
endzone

Overview

- ❑ Endzone is a Delhi based sports and fitness consulting firm providing personalized, customized solutions
- ❑ The founding vision of the venture is to be a one-stop shop for all sports, fitness and wellness needs
- ❑ Services are provided at multiple levels – individuals, neighbourhoods, schools, colleges and corporates

Mission

- Promoting participation in sports and fitness activities through:
 - Excellence via professional management
 - Focus on quality
 - Attention to detail
 - Hands on involvement
 - Full accountability

Services

Endzone offers various products and services across three broad categories:

- Sports
- Fitness
- Wellness

Sports

What Endzone can provide:

- Design and run short-term camps
- Create and manage long-term programs
- Trainers
- Equipment
- Uniforms

Applicable to – Individuals, RWAs, Schools, Colleges

Sports - Experience

- ❑ Ran a rugby camp for Bloom Public School, Vasant Kunj
- ❑ Ran a rugby camp for Mahavir Senior Model School, G.T.Karnal Road

Fitness

Endzone conducts personal and group classes in the following disciplines:

- Aerobics
- Yoga
- Self Defense
- Personal Training
- Weight Training
- Mixed Martial Arts (MMA)
- Martial Arts
 - Kickboxing
 - Karate
 - Tai Chi
 - Taekwondo and many more..

Fitness – Gym Consultancy

- Turnkey solution for setting up small/medium gyms
- Endzone representatives
 - Involve qualified fitness professionals
 - Recommend equipment as per the client's needs
 - Save costs through proper planning
 - Liaise with various equipment manufactures / sellers, across a variety of brands
 - Ensure quality of machinery

Fitness – Experience

- ❑ Endzone personal trainers are currently working with clients across Delhi-NCR
- ❑ Running group classes for Karate, Kickboxing, Tai Chi, Power yoga, Self-defense & MMA
 - ❑ Delhi University
 - ❑ Montfort School (Ashok Vihar)
 - ❑ Gurgaon (Sector 56)
- ❑ Ran a customized group karate class for foreign students

Fitness – Experience

- ❑ Conducted kickboxing workshops for Microsoft India
- ❑ Conducted women's fitness training workshop for Unicharm India Pvt. Ltd.
- ❑ Provided complete gym setups
 - IILM Institute for Higher Education, Gurgaon
 - LPTI (Le Passage to India)

Wellness

- Wellness is a state of being where the body is healthy, the mind is sharp and the soul is at peace. Endzone endeavours to provide all the resources to enable clients to reach this state. Services include:
 - Nutritionists / Dietitians
 - Yoga professionals
 - Meditation instructors
 - Self Defense trainers
 - Physical/ Personal trainers

Corporate Wellness

- Corporate Wellness Programme
 - Includes elements of various services that Endzone has to offer
 - Yoga
 - Nutrition
 - Self Defense
 - Meditation
 - Complete Fitness Training
 - One/ Two day programme
 - Sessions of 90 - 180 minutes for each discipline

Corporate Wellness - Experience

- Endzone is the lead wellness facilitator/ Delhi partner for iGlobal Wellness, one of the world's leading Wellness companies.
- Conducted more than twenty five corporate workshops in association with iGlobal Wellness since 2010

Corporate Wellness - Experience

- Conducted self-defense workshops for
 - Corporates
 - FICCI
 - Accenture
 - Hero-eco
 - DCB Bank
 - Icreon
 - Unicharm India Pvt. Ltd
 - inVentiv international Pharma Services Ltd.
 - What's up Bharat (NGO)
 - Aryan Hospital, Gurgaon

Corporate Wellness - Experience

- Conducted self-defense workshops for
 - Institutions
 - Indira Gandhi Institute of Technology, GGSIPU, Kashmere Gate
 - Shree Ganpati Institute of Technology, Ghaziabad (SGIT)
 - Delhi Technological University (formerly DCE)
 - Bhartiya Vidya Bhawan Mehta Vidyalaya
 - Resident Welfare Associations (RWAs)
 - Mahagun Mascot, Ghaziabad
 - Parsavnath Prestige, Noida
 - Jal Vayu Towers, Noida

Media Coverage



- Newspapers
 - HT City
 - The Pioneer
 - Deccan Herald
 - Asian Age
- Magazines
 - Small Enterprise India
- Online Portals
 - NDTV
 - Sify
 - Equity Bulls
 - Daily Bhaskar
 - Ask Laila
 - And many more..

