



★★★★★

08/24 COUNTRY GOLFER



Location - 5th Hole, Gary Player Course



SEPTEMBER

- 1**
Message from
Tusch Daroga
- 2**
Hole-In-One
- 3**
Member's Achievements
- 4**
Mini Pastry Masters
- 5**
Annual Squash
Tournament
- 6**
Shades of Petals
- 7**
17th Invitational DLF Caddy
Championship
- 9**
Independence Day
Cup 2024
- 11**
Bar Stories by
Pukhraj Bedi
- 12**
Heartfelt Rakhi Crafting
- 13**
Budding Stars of Tomorrow
- 15**
Tee Time Lesson
- 16**
Elevating Fitness
- 16**
The Rising Marathon Star
Budding Stars of Tomorrow
- 17**
The Prokinesia Perspective
- 18**
Health and Wellness
- 19**
Turf Talk
- 20**
Know Your Pro
- 21**
Savouring the Moments
- 22**
Meet the Fabulous five
- 23**
Reciprocal Club of the
Month
- 24**
September Events
Calendar



MESSAGE



As the monsoon recedes and the golfing season kicks into high gear, our club is alive with a vibrant array of activities. After a dynamic August, September promises to be just as exhilarating. The highlight of summer, the *Corporate League Season 2*, has reached its peak. With teams fiercely competing not only on the greens but also in delivering unforgettable experiences. From stellar performances on the course to gourmet dining and captivating evenings, this league has truly showcased the best of both worlds.

The ever-popular *Veteran's Cup* is also nearing its pinnacle, with our seasoned senior golfers showcasing their skills in a competitive atmosphere. The excitement is palpable and all eyes are on the coveted trophy. On the other hand, the knockout rounds of another much-loved golfing tournament '*Matchplay*', continues to grow more exciting than ever, with each passing round.

We were proud to bring back the

17th *DLF Caddy Championship*, bigger and better than the years gone by. The team came together on a Tuesday, when the club is usually closed and put together a great show where 43 clubs participated from all over the country. The tournament reached its peak when our very own team was crowned as champions for this year, yet again.

It is a moment of great pride that our beloved member, Ranveer Singh Saini, has added another remarkable achievement to his illustrious journey. Ranveer has been invited to the *Rashtrapati Bhavan* on two prestigious occasions. In 2015, when he had the honour of meeting the then President, Dr. Pranab Mukherjee. Most recently, on National Sports Day, he was hosted by President Droupadi Murmu after his outstanding performance at the 2023 Berlin World Games, after he secured the Gold medal. Ranveer has previously received praise from Prime Minister Narendra Modi.

I am thrilled to announce the return of the much-anticipated *Ladies Interclub Golf Tournament 2024*, a prestigious event bringing together over 120 players from across the Delhi NCR region. Eight renowned golf clubs nominated their finest players to represent them in this annual celebration of women's golf. This tournament is a testament to DLF's commitment to supporting and promoting women's golf in the country.

I extend my heartfelt congratulations to Mrs. Sadhna Kumar on

the successful publication and launch of her book, *Shades of Petals*. This beautiful collection showcases her preserved paintings, beautifully compiled over the years, capturing her artistic journey in a visually stunning manner, inspired by her devoted husband, Mr. Basant Kumar. Their meticulous attention to detail, seamless event planning, and unwavering support to the team made this event a resounding success.

I would like to extend a special acknowledgement to our hard-working *Procurement team*, whose dedication ensures that every event runs seamlessly. Often working behind the scenes, these five specialists play a crucial role in maintaining the club's grandeur. Lead by Nitin Mehra, this team helps in promising elaborate setups, exquisite food and beverage and top-tier artists for our events. Not just in fulfilling our daily requirements, they are indispensable in procuring heavy machinery required to maintain the pristine conditions of the course, from across the world.

Our club's commitment to well-being shines through our diverse range of health and wellness programs. Namika's *Hatha and Vinyasa Yoga* sessions catered to all levels, promoting strength and flexibility. Sangeeta's *Tai Chi* classes offered meditative movements that fostered inner peace, balance and energy flow. Additionally, the Pavilion Spa's *Lymphatic Therapy* provided therapeutic benefits, enhancing circulation, support-

ing detoxification and boosting immune function. I request and encourage our members to participate in these health and wellness activities conducted at the club.

Additionally, we celebrated our much-anticipated seasonal highlight—the *Swimming Gala*. This day, dedicated to our swimmers, featured a perfect blend of spirited competition and delightful activities. As is the tradition, the club's finest swimmers were honoured. I am also delighted to let you know that the tiny tots of this club now have a vertical of specially curated activities every month. This month we saw little budding chefs trying their hands out, decorating their own pastries at *Mini Pastry Masters*. On Raksha Bandhan, the team organised an engaging *Rakhi Making Workshop* for the children.

