Modern Survival training or the art of street fighting (Which includes Krav-Maga, Silat, Wing Chun, combination of calisthenics as well as Kali self-defence) is provided to corporate employees to make them better in situational awareness and thereby also increase their productivity. It is an adaptive and situational-centric technique. This unique amalgamation is used by the Army, Special Forces and the National Security guard and is a skill set which caters to real-world situations.

Military self Defence is taught in a 100% practical way. (Situational awareness, kidnapping, stalking, physical abuse including rape, groping, choking, grabbing, pulling, pushing and holding like situations are envisaged and training is provided keeping these and similar situations in mind.

Training includes utilization and knowledge of special tools for preventing a mishap. Teams have trained the Indian Army, Para-Military services, Black Cat Commandos, Ghatak squads, and various state Police personnel.

In the world of today, knowing how to protect the self and others is a necessary skill. This leads to a more a more disciplined, focused and imaginative employees capable of thinking out of the box post their training.



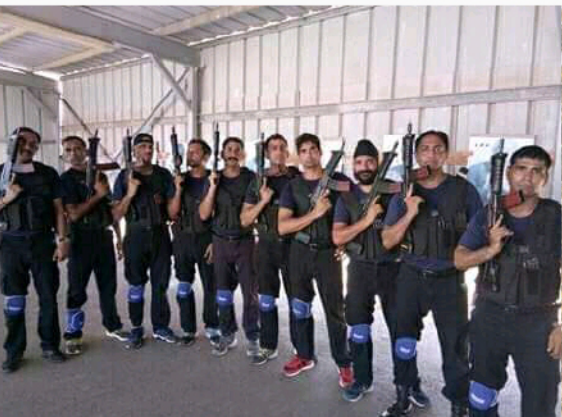
MILITARY SELF DEFENCE & SURVIVAL

Our senior most trainers are themselves from the Special Forces and the Black Cat Commandos. With over a decade and a half of training at the highest level possible in the world, they are equipped to provide intricate real life techniques, since they have seen combat all their lives. Military self-defense as a skill is nonpareil and trainers and motivational speakers train the mind along with the body so that one can handle the toughest of situations.

Military self-defense is spread over six levels and each level is 15 working days. Each working day 1 hour of practical training is provided in batches of 20-50. An institution may choose to reduce the number of days by increasing the number of hours. i.e. A one and a half hour session will reduce the training period to 10 days.

Team & (Partner Firm) Instructors have Trained:

- Special Forces of the Army and Air Force
- NSG (National Security Guard)
- Ghatak Commandos
- Air Force Academy, Hyderabad
- Gorkha Rifles
- National Police Academy
- Punjab Police, Swat Team
- Delhi Police Swat Team
- Border Security Force (BSF)
- Telangana Police
- CISF
- Assam Rifle
- CRPF
- UP Police
- ITBP



Program 6

ELITE SPECIAL FORCES + BLACK CAT COMMANDO SECURITY *(Security Evaluation & Security Management)*

Personal or Institutional Security:

CatFit provides the best personnel from the elite Special Forces & Black Cat Commandos for personal and institutional security. Our teams of security personnel are experienced and highly trained veterans who have trained across India, Germany, Israel, Russia and the United States. They come with or without firearms depending on the requirement of the client.

Security Evaluation

Evaluating the quality of the security of a company is paramount in today's times. CatFit ensures only the best of NSG (National Security Guard) & Special Forces veterans are sent for evaluation and providing feedback to keep the parameters secure.

Backed by Intelligence:

Our security is backed by a team of personnel who continuously monitor and provide quality feedback and this factor ensures a better and more secure environment.

