

# TigerPaw Adventures Group Newsletter

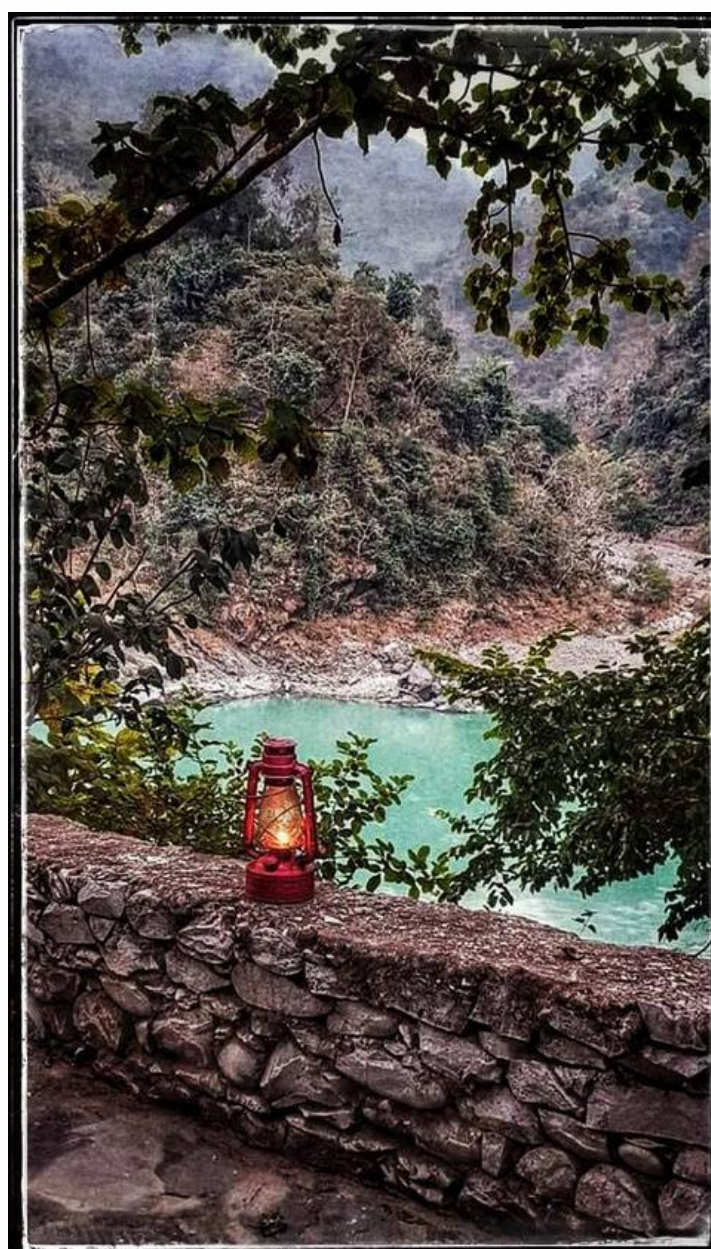


**A Vicarious Journey through the lens eye of Photography Artist Rainy Chastine**

Rainy Chastine Photography: <http://www.imagesbyrainy.com>



Taken by the artist on a TigerPaws Journey in 2019



A LANTERN BY THE HOLY GANGES - RAINY CHASTINE

09th Dec 2020

Dear Friends and Patrons around the Globe,

We hope wherever you are you are healthy and safe in what certainly a chaotic and uncertain world. The enclosed link points to the devastating cause and effect of climate change:

<https://blogs.worldbank.org/voices/welcome-anthropocene>

These in turn create their own dynamics between nations and within nations and communities for natural resources.

The events on India's northern border with the People's Republic of China is an example, as is the continued terror from across India's state of Jammu and Kashmir. North Korea continues to manufacture and develop arms under the benign eye of the CCP and the Taliban still cause mayhem in Afghanistan. The recent and deadly outbreak of a full fledged though shortlived war between Armenia and Azerbaijan is a reminder of what happened here close to three decades ago. These events coupled with micro outbreaks of violence and the breakdown of law and order and the social fabric of society are rather overwhelming.

Admittedly, inspite of the world grinding to a complete halt in the most definitive fashion, the effort to restart has been interesting!

It has challenged past habits in action and thought, as well as tested one to the limits in terms of occupying oneself fruitfully and holding on, or creating new streams of income. Along with these, came the opportunity to look into some crevices which were otherwise hidden from view and needed cobwebs and murky stuff cleaned out. An opportunity that would perhaps never have occurred in normal times. This has meant dispensing with the services of certain individuals engaged in unethical practices.

