

SCOUNTRY GOLFER



MESSAGE FROM TUSCH DAROGA

MEMBER SPOTLIGHT

Member Achievements 2

Hole in One 3

Book Launch by Mr. Yadhav Mehra 4

Achievements 5

Dil se Dost by Mr. Rohit Chanana 6

Celebrating One of Our Own 6

ON THE GREENS

Fathers' Day 7

Colts vs Stallions 9

NEXT GEN CLUB

Budding Stars of Tomorrow **11**

Autism Pride Day 13

Junior Golf Camp - Academy **14**

INTERNATIONAL YOGA DAY CELEBRATION



Annual Tennis Summer League **15**

Health and Wellness 17

Prokenesia Perspective **18**



Bar Stories... by Pukhraj Bedi **19**

0

Savoring the Moments **20**

BEHIND THE SCENES

Turf Talk **21**

Know Your Team **22**

Reciprocal of the Month 23

JULY EVENTS CALENDAR

MESSAGE FROM TUSCH DAROGA

Dear Member,

June was an exciting month for us, with the return of some of our favorite tournaments over the years and new ideas we wanted to introduce.

The Father's Day Tournament was a clear highlight. Following last year's enthusiastic response, this year's entries filled up within days of the poster being shared. It was wonderful to see fathers and their children team up once again for a day of golf. The evening gathering at the Garden Café was just as lively, with extended families joining in. We look forward to hosting more such tournaments that create lasting memories.

Our chefs added their own flavor to the month with the Pahadi Chulha pop-up. What made it truly special was that team members of our very own kitchen prepared dishes from their hometowns. It created a genuine buzz in the kitchen and on the tables as well. The warmth and pride in those flavours resonated with everyone who joined us.

One of the most meaningful days in our calendar, Autism Pride Day, was marked with the same love and compassion it always draws. I would like to appreciate



Kushagra Gaur and Ranveer Saini, who were wonderful hosts for the visiting youngsters and captained their teams with full enthusiasm. The day's activities created a lot of excitement among the teams and the evening ended with a wonderful prize ceremony. Thank you to all our members who came out to participate and support the children.

Colts vs Stallions returned with all the friendly rivalry and team banter we have come to love. The matches set the tone with the stallions starting strong and determined to beat the colts this year. At the helm was our course superintendent, Steven Johnson, as Stallions captain, a golfer himself who led the Stallions back to winning form after two years. It turned out to be a thrilling season, with many of us following the scoreboard more closely each week. Big congratulations to our winning team, The Stallions!

The Tennis Series brought out some fantastic matches and even better sportsmanship. The energy on the court was infectious, and it is always great to see the Club's tennis regulars raise the bar every year. Even more fun to see is the camaraderie on and off the courts, members cheering each other on from the sidelines. Hearty Congratulations to all our winners, Shreyansh Khera, Vishal and Dhruv Verma, Gurjeet Sohi and S.C. Bhasin.

July is already shaping up to be another lively month at the Club. We begin with Season 3 of the Corporate League, an initiative that offers participating corporate golfers a great opportunity to connect and network. It will be interesting to see how boardroom strategies play out on the course as teams compete to win. We also kick off the Pickleball Monsoon Series, which continues to be a crowd favourite. I look forward to the same spirited participation our members bring to every game and gathering. Further, as we continue to enjoy the lush outdoors and natural beauty of the Club, we'd like to reassure you of the safety measures we have in place. With recent sightings of snakes and honeybees around the golf course, our emergency response protocols remain active and alert. Our on-site ambulance and trained team are always on standby, fully equipped to respond swiftly and effectively. If you come across any such situation, please inform the nearest staff member and allow our team to manage it safely. These precautions help ensure the Club remains a secure and enjoyable space for everyone.

Tusch Daroga

MEMBERS' ACHIEVEMENTS

We at **DLF Golf and Country Club** are immensely proud of our member, **Ranveer Singh Saini**, who won the **Gold Medal** and **Challengers League Trophy** at the Golf Masters Tournament in Macau, held from June 20–26, 2025.

This prestigious international event saw 47 top golfers with Intellectual Disabilities from across the world, including Australia, South Korea, UK, Thailand, USA, and more. Ranveer showcased true grit and determination, conquering the challenging MIG Championship course under tough weather conditions.

