



★★★★★

# 05/25 COUNTRY 08 GOLFER



Location - Hole No. 08, Gary Player Course





From Left to Right

Top: Jungin Lee, David Kim, Anuradha Bhartari, Simran Mann, Kusum Rana, Seema Rana, Riya Yadav, Kavita Yadav, Aaryan Bal

Bottom: Dain Kim, Arihana B Sahu, Vivaan Sachdeva, Ruaan Chand, Vivaan Soni, Viraj Soni, Kiana Monga & Viaan Sood

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## MOTHERS' DAY CELEBRATION ARNOLD PALMER COURSE

kshi, Ruchika Gupta Chand, Neelam Bakshi, Malkit Law, Aditi Soni, Rohan Khanna, Lavina Khanna, Kanika Monga & Ashi Sood

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# MESSAGE

Dear Member,

May has been a refreshing mix of community and creativity here at the Country Club. Even with the rising summer temperatures, the energy among our members remained high and we are grateful for the strong participation across all activities.

We began the month by honoring the most important women in our lives with the first ever *Mother's Day – The Golfer's Way*. Watching mothers and their children take to the course side by side, sharing laughter, enjoying a 4-hole shot game and indulging in rejuvenating post-round mini massages, turned the evening into something far more special than just a tournament. This event was thoughtfully curated to pamper and honor the spirit of motherhood. Congratulations to all our participating mothers who played with equal parts, grace and grit.

To mark World Laughter Day, we hosted a special session of laughter yoga, encouraging members to embrace joy for a healthy heart. This was complemented by our weekly sessions in *Hatha and Vinyasa Yoga* and the calming practice of *Shiatsu Japanese Therapy* in the spa. It was heartening to see how warmly it was received, and we look forward to bringing you more of these wellness experiences in the coming months.

At your favourite Pavilion Bar, the latest addition by our Food and Beverage team is the *Pavilion After Hours*, featuring live DJ sets every Saturday night. Following the popularity of *Sufi Night* and *Shaam-e-Ghazal*, I hope this becomes another cherished weekend experience for you and your guests.

Our culinary team thoughtfully curated two special experiences for our members. We were honoured to welcome *Chef Mod Singh Sisodia*, former royal chef to Maharaja Gaj Singh of Umaid Bhawan Palace, Jodhpur. His preparation of Dal, Baati, and Churma was an authentic showcase of Marwari cuisine. Inspired by his visit, our in-house chefs spent time researching and reimagining *Forgotten Regional Recipes*, presenting a pop-up that introduced members to rare and meaningful flavours from across India.

In the sports arena, our members enjoyed a fun-filled Water Polo match, back in season. A special kudos goes to our winners, *Team Sharks*.



We also maintained high energy at the *Summer Squash Series*, with strong participation and excellent play. Congratulations to our winners, Karan Bedi and Jose John.

In my last note, I shared the launch of *The DLF Golf and Country Club Annual Sports Series*, and it has been wonderful to see the growing interest in this new tradition. I am certain many of you will be keen to participate in the upcoming tournaments, tracking your scores and standings as we build toward a grand celebration to honour all our champions at the end of the year.

Looking ahead, members can anticipate a full roster of exciting golf tournaments kicking off in June. The much-awaited *Colts vs Stallions* tournament returns for its latest edition and brought back by popular demand, the *Father's Day Tournament* will make its second appearance. We are also preparing to launch the *Annual Tennis Series*, setting the tone for a spirited summer of sport and competition. We look forward to seeing continued high participation and thank you for making each initiative at the Club a success through your constant enthusiasm.

Tusch Daroga



## HOLE-IN-ONE



Kaka Kohli Achieved a Hole-In-One  
on Hole No. 8, Arnold Palmer Course



Niren Gupta Achieved a Hole-In-One  
on Hole No. 5, Gary Player Course

## SCALING NEW HEIGHTS

When two of our most seasoned members — with 140 years of life experience between them — signed up to skydive over Rottnest Island, Western Australia, they didn't take the easy way down.

The day began with strong winds and the real possibility of a cancelled jump, but undeterred, they boarded a rocky ferry from Fremantle and made it to Rottnest Island just as the skies cleared. A flurry of gear checks, a quick briefing, and soon they were airborne in a small plane, climbing into a brilliant blue sky. At 10,000 feet, the door swung open, the wind roared — and they jumped.