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M.A.S.T
Military Application & Special Forces Tactics

EXECUTIVE / VVIP PROTECTION

BY ELITE SPECIAL FORCES & BLACK CAT COMMANDOS (NSG)

BEST IN CLASS PROTECTION AVAILABLE WITH AND WITHOUT FIREARMS
Professions working for us have taken care of the security of

- International Players
- Bollywood Celebrities
- Industrialists & Corporate Heads
- Politicians of India & Europe
- Sports Teams India & Abroad

EXECUTIVE PROTECTION • CELEBRITY PROTECTION
COVERT/OVERT PROTECTION • PERSONALIZED PROTECTION

Security backed by intelligence
Regular security review by an officer
With all our services we maintain strict confidentiality
Personalized officer available on call to check details and provide inputs and feedback

DISASTER MANAGEMENT

Companies who do regular trainings in disaster management not only get a trained workforce but also one that is more disciplined. Regular modules of industrial hazards as well as natural disasters can limit the losses if such issues arise and thereby ensuring lesser time lost when returning back to normal work post a crisis.

CatFit veterans handling disaster management are primarily from the armed forces. This gives them the edge over the rest since they are experienced in handling major disasters including manmade or natural.

When an organization or institution consults us for a disaster management course or training our primary objective is to ensure that the training provided is practical and can be utilized if and when the need arises.

Assisting the institution in organizing a detailed response program in the given resources is the forte of Team CatFit as we do understand the importance of economics and the limitations at times of companies.



CAMPING AT CATFIT CAMPS & SITES

M.A.S.T.S (Military Application and Special Forces Tactics) is the holistic concept of psychological, physical and mental toughness training employed by the Special Forces and the National Security Guard (Black Cat Commandos) are tailored to provide people from all domains to perform at the optimum level and out of the comfort zone.

For companies looking to learn and train and at the same time relax and rejuvenate, we have adventure camps across Barcelona, Spain, Bhutan, Nepal, Kota Rajasthan, Kerala and in the Himalayan Jungles of Uttarakhand.

Here employees get to learn the skills and tactics of the Black Cat commandos and partly experience life to the extreme.

Our concept at the camps is to provide practical trainings and at the same time allow the employees to have an experience like a tourist.

Mindset training with mental toughness and physical fitness are just a few components of this module and experiencing the true out of the box feeling has transformed many a careers and organizations.





Support & Appreciation For Our Programs



Dr R. Pokhrial Nishank
(Cabinet Minister Govt Of India)
Education Minister



Santosh Gangwar
Senior Most Member of Parliament
(Cabinet Minister, Govt Of India)



Rekha Arya
Women & Child Welfare Minister,
Uttarakhand



Suresh Kashyap
Member of Parliament



Sunita Duggal
Member of Parliament



Lt. General Ata Hasnain Retd
(PVSM, AVSM, Sena Medal)
Currently Memeber NDMA



Dr Vikram Singh
Chancellor Noida International University.
(IPS, Director General Of Police Retd)



Lt General Z.U. Shah
(VSM, SM, VSM) Forme Deputy Chif of Indian Army
(1971 War Veteran) Pro Chancellor- University of
Science And Technology Meghlaya,
Vice Chancellor- Aligarh Muslim University (2012-2017)



Our Esteemed Panelists



Dr. Vikram Singh

Chancellor, Noida International University,
Director General Of Police. Retired.
(UP and CISF)



Shree Ashok Kumar

(IPS) Director General Of Police
(Crime, Law & Order Uttarakhand)
United Nations Medal For Service In Kosovo



Lt General Z.U. Shah

(VSM, SM, VSM) Former Deputy Chief of Indian Army
(1971 War Veteran) Pro Chancellor- University of
Science And Technology Meghalaya,
Vice Chancellor- Aligarh Muslim University (2012-2017)



Maj Gen Dhruv C Katoch

AM, VSM (Veteran)
Director- India Foundation, Editor- Salute Magazine



Major DP Singh

Veteran, Blade Runner, Cavinkare Aditya
Mastery Award, Role Model For Govt of
India Ministry of Social Justice



Yogendra S Yadav

Youngest Param Veer Chakra Awardee,
Kargil War Veteran



Pooja Bedi

(Actress & Model) Founder
Happy Soul, Newspaper Columnist.