Earlier in December 2024, Ranveer was also honoured with the **National Award** by the President of India for his outstanding contribution to golf.





HOLE-IN-ONE



Mr. Devasya Agarwal Achieved a Hole-In-One on Hole No. 3, Arnold Palmer Course



Mrs. Jin Heo Achieved a Hole-In-One on Hole No. 12, Gary Player Course



Mr. Tarun Matta Achieved a Hole-In-One on Hole No. 3, Gary Player Course

BOOK LAUNCH

Handling Crooks, Creeps and B#\$t@*ds: Shield yourself from the Sharks of the world

On the evening of June 8th, the Reception Plaza hosted a warm and engaging gathering for the launch of Handling Crooks, Creeps and B#\$t@*ds: Shield yourself from the Sharks of the world, the debut book by one of our very own members, Mr. Yadhav Mehra.

Around 40 guests, family, friends, and fellow club members came together to support Mr. Mehra and be part of this special occasion.

The evening began with a thoughtful conversation between Mr. Mehra and Ms. Rashmi Mohanty. He spoke openly about his motivations for writing the book, the experiences that shaped his perspective, and the core principles he hopes to share through its pages. The discussion was genuine and compelling, drawing in the audience from the start.

An interactive Q&A followed, with guests asking thoughtful questions about handling toxic behaviour, recognizing red flags and applying the book's lessons to work, home and social settings.

The evening concluded with informal networking over tea, coffee, and light refreshments. It was a memorable event celebrating both Mr. Mehra's achievement and the important ideas behind the book. We're proud to have him as part of our community and look forward to seeing what he shares with us next.









MEMBERS' ACHIEVEMENTS



Mr. Deepak Arora recently participated in the prestigious 69th Golf Tournament held in the historic town of St Andrews, Scotland. As part of the event, he competed in the Charity Day tournament at The Dukes Course, where his impressive performance earned him third place. In recognition of his achievement, Mr. Arora was awarded a rare and elegant 100-year-old putter, a fitting tribute in a town known as the "home of golf".

We congratulate Mr. Arora on this remarkable accomplishment and celebrate his continued passion for the sport.



Mr. Nitin Gupta recently delivered an impressive performance at the 24th Chola World Corporate Golf Challenge National Finals, held at the scenic Toscana Valley Country Club in Khao Yai, Thailand. Competing against top corporate golfers from across the country, he secured a runner-up finish, earning him the opportunity to represent India at the World Finals in Shanghai this October, alongside his teammate.

We congratulate him on this commendable milestone and wish him the very best as he prepares to take his game to the global stage.

DIL SE DOST BY MR. ROHIT CHANANA

At 66, Forbes India and Fortune India-recognized angel investor Rohit Chanana shares his debut book *Dil Se Dost*, a reflection on a life shaped by gratitude, trust, faith and a commitment to responsible, impact-driven leadership.

More than a record of professional milestones, the book explores the power of relationships, the courage to take risks, and an intrapreneurial, purpose-driven mindset. Rich with anecdotes and learnings from his journey, it offers a transformational perspective on leadership and life.

Mr. Chanana's story begins with his parents rebuilding their lives post-Partition, instilling in him the values of education, self-belief, and faith. Over a 37-year career at Hero, Ranbaxy, and Escorts, he led major transformations, including the Hero-Honda realignment, one of India's most successful JVs, without a banker. His leadership was defined by trust, empowerment, and long-term thinking.

The book is shaped by key mentors including Dr. Parvinder Singh (visionary decision-making), Brijmohan and O.P. Munjal (humility, values, generational success), Sunil Munjal (balancing heritage with innovation), and Arun Maira (governance and systems thinking).



At 61, Mr. Chanana founded Sarcha Advisors and began mentoring and investing in over 60 startups. He sees *Dil Se Dost* as a new kind of startup, a mission to impact a million lives over the next decade. Structured around 60 philosophies — 30 personal, 30 professional — the book offers practical takeaways on personal mastery, leadership, decision-making, and legacy, relevant to students, professionals, and entrepreneurs alike.

As Mr. Chanana notes: "This book is not just my journey — it's a guide for yours."

