

COUNTRY CLUB 10/23



The picturesque bunker at 12th Hole, Gary Player Course.

CONTENTS

1

Message From
Tusch Daroga

2

Members achievements

3

Moments of pride

4

Hole-In-One

5

Hero Women's Indian
Open

7

DLF Golf League- Season 2

9

BMW Night Drives

11

Lesson of the Month

12

Course agronomy upgrade

12

Fact of the Month

13

Achievements

14

Ladies Golf Camp

14

Book Reading

15

Lantern Workshop

16

Savouring the Moments

17

A Masterclass in Fitness

18

From the Prokinesia Clinic

19

Reciprocal of the Month

20

Know your Team

21

November Event Calendar



Sonu Nigam - DLF Golf League Season 2.



Dear Member,

As winter descends upon us, the DLF Golf and Country Club is gearing up for a bustling and busy season. The anticipation is high as we have never experienced a lean period quite as vibrant as the one gone by.

October marked a historic moment as we organized a glorious sit-down dinner to conclude the DLF Corporate league at The Pavilion, a first in the club's history, where more than 150 members were treated to a culinary masterpiece crafted by a third-generation Italian speciality chef. It was a heartwarming sight to witness the entire club team, from various departments including human resources, finance, engineering, and even Shaun, our course superintendent, coming together to make the evening memorable.

The Hero Women's Indian Open, with a jaw-dropping prize purse of US \$400,000, was a grand success. Aline Krauter from Germany secured her maiden Ladies European Tour title after a challenging final round. Diksha Dagar showcased her talent and ultimately secured a sole third-place finish, making the Indian community proud. I would like to give a special mention to Gaurika Bishnoi who achieved a position within the top 10 players.

The club remained a hub of exciting activities throughout the month, from hosting book launches to

celebrating Diwali with lantern-making workshops. The food and beverage team delighted members with a range of offerings, from classic cocktails to infused gin and traditional Navratri thalis.

We are proud to announce that we have been honoured with the title of "India's Best Golf Course 2023" at the 10th Annual World Golf Awards held at Yas Links, Abu Dhabi. This accomplishment was achieved through a thorough voting process.

Additionally, our commitment to excellence has been further acknowledged by the esteemed advisory board of the "Club Leaders Forum," which has not only recognized but also placed DLF Golf and Country Club in the elite echelon of the world's top 1% of private clubs. This remarkable journey has taken us to the 145th position in The Top 150 Platinum Golf & Country Clubs in the world, a list on which Augusta National Golf Club is number one presently. This achievement marks a significant improvement from our prior listing among the Top 50 Clubs of Asia-Pacific.

To wrap up the month with a bang, we brought for you a mega concert by Sonu Nigam for the launch of DLF Golf League Season 2. Mr. Rajesh Jhingan- CEO Hospitality DLF Ltd, graced the occasion while Mandira Bedi hosted the event, creating an unforgettable evening for all in attendance.

November promises to outdo October with a lineup of memorable golf and social events, including the Kapil Dev Grant Thornton event, the traditional Madhav Rao Scindia Tournament, the Omega invitational Championship, and much more. We're excited to embark on yet another memorable season.

Tussh Daroga
Tussh Daroga



Moment of Pride

A tremendous sense of pride enveloped the moment when our esteemed Prime Minister, Shri Narendra Modi, felicitated our revered member, Ranveer Saini, during his live broadcast of 'Mann ki Baat.' PM Modi extended his heartfelt congratulations to Ranveer, taking special note of his extraordinary Gold Medal achievement for his remarkable victory in the Special Olympics. Furthermore, the Prime