I hope the culinary and beverage events have been able to delight your taste buds, curating cherished memories. The *Jashn-E-Navroz* celebration featured traditional Parsi cuisine by Chef Hooma Billimoria, enriching the Parsi New Year with vibrant flavours and cultural festivities. Back by popular demand, we were able to elevate the Navroz celebration one notch up, as Chef Hooma specially travelled all the way from Mumbai. Exploring history through taste, the *Forgotten Spirits* event showcased rare and vintage liquors, reviving long-lost flavours. *The Gin Affair* featured guest mixologist, Debojit, crafting unique Gin cocktails that added flair to the Pavilion Bar.

As we move forward into the heart of the golfing season, my team and I remain committed towards the endeavour of offering exceptional experiences, both on and off the course. Our calendar is filled with events that promise

to entertain, challenge and inspire. Whether through competitive tournaments, wellness programs, or culinary delights, we strive to uphold the traditions of excellence that make the Club special to all our members.



Tusch Daroga

Hole-In-One



On 9th August, **Nitin Anand** achieved a hole-in-one on the 16th hole at Gary Player course.



On 9th August, **Arjun Puri** secured a hole-in-one on the 12th hole at Gary Player course.



On 14th August, **Hemant Singh** accomplished a hole-in-one on the 12th hole at Gary Player course.



On 19th August, **Jung Wan Ryu** made a hole-in-one on the 12th hole at Gary Player course.

Member's Achievements



Aarna Pahuja achieved the First Runner-Up position at the Hurricane Junior Golf Tour (HJGT) India - Haryana Classic, held at Tarudhan Valley Golf Resort in Gurgaon on August 17th-18th, 2024.

She also secured the First Runner-Up title at the Champion of the Champions, World Invitational India Qualifying Tour, hosted at Tarudhan Valley Golf Resort, Gurgaon on August 18th, 2024. This tournament is part of the prestigious World Invitational, set to take place at Lough Erne Resort, Ireland in 2025.



Ranveer Singh Saini, our star golfer, was one of the select athletes invited to the Rashtrapati Bhawan on 29th August, where he had the honour of meeting the Honourable President of India in celebration of National Sports Day. A truly proud moment for all of us.



Riddhima, one of our academy students, recently achieved remarkable success at the Taiwan Open Junior Golf Championship, held from August 14th-16th, 2024. Competing against over 200 players from 10 countries, she clinched 1st place in the 13-15 years category and impressively secured 2nd place overall in the combined under-18 category. She played consistently over the three days, finishing 5 over par with scores of 73, 78 and 70.

To celebrate her outstanding achievement, we surprised her with a special cake as a gesture of our pride and support.

Mini Pastry Masters

The club recently organized an enchanting pastry decoration workshop for young culinary wizards, turning the venue into a vibrant hub of creativity and fun. The workshop was designed to inspire the little chefs, offering them the chance to learn the art of decorating pastries under the guidance of expert decorators.

The children were introduced to various decorating techniques, including piping frosting, adding sprinkles and using edible glitter and fondant shapes to transform plain pastries into delightful works of art. The atmosphere was filled with

excitement as the young chefs experimented with colours and designs, each creating their own unique pastry masterpiece.

This hands-on experience not only allowed the children to explore their artistic side but also instilled a sense of accomplishment as they proudly displayed their beautifully decorated treats. The workshop concluded with the young decorators sharing their sweet creations with family and friends, making it a truly memorable and rewarding experience for all involved.



Annual Squash Tournament

The annual 2-day squash tournament this year was nothing short of exhilarating, with a thrilling showdown that kept spectators on the edge of their seats. The tournament, known for its fierce competition and high stakes, saw a dramatic turn of events as Sahaj Bishnoi finally claimed the coveted title after being the runner-up for three consecutive years. His journey to the top was marked by relentless perseverance, sheer determination, and an unwavering spirit, making his victory all the more satisfying.

In a gripping final match, Sahaj faced off against Karan Bedi, who proved to be a formidable opponent. Karan, known for his strategic gameplay and powerful shots, pushed Sahaj to his limits, creating an intense back-and-forth

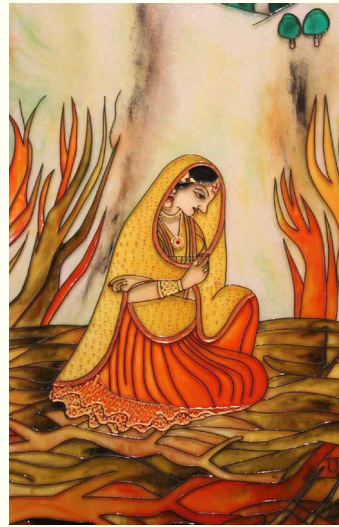
battle on the court. Despite the pressure, Sahaj's experience and hunger for victory shone through as he outmaneuvered Karan in the final moments, securing his first championship win.