The pandemic revealed many things at work and one of these was criminal conspiracy and cheating, we are sorry to report. Our new modus operandi is to work with those staff and associates even in distant corners of the country who have a high level of personal and professional integrity. Juma Parveen and her husband Asif Saleh play this role in travel, along with Pooja Yadav who is a young photographer and web designer, and who has designed [www.executivegurukul.com](http://www.executivegurukul.com) Beyond that our new initiatives are based on collaborative relationships rather than employ based. At Spashram RiverMountain Retreat however, we continue to employ local village women and staff.

At [www.executivegurukul.com](http://www.executivegurukul.com) you will see the excellent profiles that our team members with excellent credentials have come together to work with us. Their profiles may be seen on [www.executivegurukul.com](http://www.executivegurukul.com) (our team-esp Facilitators) Our mainstay business of TRAVEL continues to be in dire straits but nevertheless we are working hard at the new thrust at SpashramRiverMountain Retreat and [www.executivegurukul.com](http://www.executivegurukul.com)

As is now well recognised around the world, travel has been attacked at the jugular. This unique industry is akin to the spinal column, where the many vertebrae are interconnected. Unfortunately, what has happened is akin to each vertebrae having separated from its two neighbouring ones. To put the entire chord together again for the worldwide industry to get back on its feet, is proving a near impossible task. For, one has barely connected two pieces, when it is discovered that disease has recurred in the soft tissue connecting them. It is like trying to put Humpty Dumpty back together, all over again.

While, no doubt, there will come a day when the constant buzz and energy that pervaded the globe, will return, and in some cases example in Delhi, the AQI is again deteriorating (!) it is a question of maintaining the wherewithal and the motivation of picking up from here, on the day that normality returns. Equally, there is no one day that it will suddenly get back to normal. This makes it even more difficult to gauge.

TigerPaws has always been adaptable, and because of its long and varied history in pursuing initiatives in multifaceted theatres, eg reforestation, vocational training for the underprivileged, natural health and wellness, corporate team building and leadership, it has been able to use the last few months to adapt to the new situation and to new areas of mental and physical health ([www.executivegurukul.com](http://www.executivegurukul.com)) as well as short distance travel to its eco wellness lodge For now, the trend that is emerging is domestic travel, close to home [www.spashram.in](http://www.spashram.in)

Equally however, this has been a huge opportunity for businesses to innovate, nature to return, and for people to spend time on their own and with their own. It has been a great driver to introspect and live with one self!

All of this has compelled us to adapt with the shock conditions that have befallen the travel industry, which is in reality a composition of a myriad of various sub industries. The pandemic has taken TigerPaws to a point beyond its very early struggle in 1983 when it had to spend years in creating a market in India in what was a new segment adventure travel. In the early 90's it developed the very first outdoor management and team building and leadership programs in India, when it conducted these for American Express TRS and thereafter for ABN Amro, HSBC, Philip Morris and others. Today it is these very programs that we have adapted to the virtual world backed by the option of nearby travel destinations eg to our Spashram RiverMountain Retreat.

As such TigerPaws is thrilled to announce the launch of virtual team building and leadership services, eminently suited to the new age!

CHECK IT OUT! [www.executivegurukul.com/virtual-care](http://www.executivegurukul.com/virtual-care)

Health and Wellness- Naturally-and Scientifically -Stuff that is good for the mind and body.  
Our Yoga and Ayurveda as well as Mental Wellness and Animal Therapy our also brought under [www.executivegurukul.com](http://www.executivegurukul.com)

You will find a unique swathe of services suited for the times! You will also see the close linkage and origins of these, on our primary [www.tigerpawadventures.com](http://www.tigerpawadventures.com) site on which <https://spashram.tigerpawadventures.com/> [www.spashram.in](http://www.spashram.in) and <https://learningcenter.tigerpawadventures.com/ayurveda.html> are featured.

Finally, New Age solutions under the **STRIKE ILLNESS DOWN, BEFORE IT STRIKES YOU!** SLOGAN are offered with GENETIC TESTING SOLUTIONS under our Premier Executive Services.

You will be pleased to know that we have commenced receiving interest from a variety of quarters in the different segments and are looking forward to maintaining the high standards of service, that we were renowned for pre pandemic, in active situations.

Besides the updated offers of organic and other items (there will soon be essential health related home equipment featured on the new store), our traditional health and wellness services showcased on [www.spashram.in](http://www.spashram.in) (a section of the Spashram RiverMountain Retreat) are expanded with detailed support networks from medical and health and wellness professionals, in a combine which encompasses multiple disciplines.

Also, as mentioned, our Corporate Training Section is now brought alive to our audience shrinking time and distance as well as costs, to be offered virtually!

