











Dear Member,

Winter began with a dazzling concert by Sonu Nigam, marking the grand opening of the highly anticipated DLF Golf League Season 2, this year. It was heartening to see the club brimming with members, who enthusiastically gathered to enjoy both golfing and socializing, especially on festive days like Diwali.

We were happy to partner with brands synonymous with luxury, like Omega and William Grant to organize unique one- day invitationals which further our objective to build a sense of community within our members.

I would like to extend my heart-felt compliments to our Golf Course Maintenance team who have mastered the art of overseeding. This time, we prioritized minimizing any inconvenience to our players throughout the procedure. The team seamlessly synchronized the pace of our golfers with their own remarkable efficiency. Their dedication and skill have contributed significantly to the success of this endeavour.

The inaugural leg of DLF Golf League Season 2 has commenced on the breathtaking Arnold Palmer Course, witnessing vibrant engagement, intense practice sessions, on-and-off-course emotions, strategizing friendships and sportsmanship. It is gratifying to see the tournament flourishing into a source of joy and pride both on and off course.

This year marked the triumphant return of the Kapil Dev-Grant Thornton Invitational Trophy 2023. Your club takes immense pride in its second consecutive association with the PGTI, hosting 120 professional golfers, consisting primarily of young Indians. This tournament was unique in bringing wholesome experiences, from an array of interactive entertainment, like captivating conversations with Shiv Khera to Prateek Khandelwal's motivating journey and finally Indian Ocean mesmerizing the audience at The Pavilion. Undoubtedly, this event has evolved into a golfing marvel, boasting the largest Indian prize purse of INR 2 crore.

November was also complemented by a plethora of social events. From eagerly anticipated Sunday brunches with live screenings of the World Cup Finals to cake mixing for our tiny tots, "Joyful Jamboree" on Children's Day and sandwich making for our budding chefs, our team ensured your engagement throughout the month. Culinary experiences soared with promotions like "Nawabi Nosh – An Awadhi Affair", a traditional Thanksgiving dinner, popular ladies' nights and the celebration of International Coffee Week at The Pavilion with "Brewed to Perfection."

As we step into the season of joyful merriment, December is brimming with delightful events, ranging from golf to lifestyle. Our team is geared up to ensure you are well taken care of and we eagerly anticipate the arrival of the new year in 2024 along with you.

Luck Duck on

Tusch Daroga



## Hole-In-One



Mr. Nalin Garg

On 18<sup>th</sup> November, 2023, Mr. Nalin Garg showcased his prowess on Hole No. 3 at the Gary Player Course. Playing alongside Rakesh Khanna, Alok Gupta and Manish Tandon, he navigated the challenging terrain with skill, leaving an indelible mark on the memorable round.



Ms. Hee Ju Lee

On 23rd November, 2023, excitement echoed across the course as Ms. Hee Ju Lee achieved a remarkable Hole-in-One on the challenging Hole no. 12 hole using a 7-iron at the Gary Player Course. The accomplishment was celebrated in the company of fellow members, including Ms. So Young Park and Ms. Jung Gun Lee, marking a memorable day on the greens.

# DLF GOLF LEAGUE

## Season 2

The highly anticipated return of DLF Golf League Season 2, a spirited sequel to the dramatic Season 1, is finally here after a prolonged wait. Conceived with a plethora of dreams, this brainchild of the visionary minds within the DLF fraternity has blossomed into a beautiful manifestation of sportsmanship, camaraderie and excitement. Over the past month, the 12 teams have engaged in a healthy neck-to-neck competition, each step propelling them closer to the coveted rolling trophy. The league is not just a showcase of golfing prowess but a testament to the vibrant spirit of fellowship and the lively presence of enthusiastic onlookers capturing every moment with the paparazzi's flair.