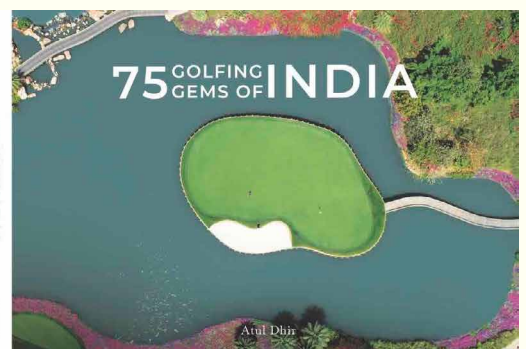
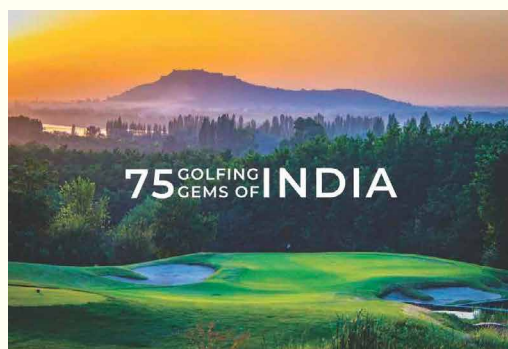
Minister commended Ranveer's tenacious determination and passion for the sport of golf even more impressive given his lifelong journey with autism. Mr. Anitya Chand, Ranveer's lifelong coach from The DLF Golf Academy, takes immense pride in Ranveer's achievements.

Members Achievements

Atul Dhir, a successful entrepreneur, and an eminent member of your club discovered his passion for photography to capture memories from his extensive travels to far-flung destinations. Initially, a casual capturer of moments, Mr. Dhir underwent a remarkable transformation, dedicating meticulous attention to every shot crafting truly unforgettable works of art.

His creative journey led to the publication of several captivating coffee table books, including "Jyotirgamaya" - an exploration of novice monks, temples, and Lord Buddha, and "Golfing in Paradise" - a visual journey through the golf courses of Jammu and Kashmir.

This venture into coffee table books began a few years ago, and Atul has poured his heart and soul into compiling, editing, and designing several books with unbridled passion. Notably, his book "Golfing Gems of India" showcases 75 of India's remarkable golf courses. Following its resounding success, he has already embarked on a second edition, intending to include even more golf courses. His aspiration is to bring the grandeur of these Indian golf courses to life within the pages of his book, enticing golfers to visit them as an integral part of their golfing vacations.





Hole-In-One



Mr. HS Chadha Mr. HS Chadha accomplished an exceptionally challenging hole-in-one on the 1st of October, acing the 5th hole at the Gary Player Course. Using a 9 iron from the Blue Tee, his shot landed perfectly aligned with the hole, ultimately vanishing within. A hearty congratulations to Mr. Chadha for this remarkable feat!



Mr. Amit Prasada also defied the odds, on October 25th, by accomplishing a remarkable hole-in-one on the 5th hole of the Gary Player Course. Employing a 9 iron from the Blue Tee, his shot found its mark precisely in line with the hole, vanishing within. Congratulations to Mr. Prasada on this impressive achievement!



On October 29th, **Mrs. Huijae Ryu** achieved a remarkable second hole-in-one, solidifying her golfing prowess. She accomplished this feat on the 3rd hole of the Gary Player Course, deftly using a 5-iron. With precision and skill, her shot zeroed in on the target and the ball disappeared into the hole. Congratulations to Mrs. Ryu on her incredible accomplishment!

Hero Women's Indian Open

The Hero Women's Indian Open 2023, a prominent event on the Ladies European Tour, was held at our Gary Player Course from 19th-22nd October 2023. With a total prize purse of US \$400000, the tournament lured some of the best players from around the world, creating an exciting platform for emerging talent and established champions.

The tournament, often featuring a diverse international field, reflected the global appeal of women's golf while showcasing India's golfing prowess. It was a wonderful opportunity for fans to experience world-class golf and support their favourite athletes on the course. This event continued to be a testament to the growing influence and popularity of women's golf, making it an essential fixture on the golfing calendar.

A total of 120 lady professionals from 29 countries participated in the event. The greens were playing

fast and true, and conditions were ripe for good scoring. There was a two-day cut off that was applied at 6 over par leaving the top 65 professionals and ties to play for prize money over the last two days.