CELEBRATING ONE OF OUR OWN



We are incredibly proud of Rajjak Sekh, a member of our Golf Club team since 2017. Rajjak began running marathons soon after joining the Club and has consistently trained and participated in long-distance races over the years.

On 8th June 2024, he secured 2nd place in the 50km category at the Tuffman Shimla Ultra & Half Marathon held in Mashobra, finishing with an impressive time of 06:11:21. His achievement is a testament to his grit, discipline, and unwavering passion for fitness.

Congratulations, Rajjak! We are proud of your journey and wish you the very best for your upcoming marathon in August.

FATHER'S DAY

The Father's Day Golf Tournament returned to the DLF Golf and Country Club on 15th June 2025, bringing with it a wonderful mix of sport, celebration and shared memories.

Fathers teamed up with their children for a spirited round of 9 holes on our favorite Arnold Palmer Course. The format encouraged camaraderie, laughter and plenty of great golf. Adding to the charm of the evening was a champagne cake-cutting ceremony with all the fathers, and a thoughtful touch, cigars for the dads, making the celebration even more memorable.

The event concluded with a lively prize ceremony and warm family moments shared over dinner. Thank you to all who participated and helped make this Father's Day so special!







Udit Aggarwal & Ruhaan Aggarwal







Winner - Siddharth Sangwan & Narendra Singh





Atul Dhir & Karan Dhir







Vineet Krishana Sachdev & Madhav Kamal Sachdev



Damanjit Kohli & Siaana Kaur Kohli



King's College UK, Gurugram blends academic rigour, creative freedom, and student well-being. Nestled in the Aravalli Hills, the purpose-built campus offers children space to learn, grow, and thrive.

Its international curriculum builds strong academic foundations while nurturing confidence, curiosity, and character. Learning is active, collaborative, and discovery-led. Children explore visual and performing arts, music, sports, early STEAM, and hands-on projects in a joyful environment. Flexible classrooms, outdoor zones, and generous play areas promote movement and engagement.

The air-conditioned, air-purified campus ensures year-round comfort. Fresh international vegetarian meals are served twice daily.

Special discounts are offered for DLF residents and club members, with no admission fee in the first year. Now enrolling Kindergarten to Class 6. Year 7 launches in 2026.

COLTS VS STALLIONS

The much-loved Colts vs Stallions Tournament returned for its third successive edition since it was revived after a gap of many years. It was played across three match days 20th and 27th June and 4th July, featuring a mix of Modified Scramble, Full Scramble and Four Ball Better Ball formats.

After back-to-back wins in the last two editions, the Colts were hoping for a hat-trick, but the Stallions came out swinging. They took the lead on both of the first two days. The exciting final day saw a see-saw battle, with the matches going neck to neck all the way to the end. The Colts made it close, but the Stallions held on under pressure for a famous win. The final score read 38 points - 34 points.

The final day ended on a high with celebratory dinner, drinks and music, a well-earned evening of fun for both sides.

Congratulations to this year's champions Team Stallions!











UDDING ST



Kushagra Gaur finished Tied - 2nd at the Bharat Golf Tournament held at Golden Greens Golf & Resort Limited, Gurugram on 20th May

Shauryaveer Behera secured 1st position in Category D at the Haryana State Golf Federation Tournament held from 06th - 8th May

IGU North Zone Junior Feeder Tour held at Forest Hills Golf Resort, Mohali from 24th – 26th May



Aaliyah Kalra finished in the Runner-Up position in Category C

Dhriti Singh secured 1st position in Category E (Girls)



Rayirth Jain secured 1st position in Category C (Boys) at the Haryana Amateur & Junior Golf Tour 2025, held at Golden Greens Golf Club from 3rd - 6th June

Harman Sachdeva finished at Runner-Up position with an impressive 10-under par at the Mandiri Ciputra Golfpreneur Junior World Championships, held in Indonesia from 10th - 12th June

OF TOMORROW

Greens to Glory Junior Golf Tournament (Qualifier for Taiwan Junior Open), held at ITC Classic Golf & Country Club, Manesar, Gurugram from 11th – 13th June



Anahida Behera

Anahida Behera finished in the Runner-Up position in Category B (Girls)



Aaliyah Kalra

Aaliyah Kalra secured 1st position in Category C (Girls)



Rayirth Jain secured 1st position in Category C (Boys)

Taanush Kumar secured 1st position in Category D (Under 11)



Trish Kalkal finished 2nd (tied) position at the North Zone IGU Amateur Feeder Tour 2025, held at Aravali Golf Course from 19th – 20th June

AUTISM PRIDE DAY

Autism Pride Day at the DLF Golf and Country Club was filled with warmth, laughter and a genuine sense of connection.