Media Coverage

■ HT City

1 Relax, make a plan: Do not add your weight to the list of things to get stressed about. Set a realistic goal, set a deadline and work towards it. It is also a good idea to invest in a personal trainer and let him/her work out a plan.

2 Cardiovascular exercise: Apart from fat loss, cardio activity increases blood circulation. At least three to four days of cardio activity (minimum 30 minutes) in a week, changes the hormonal profile in your body, releasing 'feel good' hormones that will help ease symptoms of fatigue as well as releasing hormones that decrease the appetite.

3 Strength/Weight training: Strength training is a must. It

not only helps shed the flab but also tones up your body and gives it a lean, sexy look. Two-three days of strength training (20-30 minutes) in a week should be good.

4 Yoga/Meditation: Modern forms of yoga such as power yoga are great workouts. Stretching and static postures increase flexibility. Meditate post your workout even if it's only for a few minutes. It will help you relax your mind.

5 Nutrition: Any exercise routine that involves weight training must be topped with a good protein and calcium diet. Keep the water intake high. Don't starve yourself.

HTC (DIVYU GUPTA, VICE PRESIDENT, ENDZONE)

Media Coverage

- The Pioneer
(national
edition)

Cutting stress levels

With high work pressures and sedentary lifestyles, many people today suffer from various health problems that arise due to a lack of fitness. Organisations today are adapting HR strategies to help their employees decrease stress levels and become more fit.

It is in this light that Endzone has designed fitness training workshops for organisations to help employees stay healthy and fit.

Endzone, a fitness and wellness consultancy firm, announces in-house corporate workshops for employees with the intention of helping employees manage stress in a positive and energetic manner.

The professional trainers at Endzone conduct workshops in

disciplines ranging from aerobics, weight training and yoga to kick-boxing and even self defense.

Divyu Gupta, vice president of Endzone said: "The sedentary job portfolios are affecting the health quotient of most of the people today. It is in this regard that we have designed a one-stop fitness solution for the employees of an organisation.

The workshops promote health and wellness by equipping employees with fitness and nutritional information pertinent to their lifestyles. We at Endzone make these workshops educational and interesting by focussing on fitness as the best solution to reduce stress."

Media Coverage

- Deccan Herald

ORDINARY WEAPONS

Your handbag can keep you safe



44 A comb can be a very good weapon if its teeth are pushed against a face or skin and pulled down or up with pressure. 45

RAHUL BHASIN

with pressure against skin or thrust over the attacker's face can also cause substantial harm.

By using the strength that you usually take in downward and usually, then use "What keeps a comb in the alginate which when swung with force, causes double the harm than a normal alginate would," shares Rahul Bhasin, a trainer at MFW Foundation.

TIKKA Comb, pen and keys can be used to buy time to escape.

Reports of girls leaving off abruptly or choosing to remove their faces while daylight hours, to avoid some involving face or skin. In the wake of the recent rape incident are beginning to surface. This incident in the past, has elicited this "scared" response.

The fear factor is also increasing in many areas of pepper spray and mace powder, for women are taking to providing themselves in the absence of their friends, who are often and address to other support. While keeping that spray or powder in great other ordinary everyday items can be just as handy if you want to better injury.

This is especially beneficial for women who already carry a heavy bag, and do not want to increase its weight with more bottles. The idea is to

wants to use the items already available in the handbag. Items like pens, mobile phones, keys, mirrors, sunglasses, scarves and the bag itself can be potential weapons in the case of an attack. "The long handle of the bag or alginate or scarf can be used to choke a person. These are usually handy and don't have to be carried specially," shares Rahul Bhasin, a trainer with MFW Foundation, Endzone.

Combs, pens and car keys can be used effectively and kept enough time for escape. "A comb can be a very good weapon if its teeth are pushed against a face or skin and pulled down or up with pressure. Similarly, the tip of a pen or a ball pen can be thrust into the eyes, nose or throat of the person who shows unwanted behavior," says when strapped



46 A bag can be potential weapon in case of an attack.



It is more than one event that is causing in such situations. "When we start shouting, the other person loses his confidence to commit the crime. Also, if you feel that people are coming forward to help you, be fit on the ground and start shouting, which will divide your body weight and also alarm others in the vicinity. Make use of the surrounding things in that circumstance and use a stone or brick if available."