In a superb showcase of golfing skill at the 2023 Hero Women's Indian Open, Germany's Aline Krauter emerged as the triumphant champion, securing her inaugural Ladies European Tour title. Krauter's consistent rounds of 69-68-68-68 added up to an impressive 15-under total of 273, clinching the top position. Fellow rookie, Sara Kjellker, from Sweden, achieved a commendable second place with rounds of 73-66-68-71, totalling 10-under.

The Indian challenge was spear headed by Diksha Dagar, who played consistent golf over the four days of the tournament resulting in a respectable third-place finish with a score of 8-under 280. Amateur Avani Prashanth finished in tied 5th position with a very creditable 6 under par total while Gaurika Bishnoi finished tied 8th at 2 under par for the week thus making it three Indians who finished in the top 10.



Winner: Aline Krauter (GER) with a score of - 15



1st Runner up: Sara Kjellker (SWE) with a score of - 10



2nd runner up: Diksha Dagar (IND) with a score of - 8



Mrs. Kavita Singh felicitating the players



Skills Challenge



DLF GOLF LEAGUE

Season 2

After the grand success of DLF Golf League, on the starry evening of October 27th, your Club witnessed a captivating concert by the legendary Sonu Nigam. The event was a vibrant kick-off to the much-anticipated DLF Golf League Season 2 and the charming Mandira Bedi hosted the grand affair.

The highlight of the evening was the genesis of the 12 teams participating in the league, each unveiling their distinctive jerseys, adding an element of thrill and competition to the atmosphere.

What made this night truly exceptional was the fusion of culture and opulence with an ethnic

theme that enthralled all attendees. The royal buffet spread, featuring a variety of delectable dishes, left everyone's taste buds delighted.

The grand décor transported guests to a realm of elegance and tradition, setting the stage for a magnificent evening. Members and attendees were unanimous in their opinion – there couldn't have been a more splendid way to kick off the season. With Sonu Nigam's enchanting performance, Mandira Bedi's grace, the ethnic ambiance and the sumptuous feast, it was a perfect start to a thrilling season ahead.







Advancing to commence the tee off.

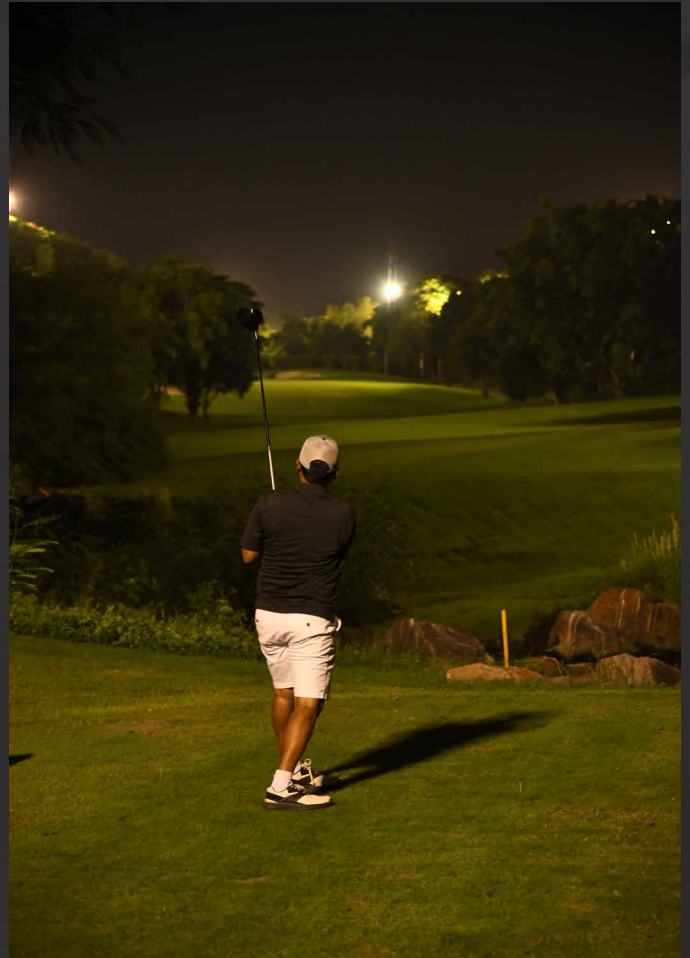


Mr. Deepak Kumar's Big Win.