Racing toward the earth in a 5,000-foot free fall, eyes wide shut. Then, the parachute snapped open, and everything slowed. Now floating gently, they looked down at a view only a few ever see: the endless blue sea, white sand, and green canopy — in colours no camera could capture.

As they described it, inspiration enough for Bobby's *Gully Boy* lyrics: "1, 2, 3.... ECG," translating to "*the highs and the lows of speed, thrill and testosterone*" — "*just like the peaks and valleys on a cardiac electrogram.*"

They landed, feet on sand, hearts still in the clouds. And if you ask them? They'd do it again.



Manmohan Chopra aka Bobby



Moti Mullick



# MOTHERS' DAY - THE GOLFERS' WAY

For the first time ever, we celebrated Mother's Day – The Golfer's Way at the DLF Golf and Country Club on 11<sup>th</sup> May 2025. It was an evening filled with fun, cheer, and special moments for all the incredible moms. From unique on-course contests that challenged their skills and brought laughter, to relaxing mini massages after the game, the event was designed to pamper and celebrate motherhood. This tournament was a 4-hole event played on the Arnold Palmer Course.

The evening concluded with a warm celebratory dinner and prize presentation. Laughter, love, and a spirit of gratitude filled the air as winners were honoured for their efforts. We extend our heartfelt congratulations to all participants who made this first edition so memorable!

CATEGORY	WINNER	PERFORMANCE
Best Throw by Hand Over the Bunker (Hole 1)	Anuradha Bhartari	3 feet
Best Putt with Putter (Hole 2)	Malkit Law	4 feet 9 inches
Closest to Pin (Hole 3)	Jungin Lee	14 feet 6 inches
Best Chip (Hole 4)	Aditi Soni	3 feet 1 inch
Overall Winner	Kavita Yadav and Ria Yadav	17 points
Overall Runner-Up	Simran Mann and Vivaan Sachdeva	18 points



Kusum Rana



Lavina Khanna, Rohan Khanna, Ashi Sood and Vivaan Sood



Kanika Monga and Kiana Monga





Winner - Kavita Yadav and Riya Yadav



Runner Up - Simran Mann and Vivaan Sachdev



Anuradha Bhartari



Dr. Malkit Law



Jungin Lee and Dain Kim



Aditi Soni, Vivaan Soni and Viraj Soni



Aryan Bakshi and Neelam Bakshi



Mini Massages On the Course





# ANNUAL SQUASH SERIES SUMMER LEAGUE



Ashish Kashyap and Jose C John

This summer, the courts were buzzing with excitement as the Squash Annual Series 2025 kicked off with its first round—the Summer Series, May 2025.

This season saw a wonderful mix of participants, from 13-year-old Vishrut Mahana, the youngest player in the tournament, to 81-year-old Basant Kumar, the most senior—both showcasing incredible spirit and love for the game.

In the 45+ category the winner, Jose John, delivered a strong and composed performance, making his way to the top by overcoming the energetic and determined runner-up, Ashish Kashyap.



Karan Bedi and Sahaj Bishnoi

A special mention goes to this round's Men's Open winner, Karan Bedi, who returned to the court this year with sharp focus and determination after finishing as runner-up last year, against Sahaj Bishnoi who is the runner up this time. In an interesting reversal, Sahaj Bishnoi, last year's winner, finished as the runner-up this time.

One of the highlights of this new annual format is the cumulative points system. Each player will continue to collect points across all four tournaments scheduled for 2025. At the end of the year, the total scores will determine the overall series champions, making every match count.

With Round 1 complete, we're already looking forward to the next stage. The energy is high, the leaderboard is taking shape, and the game is well and truly on!





# WATER POLO

## Thrilling Water Polo Match: Team Shark vs Team Dolphin

In an exciting water polo face-off, two teams — Shark and Dolphin — competed with high energy and spirit. Team Shark included Amitabh, Ishaan, Sameer, Rahul, Gurjeet, Deepak, Nihal, and S.C. Bhasin, while Team Dolphin featured Rishabh, Prerna, Tanishq, Yash Ishaan, Aarav, Shiv, and Aarya, making a total of 16 participants.



The match followed a best-of-three format. The first match ended in a draw, showing balanced competition. However, Shark dominated the second match with a decisive 5-0 win and secured the final match 3-2. With a final score of 8 points to Dolphin's 2, Team Shark emerged victorious. The event highlighted teamwork, endurance, and the players' commendable sportsmanship in the pool.