Karan Bedi, who put up a remarkable fight throughout the tournament, earned the runner-up position, demonstrating his exceptional skill and sportsmanship. The match between these two talented players was a highlight of the tournament, leaving fans eagerly anticipating next year's event.

This year's tournament will be remembered not just for Sahaj's long-awaited triumph but also for the display of passion, talent, and the unyielding spirit of competition that defines the essence of squash.



From left to right: Karan Bedi, Sahaj Bishnoi and Rishabh Jain



Shades of Petals

The launch of “Shades of Petals” a captivating collection by the beloved author and painter Mrs. Sadhna Kumar, was an evening steeped in elegance, emotion and the warmth of family. The event, held in an intimate setting, was a true celebration of art and love, drawing in close friends, family and admirers.

The evening began with Mrs. Kumar’s daughter and son-in-law graciously opening the event, setting a heartfelt tone. Their words reflected the pride and joy that filled the room, creating a warm and inviting atmosphere. Nikita, the gifted designer behind the book, then took the stage to share the inspiring journey of how “Shades of Petals” came to life. She eloquently described how Mrs. Kumar’s exquisite artwork, lovingly preserved over the years, was beautifully showcased in the book, offering the audience a glimpse into the artist’s soul.

The highlight of the evening was the touching tribute from Mr. Basant Kumar, Mrs. Kumar’s devoted husband. His narrative of their inspiring love story resonated deeply with the audience. He spoke with pride and emotion about the decade-long journey to convince his wife to share her art with the world, a testament to their enduring bond.

The evening concluded on a high note with their son and daughter-in-law expressing heartfelt thanks to the attendees. The book was officially launched by their beautiful granddaughter, Nayantara, a moment that symbolized the legacy of love and creativity that “Shades of Petals” embodies. The event was a true celebration of art, love and family, leaving everyone present with a sense of inspiration and admiration for the remarkable life and work of Mrs. Sadhna Kumar.

17th Invitational DLF Caddy Championship

The 17th DLF Invitational Caddy Championship unfolded with great enthusiasm and competitive spirit at the DLF Golf & Country Club. The event, known for recognizing and celebrating the skills of caddies, witnessed remarkable performances across various categories, highlighting the talent and dedication of the participants.

A total of 43 golf clubs from around the country sent in their teams to participate in this year's event. Teams travelled from their golf courses in

Hyderabad, Kolkata, Kashmir, Gujarat, Himachal Pradesh to participate in our annual caddy championship setting the tone for a closely fought match. In the end, Rohil Khan from Delhi Golf Club took the individual honours with a gross score of 79 while the team of Ram Kishen, Dharmender and Vinod Manjhi from our own DLF Golf & Country Club won the team event, thereby defending the title they won last year

Closest to the pin (Hole No. 16)

Akash Rajbhar 11ft 8in (DEPTA Hissar)

Longest Drive (Hole No. 8):

Mohit Singh 272 yards (AFSC Hindon)

Straightest Drive (Hole No. 15):

Rakesh Kanojia On the line (AEPTA Deolali)

Individual Championships:

2nd Runner Up:

Kishan from Madhuban Meadows Golf Club 82

1st Runner Up:

Ram Kishen from DLF Golf and Country Club 81

Winner:

Rohil Khan from Delhi Golf Club 79

Team Championships:

2nd Runner Up:

ATS Derabassi Mohal 259

Team Members:

Harwinder Singh 91

Vikram 85

Sukhbir Singh 83

1st Runner Up:

Delhi Golf Club 255

Team Members:

Rohil Khan 79

Pramod Kumar 89

Ram Sajiwan 87

Team Championship Winners:

DLF Golf & Country Club 248

Team Members:

Ram Kishen 81

Dharmender 83

Vinod Manjhi 84





Independence Day Cup 2024

The 78th Independence Day was celebrated in grandeur with the Hero presents DLF Independence Day Cup, a golf tournament that has become a hallmark of the festivities. Held on the Gary Player Course, the event brought together seasoned golfers and enthusiasts for a day of competitive spirit and national pride. The tournament started early morning with the hoisting of the National Flag followed by the National Anthem and the distribution of sweets. The members enjoyed a very keenly contested round of golf and the event was concluded with an awards ceremony, bringing people together to celebrate the spirit of Independence Day. The prizes were won as follows:

- Closest to Pin - 5th Hole:** Surinder Khanna
- Longest Drive (Men) - 8th Hole:** Sidharth Bahl
- Straightest Drive (Ladies) - 15th Hole:** Hyun Sue Seok
- Best Stableford Points (Ladies):**
Winner - Hyun Sue Seok
Runner Up - So Young Park
- Best Stableford Points (Gentlemen):**
Winner - Moonsik Nam
Runner Up - Amit Prasada

With another successful edition of the tournament, anticipation is already building for next year's competition, promising more excitement and stellar performances.