Mr. Yuvraj Singh all set for some serious night golf.

The Arnold Palmer Course shone brightly and buzzed with activity, all thanks to the BMW night drives held every Thursday.



The scenic backdrop of the Arnold Palmer Course.



Bonds get stronger between players and caddies as the game proceeds.



Mr. Siddharth Bahl putting with precision.

Lesson of The Month

Importance of a correct takeaway in the backswing

A fundamentally strong takeaway is crucial in golf swing as it sets the tone for the complete backswing.

It helps establish the correct clubface alignment, which is essential for hitting the ball accurately towards your target.

A proper takeaway promotes a consistent swing path, leading to more predictable and repeatable shots.

It sets up a solid position at the top of the backswing that allows you to generate more power in your swing.

It contributes to proper timing in your swing, helping you maintain control and balance throughout the motion.

A good takeaway can establish a smooth and rhythmic swing, reducing the likelihood of jerky or erratic movements that can lead to mishits.

The takeaway is the foundation of a well-executed golf swing, impacting your shot accuracy, power, and overall performance on the course.

“The takeaway should start by first moving your hands, arms, and shoulders together. It should be a one-piece motion rather than just your hands or wrists as shown in the image below.”

Akhil Nayar
Senior Professional
DLF Golf Academy



Course Agronomy Update



Following the triumphant conclusion of the Hero Women's Indian Open, I extend my sincere gratitude to our valued members and the entire team for their unwavering support, contributing to the resounding success of the event.

As we transition into the cooler months and the season of festivities and family

gatherings, our dedicated maintenance team is geared up to prepare our courses to pristine conditions for the winter period. This will entail comprehensive overseeding and meticulous attention to ensure a high-quality playing experience for our members. Course preparations are set to kick off in the forthcoming weeks, with seeding scheduled during the mild weather conditions, allowing the rye to establish robustly before the onset of January's lower temperatures. Your continued support is vital and we eagerly anticipate a fantastic winter season ahead.

Shaun Matthew Satterly,
Course Superintendent

Fact of the Month



Recovery is a critical component of any physical activity regimen. After an intense session of play or a strenuous workout, our body's primary demand is to recuperate swiftly to prepare for the next challenge. The importance of recovery cannot be overstated, as it directly impacts energy levels and muscle health. Proper rest allows muscles to recover and repair, enhancing strength and energy for subsequent sessions.

Intense physical activity often leaves muscles feeling sore and stiff, potentially limiting range of motion. To facilitate a speedy recovery, consider the following essential practices:

Quality Sleep: Rest is paramount in the recovery process. Adequate, quality sleep is crucial for muscle healing.

Hydration: Strenuous workouts lead to fluid loss through sweat. Staying well-hydrated aids in effective cooling and ensures the transport of oxygen and nutrients to muscles.

Stretching: Stretching relaxes muscles, increasing blood flow and expediting the healing process. It's essential for a quicker bounce-back after intense physical activity.

Compression: Utilize compression gear tailored to your training type and specific muscle groups in need of recovery. Compression reduces muscle damage, alleviates pain and minimizes inflammation, promoting faster functional recovery.

Cold Therapy: Cold therapy, such as ice baths or cold packs, can reduce pain and inflammation, expediting the healing process.

Prioritizing recovery is vital to combat fatigue, soreness and tension resulting from physical activity, ensuring optimal performance. Remember to provide your body with the care and attention it deserves. Here's to your best health!

Anoop Tiwari
Head of Sports Complex

Budding Stars of Tomorrow



Kartik Singh

Kartik Singh won and Arjun Dahiya finished 3rd in the IGU Western India Junior Boys Championship 2023, held at the Oxford Golf Course, Pune, from 9th-13th October 2023.



Arjun Dahiya

Kartik shot a final tally of 4 under par over four rounds to get his wire to wire win by a big margin of 12 strokes in the B category.



Naina Kapoor

held at the Air Force Training and Sports Complex, Gurugram, from 13th-15th October 2023.