# BMW NIGHT DRIVES









# MEMBERS' ACHIEVEMENTS

## New Book by our Beloved Member Mr. Atul Dhir: Walking the Greens

Golf enthusiasts may want to explore a new book by club member Mr. Atul Dhir titled *Walking the Greens: Your Journey Through Indian Golf Courses*. Scheduled to be launched by the Hon'ble Minister of Culture and Tourism, Mr. Gajendra Singh Shekhawat, the book is a comprehensive guide to 83 spectacular golf courses across India.

Presented in an easy-to-navigate, alphabetical format, each course is profiled over four pages covering its history, travel access, nearby hotels, facilities, updated scorecards, and practical information for planning a visit. Details including connectivity, nearby hotels, airline network details, scorecards and available facilities is hard to miss. A unique feature is the dedicated space for readers to jot down personal notes from their own rounds.

Complemented by a lot of photographs taken by the author himself, the book blends storytelling with functionality, making it a useful companion for golfers and travellers alike.



Congratulations to our rising debate star, **Mysha Kochar**, for winning **Bronze** in the **Uttar Pradesh Speech and Debate WSDC – Juniors Category**. Her eloquence, confidence, and sharp reasoning have made us all proud. Here's to many more victories and a brilliant future in debating. Well done, Mysha!



# BUDDING STARS OF TOMORROW

GU West Bengal Ladies and Junior Girls Golf Championship 2025, held at Royal Calcutta Golf Club, Kolkata, from 13<sup>th</sup> – 16<sup>th</sup> May.



Rashi Mishra

Rashi Mishra finished in the Runner-Up position in Category B



Kashika Misra

Kashika Misra finished in the Runner-Up position in Combined Category A & B



Alysha Dutt

Alysha Dutt finished in the 2<sup>nd</sup> Runner-Up position in Combined Category A & B



TaylorMade Demo Day

TaylorMade Demo Day at DLF Golf Academy showcased world-class equipment and expert guidance for all enthusiasts



# DLF Privana

*A Thoughtfully Planned Neighbourhood  
for Tomorrow's Gurugram*

As cities evolve and urban life becomes increasingly complex, the need for neighbourhoods that are thoughtfully designed, sustainably built, and future-ready, has never been greater. In Gurugram, a city often defined by rapid growth, DLF Privana marks a deliberate shift towards long-term and integrated urban planning. It represents a vision of how neighbourhoods in the 21st century should be imagined: connected, green, resilient, and deeply human-centric.

What distinguishes DLF Privana, is the rigour of its planning. DLF Privana has been meticulously planned by international architectural consultant Hans Brouwer (HB Design). Based on principles of high-performance cities, the traffic planning of DLF Privana has been designed by Surbana Jurong, a Singapore-based urban design and infrastructure consultancy. At the heart of their approach lies a commitment to balance from intuitive traffic management systems to walkable public realms. DLF Privana has been envisioned to function smoothly, not only today but for years to come.

***Spanning nearly 116 acres, DLF Privana has been conceived as a self-contained ecosystem, not a gated cluster, but a neighbourhood in the truest sense. Surrounded by 10,000 acres of natural greens within the majestic Aravalli range, it offers an immersive experience in nature. With 60-metre-wide sector roads framed by landscaped central verges, and tree-lined avenues that soften the urban edge, it brings back the charm of streets designed for people, not just vehicles.***

*Representative Image*

DLF Privana South: HARERA Registration No: RC/REP/HARERA/CGM/772/504/2023/116 dated: 18.12.2023, Licence No. 219 of 2023 dated 25.10.2023 for an area measuring 116.29625 acres, being developed in a phased manner, the current Phase I being 'DLF Privana South' ("Project") | Project Area: 10.177 Hectares (25.148 acres) acres at Shikopur at Sector 77, Gurugram, Haryana | Building Plan Approval Memo No: ZP-1895/ 3D (RA)/ 2023/ 42259 dated 13-12-2023 for the Project.

DLF Privana West: HARERA Registration No: RC/REP/HARERA/CGM/819/551/2024/46, Licence No. 219 of 2023 dated 25.10.2023 for an area measuring 116.29625 acres, being developed in a phased manner, the current phase being 'DLF Privana West' ("Project") | Project Area: 5.088 Hectares (12.572 acres) at village Shikhopur/ Kherki Daula at Sector 76 & 77, Gurugram, Haryana | Building Plan Approval Memo No: ZP-1895/ PA(DK)/2024/12245 dated 18-04-2024 for the Project.



