

CHUNDAN VALLOM

Floating War Horses Who Rule Backwaters and Regattas

The festival of Onam is all about fun, feast, and thrills. Contributing to the thrill factor are the regattas held in the backwaters with the ubiquitous *chundan vallom* or snake boats stealing the show. These gargantuan wooden vessels that carry between 100 and 150 oarsmen are a magnificent sight to behold as they slice through the currents to the accompaniment of traditional beats and ballads. It is the participation of the *chundan vallom* that makes each regatta a high-octane spectacle as the 100-plus oarsmen strike the waters with their long paddles in unison with clockwork precision as they furiously row towards the finishing point. The first Prime Minister, Pandit Jawaharlal Nehru, was so enamoured by the majesty and vibes of a race he witnessed in Alappuzha in the early 1950s that he gifted a silver trophy for the winner. Subsequently, the event came to be known as the Nehru Trophy Boat Race.

Heroes of Naval Warfare

At one point in time, snake boats ruled the roost when it came to naval warfare as they shot through the backwaters and lakes carrying armed men and cannons. Their shape and sturdiness gave them an upper hand in wars fought in the rivers and backwaters. Interestingly, the first *chundan vallom* was crafted by master boat builder Kodipunna Venkida Narayanan Achari for King Devanarayana of Chembakassery in the 14th century. After suffering defeat in a war waged on the backwaters, the ruler tasked the master craftsman to create a fast vessel that could carry guns and men. It is said that Achari built the first snake boat using principles gleaned from the Sthapatya Veda. Centuries later, the design of the vessels remains unchanged.

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മുഖേഷ് കമ്മ്യൂണിറ്റി ഫാർമസി

ഇംഗ്ലീഷ് മരുന്നുകൾക്ക് **15% മുതൽ 65% വരെ വിലക്കുറവ്**

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Aswas community PHARMACY opposite Government Hospital Neyyattinkara
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Indimasi Healing Village, spanning 13.5 acres near Vattapara, is a remarkable sanctuary dedicated to complete well-being. This unique retreat is the brainchild of Guru Yogi Shivan, a spiritual guide whose extraordinary journey began with a deep desire to overcome death, which is often seen as inevitable.

Guru Yogi Shivan's quest for spiritual understanding took him on a long pilgrimage across India, from Kanyakumari in the south to the Himalayan regions of Kashmir. His search ended when he met his guru, Dharmananda Swami. After being initiated into the Siddha Yoga order, Guru Yogi Shivan embarked on a four-year meditation retreat deep in the Aripa forest. During this intense period, he experienced Samadhi, a state linked to immortality. However, instead of withdrawing, Guru Yogi Shivan chose to return to everyday life. He took this call to ensure his spiritual path was clearly understood and free from misinterpretations.

The Visionary Behind 'INDIMASI'

Guru Yogi Shivan embodies the powerful connection between body, mind, and spirit. Beyond his spiritual leadership, he is a highly disciplined and versatile individual. He boasts formal training in both the Southern and Northern styles of Kalar, an ancient Indian martial art, which he mastered from a young age. His martial arts skills extend to holding a black belt in Karate and a background in boxing. Additionally, he trained himself in classical dance, showcasing his belief in combining various disciplines for overall well-being.

A Haven for Well-being

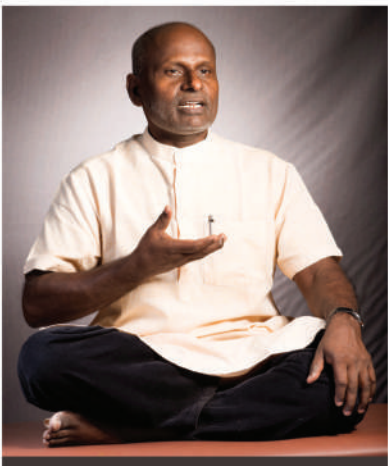
INDIMASI was carefully established to offer a supportive environment for individuals seeking to address physical, psychological, and spiritual challenges. The village emphasises a disciplined lifestyle complemented by gentle, effective exercises. Guru Yogi Shivan firmly believes that consistent yoga practice is key to overcoming all illnesses. Whether someone is battling a specific health issue or seeking inner peace despite material wealth, INDIMASI aims to offer profound relief and guide them towards ultimate well-being. Guru Shivan expresses confidence that almost any problem, regardless of its complexity, can be effectively managed within the village.

