

My journey...



Guinness ABHEESH P DOMINIC



**RECORD
SETTER**

Limca
Book of Records

- » Guinness World Record Holder
- » Kalari
- » Karate Black Belt
- » **TEDx** Speaker
- » Advertisement Model
- » Body Builder
- » International Fitness Trainer

Achievements

CAREER PORTFOLIO



- **Guinness World Record in Coconut breaking:** The most coconuts smashed with one hand in one minute is 122 and was achieved by Abheesh P. Dominic (India) in Kerala, India, on 18 February 2017.

This record previously remained unbroken for 5 years by Mr. Muhamed Kahrmanovic, Germany

- **Guinness World Record in Fan stopping:** 2000 RPM running fan stopped with tongue blindfold.
- **World Record in Thunder Coconut breaking with body parts:** The most thunder coconuts smashed with body parts in one minute is 40.
- **Arabian Book of World Records as Metal Leaf Fan is used as a musical instrument:** Played the music by finger with the pedestal metal fan running at a speed of 2000 RPM.
- **Record Setter, USA - Bus Pulling:** Pulled a bus weighing 10 Ton with teeth and covered 50 meter.
- **Arm Wrestling:** Kerala State Champion twice.
- **Body Building:** Mr. Kottayam & Mr. Idukki.
- **Athletics:** Kerala State Champion(Javelin Throw).

Records & Awards

Guinness World Records
Arabian Book of World Records
URF World Records
LIMCA Book of Records
Record Setter(USA)
URF National Records
URF Asian Records
Indian Book of Records
ASSIST World Record
Everest World Record
Record Icon 2015
Global Awards

Advertisements

Redmi Note 10T 5G
Brand Ambassador - ProQuest

TV Shows

History Channel - My story
Japan Tokyo TV - My story
Chinese News Channel - My story
Colors TV - India Go Talent
CTV - Challenge It
Mathrubhumi News Channel - Minnal Super Hero Program
Mazhavil Manorama - Ugram Ujjvalam
Mazhavil Manorama - Thakarppan Comedy
Amrita TV - Malayalee Durbar
Amrita TV - Grand Magical Circus
Amrita TV - Comedy Masters

Jaihind TV - Kazhchakalkkappuram
Vijay TV, Tamil - Yes or No
Japan TV - Adventure Program
Flowers TV - Star Magic
Shalom TV - Christmas Program
Goodness TV - Program
Kerala Vision - Program
India Glitz - My Story



Guinness World Record <

The most coconuts smashed with one hand in one minute is 122 and was achieved by Abheesh P. Dominic(India)in Kerala, India, on 18 February 2017.

This record previously remained unbroken for 5 years.

TEDx Speaker



Matching his feats are things most people can't even dream of. His record for breaking 122 coconuts under 1 minute, or stopping a fan with his tongue blindfolded, or even pulling a bus using his teeth is the perfect example of how with proper discipline and training, our human body can do incredible things. Here is Abheesh P Dominic, the 'Fist of Fury' who continues to set world records and leave people awestruck.

TEDxAJCE
an independently organized TED event

Performer

×

**ABHEESH
P DOMINIC**

FITNESS TRAINER × MULTIPLE WORLD
RECORD HOLDER

TEDxAJCE
an independently organized TED event

Flowers TV Star Magic Program





URF Asian Records

- 2000 RPM running fan stopped with head
- 2000 RPM running fan stopped with tongue

Health motivation class for college students

Health motivation class for college students



Hockey stick breaking

Hockey stick breaking



Coconut breaking

Breaking demonstration



Tender Coconut breaking

Breaking demonstration



Tender Coconut breaking with elbow

Tender Coconut breaking with elbow



Helmet breaking



Helmet breaking



Breaking demonstration

Breaking demonstration

Cucumber cutting blindfolded with salt powder



Cucumber cutting blindfolded with salt powder

Story in Media - The New Indian Express



02

THIRUVANANTHAPURAM

BRIGHTSIDE

SUNDAY 09.01.2022

newindianexpress.com

MINNAL MURALI, 'ORIGINAL'



+ve KOTTAYAM



EVEN before the 'Minnal Murali' team conceived a superhero in Jaison, a Kottayam resident was quietly performing many of the superhuman acts that made Tovino Thomas' character such a phenomenon. If Jaison acquired those superhuman powers after being hit by a bolt of lightning, in real-life, there was no such shortcut for Abheesh P Dominic. Rather hard work, dedication and perseverance helped him acquire abilities that are beyond the reach of most people.