Led by Kushagra Gaur and Ranveer Saini as the team captains, the students enjoyed practicing their swing, hitting shots and putting at the academy.

It was heartening to see everyone engaged. Members and the youngsters sharing the course, encouraging one another and enjoying a game of golf together.



JUNIOR GOLF CAMP – ACADEMY

Glimpse DLF Junior Golf Summer Camp held from 26th May – 6th June



ANNUAL TENNIS SUMMER LEAGUE

We kicked off this year's Annual Tennis League with the much-awaited Summer Series and it was great to see such strong participation from across the club.

In the Men's Singles Open, Shreyansh Khera edged out Gurjeet Sohi in a tightly contested final, taking the title after a gripping match.

The Men's 45+ Singles saw Gurjeet Sohi triumph over Rahul Mehra, showing his trademark consistency and control on court.

The doubles matches were equally thrilling. Vishal Verma and Dhruv Verma secured the Men's Opens Doubles title defeating Gurjeet Sohi and Shreyansh Khera in a high energy final. In the Men's 45+ doubles, Mr. Sohi partnered with S.C. Bhasin to win a tight match against Deepayan Mohanty and Vishal Verma.

The tournament wrapped up with camaraderie and celebration, promising another exciting season ahead.

| CATEGORY | WINNERS | RUNNERS-UP |
|--------------------|------------------------------|-----------------------------------|
| Men's Singles Open | Shreyansh Khera | Gurjeet Sohi |
| Men's Open Doubles | Vishal Verma/ Dhruv Verma | Gurjeet Sohi/ Shreyansh Khera |
| Men's 45+ Singles | Gurjeet Sohi | Rahul Mehra |
| Men's 45+ Doubles | S.C. Bhasin/ Gurjeet Sohi | Deepayan Mohanty/ Vishal Verma |







Rahul Mehra

Gurjeet Sohi



Gurjeet Sohi, Capt. S.C. Bhasin, Deepayan Mohanty, Vishal Verma



HEALTH AND WELLNESS

This month at the club, members took time to focus on their well-being through a thoughtful mix of fitness, relaxation, and mindful movement.

We began with a high-energy Fitness Bootcamp, where members focused on setting personal goals and tracking their progress through a series of structured workouts. It is a great way to build strength, stay motivated and measure improvement over time.

For those seeking relaxation, our spa introduced Vedic Therapy, an Ayurvedic treatment that uses herbal oils and Marma point massage. The therapy offered a deeply soothing experience that helped members release tension and restore balance.









In celebration of International Yoga Day, members also experienced a special Yin Yang Yoga class, accompanied by soulful flute healing. It was a calming, reflective session that brought a sense of harmony to both body and mind.

Whether through movement or stillness, this month was all about taking the time to feel better, inside and out.



THE PROKINESIA PERSPECTIVE

Not Every Heel Pain Is Plantar Fascia: A Physiotherapist's Guide

Plantar heel pain is one of the most common complaints in adults, affecting up to 11% to 15% of the population. While plantar fasciitis is a frequent diagnosis, not all heel pain stems from the plantar fascia. Other culprits — like Achilles tendinopathy, fat pad issues, nerve entrapments, calf tightness, footwear choices, and even hip or pelvic imbalances — can mimic similar symptoms. At Prokinesia, we believe in treating not just the symptom but addressing the true root cause for long-term recovery.