The Deep Meaning of 'INDIMASI'

The name 'INDIMASI' itself carries profound philosophical meaning, echoing India's ancient wisdom that transcends the fear of death, embrac-

Finding A Way to Well Being, Fullness of Life

Having A Clear Overview of Holistic Transformation



ing instead the secret of eternal life. This aligns with the ancient Indian saying, 'Vasudhaiva Kutumbakam' – 'the world is one family.' Understanding the unity between mind and body is central to grasping the teaching of 'Tathwamasi' ('That thou art'). Therefore, INDIMASI cleverly combines 'INDI' from India and 'MASI' from 'Tathwamasi', symbolising India's spiritual journey towards universal understanding and togetherness. This profound wisdom is driving force behind Indimasi. Guru Yogi Shivan explains it as a representation of India's spiritual heritage, illustrating how yoga can lead individuals to self-realisation and a sense of profound unity with the universe.

Diverse 'Healing Touch' Programmes

- For stress reduction, weight management, slimming & diabetes care.
- CancerCare (Can Care)
- Ojus Ayurveda
- Yoga and diet clinic and
- Mouna Sadhana (Silent Retreats)

Traditional Kalar & Ayurvedic treatments

- Head Neck Shoulder (HNS) Marma and Joint Care Marma, and Prana Marma packages, all focused on vital energy points. Ayurvedic options include Body Purification, Stress Management, Rejuvenation, anti-ageing treatments, and Beauty Care

Nurturing Future Healers

Committed to "Scouting for Talent"

and fostering the next generation of healers, Indimasi operates The Indimasi School of Ayurveda & Yoga, approved by the esteemed Yoga Alliance to ensure high standards. The school offers structured courses for different levels. These include a 14-day basic course, a one-month 200-hour Teachers' Training Course (TTC), and a one-month 300-hour Advanced Teachers' Training Course (ATTC) for deeper study. All courses are also available online, ensuring global access for those interested in holistic healing.

The Immortality Quest

Guru Yogi Shivan often refers to ancient Indian texts such as the Upanishads, suggesting humanity's potential for immortality. He quotes from the Katha Upanishad, which states: "It is not born, nor does it die; It did not come from anywhere, nor will it become anything. It is unborn, eternal, everlasting, and ancient. It is not destroyed when the body is destroyed." One can experience Swatchanda Mrithyu (death at will). And it's not the end of everything as the Self remains intact, Guru Shivan explains. He asserts that while it was once dismissed as superstition, modern science, particularly through the principle that energy cannot be destroyed, now offers supporting evidence. However, he consistently emphasises that this truth is truly understood only through dedicated yoga practice.

For Guru Yogi Shivan, the ultimate aim of yoga goes beyond selfish interests. It represents a transformation into a divine being achieved by integrating mind and body. He uses the analogy of hydrogen and oxygen forming water to explain that desire is like a fire; when the mind and body are connected, one can extinguish the flames of desire. Indimasi guides individuals towards this complete transformation, embodying the ancient Indian wisdom that, according to Guru Shivan, teaches that nothing is impossible.



TIGER GYM

THE FITNESS REVOLUTION

Tiger Gym, the institution that has initiated a fitness revolution in and around Thiruvananthapuram now, has been conceptualised by Anil Raj, a person whose own passion for a healthy lifestyle was instilled at a very early age. In order to popularise healthier living and establish a world-class chain of fitness in Kerala, he ventured into the entrepreneurial space in 2016 and established the first branch of Tiger Gym. Once a personal passion has now flourished into one of Thiruvananthapuram's most dependable and rapidly-growing chains of fitness, built upon a mission of caring and excellence.