Team		Points	Team		Points
^					
Titans	Racconti Titans	10	N22ed N22ed	Dirty Dozen	13
	Golf Tigerz	10	Ark Jers	Glenfiddich Antlers	12
	Nova Mavericks	10	Auguston)	Goodfellas	7
Ci	Golfism	8	<b>8</b>	Sol Golfers	6
Pos	The Legends	Ī		DLF Eagles	5
Q	Sultans of Swing	3	Œ	Golf Code	5

**Experiential Partner** 



Official Scorekeeper

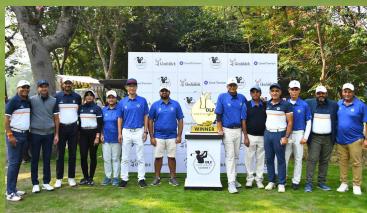




















## Madhavrao Scindia Golf Tournament

The 20<sup>th</sup> edition of the prestigious Madhav Rao Scindia Golf Tournament recently concluded at our club, marking a milestone in its illustrious history since its inception in 2002. The event attracted corporate and business leaders, who competed for a chance to win coveted invitations to the Duke of Edinburgh Cup at Windsor Castle, London and the International Pairs in Spain.

Adding excitement to the tournament, Seher Atwal engaged with the participants in a thrilling "Beat the Pro" contest complemented by various on-course challenges. The format incorporating the Double Peoria system, meant that participants played off a handicap based on their performance on the day. The tournament reached its climax with a traditional Gala lunch hosted by Ms. Priya Raje Scindia.

Notably, the Madhav Rao Scindia Golf Tournament has achieved recognition as one of the top charity

tournaments globally for ten consecutive years. The winners earn an exclusive invitation to the Duke of Edinburgh Charity Golf Cup World Finals, featuring a round of golf at Windsor Castle's private course and a glamorous dinner in the Grand Ballroom with a member of the Royal family.

#### Our heartiest congratulations to the winners:

#### 0-16 Category:

Winner - M. D. Sinha, Nett 69.2 Runner-up - Abhishek Mishra, Nett 70

#### 17-24 Category:

Winner - Sachin Mehta, Nett 68.4 Runner-up - Som Kapoor, Nett 69.6











## William Grant Golf Tournament

The House of Glenfiddich Golf Invitational Experience held on November 17th, 2023, was a stellar affair, giving players an exhilarating competition on the Gary Player Course. It was a very closely fought tournament with Vikas Dhull emerging victorious, Rishi Parti securing the first runner-up position and Manav Seth claiming the second runner-up spot, with all three of them being within half a point of each other. The event was further elevated with a mesmerizing golf trick show by the talented Paul Barrington from UK, captivating the audience with his skills and precision. Paul Barrington has performed his golf trick show in over 25 countries across Europe, Asia and the USA. His incredible ability with a golf club and his natural showmanship has won him many titles over the years including

World Trick Shot Champion and British Long Drive Champion.

The evening had Archana Vijay, the charismatic emcee, ensuring a seamless flow of events, keeping the attendees engaged and entertained throughout. The event was graced by the presence of distinguished celebrity sportspersons such as Leander Paes from the world of tennis, Murali Kartik representing cricket and our very own Vani Kapoor. The evening seamlessly transitioned from the greens to a delightful ambiance filled with music, a delectable dinner and refreshing drinks, creating an unforgettable experience that blended sportsmanship with entertainment.







# Omega Trophy

The 2<sup>nd</sup> Omega Trophy showcased a blend of luxury and skill on the greens. Mr Frederic Nardin from Omega headquarters in Switzerland as well as Mr. Sumit Sharma, Brand Manager at Omega India, praised the conditions and the playability of the Gary Player Championship Course as well as the greens that were playing true and fast

The evening's chief guest, Mr. Abhishek Bachchan, added glamour to the event. From movies to sports and watches, he shared his versatile journey and celebrated his 20-year association with Omega. Mr Bachchan eloquently described golf as a lifestyle, drawing on conversations with icons like Michael Phelps, emphasizing golf as a sport where one competes with oneself.

The competition, played on the Double Peoria format had a full house of golfers eager to showcase their talent. Sachin Mutreja took home the straightest drive trophy by hitting his tee shot on the line in the fairway and getting the better of professional, Vani Kapoor, in Beat the Pro on Hole No. 1. Simran Singh won the straight drive on Hole no. 8 while JJ Chakola took home the closest 2<sup>nd</sup> shot on hole No. 9. Nitin Kalra claimed the House of Glenfiddich 'Where Next Challenge' on Hole no. 2 and Rohin Arora hit his tee shot to 3 feet 8 inches to win the closest-to-pin on the island green on hole no. 5.