A standout feature is its pedestrian-first philosophy. Integrated and shaded pathways connect homes with open spaces, community areas, and green corridors, encouraging walking, cycling, and spontaneous encounters. These aren't cosmetic additions but a structural part of the design, promoting a lifestyle that is active, safe, and inclusive.

The environmental ethic of the development is both clear-eyed and practical. Recycled water will nourish all internal greens, helping reduce pressure on natural aquifers. The planning incorporates a rich green network of boulevards and canopies that not only contribute to air quality but also offer thermal comfort during peak summers, an increasingly vital consideration.

Infrastructure here is not just about aesthetics, but also resilience and readiness. All buildings are constructed to meet seismic zone safety norms, ensuring structural integrity in a region of moderate seismic activity. Well-lit roads and lanes, coupled with 24/7 surveillance and emergency response infrastructure, enhance both comfort and peace of mind for residents.

DLF Privana is also remarkably well connected. Its proximity to key arterial routes, NH48, the Dwarka Expressway, the Delhi-Mumbai Expressway, as well as the Central and Southern Peripheral Roads, situates it at the confluence of Gurugram's major transit corridors. In the years ahead, it will benefit from direct access to a wide array of mass transit systems including the proposed SPR Metro, RRTS, Sky Bus and the Delhi-Mumbai Bullet Train, making it future-ready in the truest sense.

Actual shot of Cloverleaf Flyover near DLF Privana West



Representative Image

Positioned near emerging and established business destinations, including DLF Corporate Greens, American Express, Air India, Pepsi and TCS, DLF Privana offers residents the advantage of living close to where the city's new economy is taking shape.

The early launches, DLF Privana South and DLF Privana West, have already underscored the relevance of this vision. Success of both the phases reflect a growing demand for neighbourhoods that go beyond the conventional idea of gated luxury to offer something far more meaningful, a sense of long-term belonging.

DLF Privana isn't just another residential address, it is a response to the evolving aspirations of a modern, forward-looking Gurugram. As the city looks ahead, developments like this will define how we live, move, connect, and thrive.

**To explore the opportunity of learning more about this neighbourhood, connect with us at +91 79963 38880.**

This is not a legal offer and does not form part of any binding agreement or commitment of any nature. While efforts are made to keep the information accurate and current, no warranties are given. Future transit connectivity is based on proposed plans and is subject to change, approval and implementation by relevant authorities. Viewers should independently verify all details, including terms of sale, if any, and seek appropriate advice before making any decision with respect to buying any unit in the project.



# CHOCOCHIP FROSTING BLISS

On the delightful occasion of National Chocochip Day, Club hosted a joyful Cupcake Chocochip Decoration Workshop, that celebrated creativity, laughter, and the irresistible charm of chocochips. The workshop was led by our skilled in-house bakery chefs, who demonstrated the art of cupcake decorating with creativity, patience, and passion. But the real magic happened when the little hands took over. From learning how to swirl frosting to mastering the perfect chocochip topping, every little participant became a mini pastry artist. Tiny hands piped frosting with excitement, creating little expressions of pride, love, and happiness. Laughter echoed through the air, sprinkled between soft giggles and proud smiles. Chocochips quickly became the undisputed star of the day earning a special place in every child's heart. As the workshop came to a close, the children gently packed their cupcakes into little boxes, eager to bring home their handmade creations. More than just treats, these cupcakes carried stories, smiles, and the kind of happiness that only comes from sharing something you have made with love.



Chef Rupa Bhasin



Chef Haon Lee



Chef Surendrer helping our young chefs



Chef Sion Lee with her father



# HEALTH AND WELLNESS

At DLF Golf and Country Club, we foster a holistic environment where health, happiness, and community thrive. Our yoga sessions have evolved into a meaningful journey of strength, mindfulness, and inner peace, with members consistently participating with enthusiasm and purpose. In celebration of National World Laughter Day, we welcomed the lively Amaresh Mishra for a special Laughter Yoga session. His infectious energy filled the room, reminding everyone of laughter's therapeutic benefits for both mind and body. The session was a joyful and unifying experience, highlighting the power of simply laughing together. Members left the room with big smiles and laughter on their faces, carrying the uplifting energy long after the session ended. The adventure continued with even more excitement and energy at our Fitness Boot



Celebrating World Laughter Day with Laughter Yoga Session



Smiling faces and happy hearts after Laughter Yoga Workshop



Intense workout session at the Fitness Boot Camp



Plank Challenge by Deepak Sood

Camp, this high-energy experience brought members together in a dynamic blend of strength, endurance, and teamwork. With a series of challenging circuit workouts, participants pushed their limits, building power and camaraderie along the way. At the Pavilion Spa, our Shiatsu Japanese Therapy has become a cherished offering, known for its ability to release tension and restore balance. This ancient therapy provides a peaceful retreat, leaving members feeling relaxed and revitalized.