Common Symptoms of Heel Pain

- Sharp pain with the first step in the morning
- Pain that increases with prolonged standing or walking
- Tenderness under or behind the heel
- Warmth or mild swelling
- Tingling, numbness, or burning sensations
- Discomfort when walking barefoot on hard floors

Common Causes of Heel Pain

- Plantar Fasciitis: Inflammation where the fascia connects to the heel
- Achilles Tendinopathy: Pain at the back of the heel due to tendon overuse
- Fat Pad Syndrome: Loss of heel cushioning with age or overuse
- Heel Spur: Bony growth underneath the heel
- Tarsal Tunnel Syndrome: Nerve compression near the ankle
- Improper Footwear: Wearing flat shoes or hard soles regularly
- Calf Muscle Tightness: Reduced ankle mobility puts strain on the heel
- Hip or Pelvic Misalignment: Sometimes the actual cause isn't the heel. A tilted pelvis, weak hips, or uneven leg loading can shift stress to the heel and foot, disrupting walking mechanics.

Treatment Approach

Pain in the heel doesn't always mean the heel is the problem. Sometimes, the real issue lies higher up in your hips or pelvis. The body functions as a chain, and a problem in one link affects the others.

That's why we assess the entire movement system, not just the painful area. If heel pain is affecting your daily life, get assessed before it becomes chronic.



However, here are some gentle stretches that can often help relieve early symptoms:

- Calf Stretch
- Plantar Fascia Release
- Toe Extension Stretch

You can visit us at Prokinesia Healthcare, Golf Club Basement, where our expert team will help you understand the root cause of your pain and guide you with a personalized treatment plan.

> Dr. Mahima Kansal (PT) Prokinesia Healthcare

BAR STORIES... BY PUKHRAJ BEDI

This month's Bar Stories brought members together for an evening of easy conversation and a well-curated cocktail lineup that offered a mix of the familiar and the unexpected.

The evening opened with the Manhattan, a classic. Strong, smooth and timeless, it set the tone for the night.

Next up was a twist on the Paper Plane. This version featured Jägermeister, instead of the usual Amaro. It was an interesting concept and stood out as the most talked-about drink of the evening.

Closing things out was the Kentucky Mule which is light, refreshing and easy to enjoy. This variation from Vodka to bourbon with ginger ale offered a clean and crisp finish.

Each cocktail brought something different to the table, making it another enjoyable and well-rounded night at the bar.





SAVOURING THE MOMENTS

Over the past few weeks, we put together a variety of food and beverage experiences that brought fresh flavours and regional specials to the Club.

After Hours at the Pavilion Bar continues every Saturday with a live DJ playing till 2 AM. It has become a regular late-night spot for music, conversation and relaxed weekend evenings.

To go with the season, we introduced a Cold Brew Special, offering a range of cold brew coffee mocktails which are light, chilled and perfect for the summer.

We also hosted two very different food pop-ups, Tangra Wok, led by Chef Li Fung Sheong, featuring dishes inspired by Kolkata's Chinatown, including shrimp toast, chili hoisin chicken and clay pot lamb.

Pahadi Chulha was a special in-house promotion curated by our chefs hailing from Uttarakhand, who brought recipes from their hometowns to the menu. The dishes included regional favourites like Gahat dal soup, Aloo ke Gutke, Mandua rotis and desserts like Gulgula and Jhangore ki Kheer.



Chef Li Fung Sheong



Tangra Wok Chicken Five Spice



Zheng Yu Pain Steamed Fish Fillet



Cold Brews



Pahadi Chulha Chefs

TURF TALK

As the summer season rolls in, the golf course has undergone a noticeable transformation. Over the past month, the final phase of winter Rye grass transition has taken place, with the remaining patches naturally dying off.

In response, the course maintenance team has been hard at work — removing affected turf and restoring these areas to ensure consistent playing conditions across all fairways and greens.

Alongside turf restoration, the team has successfully completed the full set of summer maintenance practices, setting the stage for a smooth and enjoyable golfing season ahead.

Beyond the course surface, the landscape team has focused on rejuvenating the Bougainvillea beds and clearing out overgrown branches and vines around the property. These efforts not only enhance visual appeal but also contribute to the overall health of the trees and surrounding plant life.

Looking ahead, plans are in motion to expand selected tee areas across the course. These improvements will increase teeing space and provide more flexibility during the busy peak season, a welcome enhancement for all our members.

Steven Anthony Johnson Golf Course Superintendent

KNOW YOUR TEAM

I recently joined the DLF Golf and Country Club and am excited to take over the monthly newsletter.