Needless to say, we are geared for the nearby travel, stay and experience services such as at Spashram RiverMountain Retreat, as well as those select international destinations, safe to visit for certain originating countries, by private jet.

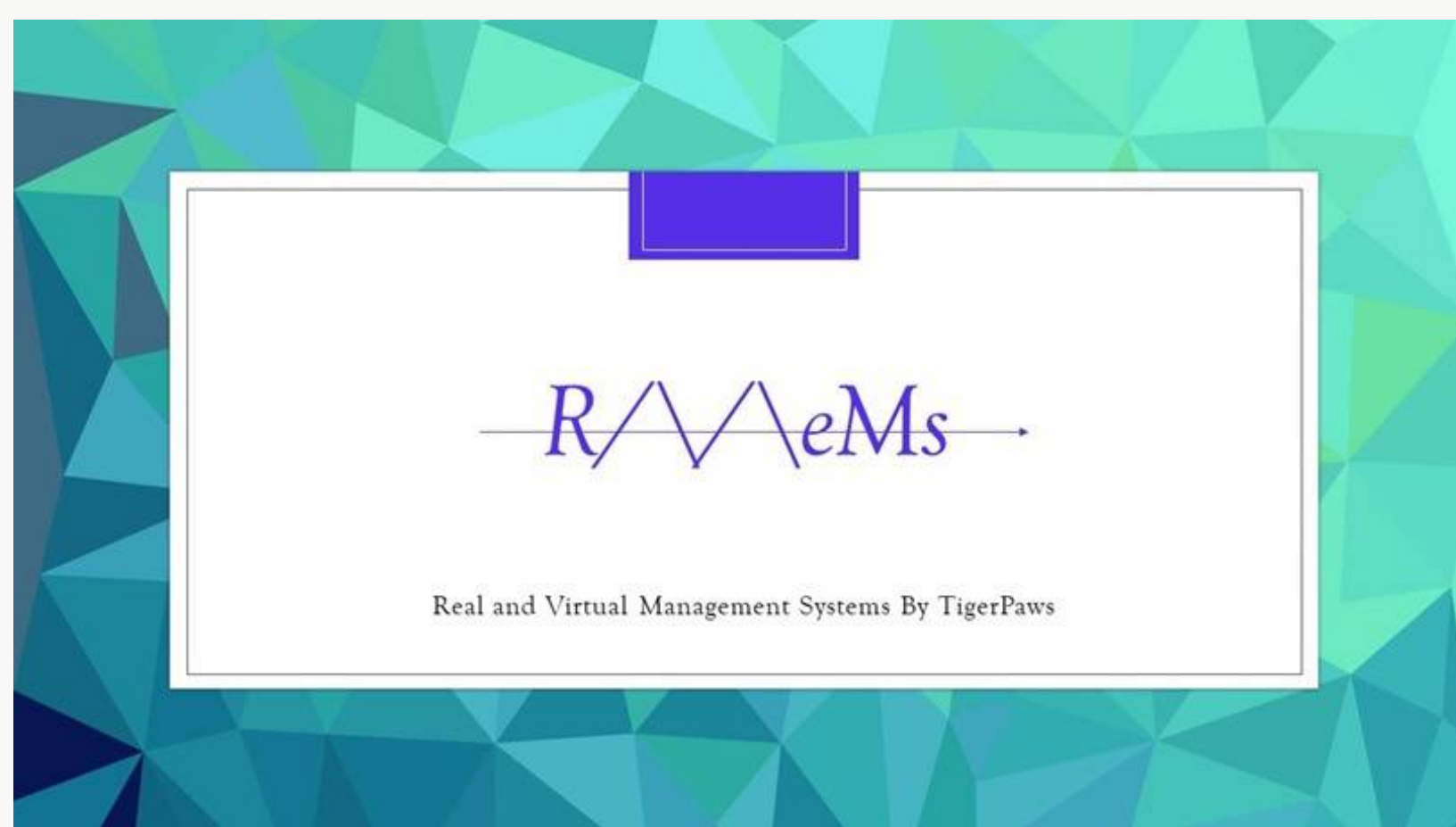
Leveraging our past skills and doing a deep dive into our past, we have retrieved pioneering skills and adapted these to the new age where much has begun to take place virtually.

For now, we would like to offer our patrons, the support on a gratis basis for the first consultation, for any longstanding health issues, courtesy our panel of medical experts who represent the gamut of medical fields from modern allopathic to ancient ayurvedic and homeopathic. Mental wellness and health consultations are also available on a gratis basis, again for initial consults. Under the Spashram brand, genetic testing for health purposes, pharmagenomics and genetic profiling services are also available. Also, available for our longstanding travel patrons are gratis services on helping them with literature on the ancient Indian sciences covering yoga, Ayurveda, meditation, philosophy and spiritual understanding.