The 38-year-old has powered his way into many record books - including the Guinness World Records - by performing daredevil acts in public. From smashing 122 coconut shells with bare hands in a minute to stopping the high-speed pedestal fan with his tongue, Abheesh's acts often stun spectators. A video collage of Abheesh performing his dangerous stunts juxtaposed with Minnal Murali's superhuman acts has now gone viral on social media.

Among his power-packed attempts are pulling a 10-tonne KSRTC bus for 50 metres with his teeth, stopping a ceiling fan with his finger, stopping a high-speed pedestal fan, breaking helmets and hockey sticks, and smashing tender coconuts using his elbow, knee and head.

Abheesh says his efforts are not to attain fame but to prove that the human body has the potential to endure, and achieve, the seemingly impossible.

"The acts, especially stopping a working ceiling fan with

From pulling a bus to stopping a ceiling fan with his finger, Abheesh P Dominic has performed superhero acts in real life, reports **Arya U R**

a bare hand, needs timing, concentration, breath regulation and finger power. All these are acquired after patient training and hard work," he says.

His extraordinary achievements have earned him a place in the Arabian Book of World Records, Times World Records, and the Asia, India, and Limca books of records too.

"The video circulating on social media is created by my friend Joel who runs a photography studio in my hometown. After watching my WhatsApp status of stopping a ceiling fan with one finger, he combined my other stunt videos with the background score of Minnal Murali film. I feel overwhelmed as people notice me for my

**SUPERHERO
ABHEESH**

stunts due to the video now even if I have been performing them for more than a decade," says Abheesh, who works as a physical trainer at the Amal Jyothi Engineering College in Kanjirappally.

He started exploring his 'superpowers' at the age of 15 by breaking roof tiles and bricks. From those humble beginnings, he has become a successful performer and a world record holder. And how!

Through these dangerous acts, his motto is to create awareness among people, especially youngsters, to follow a disciplined lifestyle, Abheesh says. "I don't eat junk or processed food. A strict no to drugs and alcohol too. And that keeps me healthy."

His next superhero act? Pulling 407 mini-trucks with his ears, for which he has started training.

News in Media - The Times of India

THE TIMES OF INDIA

'World record holders are respected in other countries but not in India'



CONTINUED FROM PAGE 1

I wanted to give my music teachers the best *gurudakshina* and that's what prompted me to chase the record," he says.

Despite the laurels it has brought him, the youngster says, "I am not obsessed with the record. In fact, I want the upcoming musicians to break it. These challenges help us to analyse our potentials better."

The satisfaction of chasing your dream and being the best in the world is something that completes you, says Payyanur-based, 30-year-old Prijesh Kannan, who entered the Guinness World Records for his memory power, a few years ago.

Creating records are never easy, he says. "It was my childhood dream to enter the record books. My preparations began while I was in Class 6 and it took me around 14 years to create the record. There were days when I slept only for four hours, so I could prepare," he says.

Prijesh now is using his fame to help

others improve memory power as well as training others based on his experience.

Some Malayalis have also attempted bizarre task in a bid to set records - one among them being Abheesh P Dominic from Kottayam, who found his way to the Guinness World Records by smashing 122 coconut shells with bare hands in a minute in February this year.

"I have tried to do so many weird things to enter the book of records. However, it was not to attain fame but to prove that our body has the potential to endure whatever we wish to do," he says.

The dangerous stunts he has attempted till date includes pulling a 10 tonne bus for 50 meters using his teeth, stopping a high-speed pedestal fan, breaking helmets, hockey sticks and smashing tender coconuts using elbow, knee and head.

While most onlookers would think that Abheesh is abusing his body, he says on the contrary, the road to records has him living a disciplined

lifestyle. "I avoid processed food, keep away from drugs and alcohol and eat healthy. That's what has helped me achieve the feat," he says. "Making your hands as hard as a rock was a result of determination and patience."

FAME SUBSIDES EVENTUALLY

While records help achieve fame and recognition, it's not something that Abheesh ultimately wishes for. In fact, he wants to use the feat to find a livelihood. "Though I am credited for world records, it doesn't help me find a job," he says.