Dhriti Singh

Naina Kapoor won and Dhriti Singh finished 2nd in the IGU Sub-Juniors North Zone Feeder Tour Golf Championship in Category C and D,



Vedant Paul finished 2nd at the IGU Feeder Sub Juniors North Zone Tour Golf Championship in category C, played at the AEPTA, Meerut.



Mahreen Bhatia won 2nd in Category B, IGU Eastern India Ladies & Junior Girls Golf Championship (Oct 17th-19th, 2023) and T 4 overall in A, B, and combined at Gurugram (Oct 13th-15th, 2023).

Ladies Golf Camp

The Weekend Ladies Golf Camp was held from 23rd September– 15th October 2023. These were held on Saturdays and Sundays and were attended by 14 ladies.

The camps were a basic introduction to golf and included the following activities:

Learning the Rules, Etiquettes of golf & safety

Introduction to the long game

Introduction to the short game

Long game on Simulator

Fitness sessions

Video Analysis of the swing

A tour of the golf course

Putting and chipping competitions

The ladies thoroughly enjoyed themselves while learning golf. The camp ended with prize distribution.



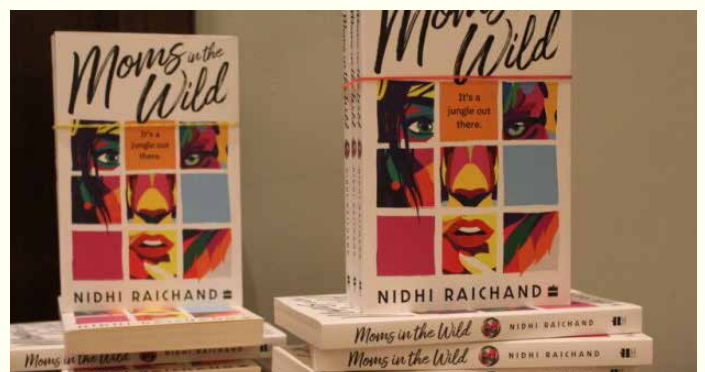
Book Reading

A delightful gathering of members presented in celebration of literature and community, centred around “Moms in the Wild,” a book authored by the talented Nidhi Raichand. The event was a testament to the joy and camaraderie that reading can bring.

Ms. Raichand, passionate about storytelling and fostering connections through books, curated a perfect blend of intellectual engagement and delightful indulgence. The attendees were not only engrossed in the narrative but also appreciative of the meticulous arrangements that enhanced the

experience. The ambience was inviting, encouraging lively discussions and a shared love for literature. “Moms in the Wild” fearlessly navigates the depths of darkness, overflows with uproarious wit and crafts a sharp, incisive narrative that delves deep into the unrelenting worlds of social media and journalism, sparing no detail unexamined.

Adding to the delight, the culinary team impressed with a delectable hi-tea spread, earning accolades from the members. Their culinary expertise elevated the event, pairing well with the literary atmosphere and providing a sensory treat.



Lantern Workshop

In a world of imagination and creativity, the DLF Golf and Country Club hosted a fantastic lantern-making workshop for our young, budding artists. With laughter and joy, kids gathered to transform ordinary materials into extraordinary lanterns. Guided by the very talented Jayneesh Mehta, they embraced vibrant colours, glitters and their

imagination to craft unique lanterns. It was a glowing success, illuminating smiles and sparking the artistic spirit in every child. The lantern-making workshop was a beacon of creativity, showcasing the incredible talent and artistic flair of our young members. Stay tuned for more exciting creative adventures!





Old Age Era Classic Cocktails.



Island Green- Inspired by the iconic 5th hole on the Gary Player Course.



Chef Mauro Ferrari and team, the culinary masterminds behind your exquisite Italian dining experience.



Traditional navratri bhoj.

Savouring the Moments

In October, our club embarked on a culinary journey, offering a tantalizing variety of food and beverages that delighted our members all month long. Weekly favourite Ladies' Night enjoyed a surge in attendance as the weather shifted, providing the perfect backdrop for socializing and savouring delicious treats.