Well beyond a minimum workout facility, Tiger Gym has emerged as a flagship fitness centre committed to revolutionising the science of healthy living. This philosophy goes well beyond physical preparation, calling for a holistic emphasis devoted to taking care of body and mind. The club provides this by way of a combination of high-technology equipment, science-driven training programs, and a positive, motivating environment that pushes each individual towards his or her personal best. Here, the focus is not on shortcuts, but on a long-term process towards greater health and confidence.

Presently, Tiger Gym boasts of six ultramodern branches in and around Thiruvananthapuram, bringing world-class fitness nearer and more accessible for those residing in Kovalam, Vellayambalam, Pattom, Sreekariyam, Kazhakoottam

and Nalanchira. Each centre is constructed according to international specifications, enabling a clean and spacious ambience that guarantees a high-quality and result-oriented experience for every fitness buff, whether a beginner getting into shape for the first time or a pro testing limits. The club offers the latest commercial-grade exercise equipment, large free-weight spaces, and dedicated strength, endurance, mobility, and functional practice areas. This comprehensive design allows for multiple styles of workouts and individual personal fitness regimes. To complement those advanced facilities, a team of highly qualified trainers and fitness specialists are always available for one-on-one coaching. They don't observe from the sidelines; they are personal coaches for success, delivering continuous support

and expert consultation towards personal goals—weight loss, muscle building, sports performance, or comprehensive well-being.

Ultimately, Tiger Gym is about more than exercise—it is all about developing a vibrant, energetic, and confident lifestyle. With its distinct approach, inspiring community, and ongoing innovation, Tiger Gym hopes to change the face of fitness into a really enjoyable and life-altering experience. Passion for well-being and professional knowledge come together in a like-minded community that helps each individual be the best that they can be.



Anil Raj
Founder Tiger Gym

HOW ADONAI COMPANION ANIMAL CARE BUILT A LEGACY OF PET HEALING



with the responsibility. Sadly, this has led to an increase in pet abandonment, a trend that brings its own set of problems, including a surge in ticks, fleas, and other parasitic diseases spreading through the streets. The hospital continues to address not just the medical but also the social challenges that come with changing attitudes towards pet ownership.

While dogs and cats form the majority of cases, Adonai also opens its doors to exotic pets. Birds such as macaws and parrots are frequent visitors, while iguanas, hamsters, and rabbits make occasional appearances. Each requires a different approach to care, and the hospital welcomes the variety.

Nutrition Matters

Nutrition is another area where pet owners often seek guidance. The doctors emphasize that dry or pelleted foods are not harmful, as is of-



ten believed. In fact, they provide a balanced diet, but only when fed in the right quantities. Overfeeding can cause indigestion, dehydration, vomiting, and obesity, which remains one of the most common health issues in pets today. Owners are advised to carefully follow the feeding instructions provided for each breed, age, and weight category to keep their pets healthy.

We provide a finishing school program for newly graduated veterinarians that lasts from one to three months. Additionally, we offer a clinical veterinary assistant program similar to nursing, along with training in ultrasound and radiology for practising veterinarians.

A gold medalist in her postgraduate studies, Dr. Annie received the Best Veterinarian Award in 2008 along with the Lady Vet Entrepreneur Award in 2022.

Adonai works long hours to make itself available to pet families. The hospital functions from 8:00am to 8:30pm every day. On Sundays, it stands out as one of the few clinics in Thiruvananthapuram to provide casualty services, available from 1:00pm to 6:30pm.

From a one-person initiative in a car shed to a multi-specialty hospital, Adonai Companion Animal Care has grown into a space where pets are healed, owners are guided, and communities are reminded of the responsibility that comes with sharing life with animals.

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