Hyunsue Seok



Dr. Pawan Munjal



Winners on stage



Surinder Khanna



Sidharth Bahl



Soyoung Park



Amolinder Bal

Bar Stories

....By Pukhraj Bedi

This month, Bar Stories... by Pukhraj Bedi kicked off with our talented in-house mixologist introducing the members to the delicate and floral notes of Hendrick's Flora Adora, setting the stage for a trio of iconic cocktails. The first creation, the Cucumber Spritz, was a refreshing start, showcasing the gin's botanical essence paired with the crispness of cucumber, perfect for a summer's evening. Members learned the art of balancing flavours to create a cocktail that was both light and invigorating.

Next on the menu was the Unusual Negroni, a twist on the classic, where Pukhraj demonstrated how to bring out the unique characteristics of the gin, elevating the traditional Negroni to new heights. The complexity of the drink, with its bold and bitter notes, captivated the audience, who eagerly took notes on the meticulous process.

The final cocktail, the Midnight Sour, was the showstopper. Our beloved members curated a drink that was both smooth and sophisticated. Pukhraj guided them through the steps of achieving the perfect sour balance, adding a layer of floral depth that made this cocktail a standout.

Throughout the evening, members not only learned how to craft these classic cocktails but also gained insights into the art of mixology from one of the best in the business. The interactive session was filled with laughter, learning and of course, some delicious cocktails. Bar Stories in August was a celebration of the art of cocktail making. Our members left with new skills, unforgettable memories and perhaps a newfound favourite drink. We invite our members to join us again in September for another exciting session of Bar Stories.



Heartfelt Rakhi Crafting

The club hosted a delightful Rakhi making workshop, on the occasion of Raksha Bandhan, bringing together members of all ages to celebrate the spirit of the pious event in a creative and engaging way. The workshop provided participants with a variety of materials, including vibrant threads, beads, Kundan stones and decorative items, to craft their personalized rakhis.

Guided by our instructor Atufa and the CRM team, attendees were encouraged to explore their creativity and design unique rakhis that reflected their

personal style and love for their siblings. The atmosphere was filled with enthusiasm and joy as members shared ideas, worked together and admired each other's creations.

The event not only fostered a sense of community but also allowed participants to reconnect with the traditional values of Raksha Bandhan, symbolizing the bond of love and protection between siblings. The workshop concluded with everyone proudly displaying their handcrafted rakhis, ready to adorn the wrists of their loved ones on the special day.



Budding Stars of Tomorrow



Manu Gandas finished runner-up at the Rs. 1 Crore PGTI Coimbatore Open 2024. He shot 13 under 275 and finished 2nd by 1 stroke.



Veer Ahlawat and Manu Gandas are now firmly entrenched as No. 1 and No. 2 in the PGTI Order of Merit 2024



Riddhima Singh won at the Taiwan Junior Open – B Category, held at Miramar Golf and Country Club, from 14th – 16th August 2024.



Mahreen Bhatia finished in 2nd Runner-up position at the US Kids World Teen Championship 2024 in the 15–18-year girls' category with an impressive score of 69, 73 and 71 (Total 213). The tournament was held at Pinehurst No-5 from 25th – 27th July 2024.



Rajveer Dhillon won at the IGU North Zone Amateur Feeder Tour held from 1st – 2nd August 2024 at Classic Golf and Country Club.

IGU Sub-Junior / Junior Feeder Tour 2024 held at Forest Hill Golf & Country Club, Mohali from 9th – 11th August 2024 for Taanush Kumar Article:



Trish Kalkal finished in 2nd position at the IGU North Zone Amateur Feeder Tour held at Classic Golf and Country Club.



