



08/25 COUNTRY GOLFER





MESSAGE FROM TUSCH DAROGA

MEMBER SPOTLIGHT

Hole in One
2

Celebrating one of our own
2

Member Achievements
3

Dark Star - Book Reading
4

ON THE GREENS

Corporate League
5

Independence Day Cup
7


Inter Club Caddy Tournament
9

BMW Night Drives
11

NEXT GEN CLUB

Budding Stars of Tomorrow
13

Creative Workshops
15



15th August, Independence Day

ents

PULSE CHECK

Annual Squash Series
17

Annual Swimming Gala
18

Prokinesia Perspective
19

THE SOCIAL SPREAD

20

BEHIND THE SCENES

Know your Team
21

Turf Talk
22

Reciprocal of the Month
23

**EVENTS CALENDAR
FOR SEPTEMBER**

MESSAGE



Dear Member,

August brought with it a full calendar at the Club with tournaments, celebrations and experiences that kept every corner of the club buzzing.

The Corporate League carried its electric energy into the month with competitive matches and plenty of good-natured banter on and off the course. It has been a treat to see the teams strategizing with as much intent as they might in the boardroom. The Veteran's Cup also teed off on the 25th of August, already shaping into a closely watched tournament with the finals promising a fitting celebration of the format and its players.

We also hosted our Inter-Club Caddy Tournament, one of the most awaited events of the season. This year was bigger than ever, with 51 teams and 160 caddies from across the country taking part in a spirited competition on our course. Hindon Airforce Golf Club finished as runners-up, while our very own caddies proudly defended their title as champions - a moment of great pride for all of us. One memory from this day that will stay with me always was as the sun went down on the 18th hole that evening, over 200 caddies walked behind one of our own caddy Dheeraj Paswan in a stirring show of support before lifting him on their shoulders as the final putt dropped - a scene that could rival the great championships anywhere in the world.

This year we added a fresh twist to the Annual Independence Day Cup by introducing spot prizes across the course which sparked plenty of laughs and competitive

banter within the four-balls. To heighten the suspense, the tournament winners were announced only at the end of the month keeping the excitement alive right through. Congratulations once again to all our champions this year - Rohit Gupta, Moon Sik Nam, Hyun Sue Seok and Jin Heo.

On the food and beverage front, our team leaned into the season with creativity and playfulness. The monsoon-inspired Pakoda Menu was a standout featuring everything from fiery Mathania chilli pakodas to hearty mutton rahra pakodas - comfort food with a twist that perfectly suited the rains. We also introduced a South Indian Pop-Up, which gave members the chance to savour authentic regional flavours.

The "Cook-Along Series" returned this month with a Vietnamese Rice Paper Roll workshop - an evening where members had as much fun making the rolls as they did eating them. The Rakhi-making workshop had children completely absorbed in creating their own pieces and for visiting families it became a sweet way to experience our culture. Small experiences like these remind us how the Club connects people across communities.

It is always special to see our own members take centre stage and this time it was Gautam Chintamani, author and film historian who led a book reading followed by a musical evening celebrating Rajesh Khanna's timeless hits. With members in retro style, the evening became a delightful ode to the golden age of Indian cinema. Encouraged by wonderful feedback and the enthusiasm shown by our members, we are inspired to curate more such evenings at the Club in the coming months.

Our sporting calendar stayed busy. The Annual Swimming Gala brought together lively races and loud cheering across all age groups, a tradition that continues to be a favourite at the Club. On the squash courts, the Monsoon League kept matches fast paced and engaging, with plenty of intensity on display. Congratulations to the winners Rishabh Periwal and Tarun Sachdeva.

As we move into September we look forward to the finale of the Corporate League and to hosting the much-cherished sit-down dinner, an occasion that unites the entire team in celebration and in service to the community. Subsequently, we are eagerly looking forward to launching the DLF Golf League in an all-new format. The addition of a player auction is bound to keep things exciting and bring a fresh dimension to the league and I can already sense the anticipation building around this exciting new caveat. I am thrilled at the prospect of seeing even more of our members get involved this season.