Belonging to Delhi, my journey began in hospitality with the Oberoi Group, where I graduated as the gold medalist of my batch from the Oberoi Centre of Learning and Development (OCLD).

I spent a few formative years at The Oberoi, Mumbai, and later joined Indian Accent as the Opening Manager for their Mumbai restaurant at the Nita Mukesh Ambani Cultural Centre (NMACC).

After working across luxury dining and events, I pursued my Master's in Luxury Management from the University of Milan, Italy. That experience took me across the Champagne houses of France, the design studios of Italy's fashion and automobile industries, and the watch ateliers of Switzerland, offering a broader perspective on heritage, design, and global experiences.

Now, I am excited to channel all that I have learnt into my new role here, leading development projects and contributing to the many initiatives at the Club. As I settle in, I look forward to meeting many of you and becoming a part of the dynamic energy that makes this community so special.

Through this magazine and beyond, I hope to be a small part of your larger experience here.

Pankhuri Jain Office of the Vice President

LA BAGNAIA GOLF RESORT: A TUSCAN GEM

RECIPROCAL CLUB OF THE MONTH

Tucked away in the rolling hills just outside Siena, La Bagnaia Golf Resort is a true Tuscan treasure, blending centuries-old charm with an exceptional golfing experience. Home to the magnificent Royal Golf La Bagnaia, an 18-hole Championship course, this historic borgo offers the perfect setting for golf lovers seeking authentic Italian beauty.

As the DLF Golf and Country Club is a part of the IMG Prestige Network, this summer, our members can take advantage of a limited time offer: stay four nights for the price of three in July or August and enjoy and enjoy a special golf package each time you play. For further details, please contact our Golf Concierge.

Whether you're chasing birdies or simply soaking in the Tuscan sun, La Bagnaia promises a summer escape that is both luxurious and unforgettable.

18

GUA SHA THERAPY

Everyday | Pavilion Spa

HATHA & VINYASA YOGA BY NAMIKA

Every Wednesday, Friday & Sunday Reception Plaza

AFTERHOURS

Every Saturday | Pavilion Bar

CLUB NIGHTS

Every Wednesday | Pavilion Bar

WEEKEND LIVE COUNTERS

Every Friday, Saturday & Sunday Garden Café

LIVE SCREENING

FOR MOTOGP & FORMULA 1 RACES Sunday's | Pavilion Bar

COLTS VS STALLIONS FINALE GALA DINNER MUSICAL NIGHT

4th July | Garden Café

TROPICAL MANGO DELIGHT

MANGO TIRAMISU COOKALONG

6th July | Reception Plaza

BIHARI CHAUNKHA

AROMATIC FLAVOURS FROM THE HEART OF BIHAR

9th - 13st July | The Pavilion

CHAI CHRONICLES SAVOUR THE MONSOON SEASON WITH HI-TEA AFFAIR

11th - 31st July | The Pavilion

PICKLEBALL TOURNAMENT MONSOON SERIES

12th - 13th July | Pickleball Court

LIVE SCREENING

FOR WIMBLEDON 12th - 13th July | Lobby Deck

NATIONAL HOT DOG DAY

THE TASTE OF NEW YORK IN A BUN 16th July | Food Truck

CORPORATE LEAGUE SEASON 3

17th July - 18th Sept | Arnold Palmer Course

FROZEN FUN FIESTA

ON NATIONAL ICE CREAM DAY 20th July

MATCH PLAY

GARY PLAYER COURSE 23rd July Onwards

TEQUILA TALKIES

CELEBRATE NATIONAL TEQUILA DAY 25th July | Pavilion Bar

SAVOUR THE SOUL OF KYOTO CRAFTED WITH JAPANESE ARTISTRY

25th - 27th July | The Pavilion

FITNESS BOOT CAMP

26th July | Garden Café

CRACK INTO ELEGANCE CELEBRATE NATIONAL ICONIC CRÈME BRÛLÉE DAY

27th July | The Pavilion





Americani Exprese







Country Golfer Vol. 06/25 Issue 06 | DLF Clubs and Hospitality Limited | Club Phone No: 0124-4525252 Fax: 0124-4525282 Editor: Pankhuri Jain | Designed by: Dhyana Saikia | Published by: Nandini Aakarshita Co.