We remain dedicated to offering a variety of enriching experiences that promote health, happiness, and connection, supporting one another on this ongoing journey of wellness, unity and growth.



Fitness Boot Camp



# BAR STORIES... BY PUKHRAJ BEDI

Our latest edition of *Bar Stories* brought a spirited *Tequila Twist* to the bar, celebrating three bold reimaginings of timeless cocktails. The **Tequila Mule** stole the spotlight with its vibrant agave warmth, zesty lime, and spicy ginger—a lively upgrade to the classic Moscow Mule. Guests enjoyed it icy-cold in copper mugs, garnished with mint and lime. The **Tequila Sour** offered a silky, tangy experience, with berry syrup and egg white creating a smooth, velvety texture—a hit among modern sour lovers. Lastly, the **Tequila Negroni** delivered a rustic edge, where tequila's earthy depth softened Campari's bitterness. It was a night of tradition shaken, stirred, and delightfully twisted!





# SAVOURING THE MOMENTS

This past month, the Club pulsed with energy through a lively lineup of events by our food and beverage team.

**Pavilion After Hours** turned Saturdays into unforgettable nights, with DJ beats spinning till 2AM — a perfect setting to unwind and let loose. Cricket enthusiasts reveled in **Cricket Night Fever**, where **IPL Match Screenings** at the Pavilion bar created the ultimate fan zone.

On the culinary front, we embarked on exceptional gastronomic adventures. Chef Mod Singh Sisodia brought us the **Soul of Marwar** - a menu inspired by the royal kitchens of Rajasthan.

We also uncovered the **Lost Recipes of India**, a menu that celebrated the forgotten gems of Indian cuisine. From the rich flavors of Mughal-era dishes and rustic charcoal smoked cooking to the street-side delicacies of Kolkata and Uttar Pradesh, and the hidden desserts of Odisha.

These activities not only delighted the taste buds but also fostered a vibrant community spirit, offering members wonderful opportunities to socialize, enjoy and create lasting memories.



Pattode Ke Kebab



Rajashthani Thali



Jodhpuri Dhungrela Maas



Harive Soppu Bendi



# MASTERCLASS IN FITNESS

## Preventing Tennis Elbow:

Because Prevention Is Better Than Cure

Tennis elbow might sound like a problem only for athletes, but it can affect anyone who repeats the same arm movements—be it lifting weights, typing, or carrying heavy bags. Once it sets in, recovery can be slow and frustrating. That's why prevention is always better than cure. Taking a few proactive steps can help you stay pain-free and active without having to hit pause on the things you love.

### Strengthen Forearm Muscles

- Wrist curls (flexion and extension with light weights).
- Reverse wrist curls.
- Towel twists or rice bucket exercises for grip strength.

## Improve Flexibility

- Stretch your forearm extensors and flexors regularly.
- Extend your arm straight, pull back on your fingers with the other hand to stretch the wrist and forearm.
- Hold each stretch for 20–30 seconds, 2–3 times per side.

## Use Proper Technique

- Whether you're playing tennis/golf, lifting weights, or even typing, poor form can overwork the elbow tendons.
- In sports, consult a coach to refine your grip and swing mechanics.

## Equipment Check

- Use the right grip size for your racquet or golf club.
- Consider softer strings or a vibration-dampening handle.
- In gym training, avoid excessively heavy lifts with poor form.

## Modify Repetitive Movements

- Take frequent breaks from tasks involving repetitive wrist/arm motion (like typing or using tools).
- Use ergonomic tools to reduce strain if you're working long hours at a desk.

## Warm-Up and Cool Down

- Warm up before any physical activity involving your arms.
- Include mobility drills and light dynamic stretches.

## Use a Forearm Strap or Brace (if needed)

Especially if you're recovering or feel mild discomfort, an elbow strap can reduce stress on the tendon during activity.