Tusch Daroga

HOLE IN ONE



Mr. Christopher Tobit, Hole No. 3, Arnold Palmer Course

CELEBRATING ONE OF OUR OWN

Rajjak Sekh, who has been part of the Golf Club team since 2017, continues to shine as an accomplished long-distance runner. Over the years, he has combined his professional role with a deep passion for fitness, regularly participating in endurance events across the country.

This month, he added two remarkable achievements to his journey. At the DLF Freedom Run, he secured 1st place, completing the course in just 19 minutes. Soon after, he took on the challenging Chandigarh Tikar Taal Lake to Lake Ultra Marathon, where he successfully completed an extraordinary 55 km in 4 hours and 47 seconds.

His consistency, discipline, and commitment to the sport make him an inspiration within the club community.



MEMBER ACHIEVEMENTS

We take great pride in sharing the outstanding achievements of Mysha Kochhar, who at just ten years of age is already excelling on national and international debating platforms.

At the World Schools Debating Championship - Starters Cup 2025 in Malaysia, Mysha was ranked among the Top 10 Best Speakers in both the Under-12 and Under-14 categories, with her team also reaching the semi-finals.

Adding to this success, she and her team secured the Runners-Up position in the WSDC category at the Suncity X Debaters of India Annual Debating Championship, competing against schools from across the country.

Her remarkable accomplishments at such a young age are a testament to her talent, discipline, and passion. We are proud of Mysha and wish her continued success.



Mysha Kochhar

Ranveer Singh Saini, our DLF Golf and Country Club member, was felicitated by the Haryana Govt, at the Independence Day celebrations, on 15 August 2025, for bringing glory to the State and the Nation, by winning medals in International Competitions.

We are extremely proud of Ranveer and wish him all the best for future endeavours.

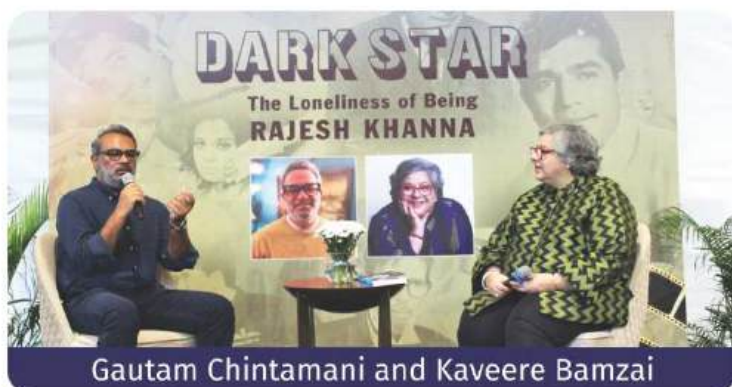


Ranveer Saini with
Bakhtawar Saini



Ranveer Saini with
Kartikay Saini

MEMBER ACHIEVEMENTS



Gautam Chintamani and Kaveere Bamzai

A Night with Rajesh Khanna: Book Reading and Musical Tribute

On 24th August, The Golf & Country Club hosted a book reading session for *Dark Star: The Loneliness of Being Rajesh Khanna* by Gautam Chintamani, a thoughtful exploration of the life, career and enduring impact of the iconic actor. The book delves into Rajesh Khanna's cinematic journey, his collaborations with celebrated directors and the complex persona behind the public image of India's beloved superstar.

Guiding the discussion was Ms. Kaveere Bamzai, a distinguished journalist and author, who moderated the conversation with insight and warmth. She engaged the audience with anecdotes from Rajesh Khanna's illustrious career and brought out the nuances of the actor's life, making the session both informative and deeply personal. Mr. Gautam Chintamani, known for his meticulous research and engaging storytelling, also shared his reflections on writing the book and uncovering the layers of Rajesh Khanna's larger than life personality.

Adding a playful touch to the evening, members and their guests were invited to come dressed in their best from Rajesh Khanna's era, turning the club into a nostalgic celebration of the style and charm of the 1970s. Following the talk, the festivities continued with a musical tribute, celebrating the actor's greatest hits and iconic melodies, which had everyone tapping their feet and reliving the magic of Bollywood's golden days.