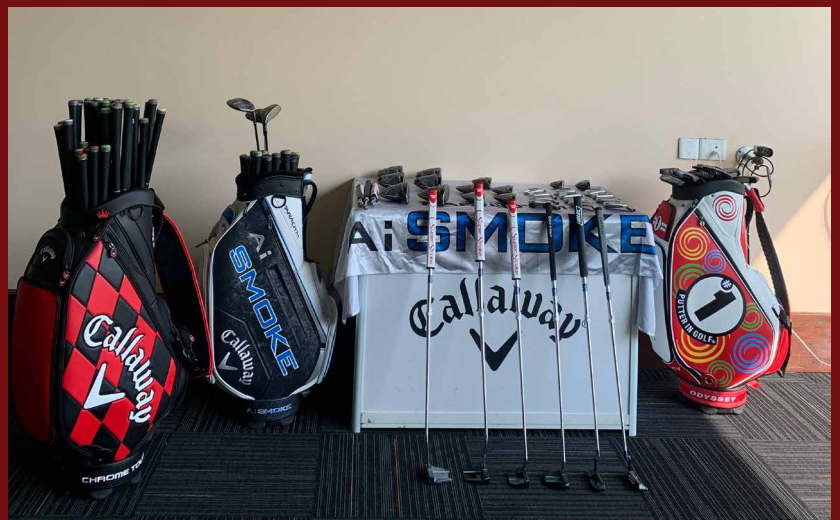
Taanush Kumar secured 1st position in Category E – Boys. With this win, he is leading the Order of Merit of the IGU Sub-Junior / Junior Feeder Tour



Taanush Kumar secured 1st position in North Zone – IGU Sub-Junior / Junior Tour 2024 held at Agra Golf Course, from 26th – 28th July 2024.



Aahana Srivastava finished in 2nd runner-up in Category E – Girls



Custom Fitting Day for the PARADYM - Ai SMOKE range from Callaway held at the DLF Golf Academy on 27th – 28th July 2024.

Tee Time Lesson

Playing the Percentages

It is easy to control the distance of a full shot. It is when one is faced with a less than full shot is where things start to get tricky. So, one must have a foolproof system to deal with this. The best players have a mix of using a clock system and letting

their eyes judge how far to hit.

The next time you go to the driving range you must try this out. Take your favourite wedge and imagine you are standing inside a giant clock. Hit shots with varying lengths of back swings.



Step 1

Take the lead arm back till 8 o'clock and follow through proportionately. Hit around ten shots and measure the average distance the ball is carrying.



Step 2

Take the lead arm back till 9 o'clock, follow through proportionately and measure the average distance the ball is carrying.



Step 3

Take the lead arm back till 10 o'clock, follow through proportionately and measure the average distance the ball is carrying.

Now you have three new yardages at your disposal. When you are faced with a similar shot on the golf course there will be no guess work involved. It is like having three extra clubs in the bag!

I do this exercise at the start of all my training sessions. It also serves as a good warm up. With some

amount of practice, you will be able to get consistent and start to dial in those wedges.

Deepinder Singh Kullar
Head – Professional
DLF Golf Academy

Elevating Fitness



The Romanian Deadlift (RDL) is a fundamental exercise for anyone looking to build strength, stability and power in their lower body. Unlike the traditional deadlift, the RDL focuses more on the hamstrings and glutes, making it an excellent movement for developing posterior chain strength, which is crucial for athletic performance and injury prevention.

To perform the RDL, start by standing with your feet hip-width apart, holding a barbell or dumbbells in front of your thighs. With a slight bend in your knees, hinge at the

hips, pushing them back while keeping your back flat and shoulders retracted. Lower the weights toward the ground, maintaining tension in your hamstrings. Go as far as your flexibility allows without rounding your back, then return to the starting position by driving your hips forward and squeezing your glutes at the top.

Key benefits of the RDL include improved hamstring flexibility, enhanced hip mobility and increased strength in the posterior chain. It also plays a critical role in developing proper hinge mechanics, which is essential for movements like squats and deadlifts.

Incorporating the RDL into your routine can boost your overall lower body strength, helping you achieve better performance in both everyday activities and sports. Whether you're an athlete or a fitness enthusiast, mastering the RDL will provide a solid foundation for your strength training program.

Anjali Yadav
Fitness Professional,
DLF Golf Academy

The Rising Marathon Star

Rajjak Sekh, a dedicated member of our housekeeping team, has recently showcased extraordinary potential in the world of marathons. His journey began with participation in marathons across Delhi NCR, where his natural talent became evident. Recognizing his potential, DLF encouraged Rajjak to join a three-month Marathon and Strength Training Programme, where he honed his skills further.

His hard work and determination paid off when he secured first place in the Independence Day Marathon at DLF 5, completing a 5km walk in an impressive 17 minutes and 40 seconds. Rajjak's achievement is a testament to his dedication and the supportive environment at DLF. We are

incredibly proud of Rajjak's accomplishments and look forward to seeing him achieve even greater heights in the future. His journey serves as an inspiration to us all.



The Prokinesia Perspective



Coccydynia: How to Alleviate Tailbone Pain with Physiotherapy

Coccydynia Overview:

Coccydynia refers to pain in the coccyx region—the triangular bone at the base of the spine. It is often triggered by sitting or transitioning from sitting to standing. While most cases resolve within weeks to months, some patients experience chronic pain that affects their quality of life.