Lastly, virtual tours on request for unique journeys, narratives from IJ Singh himself as a virtual trip leader, are also being offered on a gratis basis for patrons and their children or grandchildren!

[https://www.youtube.com/channel/UCI7oOVcpPCe73soDI8kil4Q?view\\_as=subscriber](https://www.youtube.com/channel/UCI7oOVcpPCe73soDI8kil4Q?view_as=subscriber)

Naturally, we all hope that the day you can get away, we will be able to help fulfill your travel plans, in any part of the world. TigerPaws Canada will be offering international destinations again based on health and safety. Also, private jet services are available from the US to any open destination. In the meantime, we have been receiving requests for the end of 2021 and beginning of 2022 and are working towards fulfilling these. ([www.tigerpawadventures.com](http://www.tigerpawadventures.com))



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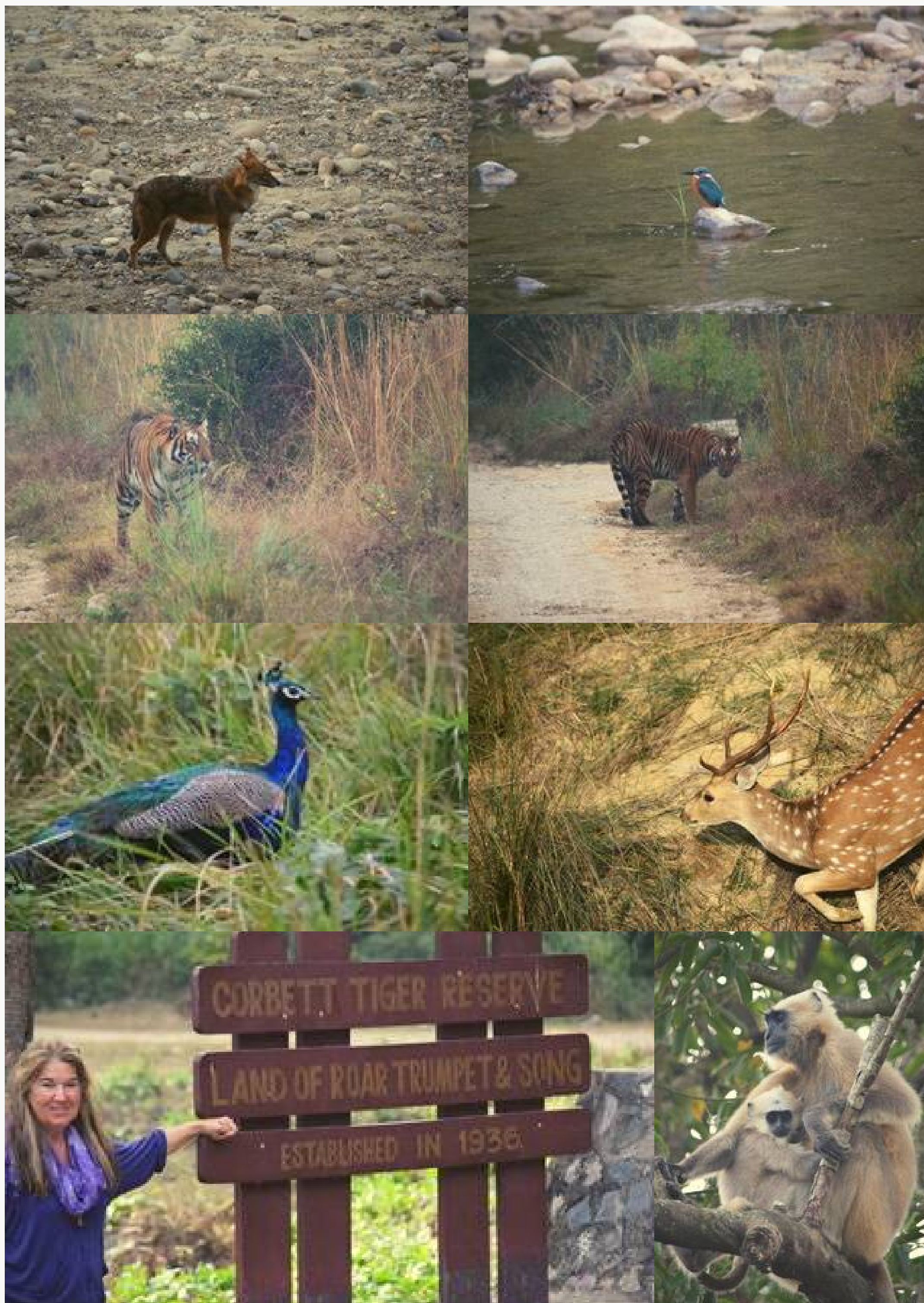
## FOR A BOOST TO YOUR MENTAL HEALTH TAKE A JUNGLE DRIVE !