**Anjali Yadav**  
Fitness Professional  
DLF Golf Academy





# TEE TIME LESSON

A lot of golfers can hit the ball well but that does not guarantee much. It requires years of experience to learn how to score well. I have listed below some important factors that can help you plan your approach shots better.

**Actual Yardage vs Playing Yardage:** The actual yardage or base yardage is simply the distance from the ball to the pin. The playing yardage is calculated after factoring in elevation changes, wind, slope, temperature, lie, pin position, etc. The difference between a great shot and one that lands in the water can often be a result of how well a player can understand and adjust for yardage.

**Know your Cover Number:** This is the the distance needed to clear a bunker or water body, just short of the green. It's essentially the minimum yardage a player needs to carry the ball to avoid landing in trouble. Pros often prioritise their cover number over the exact distance to the pin, focusing on their worst-case scenario to ensure they land on the green even with a less than perfect shot. This comes in handy on holes like number 5 on the Gary Player course.



**Don't get "Run Out":** In golf, run out refers to the distance a ball travels beyond its initial landing point due to factors like firmness of the green, uphill/downhill slopes and the direction of the wind.

To get your yardages right it is important to know how much the ball will run out after landing on a particular green. For example, on the Arnold Palmer course, approach shots on the 6<sup>th</sup> green have a much lesser run out than on the 9<sup>th</sup> green, so the player must plan accordingly.

**Green Depth:** This refers to the distance from the front edge of the green to the back edge of the green. It is important to know this number specially on back pin positions. It gives the player an idea of how much green is there beyond the pin.

For example, on hole number 8 on the Gary Player course when the pin is located at the back with not much green beyond the pin, the correct decision would be to play a bit short and avoid going into the water over the green.

**The Sucker Pins:** There will always be a few pin positions that are inviting to attack but are placed near trouble. They may be placed near a deep bunker, penalty area or a large drop off waiting to catch an errant shot. It's best to identify these pin positions before starting the round and be mentally prepared to play away from them.

Lastly, while planning your approach shots always remember that the player who wins is not the one who hits the best shots but the one who hits the least bad ones.

**Deepinder Singh Kullar**  
Head Professional  
DLF Golf Academy



# THE PROKINESIA PERSPECTIVE

## Rehabilitation in Osteoarthritis

Osteoarthritis (OA) is a chronic, degenerative joint disorder and a leading cause of disability worldwide. It is characterized by progressive cartilage degradation, synovial inflammation, and subchondral bone changes. Commonly affecting the knees, hips, and hands, OA results in pain, stiffness, and significant functional impairment.

As pharmacological options provide only partial relief, physiotherapy-led rehabilitation plays a critical role in the comprehensive management of OA. Being the leading cause of disability among older adults, effective rehabilitation strategies are essential for managing symptoms and enhancing quality of life.

## Key Components of OA Rehabilitation:

### Manual Therapy

When combined with exercise, manual therapy can provide additional pain relief and functional improvement.

### Exercise Therapy

Exercise is vital in OA management and includes:

1. Aerobic Exercise
2. Strength Training
3. Flexibility Training
4. Mind-Body Practices

### Physical Modalities (Complementary Therapies)

Incorporating physical modalities can enhance the effects of exercise therapy. These include:

### Ultrasound Therapy

TENS  
(Transcutaneous Electrical Nerve Stimulation)

### Shockwave Therapy

### Weight Management

Reducing joint load through weight management is essential. Excess body weight exacerbates OA symptoms by increasing stress on weight-bearing joints. Weight loss has been shown to significantly reduce pain and improve function in individuals with knee OA. A combination of dietary modifications and increased physical activity is recommended.



### Aquatic Therapy

Aquatic therapy offers a low-impact environment for exercise, reducing joint stress while promoting mobility. Warm water immersion can decrease pain, improve flexibility, and enhance overall function.

At Prokinesia, we offer personalized rehabilitation programs for osteoarthritis, tailored to your condition and lifestyle. Our expert team combines evidence-based techniques with compassionate care to help you move better, feel stronger, and live pain-free.

Book your session today and take the first step toward better joint health.

Visit Prokinesia – your recovery is our priority.

**Dr. Unnati (PT)**  
Team Prokinesia Healthcare



# TURF TALK

We are happy to share that our annual greens renovation has been completed successfully. The GCM team did an outstanding job, working efficiently to ensure minimal impact on playing conditions throughout the process.