Clinical Anatomy:

The coccyx consists of 3 to 5 segments, fused except for the first segment. It serves as an attachment site for muscles and ligaments, contributing to bowel control and pelvic floor support. In a seated position, the coccyx bears weight and supports the anus.

Physical Therapy Management at Prokinesia:

1. Assessment:

Our expert physiotherapists evaluate the patient's pain, functional limitations and any referred pain. We consider posture, movement patterns and muscle imbalances.

2. Tailored Exercise Programs:

- **Strengthening:** Targeted exercises for pelvic floor, glutes and core muscles.
- **Stretching:** Gentle stretches for tight muscles like glutes, piriformis, hip flexors and other muscles around the coccyx.
- **Postural Correction:** Emphasizing proper sitting posture.

3. Manual Therapy:

- **Soft Tissue Mobilization:** To release tension in surrounding muscles.
- **Joint Mobilization:** Addressing any coccygeal joint dysfunction.

4. Ergonomic Advice:

- **Cushions:** Recommending coccyx cushions for sitting comfort.
- **Activity Modification:** Advising on posture during daily activities.

5. Education:

- **Self-Management Techniques:** Teaching patients how to manage pain at home.
- **Lifestyle Modifications:** Avoiding prolonged sitting or activities that exacerbate pain.

6. Gradual Return to Function:

- **Workplace Adaptations:** Collaborating with employers to create ergonomic workspaces.
- **Sports and Activities:** Guiding patients on safe resumption of physical activities.

At Prokinesia, we prioritize evidence-based care, personalized treatment plans and patient education to improve coccygodynia outcomes.

Dr. Surya (PT)
Team Prokinesia Healthcare

Health and Wellness

The club offered a holistic approach to well-being through a variety of health and wellness programs. Namika's Hatha and Vinyasa Yoga sessions catered to all levels, focusing on strength, flexibility and breath control to harmonize body and mind. Sangeeta led Tai Chi classes, where participants experienced meditative movements that promoted inner peace, balance and energy flow. Pulkit's Dance Wellness sessions infused the club with energy and

joy, combining fitness with dance in a fun, inclusive atmosphere. For those seeking therapeutic benefits, Lymphatic Therapy at the Pavilion Spa supported detoxification, enhanced circulation and boosted immune function. These offerings underscored the club's dedication to nurturing mind, body and spirit, fostering comprehensive pathways to enhance the community's well-being, making the club a true haven of health and wellness.