He was working as a temporary mechanic at the Erattupetta KSRTC depot. "Despite the records, I have not received any support from the government. I have been working in a temporary post for the past 10 years but they did not convert me as a permanent staff. If we visit foreign countries and introduce ourselves as a world record holder, they treat you with respect. But it's different here. We are ignored. A world record cannot satisfy the hunger of the family," he says.



A muscular man with a beard and a baseball cap, wearing a black tank top and blue jeans, is posing in a gym. He is standing in front of a white exercise machine, with his arms extended forward. The background shows other gym equipment and a red wall.

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Journal of Internal Medicine 247: 399–406

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Fusion of body and mind to fight drug addiction

WHAT could be the possible impact of keeping away all kinds of drugs and liquor from your life? That too for ever? Well, it would clearly be unimaginable! Yes! In short, one can do wonders, a 55-year-old Althaus P Dominic, who is on an anti-liquor and drugs mission is a resident of Puthuparambil House at Kalipally in Erattupetta. He has already set a slew of records which could very well make it to the Guinness Book, once his single-handed efforts on anti-drugs campaign becomes fruitful. Pulling a heavy vehicle

weighing 10 tonnes with his teeth, stopping a pedestrian from moving at 2,000 rpm with his tongue, breaking a helmet, baseball or hockey stick with a single blow are among his humble achievements so far. He believes each organ in a human body has incredible powers. When it's being used along with a psychic power.

His latest achievement is breaking as many as 136 husked coconuts within a minute with bare hands. 'I have already done a performance for a television channel and smashed 136 coconuts in one minute. The

present world record in the category is being held by a German, who has broken much less concrete. I am planning to submit the details of my achievement to Guinness World Records for recognition," he says. He is also planning to set another record - to pull a Tata Nano mini lorry with one ear.

According to him, one can accomplish these achievements only if they keep drugs away from their lives. "Extra-ordinary mind power is needed for such achievements. These games will turn highly risky if we are not mentally

equipped. For instance, my amp will be cut in to pieces, if I try to stop the fan moving at 2,000rpm on my hands, especially the palm, will get damaged while smashing coconuts if I do not prepare my mind and body," he adds.

Even though Abhishek has made several stage performances for national and regional television channels, he is grappling to meet the expenses for the performance and training. He needs a sponsor to move ahead with his dreams.

"Sometimes, I find it difficult to meet the expense of my training as the only bread winner for my family," says Abhishek.



Abeesh P. Domina during one of his coconut breaking sessions | EXPRESS

 Sun, 24 July 2016
spaper.newindianexpress.com/c/11963266



ಕೇರಳದ ಕೊಟ್ಟಾಯಂ ಜಿಲ್ಲೆಯ ಅಬೀಶ್ ಪಿ ಡಾಮಿನಿಸ್ ಕೇವಲ 60 ಸೆಕೆಂಡ್ ಗಳಲ್ಲಿ 136 ತೆಂಗಿನ ಕಾಯಿಗಳನ್ನು ಬರಿಗೈಸಲ್ಲಿ ಒಡೆಯುವ ಮೂಲಕ ಲಿಮ್ಕಾ ಬುಕ್ ಆಫ್ ರೆಕಾರ್ಡ್ಸ್ ಸೇರ್ಪಡೆಯಾಗಿದ್ದಾರೆ.

ಕೀರಳ ರಸ್ತೆ ಸಾರಿಗೆ ನಿಗಮದ ಎರಟುಪೇಜಿ ವಿಭಾಗದಲ್ಲಿ ಗುತ್ತಿಗೆ ನೌಕರನಾಗಿ ಕಾರ್ಯ ನಿರ್ವಹಿಸುತ್ತಿರುವ ಅಬೀಶ್, ಮಂಗಳವಾರದಂದು ಆರೂರುನಲ್ಲಿ ತಮ್ಮ ಶಕ್ತಿ ಪ್ರದರ್ಶನ ಮಾಡಿ ಈ ಕೀರ್ತಿಗೆ ಭಾಜನರಾಗಿದ್ದಾರೆ. ಅಲ್ಲದೇ ಗಿನ್ನಿಸ್ ದಾಖಲೆ ಪುಸ್ತಕದಲ್ಲಿ ಸೇರ್ಪಡೆಗೊಳಿಸಿ ಸಿದ್ಧತೆ ನಡೆಸಿದ್ದಾರೆ.