CORPORATE LEAGUE HIGHLIGHTS



The Corporate League Season 3 is entering its most thrilling chapter as the top 7 teams prepare to battle it out for a prestigious spot in the Grand Finale. Team Skylark leads the pack with 741 points, followed by Team GMR, Koenig Solutions and Blu Parrot and Travel Joy. All starting the semi finale on level ground with scores reset to zero. Joining them are teams Trilegal, Thomas Cook, SOTC and Lifelong & Client Associates, each ready to fight their way up to the leaderboard with grit and strategy.

We commend KLM, Yes Bank and HSBC for their relentless spirit and fierce determination until the very last moment of the League.

With rivalries tightening, evenings buzzing and prizes still waiting to be won, the road ahead promises fireworks both on and off the course.

Scoreboard

| Position | Team | Points |
|----------|------------------|--------|
| 1 | SKYLARK | 741 |
| 2 | GMR | 721 |
| 3 | KOEING SOLUTIONS | 702 |



INDEPENDENCE DAY CUP



This year's Independence Day Tournament was celebrated in true Club spirit, with high participation and plenty of enthusiasm to kick off the long weekend.

The morning began with a robust breakfast at the Pavilion, followed by the flag hoisting at 6:30 AM, a moment that set the tone for the day with pride and togetherness. Soon after, players headed out onto the course for the much-awaited tournament.

A new and exciting addition this year were the spot prizes. Our team met all the four-balls at different holes across the Gary Player course, adding a fun twist with challenges like Longest Drive, Closest to the Pin and Straightest Drive. It brought out plenty of spirited competition, laughter and camaraderie on the course.

Of course, the most important results were kept a surprise until the end, making the awards announcement even more special. Congratulations to the overall winners for the Independence Day golf tournament.

| | | |
|---------------------|---------------|----|
| Winner Gross Men | Rohit Gupta | 74 |
| Winner Nett Men | Moon Sik Nam | 64 |
| Winner Gross Ladies | Hyun Sue Seok | 88 |
| Winner Nett Ladies | Jin Heo | 81 |



ALL INDIA INTER - CLUB CADDY TOURNAMENT 2025



The All India Inter Club Caddy Tournament 2025 was held on 5th August, bringing together 51 teams from clubs across India, a big jump from the 42 teams who participated last year.

The tournament was played over 18 holes on the Gary Player course, with morning and afternoon sessions keeping the action rolling. Despite the forecast of rain, play went on in full spirit and every round stayed close, making for an exciting finish.

In the end, it was our Club's team that emerged as Champions once again, successfully retaining the title. The Air Force team finished runner-up, after a nail-biting contest that went down to the final holes.

Adding to the fun were the spot prizes across the course, including Longest Drive, Closest to the Pin, and Straightest Drive, giving everyone more reasons to stay competitive.

The winners proudly took home Hero bikes, while all participants carried the pride of being part of a truly national celebration of skill and sportsmanship.



ON COURSE COMPETITION

| | |
|---------------------------------|------------------------------------|
| Closest to Pin (Hole No. 5) | MANOJ SAHU (AEPTA, KANPUR) - 4' 2" |
| Closest to Pin (Hole No. 16) | ABDUL RASHID DAR (RSGC) - 24' 7" |
| Longest Drive (Hole No. 8) | RAVISHANKAR (Panchkula) - 305 yds |
| Longest Drive (Hole No. 14) | RAMESH NEGI (Aamby) - 273 yds |
| Straightest Drive (Hole No. 1) | ANAND (CGC) - 6" |
| Straightest Drive (Hole No. 15) | RAKESH (QGC) - 5" |

TEAM COMPETITION

| | |
|--|---|
| 2nd Runner Up (MEPTA Lucknow) - 267 | JEESHAN ANSARI, CHAND BABU, BRIJESH KUMAR |
| 1st Runner Up (AFSC Hindon) - 266 | VISHAL THAPA, RAM KUMAR, VIKASH |
| Winner (DLF G&CC) - 254 | DHIRAJ PASWAN, JANESH PAL, HRITIK |