Manoj Barthwal

Executive Director & Head Academy At ONGC



Vishal Singh

Executive Director Centre for
Ecology Development and Research



Shri Mehek Maheshwari

Supreme Court Advocate



Monika Bhardwaj

(IPS) DCP, Crime Delhi.



Nixon Joseph

President & Chief Operating
Officer SBI Foundation



Lt Col Manoj Sinha

Veteran, Sena Medal, Gallantry Awardee, Writer



Dr. Sanjay Deshmukh

Professor of Life Sciences,
Former Vice Chancellor University of Mumbai



Prof. Madhav Das Nalapat

UNESCO Peace Chair, Vice-Chair of Manipal
University's Advanced Research Group, Editorial Director
of the Sunday Guardian and Ltv network



Mark Medley

Principal,
St. Andrew's Public School



Shishir Srivastava

Head International Relations,
CMS Motivational Speaker & Author.



Devendra Gupta

Founder & CEO Ladli Foundation Trust



Muninder Anand

Managing Director-India & South Asia Center
For Creative Leadership(I) PVT LTD



Anwar Ghazali

Educationist



Our Esteemed Panelists



Swarleen Kaur

Educationist,
Founder The Talk Room, Motivational speaker



Dr Preeti Bhosle

Dept of Neurology, AIIMS,
Cognitive Behaviour Therapy, Oxford University



Mr Samuel Emmanuel

Educationist



Joyeta Mukerjee

Educationist



Saira Shah Haleem

TV Panelist Social Activist Educator



Swati Paul

Corporate Professional,
Positive influencer



Dr Mayank Bisht

Laparoscopic Surgeon Endorsed by
World Association of laparoscopic Surgeons



Gazal Raina

Fouder Milap, CSR Leader & Cause Champion
of Non-Custodial Parents and Families



Major Suman Bazad

Facilitator, Corporate Trainer / Coach



Mr Yogendra Singh

Smart Learning Coach



Nikhil Verma

Space Designer



Venkatesh Kodukula

Human Rights Activist



Priya Wadhwa

Educationist



Varsha M Samuel

Educationist



Ramkali

Social-Activist Head
Basera Samajik Sansthan



Aher Abheena

Associate Director Gender Sexuality Right
@ India HIV / Alliance



Daina Dias

Social Activist,
Head: Wajood Gao Organization



Dr Alka Chandak

Director BAMS, PGDBA-HRM, PHD
Symbiosis Center for Health Care



Sangyogita Singh

Khelo India Gold Medalist, Silver Medal
in Commonwealth championship



Rekha Chauhan

Sr.Psychologist & Counselor, President AISUCAP,
Working Group Committee Member- Manodarpan(MHRD)

Felicitaitaion by CatFit



AJITHAB BACHCHAN



GURUNATH JI



SHRADDHA SETALVAD



RAHUL JAUHRI



KABIR BEDI



MR. MALCOLM

Thank You
for
making this
evening possible

Main Sponsorers



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DALIP TAHIL

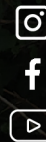


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PIONEERS OF M.A.S.T.S

(Military Application & Special Forces Tactics)



EVOLVED SKILL TRAINING

To Save And Empower Lives,
"Trauma Management, First Aid And Cpr"



M.A.S.T
Military Application &
Special Forces Tactics



MENTAL HEALTH OF EMPLOYEES



**CATFIT HAS THE
FORMULA FOR SUCCESS**



**PERFORMANCE ENHANCEMENT
& MENTAL TOUGHNESS**

LEADERSHIP PROGRAM

By Veterans of Special Forces & N.S.G (Black Cat Commandos)



MOTIVATIONAL TALKS TRUE STORIES INTERACTIVE SESSIONS



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