In the overall category, Prathmesh Mishra won the Omega Trophy with a score of 70.8 in the gentlemen's category and Mik Young Jung from Chennai claimed victory in the ladies category with a score of 74.4. Punit Beriwala secured the 1<sup>st</sup> runner-up position through a countback, while Sachin Mehta earned the 2<sup>nd</sup> runner-up spot, both with 71.2 points. The event celebrated not only golf excellence but also the enduring partnership between Omega and the world of sports.









# Budding Stars of Tomorrow



#### **Vedant Paul**

Vedant Paul won the IGU Feeder Sub Juniors golf tournament in Category C held at the Jaypee Wish Town, Noida from 25<sup>th</sup>-27<sup>th</sup> October 2023. He won the tournament by a margin of 5 shots.



#### **Kartik Singh**

Kartik Singh finished runners-up at the 2<sup>nd</sup> Selangor International Junior Golf Championship, played at the Seri Selangor Golf Club, Malaysia, from 2<sup>nd</sup>-5<sup>th</sup> November 2023. Kartik also won the IGU Gujarat State Junior Boys Golf Championship held at the Kalhaar Blues & Greens from 21<sup>st</sup>-24<sup>th</sup> November 2023.



Arjun Dahiya



**Alysha Dutt** 

Arjun Dahiya won in category B and Alysha Dutt (bottom picture) finished 2<sup>nd</sup> runner-up in the combined A and B girl's category in the 13<sup>th</sup> Junior NCR Cup played at the Golden Greens Golf Club from 8<sup>th</sup>-10<sup>th</sup> November 2023. Arjun also finished runner-up in both categories A and B in the IGU Gujarat State Junior Boys Golf Championship held at the Kalhaar Blues & Greens from 21<sup>th</sup>-24<sup>th</sup> November 2023.

# **Playtime Wonders**

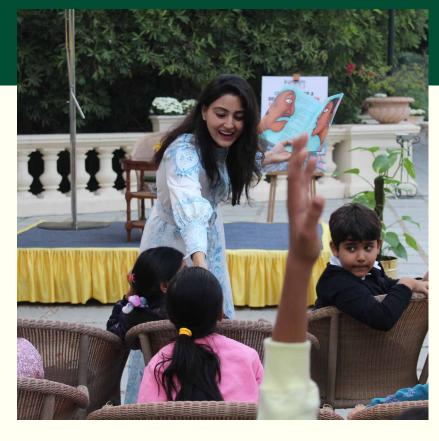
The club recently organized a vibrant "Joyful Jamboree," a heartwarming Children's Day celebration. The evening buzzed with a charming book fair, sparking young minds' literary curiosity. Creativity flourished through drawing and essay contests, providing a stage for self-expression. Lipsmacking delights pleased both kids and adults. Ms. Akansha Datta's storytelling added enchantment, captivating all with delightful tales.

On International Sandwich Day, our club's Kids Sandwich Making Workshop became a haven for budding chefs, blending culinary creativity, teamwork, and healthy eating. It was a delight to watch the budding chefs excel in the art of sandwich making with the help of chef Kunal.















## **Fitness Boot Camp**

The Garden Café transformed into the vibrant arena for an invigorating outdoor bootcamp, captivating our eager members in their favourite fitness bootcamp. The circuit boasted six diverse stations, featuring activities such as barbell push and press, agility ladder, kettlebell swing, battle rope, weighted squats and tire flip. With each station demanding 20 seconds of unwavering effort, interspersed with brief 10-second rest intervals, all set to the motivating backdrop of energetic music tracks, participants eagerly embraced the formidable challenge. This high-intensity regimen not only pushed everyone to their limits but also fostered a strong sense of camaraderie.

Post conquering the rigorous workout, a friendly tug-of-war competition unfolded, pitting participants and trainers against each other, culminating in laughter and triumph. To replenish energy and refuel their bodies, all revelled in the delectable offerings of tasty and wholesome juices, invigorating smoothies and satisfying snacks. Beyond the physical invigoration, the outdoor bootcamp cultivated a profound sense of community and accomplishment among our members.

# Savouring the Moments

The month commenced with the perennial favourite, Ladies' Nights, an essential Wednesday evening ritual for everyone. November unfolded a series of seasonal culinary experiences. It began with "Nawabi Nosh - An Awadhi Affair", a carefully orchestrated blend of Indian spices. A trending Ramen Bowl pop-up perfectly complemented the winter ambiance. The unmissable traditional Thanksgiving dinner featured festive delights, from turkey roulade to Thanksgiving assiette dessert.