It is also a good idea to "fill or half fill your water bottle before leaving home or office as a heavier heavy and if it is struck on the attacker's head with substantial force, it can even make a person unconscious," says Usha Kamran, Joint, IIT, New Delhi.

The Delhi Police Call for Crime Against Women stationed here provides self-defense classes to schools and colleges. Usha says, "Every woman must carry a watch, mirror and lighter. For these are very effective. Self-defense classes should not be taken only by young girls but also by middle-aged women who should come forward to learn basics of self-defense." Says self-defense in the most effective and efficient defense."

Hemra Rakhwani

Media Coverage

■ Asian Age

Self-defence is the new safety mantra

ADITI PANCHOLI

THE ASIAN AGE

The shameful gangrape incident in the capital has once again brought the focus on to the need for women to be aware of basic self-defence techniques. As a result city's training centres are seeing an increase in the enrollment of females wanting to learn self-defence techniques of various forms. To meet this need, sports and self-defence trainers are trying their level best to boost confidence in women. According to Divyu Gupta, vice president of Endzone, knowing the techniques of self-defence helps build confidence among women.

"Today, when women's safety is at stake, we believe that it is time that maximum awareness about self-defence is created. Although we've been conducting classes for quite some time, we feel that we must do more in order to reach out to as many women as possible. Looking at the demand, we have announced free self-defence camps for women," Divyu said.

Men may be physically stronger but women can use their brain to stay alert and defend themselves, believes Yashpal Singh, black belt 5th Dan adding that a woman's "durga" is as forceful as anything else and her heels a good tool to stamp on the perpetrator.

Sanjana Lakkadi, a city youngster who is learning the basics of self-defence says, "My self-confidence has increased manifold after I started attending self-defence classes."

Ankur Sharma of Invictus Combat Safety Wellness Centre in South Delhi says, "It is the need of the hour that women raise their voice against crime. Our aim is not only to teach self-defence but develop confidence, fitness, discipline and mental balance in women."

Says history student, Kanika Kaushik, "In view of the increasing number of rape, molestation and eve-teasing cases, girls need to be bold and strong to face such situations courageously. Self-defence classes should also be conducted in schools and corporate firms as it has become a necessity for today's women in view of the increasing crimes against them."

Vicky Kapoor, chief instructor and director of Krav Maga (an Israeli art of self-defence and combat tactics), South-East Asia says, "Women may not equal the attackers in terms of physical strength, but we teach them to strike where it hurts the most and then escape. We also teach them hand-to-hand combat, which may be necessary in certain situations."

He points out that the psychological aspect of tackling sexual offenders includes anticipating danger on roads and handling unpredictable violence. He adds, "It is about smart survival tactics that help them fight men even twice their size. Even a sari-clad woman can strike a man at his most vulnerable spots."

The studio lessons are also practised on roads.

"The idea is to give practical lessons in dealing with real-life situations," says Vicky, whose GIC 1 studio is the most popular among women wanting to learn Krav Maga.

Following the gangrape incident, city's fitness consultancies are registering a surge in the number of women enrolling for self-defence classes



Women learning self-defence techniques at Krav Maga

It is the need of the hour that women raise their voice against crime

ANKUR SHARMA

Media Coverage

NDTV

sify.com

Z Showbiz
ZEENEWS.com 

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endzone

Free Workshops (CSR)



DO YOU
FEEL
COMFORTABLE
WITH
YOUR SAFETY
IN DELHI ?

INVITING ALL WOMEN

FREE

SELF DEFENCE TRAINING

BY MARTIAL ARTS EXPERTS FROM ENDZONE
REALITY & SCENARIO BASED TRAINING

SUITABLE FOR ALL AGE
GROUPS & FITNESS LEVELS
(MEN NOT ALLOWED IN WORKSHOP)

STARTS FROM JAN 6TH, 2013
11 AM - 1 PM

ENDZONE IS A FITNESS CONSULTANCY THAT OFFERS TRAINERS FOR PERSONAL GROUP AND CORPORATE SESSIONS ACROSS
DIFFERENT DISCIPLINES (SELFDEFENSE, YOGA, MARTIAL ARTS, WEIGHT TRAINING ETC) IN THE DELHI-NCR REGION)

 AT WHAT'S UP BHARAT
1, HAUZ KHAS VILLAGE



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Thank You