Through the lenseye of our travellers  
**THE DISCERNING EYE OF ROB WORRALL**

Nov 19 Journey to Jim Corbett National Park.

### JUNGLE AND PANI

The mammalian and avian species Rob's camera captured in Corbett National Park were not easy sightings -we can say with experience. We have had travellers who have returned after years to India, and the gods have smiled either when they were on a wildlife trip, or on ancestry tours in discovering long lost history...



Rob Worrall's Discerning EYE

**IMAGES BEGGING FOR A CAPTION OR ONE PARA ESSAY  
PRIZE COMPETITION OPEN TO ALL READERS.  
NO RUDE OR BELITTLING CAPTIONS PLEASE**



**EXECUTIVE GURUKUL IS ASSISTING VIA ITS MEDI NET**  
**HERE A REAL LIFE CASE: OUR MEDICAL SPECIALISTS COMMENT| RECOMMEND**

**COVID PATIENT PROFILE:**

Name: Rohit Mani Sharma

Age - 52

Height - 5'10"

Weight - 86 kgs

**Q. Parameters above or below normal during last Pathlab test check -**

Ans. High cholesterol (280) and uric acid. All other parameters were normal.

**Q. Lifestyle diet -**

Ans. I eat non-veg 4-5 times a week. My alcohol consumption - is 2-3 large drinks about 5 times a week  
My general fitness in normal times, I play tennis minimum of 4 times a week. 30-45 min singles followed by about 90-120 mins of doubles.

**On Wed, 30 Sep 2020, 13:49 Rohit Mani Sharma, <Rohit@xsatindia.in> wrote:**

Hi Inder Jit,

To recap my experience with Covid:

I tested positive first on 31st August in Udhampur and then subsequently again on 3rd September in Delhi. The reason for my first test was because I was supposed to meet with the Army commander in Udhampur. I did have a very light throat itch for 2-3 days before that which I put down to the fact that I got drenched in rain a couple of times and also because of the being in the humid weather and a/c, etc.

Around the 3rd I lost all sense of taste and smell which lasted 3-4 days after which I started getting both senses back. I would say I am at about 90% ok now. A day or so after losing smell and taste I developed low grade fever for about 4-5 days usually in the second half of the day. I was put on antiviral for 7 days, antibiotic for 5 days and a host of multivitamins, etc. I completed my quarantine and since then have been feeling fine except for lack of energy and stamina. There is a perceptible drop in fitness as I barely play about 50% of the amount of tennis I could play before Covid. I am monitoring my O2 levels and they continue to be in the 96-98 range.

Do let me know if you need any more details.

Regards,

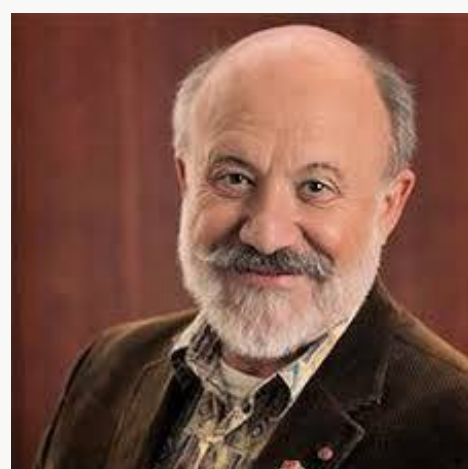
Rohit Mani Sharma

(REPRINTED WITH PERMISSION OF ROHIT SHARMA)

For contacting him, you may send your message to us in order to forward to him for a response.

**Dr Warburton responds to Rohit's condition with the following comment:**

This sounds like a pretty standard history for post COVID syndrome. Individual probably has some cardiac and possibly pulmonary residual loss of function. Hopefully he will recover given time. I would advise taking his time with rehab and not push his heart too hard. However moderate exercise will probably be helpful and also he should cut down on the alcohol, and lose 20 lbs.



**David Warburton, OBE, DSc, MD, MMM, FRCP, FRCS, FRCPCH**

Surgeon at the Los Angeles Children's Hospital and a leading pulmonary and neo natal specialist.

<https://www.chla.org/profile/david-warburton-obe-dsc-md-mmm-frcp-frcs-frcpch>

## WHATSAPP SUPPORT MESSAGES ON COVID- OUR MEDICAL PROFESSIONALS COMMENT

**The following has done the rounds:**

“As time passes in a pandemic there’s a greater chance of survival for those getting infected 6 months later like September 2020 than those who got infected 6 months earlier say February 2020. The reason for this is that Doctors and scientists know more about Covid-19 now than 6 months ago and hence are able to treat patients better. I will list \*5 important things\* that we know now that we didn’t know in February 2020 for your understanding.”