The club buzzed with excitement during the traditional Sunday brunch, featuring the World Cup finals screening, ceremonial cake mixing and engaging kids' activities. Our culinary maestros once again stole the spotlight, captivating everyone with their tantalizing creations. It was a Sunday filled with flavour, festivity and family fun.

Coffee week brought the delightful "Brewed to Perfection" promotion, showcasing specially curated artisanal coffees. Our collaboration with Glenmorangie introduced a special cigar menu. Exciting events lie ahead in the coming months, promising more memorable moments and culinary delights for our cherished patrons.



Selection of cigars and malts



Live world cup finals screening



Artisinal coffees



Traditional cake mixing ceremony



Lip smacking ramen bowls



Bharwaan paneer tikka

## Fact of the Month



As winter draws near and staying active becomes challenging, engaging in workouts during colder months offers unexpected advantages. In lower temperatures, the heart operates more efficiently and reduced sweating demands less energy. Cold-

weather exercise expends additional calories, as the body intensifies efforts to regulate core temperature, leading to a heightened metabolism that burns through more calories and fat.

Beyond the physical benefits, it fortifies the immune system, providing a defence against winter illnesses. Not limited to physical health, winter workouts positively impact mental well-being. Gloomy, cold days may adversely affect mood, but exercise-induced endorphins act as mood enhancers. Exercising outdoors in the cold further stimulates serotonin production, a neurotransmitter crucial for mood and sleep regulation. Don't allow weather constraints to hinder your fitness goals; embrace the cold and stay active for comprehensive well-being, both physically and mentally!

Anoop Tiwari
Head of Sports Complex

# A Masterclass in Fitness



#### **Goblet Squat**

One exercise that you need to incorporate into your repertoire is the goblet squat. On a goblet squat the dumbbell weight is vertical or you can hold a kettlebell upside down on your chest. Suitable for beginners and advanced lifters alike, when executed correctly, this movement has applications to a wide range of training abilities. Especially with the introduction of heavier dumbbells and kettlebells to most functional fitness gyms, this movement has the potential to pack a power punch in your training.

Goblet squat can be challenging when executed

with correct technique and appropriate load. Build your legs, improve your ankle and hip mobility, blast your core and strengthen your low back with this one exercise.

Hold a dumbbell at your sternum, brace your abs and retract your shoulder blades.

Descend into a squat. Go as deep as you can while maintaining a neutral spine.

Keep your knees in line with your toes. Keep pressure through your entire foot.

The key here is to keep the upper body in upright position, chest tall and shoulders back. Grab a dumbbell or a kettlebell comfortably, so that it effortlessly rest on the chest (you should not feel any tension on shoulders and upper back whatsoever)

Feel constant tension in legs throughout the movement!

Slow and controlled movements with full range of motion!

Core tight all the times.

Anjali Yadav Fitness Professional, DLF Golf Academy

## Lesson of the Month

The Golf Ball Only Cares About Impact

At the recently concluded Hero Women's Indian Open I noticed that an increasing number of players have started carrying their own Launch Monitors. When the pro's practice on the driving range they keep checking their numbers. So, what were they checking?

Launch Monitors tell you exactly what happens at impact, "the moment of truth in the golf swing". The golf ball does not know whether your stance is too wide or your back swing too long or if you held your finish position or not. All it knows is the way the club struck the ball at impact. Golf instruction world over has started to change in recent times. Top players and instructors are no longer chasing aesthetically goodlooking golf swings, instead they are looking to develop swings that are easy to perform and are functional.

Every golf shot is caused by a unique blend of the five impact factors that are listed below:

Centeredness of strike – where you strike the ball on the face.

Face angle – where your club face is pointing.

Swing path – the direction in which the club head is travelling.

Angle of attack – how steeply the club is travelling downwards or upwards.

Club head speed – how fast the club head is travelling.

In addition to this, launch monitors also tell you things like how far the ball carries with each club, how much back spin it has, how much it rolls after landing, etc. All this data is vital for the modern golfer to know.

So, the next time your buddies are trying to critically pick apart your golf swing, you must remember that you may do a dance at the top of your backswing, as long as you get to a correct impact position you are fine.