INDIVIDUAL COMPETITION

| | |
|----------------|---------------------|
| 2nd Runners Up | ROHIL KHAN (DGC) |
| 1st Runners Up | JANESH PAL (DLF) |
| Winner | DHIRAJ PASWAN (DLF) |



BMW NIGHT DRIVES



BMW NIGHT DRIVES



BUDDING STARS OF TOMORROW

15th DGC Junior/Sub-Junior Golf Tournament, held at the Delhi Golf Club from 22nd – 24th July



Aadya Kaushal finished in the Runner-Up position in Category D



Smira Bhambri finished in the Runner-Up position in Category B

IGU North Zone Sub-Junior/Junior Feeder Tour, held at AEPTA, Meerut on 25th – 27th July 2025



Jenaya Bamnyal secured 1st position in Category D



Amairaa Kaushal secured 1st position in Category E Girls



Aaliyah Kalra finished in the 2nd position in Category C



Vedaansh Jain finished in the Runner-Up position in Category D Boys



Mahreen Bhatia finished in the 4th position at the US Kids World Teen Championships, held at Pinehurst, USA, from 24th - 26th



Aaliyah Kalra secured 1st position in Category C at the 21st NCR Amateur & Junior Golf Championship (WAGR) held at Delhi

IGU Chandigarh Ladies and Junior Girls Golf Championship held at Chandigarh Golf Club, from 6th - 8th August



Riya Jadon finished T2nd in the Ladies, A & B combined category and 2nd in Category A



Vedaansh Jain bagged the Winner's Trophy in Category D Boys at the IGU North Zone Sub-Junior/Junior Feeder Tour held at Agra Golf Club from 15th - 17th



Aaliyah Kalra secured 1st position in Category C at the 4th Uttar Pradesh Open held at the Jaypee Greens Wishtown, Noida, from 21st - 22nd August



Smira Bhambri finished in the Runner-Up position in Category B

DLF Golf Academy hosted the Special Olympics State Championship 2025



CREATIVE WORKSHOPS

This year's Rakhi and Vietnamese Cook-Along workshops were a riot of colour and creativity. The reception plaza buzzed with excitement as little hands turned threads and sparkly foam into beautiful Rakhis. From classic designs to funky Spiderman shapes, imagination ran wild. Our "Craft your Bonds" workshop even had our diverse community come together, new to the culture, one of our members listened wide-eyed to stories about the tradition of Rakhi, then proudly tied her floral creation on her parents' wrists, then proudly tied her floral creation on her parents' wrists, all our hearts there melted.



Misaki, Veer, Jay & Yuhana



Zephyr Sharma



Jay Dhull



Misaki

Our prep tables turned into a rainbow - green capsicum, yellow peppers, orange carrots, red cabbage and silky white noodles - all ready to be wrapped in rice paper with a lip-smacking Vietnamese sauce. With chefs guiding them through the process, members gained hands-on experience while learning advanced chopping techniques and professional plating skills. Some went all out with perfect rolls, others were happy with their delicious deconstructions. Everyone packed their creations in boxes labelled

“Chúc ngon miệng” - Vietnamese for
“Enjoy your meal!”



Kyoung Mi Byun, Hee Won Nam



Vineeta Nijhawan, Yashna Nijhawan



Megha, Aavya, Baani Chaudhri



Aarna Pahuja, Amrita Pahuja
and Ranvir Pahuja





MONSOON LEAGUE

The Annual Squash Series carried on with its Monsoon League this month, and even though the draw was a little smaller, the energy on court made up for it. Every match was played with full intensity, keeping things exciting for players and spectators alike. The final came down to Tarun Sachdeva and Rishabh Periwal - Tarun kept the rallies sharp and tactical, but it was Rishabh's calm under pressure that saw him through to the win.

With two rounds now wrapped up, the Series is shaping into a fun and competitive run, and we are looking forward to seeing how the next ones unfold.

| | Monsoon | Summer |
|--------------------|--------------------------|--------------------------|
| Men's Open Singles | Winner Rishabh Periwal | Winner Karan Bedi |
| | Runner Up Tarun Sachdeva | Runner Up Sahaj Bishnoi |
| Men's 45+ Single | | Winner Jose John |
| | | Runner Up Ashish Kashyap |



ANNUAL SWIMMING GALA

The Swimming Gala, held on 23rd August, brought plenty of excitement to the pool with members of all ages jumping in to compete and cheer each other on. From the little ones in the Under 6 races to the competitive spirit in the Open Category, the energy stayed high throughout the day. Events also included the Under 10, Under 16 and 50+ categories, making it a true celebration across generations.