1. COVID-19 was initially thought to cause deaths due to \*pneumonia- a lung infection\*- and so Ventilators were thought to be the best way to treat sick patients who couldn’t breathe. \*Now we are realising that the virus causes blood clots in the blood vessels of the lungs\* and other parts of the body and this causes the reduced oxygenation . Now we know that just providing oxygen by ventilators will not help but we have to prevent and dissolve the micro clots in the lungs. This is why we are using drugs like \*Asprin and Heparin ( blood thinners that prevents clotting) as protocol in treatment regimens in June 2020.\*

2. Previously patients used to drop dead on the road or even before reaching a hospital due to reduced oxygen in their blood- OXYGEN SATURATION. This was because of \*HAPPY HYPOXIA\*- where even though the oxygen saturation was gradually reducing the COVID-19 patients did not have symptoms until it became critically less, like sometimes even 70%. \*\*Normally we become breathless if oxygen saturation reduces below 90%. \*\*This breathlessness is not triggered in Covid patients and so we we’re getting the sick patients very late to the hospitals in February 2020. Now since knowing about happy hypoxia we are monitoring oxygen saturation of all covid patients \*with a simple home use pulse oxymeter and getting them to hospital if their oxygen saturation drops to 93% or less\*. This gives more time for doctors to correct the oxygen deficiency in the blood and a better survival chance in June 2020.

3. We did not have drugs to fight the corona virus in February 2020. We were only treating the complications caused by it... hypoxia. Hence most patients became severely infected.

\*\*\*Now we have 2 important medicines FAVIPRAVIR & REMDESIVIR\*\*\* which are ANTIVIRALS that can kill the corona virus. By using these two medicines we can prevent patients from becoming severely infected and therefore cure them BEFORE THEY GO TO HYPOXIA. This knowledge we have in September 2020... not in February 2020.

4. Many Covid-19 patients die not just because of the virus but also due the patients own immune system responding In an exaggerated manner called \*CYTOKINE STORM\*. This stormy strong immune response not only kills the virus but also kills the patients. In February 2020 we didn’t know how to prevent it from happening. Now in September 2020, we know that \*easily available medicines called Steroids,\* that doctors around the world have been using for almost 80 years \*can be used to prevent the cytokine storm in some patients\*.

5. Now we also know that \*people with hypoxia became better just by making them lie down on their belly- known as prone position\* Apart from this a few days ago \*Israeli scientists have discovered that a chemical known as Alpha Defensin\* produced by the patients White blood cells can cause the micro clots in blood vessels of the lungs and this could possibly be prevented by a drug called Colchicine used over many decades in the treatment of Gout.

So now we know for sure that patients have a better chance at surviving the COVID-19 infection now in September 2020 than in February 2020 for sure. India has not peaked in March or April because of the lockdown. This strategy has postponed the Covid-19 pandemic in INDIA by 3 crucial months that has enabled us to save thousands of lives.

Going forward there’s nothing to panic about Covid-19, if we remember that a person who gets infected, later has a better chance at survival than one who got infected early.



## condt...

Let's all follow simple precautions like

- (1) 6 feet distancing from others
- (2) Wear proper masks
- (3) Work from home whenever possible
- (4) Order home delivery of food groceries and vegetables
- (5) Stay at home during lockdown
- (6) Hand wash & hygiene
- (7) The most important thing is if you lie down on your stomach, then there is more Oxygen flow to your Lungs. So your breathing will be lot easier

With this we can beat the virus. If someone tells you every one is going to get infected, tell them that you are willing to wait to be the last person.. who knows by then we might even have a VACCINE .”

Dr Wharburton again “All reasonable advice given present level of knowledge”



### **Dr SAVITA NAGPAL MBBS, MD (Pathology)**

Dr Savita Nagpal is a Consultant Pathologist with 33 years of expertise in diagnosing diseases by evaluating specimens using targeted laboratory techniques. She is actively involved in post test counselling of Patients.

In the meantime, while establishing the new protocols for health, hygiene at the Spashram RiverMountain Retreat which is far away from the city, we posed the question of housekeeping and linen washing, to Dr Savita Nagpal one of our consulting doctor. Here is what she said-

**“Good old soap trumps the more fashionable Hand sanitizers.”**

Most viruses consist of three key building blocks: RNA (viral genetic material), proteins and lipids. The lipids (fatty bilayer) then form a coat around the virus, both for protection and to assist with its spread and cellular invasion.