2017年2月20日讯，印度德里久尔，25岁左右的Abeesh P. Dominic一分钟内徒手弄碎124个椰子，从而创造吉尼斯世界纪录。此次纪录的设定时限为60秒，而他在不到50秒的时间中，就用右手肘打开145个椰子，而完全碎掉的椰子有124个。之前的纪录由德国

ھىندىستانلىق ئەر 1 ھىنۇتتا 124 دانە كوكۇس
سۇندۇرۇپ جىنىپىس دۇنيا رېكورتى ياراتتى



بېقېندا ھىندىستان تىرىچۇر (Trichur) دىكى ئابېش دومىنىك (Abeesh P. Dominic) ئىسىملىك 25 ياشلىق ئەر بىر مەنۇئەتتا

124 دانە كوكۇسى سۇندۇرۇپ چىنىپس دۇنيا رېكورتى پاراقتى. بۇ قېتىمقى رېكورتنىڭ بەلگىلەنگەن ۋاقتى 60 سېكۇنت بولۇپ، لېكىن ئۇ 50 سېكۇنتقىمۇ يارمىغان ۋاقىتتا ئوڭ قول جەينىكى بىلەن 145 دانە كوكۇسىنى ئېچىپ ئۇنىڭ

Most coconuts smashed in one minute: world record set by Abeesh Dominic (VIDEO)

KERALA, India -- **Abeesh Dominic**, 25, a native of Poonjar in Kottayam district, smashed 124 coconuts with bare hands in less than a minute, thus setting the new world record for the **Most coconuts smashed with one hand in one minute**, according to the **World Record Academy**.



Photo: Abeesh P. Dominic, a native of Poonjar in Kottayam district, broke 124 coconuts with bare hands in a minute. ([enlarge photo](#))

The Guinness World Records world record for the most coconuts smashed with one hand in one minute is 118, and

Strongman smashing 12 Search

नईदुनिया डाउनलोड ऐप

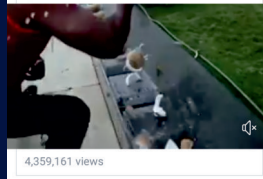
इसके जलाया डामानक काइ जाखम मर और आइया स्टेट जैसे हाथों से हॉकी स्टिक, और हेलमेट तोड़ने का कारनामा भी अंजाम दे चुके हैं। वह दांत से बस को 50 मीटर तक खींच चुके हैं और 2000 आरपीएम की रफ्तार से घूम रहे पैडस्टल पंखे के पर को भी अपने हाथों से धोक चुके हैं।

डोमनिक कहते हैं कि वह गिनीज रिकॉर्ड बनाने का लेकर पूरी तरह आश्वस्त हैं। उनकी उपलब्धियों की वीडियो फुटेज और अन्य सबूत गिनीज वर्ल्ड रिकॉर्ड वेबसाइट पर पोस्ट किए गए हैं और उम्मीद है कि छह महीने में उनका नाम इसमें शामिल हो जाएगा।


**MOST COCONUTS SMASHED
WITH ONE HAND IN ONE MINUTE** **FUTURELINE**

വെറും ഒരു മിനുട്ട് കൊണ്ട് 122 നാളികേരം ഒരു കൈ കൊണ്ട് പൊട്ടിച്ച് ഗിന്നസ് ബുക്കിൽ ഇടം നേടിയ കോട്ടയം സ്വദേശി അബീഷ്.പി.ഡൊമിനിക, ഈ പേജ് ലൈക്ക് ചെയ്ത് ഷെയർ... [See More](#)

See Translation



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2017年2月20日讯，印度德里久尔，25岁左右的Abeesh P. Dominic一分钟内徒手弄碎124个椰子，从而创造吉尼斯世界纪录。此次纪录的设定时限为60秒，而他在不到50秒的时间中，就用右手肘打开145个椰子，而完全弄碎的椰子有124个。之前的纪录由德国人Muhammed Kahrmanovic保持，他一分钟碎了118个。

Vijay Television

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See Translation



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**RECORD
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