Deepinder Kullar Head Professional DLF Golf Academy



Practicing with the help of the Trackman Launch Monitor

CLUB SPEED	BALL SPEED	SMASH FAC.	ATTACK ANG.
88.1 58.8 mph ±18.3	132.0 81.0 mph ±29.2	1.50 1.36 ±0.11	5.2 -0.2 deg ±2.6
FACE ANG.	CLUB PATH	CARRY	TOTAL
2.2 -0.4 deg ±3.1	0.2 -0.4 deg ±3.9	218.2 101.2 yds ±60.5	
FACE TO PATH	SPIN RATE	LAUNCH DIR.	SWING DIR.
2.0	1972 3646 rpm ±1142	2.0 -0.5 deg ±42	6.1
LAUNCH ANG.	SPIN AXIS	HEIGHT	DYN. LOFT
16.6	-9.9 15 deg ±14.0	80 43 ft ±30	18.1 25.3 deg ±7.1
LOW POINT	SPIN LOFT	SIDE	LAND. ANG.
6.4B	13.0	12' 1"L 8'R ±18'2"	

The above data is displayed



# Course Agronomy Update

The 2023 Hero Indian Ladies Open has concluded, marking a resounding success. As we transition into the cooler season, the meticulous overseeding process has yielded excellent results. The course conditions are poised to offer an exceptional playing experience for our members throughout the winter months of 2023 and 2024. A positive start to overseeding has allowed the team to swiftly progress to the finer details, guaranteeing outstanding course conditions and presentation for our playing members this winter.

**Shaun Matthew Satterly Golf Course Superintendent** 

## Did You Know?

5 interesting facts about Turfgrass.

Turfgrass is primarily made of water.

Water is used by the plant to move nutrients around the plant and only 1-3% of water is used by the plant for growth. Turf varieties need different amounts and frequency of water applications.

Too much water in the root zone during summer can damage turf.

Turfgrass is one of nature's best filters by removing contaminants exceptionally well from the water as it moves through the turfgrass system.



## From the Prokinesia Clinic



#### "Tennis Elbow Management: Effective Strategies for Relief and Recovery"

Tennis elbow occurs due to repetitive strain on the tendons and muscles of the forearm, leading to micro-tears and inflammation. Activities involving gripping, twisting, or lifting can exacerbate the condition, causing pain and discomfort on the outside of the elbow.

#### **Initial Assessment**

A physical therapist will assess the severity of the condition, reviewing medical history, conducting physical examinations and assessing range of motion and strength in the affected arm.

#### **Pain Management**

Therapeutic modalities like ice, heat,

ultrasound, electrical and techniques such as soft tissue mobilization, release, or manipulation may be employed to relieve muscle tension and improve blood flow.

#### **Exercise Regimen**

Gentle stretching exercises for the affected muscles to increase flexibility of the forearm and wrist along with strengthening exercises to enhance stability and reducing strain on the tendons.

#### **Technique Modification**

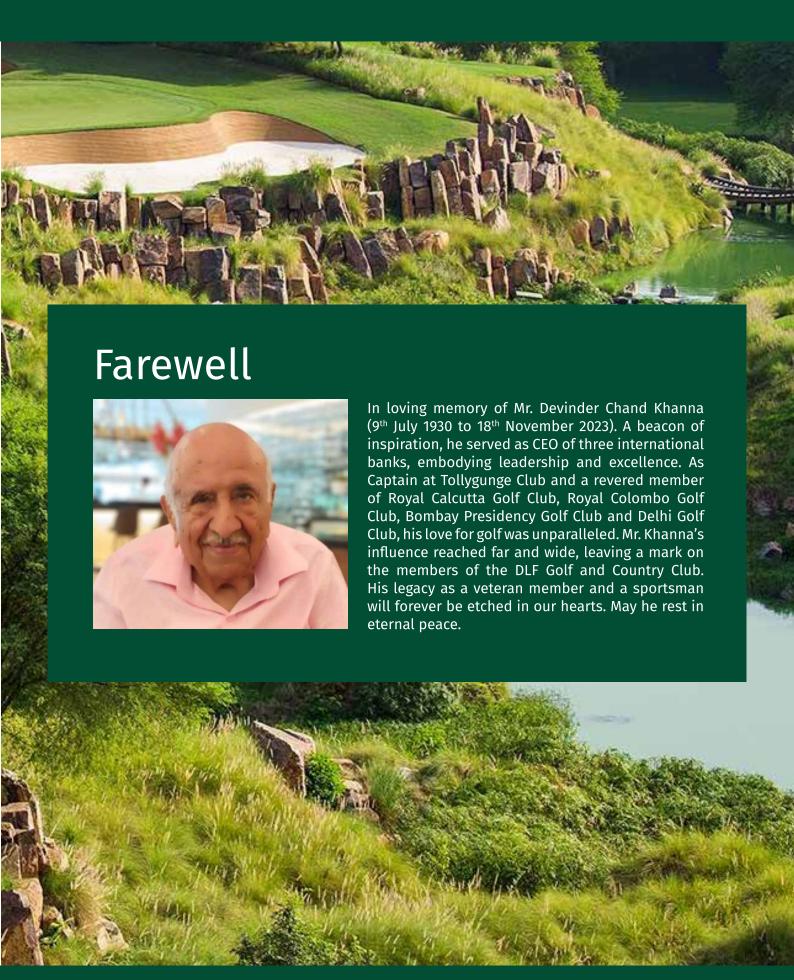
The therapist assists in modifying and correcting techniques during sports, daily activities, assessment of workstations and daily tools to ensure proper ergonomics to reduce repetitive strain.