Our accomplished Executive Chef, Prem Pal Singh, introduced the traditional Navratri Thali, a nod to the rich heritage of festive dining. Furthermore, the month's highlights included the introduction of delightful "Old Age Era Cocktails" which brought your favourite classic cocktails back to life.

For the first time, we ventured into the world of

infused gin promotion, presenting a specially crafted menu that captured the hearts of our members. Due to the cherished recollections of our sit-down Italian specialty dinner, the Cena Pranzo team returned for a one-day pop-up event, responding to the enthusiastic demand from our patrons.

October truly embodied a month of culinary exploration and delightful experiences, reflecting our commitment to providing a diverse and ever-evolving range of gastronomic pleasures for our cherished members. We eagerly anticipate more thrilling adventures in the months ahead!

A Masterclass in Fitness

Winter is almost here and this change in weather may make a lot of the athletes prone to injuries, as cold muscles tend to tighten, stiffen up and constrict. However, most winter sports injuries can easily be prevented if participants prepare for their sport by keeping in good physical condition, staying alert and stopping when they are tired or in pain.

1. Increase Your Warmup Time - The body takes longer to warm up in winters & cold muscles, tendons and ligaments are vulnerable to injuries. Therefore, an adequate amount of warm up is essential to keep the aches and pain at bay.

2. Dress Appropriately - Layer up! Dress in easy to remove layers to allow for the changes in body temperature. Covering the head, feet and hands is important since they radiate a large amount of heat.

3. Invest In Your Sport Specific Fitness Program -

Work with your fitness coach on the prevention of injuries that you think you're particularly susceptible to.

4. Get Those Niggles Checked - Any chronic pains, aches or injuries that might be brewing should be checked out to the earliest as possible.

5. Focus On Adequate Hydration & Nutrition - Include plenty of fruits & vegetables to your platter. Drink plenty of water before, during and after your sport activities.

Focus on training, recovery, good nutrition and adequate sleep. These are the factors that an athlete should abide by regardless of the time of year he/she trains.

Anjali Yadav
Fitness Professional,
DLF Golf Academy



From the Prokinesia Clinic



Busting Myths and Embracing Facts: The Truth about Back Pain

Back pain is a common ailment that affects millions of people worldwide, but it often comes with a cloud of misconceptions. Let's set the record straight and dispel some common myths about back pain.

Myth 1: Rest is the Best Cure

Fact: *Prolonged rest can do more harm than good. Gentle movement and tailored exercises can aid healing and prevent future pain.*

Myth 2: Always sit upright.

Fact: *While slouching isn't ideal, sitting rigidly for extended periods can strain your back. Keep moving and find a balance.*

Myth 3: MRI/X-Ray is a must.

Fact: *Imaging isn't a diagnosis. Many factors contribute to back pain and clinical correlation is essential.*

Myth 4: Back Pain Is Only for the Elderly.

Fact: *Age doesn't discriminate; back pain can affect anyone. Prevention and healthy habits matter at all stages of life.*

Myth 5: Painkillers are always needed.

Fact: *Painkillers mask issues and non-drug solutions are often more effective in the long run.*

Myth 6: Back Pain Is Always a Sign of a Serious Problem

Fact: *Mostly back pain isn't cause for alarm but seek help for persistent or severe pain.*

Myth 7: Surgery Is the Only Solution

Fact: *Surgery is the last resort. Non-invasive methods can manage most cases.*

Myth 8: The Harder the Mattress, the Better

Fact: *Mattress preference is individual. Medium-firm is a common choice, but comfort is key.*

Myth 9: Lifting Heavy Objects Causes Back Pain

Fact: *Proper lifting techniques and leg engagement are vital for preventing injury.*

In conclusion, back pain is multifaceted and personalized care is crucial. Stay active, maintain good posture and manage stress. Your back's health is an investment in your well-being.

Dr. Surya (PT)

Team Prokinesia Healthcare



Reciprocal Club of the Month

Designed by Luke Donald and managed by IMG, Ba Na Hills Golf Club is a world class facility located at the foothills of the famed Ba Na Hills on Vietnam's central coast, located 25 minutes from downtown Da Nang. Ba Na Hills Golf Club has been awarded 'Vietnam's Best Golf Course' for 6 consecutive years and won the fifth 'Asia's Best Golf Course' in 2021.