Soap dissolves the fat membrane, and the virus falls apart like a house of cards and “dies,” or rather, it becomes inactive as viruses aren't really alive. Viruses can be active outside the body for hours, even days. Breaking up the fatty envelope that encases the virus particles can take a little time. Therefore you need to wash your hands for at least 20 seconds

While hand sanitizer can neutralize the coronavirus, soap has an added advantage in that it disrupts the sticky bond between pathogens and your skin, allowing the pathogens to slide right off. Also overuse of hand sanitizers is detrimental to the well being of the skin and can lead to fungal infections, since the anti-bacterials in the sanitizers kill the good, normal flora of the skin.

When you wash your hands, the exact type of soap used is immaterial. Soap is simple, cheap, and incredibly effective.”

Hence, our carbolic stocks are supplemented, hand held washing barrels bought as this is under our supervision, rather than run the risk of farming out to a distant dry cleaner.

## Products from North-East India

The beautiful baskets as shown in the picture can also be used as wall decoration apart from storage purposes.

They are made of cane which is a part of rattan plant. It's produced by peeling of the skin of rattan vine. These are again processed to form a fine furniture, decorative items etc.

Assam is rich in Sylvan resources and most of its forests are rich in bamboos and canes of various varieties.

Bamboo and canes have great versatility which forms an integral part of the lifestyle and economy of Assam. These are the handmade products from this beautiful state of Assam, which the local weavers make.

Let's promote this eco-friendly and sustainable product for the betterment of our Mother Earth.

Beautiful and durable hand woven bamboo products ready to be sold across India and worldwide.

Feel free to contact us, if you're interested!

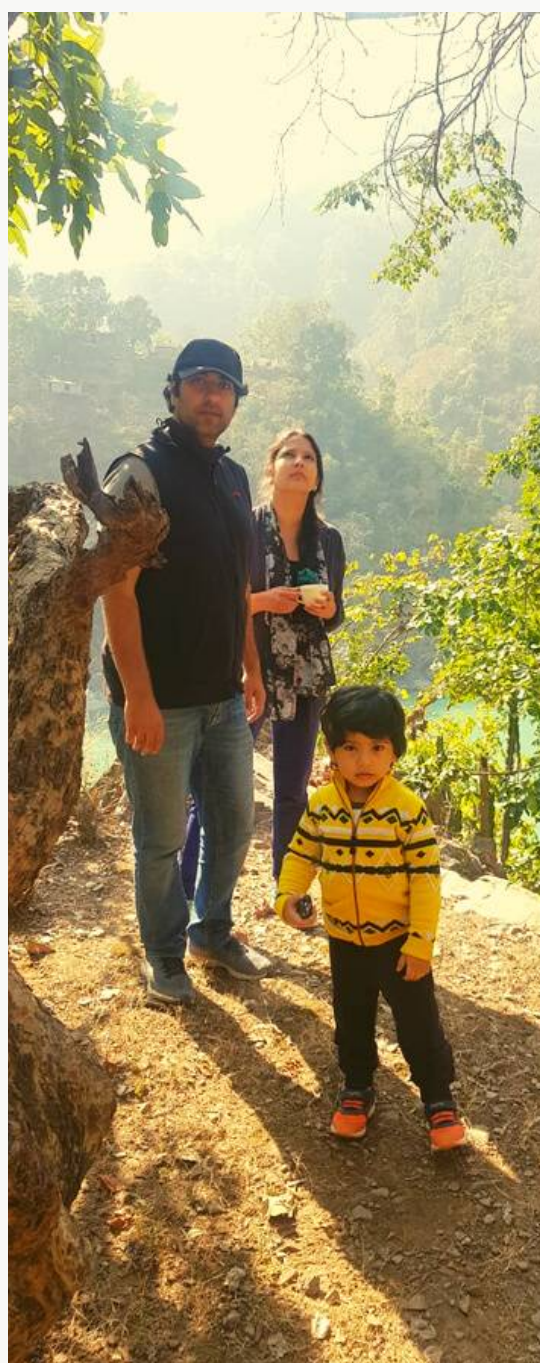
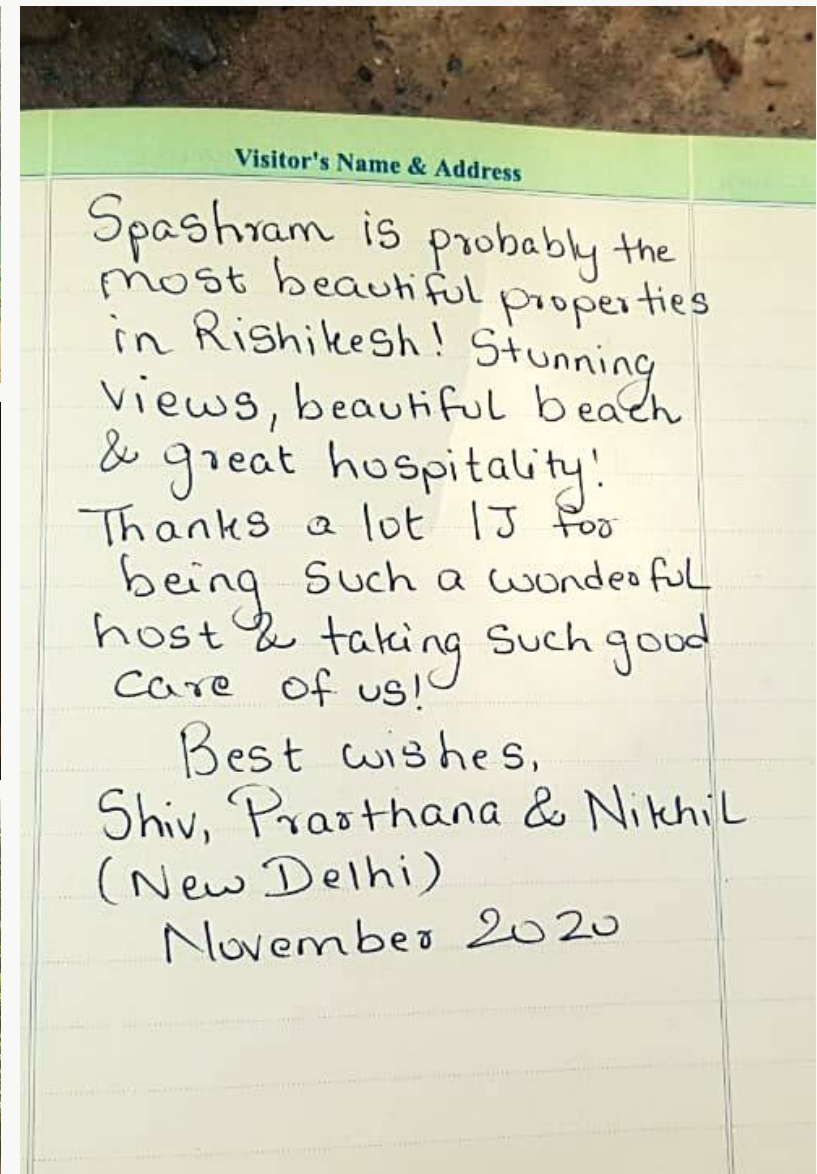