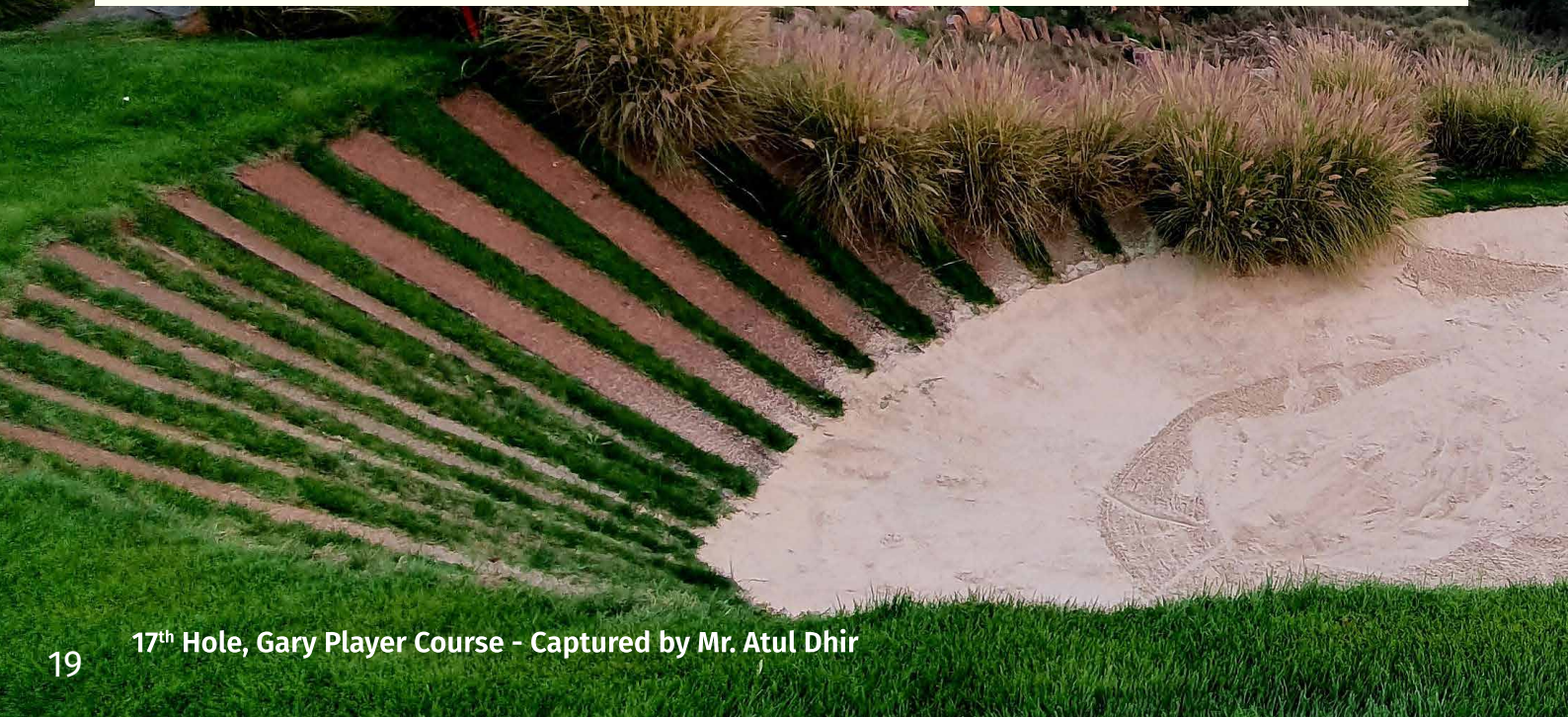
Turf Talk



been challenging, the team have managed to provide quality playing surfaces and we are eagerly waiting for an improvement in the weather to implement course enhancing management practices. I would like to thank the members for their co-operation by primarily utilizing the cart paths to move around the course. The combination of cart traffic on stressed turf will result in less than desirable playing surfaces. We are eagerly looking for improved weather conditions in the coming weeks and months ahead.

Shaun Matthew Satterly
Golf Course Superintendent

The August Monsoon rains have been quite heavy this year with approximately 14 inches recorded on the course as of writing with a few days remaining in the month. The heavy rains have set the course conditions back with the warm season turfgrass varieties struggling with consistent moisture. The extended periods of cloud cover and high humidity have also reduced the vigor of some of the playing surfaces. Whilst conditions have



Know Your Pro

Marc Lwao



Since 1995, Marc has lived in the United States & Canada for 11 years and played on USPGA Nationwide Tour, Canadian PGA Tour, JGTO Tour and Asian Tour. After playing on the Tour, he worked as Golf professional at Mission Hills Golf Course in California USA.

From 2006 to 2010, he was the Director

of Golf and Head Golf professional at the Bintan Lagoon Resort Golf Course in Indonesia. In 2010, he moved to Thailand and worked as Head Pro in the Indoor Golf Centre. He analysed over 1,000 golfers' swing during this time.

In 2016, he moved to UAE and worked as a Golf professional at the Emirates Golf Club in Dubai. He was the first Japanese Golf Professional to teach golf in the Middle East. He also learned the Golf method from Peter Cowen who has coached Rory McIlroy, Brooks Koepka, Henrik Stenson and many other players in the World.

Marc has over 25,000 hours of teaching golf lessons experience around the world and has taught numerous Junior champions, Club champions and PGA pros.

Marc has a keen interest in sports biomechanics and is certified by the Olympics & the Sports Performance University.

Savouring the Moments

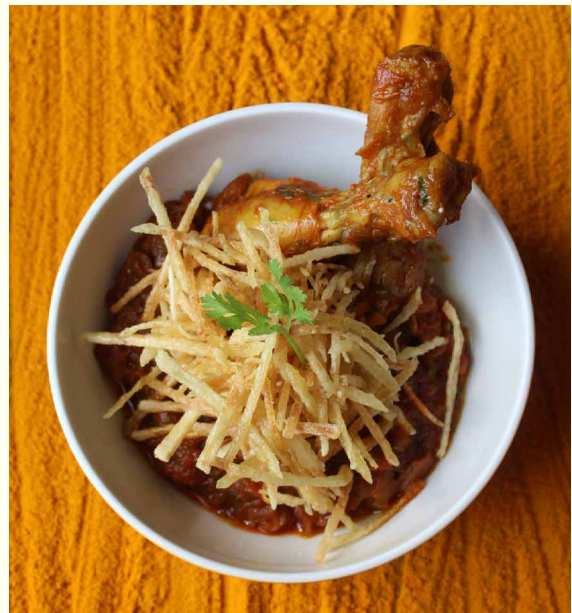
The club has been abuzz with exciting food and beverage events, bringing members together for delightful experiences. The Jashn-E-Navroz celebration offered a taste of traditional Parsi cuisine with Chef Hooma Billimoria, from Mumbai. This special food pop up enriched the Parsi New Year with vibrant flavours and cultural festivities. The Tropical Rum Fest transported members to a Caribbean paradise, featuring exotic rum cocktails and lively music.