#### **Functional Training**

Activities focusing on balance, coordination and proprioception to enhance functional abilities of the affected arm, exercises to replicate movements relevant to the patient's daily activities or sports to ensure a smoother transition back to these tasks.

The individualized approach ensures that the treatment plan is tailored to the patient's specific needs and goals for recovery.

Dr. Surya (PT)
Team Prokinesia Healthcare



## **Know your Team**

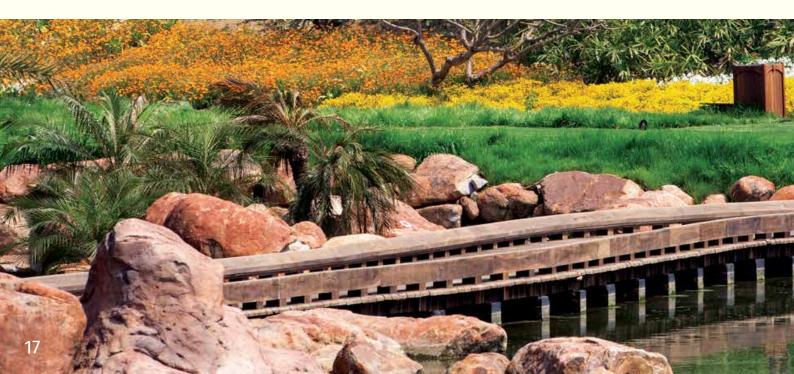
#### **Chef Prem Pal Singh**

Executive Chef Prem Pal Singh, hailing from Garhwal, Uttarakhand, embarked on a culinary journey quite unexpectedly. Originally aspiring to become a scientist, fate led him to the world of gastronomy. Rooted in the hills, he draws inspiration from his hometown's local herbs, spices and traditional ingredients. His culinary prowess is marked by a unique touch—reviving forgotten treasures like millets and barley in his creations. Chef Singh brings a distinctive flavour profile to his dishes,

showcasing a commitment to both innovation and preserving culinary heritage.

Beyond the kitchen, Chef Singh is a family man, married to Shashi Mani and takes pride in being a father to his son, Swastik. His culinary exploration mirrors his life's unexpected but delightful journey, transforming the accidental into an artful culinary masterpiece.