In between the races, everyone enjoyed fun poolside games like the Balancing Challenge and a spirited Water Polo match, which had the sidelines buzzing with encouragement and smiles.

A big congratulations to all our winners and participants - your enthusiasm made the day a splash of fun and friendly competition. We cannot wait to see everyone back at the pool for more fun and friendly competition.



Dain Kim



Sandhya Malhotra, Aaina Pahwa, Arihana Sahu



Amitabh Gupta, Sharat Bhasin, Jonggeon Yi, Aan Pahwa, Rahul Mehra And Vivek Chhachhi



Sameer Puri, Gurjeet Sohi And Jonggeon Yi.
Sandy Khera, Deepayan Mohanty, Deepak Sood And Aarav Khosla
Vivek Chhachhi, Sharat Bhasin, Eashan Mehra, Amitabh Gupta, Rahul Mehra And Mandheer Bagga.

PROKINESIA PRESPECTIVE

In the Age of Sitting, Your Spine is Paying the Price

From long desk hours and endless scrolling to binge-watching, sitting has silently taken over our lives. While our screens stay active, our postures suffer. The root cause? Poor sitting posture - most of us don't even realize we're doing it wrong.

Posture: Not Just About Standing Tall

We link posture to standing, but sitting habits can be just as harmful. Long hours with slouched shoulders, a rounded spine, or forward head lead to:

- Lower back pain
- Neck strain & headaches
- Tight hips & weak glutes
- Reduced core activation
- Poor breathing & digestion

Why Does Sitting Wrong Hurt?

Our spine is built for movement, not static slouching. Poor posture strains discs, muscles, ligaments, and nerves.

Physiotherapy's Role: Physiotherapy goes beyond pain relief- it corrects dysfunctional patterns and retrains the body.

1. **Postural & Functional Assessment:** Analysing sitting position, spine alignment, hip mobility and muscle imbalances.
2. **Movement Correction & Retraining:** Activate core & stabilizers, Mobilize stiff spine segments & Improve scapular control.
3. **Ergonomic Changes:** Screen at eye level, Lumbar roll support & Sit on sit bones, not tailbone
4. **Strength & Stability Programs:** Building postural endurance through functional training, Pilates, and motor control drills.

Daily Habits That Help

- Stand & stretch every 30-45 mins
- Change sitting positions
- Use breathing techniques
- Add mobility drills or office stretches

Clinical Tips

- Neck stretches
- Thoracic extensions
- Chin tucks
- Piriformis stretch
- Pelvic tilts
- Hip flexor stretches

Dr Unnati Singh (PT)
Prokinesia Healthcare



THE SOCIAL SPREAD

This month at the Club has been all about flavour, fun and a little bit of flair. Fridays got a whole lot more exciting with Chivas Brand Ambassador Fraser Morrison behind the bar, stirring up cocktails that were as entertaining to watch as they were to sip. To balance the spirits, we followed it up with a caffeine-fueled weekend, Nespresso-based creations at the Pavilion kept everyone happily buzzing and of course, Bar Stories by Pukhraj returned to make sure we are still picking up new tricks about our favourite drinks.



On the food front, Chef Shri Bala brought her award-winning take on South Indian delicacies for the last weekend of August, a spread that had members going back for seconds (and thirds!). Adding to the fun, the Garden Café live counters turned weekends into a snacking delight, serving up chaats and quick bites that hit the spot perfectly. For the monsoon season, we introduced a unique pakoda menu featuring Mutton Rahra Mirchi Pakoda and Karaari Kathal, alongside other creative bites, giving members the perfect rainy-day indulgence.