Exploring history through taste, the Forgotten Spirits event showcased rare and

vintage liquors, reviving long-lost flavours. For a refreshing treat, Frosty Bing-su brought the popular Korean shaved ice dessert to the club, perfect for cooling down on warm days. The Bar Takeover this month saw guest mixologist- Debojit creating unique cocktails, adding flair to the evenings. Saturday Shuffle provided a lively weekend atmosphere with energetic performances, while Ladies Night offered exclusive deals and a fun-filled evening for the ladies, making every event a memorable affair.



Forgotten Spirits



Zardaloo Marghi



Salli Boti



Tropical Rum Fest

Meet the Fabulous Five



From Left to Right - Neha Singh, Ritika Dixit, Yamini Bhakri, Aru Jain, Umakant Sharma

Our dynamic Human Resources team, led by the exceptional **Yamini Bhakri**, plays a pivotal role in creating a supportive and engaging work environment. With invaluable members like **Neha Singh**, **Ritika Dixit**, **Aru Jain** and **Umakant Sharma**, the team ensures that employee engagement begins even before they officially join. From organizing amazing quarterly town-halls and theme lunches to hosting monthly

engagement activities, they foster a vibrant and inclusive atmosphere. For employees who live away from their families, the Human Resources team becomes like a second family, providing warmth and support. Their dedication and creativity make our workplace not just a place to work, but a community where everyone feels valued and connected.





Foxhills Golf and Country Club, Surrey England

Reciprocal Club of the Month

Foxhills, located in Chertsey, stands as one of Surrey's premier golf clubs, celebrated for its exceptional facilities and stunning courses. The club boasts two highly acclaimed 18-hole Championship courses, Longcross and Bernard Hunt, both consistently ranked among the UK's top 100. These courses offer a unique blend of parkland and heathland styles, featuring intricate designs and dramatic elevation changes that provide a memorable challenge for golfers of all levels.

Foxhills has garnered international acclaim as the host venue for the 2024 Asian Tour International Series England event, won by Peter Uihlein. In addition to the championship courses, the club features a par-3 nine-hole course, The Manor, perfect for a quick round or skill refinement.

With 66 luxurious hotel rooms, Foxhills offers an exceptional stay-and-play experience. Golf enthusiasts can enjoy a reciprocal rate of £75 per person, significantly reduced from the standard visitor rates of £175-£225.

SEPTEMBER CALENDAR

LADIES' NIGHT

Every Wednesday
Pavilion Bar

HATHA AND VINYASA YOGA WITH NAMIKA

Every Friday and Saturday
Reception Plaza

TAI CHI WAY OF LIFE

Every Thursday and Sunday
Reception Plaza

AQUA DHARA THERAPY

Everyday
Pavilion Spa

TEACHERS' DAY SPECIAL

FLOWER CARD WORKSHOP
1st September
Reception Plaza

RACEDAY LIVE-F1 SCREENING

1st September
Lobby Deck

LADIES INTERCLUB TOURNAMENT

2nd September
Gary Player Course

VETERAN'S CUP FINALE

5th September
Lobby Deck

LOBSTER LUXE

5th-7th September
The Pavilion

THE PROKINETIC EVENING WITH DR. SURYA

ON WORLD PHYSIOTHERAPY DAY
8th September
Reception Plaza

MAURITIUS AT YOUR DOORSTEP

ANAHITA GOLF & SPA RESORTS, MAURITIUS
11th-18th September
The Pavilion

MINI SLIDERS WORKSHOP

CELEBRATING NATIONAL CHEESEBURGER DAY
14th September
Reception Plaza

BAR STORIES BY PUKHRAJ BEDI

15th September
Pavilion Bar

BAR TAKEOVER

20th September
Pavilion Bar

DLF ANNUAL TENNIS SERIES-MONSOON LEAGUE

14th-22nd September
Tennis Courts

ICE CREAM EXTRAVAGANZA-ON NATIONAL ICE CREAM CONE DAY

22nd, September
The Pavilion

GROW YOUR OWN MICRO GREENS

25th September
Reception Plaza

TRAVEL TALES AND MORE

BOOK CLUB ON TRAVEL STORIES AND RECOMMENDATIONS
27th September
Reception Plaza

MATCHPLAY GRAND FINALE

TBA

TUNING THE SOUL-A SOUND MEDITATION WORKSHOP THROUGH INDIAN CLASSICAL MUSIC

29th September
Reception Plaza

SIP AND SOUR-IN CELEBRATION OF NATIONAL WHISKEY SOUR DAY

29th September
Pavilion Bar