This stunning property is set amongst some of the most impressive mountain ranges in the region. The par 72, 18-hole Championship golf course provides a balance of challenge, enjoyment and excitement to golfers of all levels and abilities with 5 sets of tees to ensure golfers of all standards a pleasurable round of golf. Ranging from 7,857 yards from the Professional tees to 6,022 yards from the white, friendlier tees, a good variety and mixture of playing lengths makes every hole feel unique.

Know Your Team

Col Sanjay Lakra

Meet Col Sanjay Lakra who has recently joined our team in the capacity of Deputy General Manager, a distinguished veteran of the Indian Army, boasting a rich 30-year career. A National Defence Academy graduate, his deep-seated passion for military



tanks led him to pursue a master's degree in the field. Beyond his military accomplishments, he has excelled as a technocrat and administrative head at prestigious Army institutions.

Col Lakra is also an ardent outdoor enthusiast, seeking solace in activities like riding, sailing, trekking, running and golf. His golf journey began in 1998 and within a few years, he claimed victory at the Services Open in 2008 and served as the team captain for nearly a decade. Under the tutelage of Asia's top coach, Kel Llewelyn, he ranked among the top 15 amateurs in India from 2009 to 2014. In 2017, he represented the Indian team in South Africa.

Proudly, Col Lakra led the Indian Army golf team in the World Military Championship, showcasing his skills on an international stage. With certifications as a referee from R&A and in course rating from USGA, he has assessed over 100 golf courses in India. Col Lakra has played a pivotal role in establishing the Golf Excellence Centre of the Indian Army in Jaipur.

On a personal note, Col Lakra is a proud father, with his daughter pursuing her education in accessory and home decor design at NIFT.

Akshay Nayak

In the world of hospitality, experience and adaptability are key and Mr. Akshay Nayak is a shining example of this. As an Executive



Assistant at DLF, he brings a wealth of knowledge and expertise to the table, accumulated over five years with the DLF family. Akshay holds a degree in engineering, showcasing his versatile and adaptive nature. With an impressive five-year journey at DLF, Akshay has quietly become a hidden gem within the organization and it's not just his professional prowess that makes him stand out. He commends DLF for the exceptional support of their employees and the community throughout the challenging times of the pandemic and beyond.

Akshay's family includes his wife and two sons and he's a proud pet parent to two adorable dogs. He unwinds with a good book and indulges his passion for Hollywood movies.

Mr. Akshay Nayak is indeed a multifaceted professional, adding depth to the hospitality industry while enjoying a fulfilling personal life.

NOVEMBER CALENDAR

LADIES NIGHT

Every Wednesday
Pavilion Bar

MADHAV RAO SCINDIA GOLF TOURNAMENT

4th Nov | Pavilion

KIDS SANDWICH MAKING WORKSHOP

5th Nov | Pavilion

NAWABI NOSH- AN AWADHI AFFAIR

TBA | Lunch and Dinner
Pavilion

DLF GOLF LEAGUE SEASON 2

Every Monday and Thursday
from 20th November onwards.

FUNCTIONAL FITNESS BOOT CAMP

17th Nov | Garden Cafe

BIOMECHANICAL GOLF ASSESSMENT

Every Saturday,
Prokinesia Clinic, Clubhouse

RAMEN RHAPSODY By Chef Kunal

17th-18th Nov | Lunch & Dinner
Pavilion

KIDS' BOOK CLUB

18th Nov | Reception Plaza

REVITALIZE SPA PROMOTION

20th-30th Nov | Pavilion Spa

BREWED TO PERFECTION

In celebration of
international coffee week

22nd-27th Nov | Pavilion &
Garden Cafe

MIXED DOUBLES TENNIS TOURNAMENT

25th-26th Nov | Tennis Lawns

KAPIL DEV - GRANT THORNTON INVITATIONAL TOURNAMENT

28th Nov-3rd Dec

CIGARS AND MALTS

25th Nov | Pavilion Bar