Mekhela Chador comprises of two pieces of cloth, looks like a saree after draping. It is the traditional attire worn by the women of Assam. Mostly, Muga silk is used to make Mekhela Chador which is native to the state of Assam in India. The silk is known for its extreme durability and has a natural yellowish-golden tint with a shimmering, glossy texture. Muga silk can be dyed after bleaching. This silk can be hand-washed with its lustre increasing after every wash.

The bottom half is called the 'mekhela' which is cylindrical in shape and is worn waist downwards folded into pleats to the right around the waist and is tucked in. The 'chador', on the other hand, is tucked into the mekhela's upper portion at one end and the other end is draped around the upper portion of the body, called 'palla'.

If interested, contact Juma: [juma.parveen@gmail.com](mailto:juma.parveen@gmail.com)

## A Visit to Spashram RiverMountain Retreat



The highrise Darrameks Taj Rishikesh wall collapsed during the monsoons causing irreparable damage to our orchards, apiary and open butterfly park. That we still managed to get accolades from our visitors is a testimony to the Spashram location and staff. Visitors enjoyed aarti , yoga , fishing, massage and photography.

FOLLOW US ON INSTAGRAM [@spashramrivermountainretreat](https://www.instagram.com/spashramrivermountainretreat) TO WATCH VIDEOS OF BIRDLIFE

For our Past Patrons:

Many of you who travelled with us recently may enjoy seeing vignettes of the landscape in the form of short videos.

Do visit the TigerPaws YouTube channel to enjoy the short grabs we have posted and send on your comments, especially if you were on the trip!

*In Optimism and Health!*  
*Greetings for a Joyful Christmas and A Healing 2021*



*Inderjit Singh*



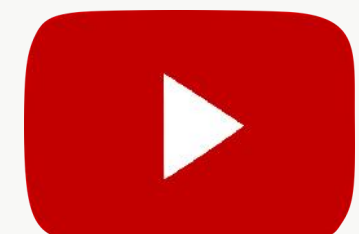
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[Tigerpaw Adventures YouTube channel](#)

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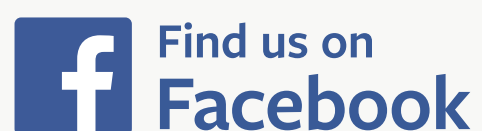
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