## Welcome

#### **Major Adhiraj Singh**

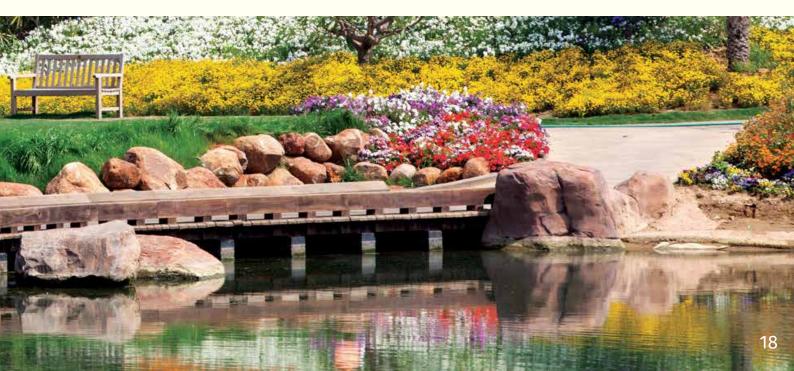
We are delighted to welcome Major Adhiraj Singh to our team as the Assistant General Manager of Security. With a decade of experience in the Indian Army, Major Singh, hailing from Mahendergarh, Haryana, comes from a distinguished military family. His father, Col RM Singh (Retd) and brother, Major Vishwaraj Singh, have dedicated their lives to the Indian Army.

Major Singh's illustrious career spans service in



Armoured and Rashtriya Rifles regiments in places like Pathankot and Sopore. He led armoured squadrons and during his Rashtriya Rifles tenure successfully oversaw 14 live operations, neutralizing 24 militants. His exceptional leadership earned him the prestigious Sena Medal Gallantry Award. Notably, in August 2019, during the abrogation of article 370 in Jammu & Kashmir, Major Singh's company, under his adept guidance, maintained peace and harmony in their area.

Beyond his military accomplishments, Major Singh exhibits fervent passion for driving and enjoys delving into the world of cars and formula 1, autobiographies of esteemed army Generals. On a personal note, he tied the knot with Dr Sneha Reddy, an orthodontist, last year. We look forward to Major Singh's valuable contributions to our team.



# Reciprocal Club of the Month

Terre Blanche Golf Club, France

Inaugurated in 2004, Terre Blanche has two internationally renowned courses, "Le Château" and "Le Riou", as well as a training centre unique in Europe where the best teaching methods are used. These top-of-the-range and eco-responsible facilities have earned it GEO® (Golf Environment Organisation) certification and a 10th place ranking in the world's top 100 golf resorts by GOLF WORLD (UK), alongside such renowned resorts as Pebble Beach, Pinehurst, Turnberry and Gleneagles.

Nature is the inspiration for the courses here: valleys, lakes, ravines, waterfalls, forests. The golf architect Dave Thomas has preserved the existing relief and vegetation of this magnificent site. His signature is expressed in the jagged bunkers. A wide range of privileges and services are provided exclusively for club members, granting access to other European Tour Destination Golf Clubs throughout the world, as well as offering discounts at the Proshop, Clubhouse and Terre Blanche 5-Star Hotel and Spa.



Terre Blanche Golf Club, France



# DECEMBER CALENDAR

#### LADIES NIGHT

Every Wednesday | 6-8pm Pavilion Bar

### CIGARS AND MALTS

Every Friday Pavilion Bar

#### HATHA & VINYASA YOGA CLASSES WITH NAMIKA

Every Saturday and Sunday Reception Plaza

#### DLF GOLF LEAGUE SEASON 2

Every Monday and Thursday until 21st December

### HARMONY WITH DANCE

Every Monday and Wednesday from 11<sup>th</sup> December | Reception Plaza

### SUNDAY BUBBLY BRUNCH

Every Sunday | Garden Cafe

#### BOOK CLUB -THE DETECTIVE'S READING ROOM

8<sup>th</sup> Dec | Pavilion Bar -Cigar Lounge

#### A CULINARY JOURNEY TO THE ALPS

8<sup>th</sup>-9<sup>th</sup> Dec | Pavilion

#### CARDIO-BHANGRA CRAZE

8th Dec | Garden Cafe

### CRAFTY COCKTAILS CRASH COURSE

13th Dec | Pavilion Bar

### JINGLE AND CRAFT WORKSHOP

15th Dec | Reception Plaza

## SHAM-E-SUFI A BARBEQUE AND BLUE LABEL EVENING

16th Dec | Garden Cafe

# DECORATE YOUR GINGERBREAD COTTAGE

22<sup>nd</sup> Dec | Reception Plaza

#### DARYAGANJ DELICACIES

22<sup>nd</sup>-23<sup>rd</sup> Dec | Pavilion

### CHRISTMAS CARNIVAL BRUNCH

24th & 25th Dec | Party Lawn

#### CHRISTMAS CUP

25<sup>th</sup> Dec

#### NEW YEARS EVE CELEBRATION

31st Dec | Party Lawn