KNOW YOUR TEAM



Anubha joins us as Deputy Manager - CRM with over nine years of experience in luxury hotels across India and the Middle East. From Sharjah and Doha to Dharamshala and Ras-al-Khaimah, her career has been defined by a passion for hospitality and a personal touch in everything she does. A certified trainer and a strong advocate for women in leadership, Anubha brings perspective and inspiration to the team. Away from work, she is a food enthusiast and has travelled to 19 countries so far with Italy and its cuisine remaining her favourite.

At the Club, Anubha looks forward to building lasting connections with our members, while also taking a swing at golf and learning the game herself.

Pasang Sherpa joins the Club with a background in luxury hospitality and a natural flair for connecting with people. Her journey began at The Ritz-Carlton, Bangalore, before moving into a dynamic pre-opening role as Duty Manager at the Hilton & Hilton Garden Inn Complex, managing operations across a dual-branded property.

Raised in Manipur, Pasang carries with her a deep appreciation for culture, nature, and community - values that shape her approach to hospitality. A passionate traveller and hiking enthusiast, she has trekked through the stunning Sandakphu region and still recalls Kodaikanal as one of her most rewarding adventures. At the Club, Pasang looks forward to bringing her warmth to member relations and is eager to immerse herself in the world of golf.



Antra has been part of the Club's CRM team for the past six months, where her creativity and warmth have quickly become part of our everyday fabric. She brings with her over eight years of experience in luxury hospitality, having worked with Oberoi Hotels & Resorts and the Marriott Hotels. Originally from Gwalior in Madhya Pradesh, Antra now leads the creative direction for the Club's communication, curating posters and visuals that reflect the life of our community. Outside of work, she is a fitness enthusiast and an avid traveller - her most recent adventure taking her to Dubai.

At the Club, Antra looks forward to blending her expertise with her creativity to keep our communication as lively as the community it serves.

TURF TALK

As August draws to a close, we look forward to the end of the monsoon season. The steady rains have refreshed the course and landscape, but with drier days ahead, playing conditions will soon become firmer and more consistent - ideal for the months to come.

Our landscape team continues to carefully manicure selected areas around the property. These works not only enhance the overall appearance but also open up vistas across fairways and greens, giving golfers clearer sightlines and an even more enjoyable playing experience.

At the same time, preparations have begun for the 2025 Hero Ladies Indian Open.

This prestigious tournament will once again bring world-class players to our course, and early groundwork is already underway to ensure both the course and facilities are presented at their very best.



RECIPROCAL CLUB OF THE MONTH

Set in County Kilkenny, Mount Juliet Estate is one of Ireland's most iconic golfing venues. Designed by Jack Nicklaus, the championship course has hosted the Irish Open and seen legends like Tiger Woods and Ernie Els compete on its fairways.

Known for its rolling parkland layout, tree-lined fairways, and challenging water features, the course balances beauty with precision. With its academy and practice facilities, Mount Juliet remains a destination that blends history, luxury and world-class golf.



Mount Juliet Estate, Kilkenny, Ireland



SEPTEMBER 2025

EVENT CALENDAR

THAI OIL THERAPY

Everyday | Pavilion Bar

CLUB NIGHTS

Everyday Wednesday | Pavilion Bar

RETRO POURS

Every Thursday | Pavilion Bar

WEEKEND LIVE COUNTERS

Everyday Friday, Saturday & Sunday
Garden Café

CORPORATE LEAGUE - SEASON 3

17th July - 18th Sept | Arnold Palmer Course

MATCH PLAY

23rd July - 31st October | Gary Player Course

VETERAN'S CUP

1st & 8th September | Arnold Palmer Course

SAMOSA MANIA

Experience the magic of making samosas with
our Chef's Special Cook-Along Workshop

6th September | Reception Plaza

BARREL AGED NEGRONIS

12th - 14th September | Pavilion Bar

CHOCO-DELIGHT

Celebrate National Chocolate Day
13th September | The Pavilion

TENNIS TOURNAMENT MONSOON SERIES

13th & 14th, 27th & 28th September |
Tennis Court

CORPORATE LEAGUE GALA DINNER

21st September | The Pavilion

NAVRATRI THALI

22nd September - 2nd October | The Pavilion

FITNESS BOOT CAMP

27th September | Garden Café