This year, with unpredictable weather and Ryegrass holding on longer than usual, we made the strategic decision to align the renovation with the natural decline of the Rye. This allowed us to maintain excellent playing surfaces for as long as possible.

Now that warmer temperatures have arrived, the Ryegrass has checked out. In areas where it outcompeted the Bermuda, we're already taking steps to restore those patches quickly and effectively.

Looking ahead, our team will continue working on smaller improvements around the course such as adjusting sprinkler head locations and fine-tuning surfaces — so everything is in top shape before the monsoon season.

Thank you for your support as we continue to maintain and improve the course for your enjoyment.

**Steven Anthony Johnson**  
Golf Course Superintendent





# KNOW YOUR TEAM

## ABHINAV SINGH

We extend a warm welcome to Abhinav Singh, our new Assistant General Manager – Finance, whose roots trace back to Jamshedpur. His professional journey reflects a strong foundation in finance and a deep connection with the DLF family.

A Chartered Accountant by profession, Abhinav spent over four years with DLF Properties, during which he contributed his expertise across key hospitality assets including The Hilton Garden Inn, Saket and The Lodhi Hotel, sharpening his skills in financial operations and strategic planning.

His career path then led him to DoubleTree by Hilton Goa, where he spent 1.5 enriching years, before returning to his roots by joining us at DLF Golf and Country Club. We are delighted to welcome him back into the DLF family.

Beyond the numbers, Abhinav shares a fulfilling life with his wife Kanupriya, also a Chartered Accountant, and their spirited three-year-old daughter. Together, they treasure beach vacations and cherish their family time.

An avid traveller at heart, Abhinav finds joy in the open road, often embarking on long drives — by bike or car — to unwind and recharge. His return brings not only financial acumen, but also a grounded and vibrant spirit to our community.





# GRATITUDE AND FAREWELL

Dear Member,

As I sit down to pen this final note, I find myself in a mix of emotions—pride, gratitude, nostalgia and excitement for the road ahead.

My journey here has been nothing short of a roller-coaster—equally thrilling, challenging, and endlessly rewarding. When I first joined, I knew this club commanded respect, but what I did not know was just how deeply I would come to love this beautiful place and the incredible community that brings it to life every single day.

I am glad to admit that I found a family in our beloved members and the ever-enthusiastic team. Your warmth, kindness, and unwavering workplace, but a second home. Thank you for celebrating my successes, cheering me on and unknowingly inspiring me every day.

The past year has been a landmark in my journey. Being entrusted with the planning and execution of marquee events has been a privilege I will always carry with pride. I have grown immensely — both professionally and personally. From learning how to plan prestigious tournaments and welcoming renowned celebrity artists, to building relationships with the most wonderful members, each experience has been a stepping stone towards who I am today.

Now, as I take a leap into the next chapter of my journey, I carry with me countless memories, valuable lessons, and a heart brimming with gratitude. DLF Golf and Country Club will always be a part of me—etched in my soul as the place where I found my voice, my confidence, and my community.

To each member reading this—thank you for your patience, your enthusiasm, your feedback, and your belief in my team and my efforts. You all have been the inspiration behind every initiative, every event, and every conversation.

This is not a goodbye — just a gentle farewell for now.



**Oindrila Laha**  
Member Relations and Marketing





# HERITAGE RESORTS & GOLF CLUB MAURITIUS







## RECIPROCAL OF THE MONTH

We are pleased to bring an exceptional new privilege to the members of DLF Golf & Country Club, reciprocal access to the world-renowned Heritage Resorts & Golf Club in Mauritius.

Nestled along the pristine southern coast, Heritage offers two luxurious beach-front resorts and the iconic Heritage Golf Club, home to La Réserve Golf Links—the Indian Ocean's first contemporary links course. As a DLF Golf and Country Club member, you can now enjoy preferred tee times, exclusive green fee rates, and full access to both Le Château and La Réserve courses.

Beyond golf, explore the rich culture, gourmet cuisine, wellness retreats, and stunning natural beauty of Mauritius. This partnership opens the door to a seamless blend of sport, leisure, and tropical elegance.

We are thrilled to offer you the opportunity to indulge in the exceptional beauty, luxury, and world-class golfing experience that awaits at this iconic Mauritian resort.



## VEDIC THERAPY

Everyday | Pavilion Spa

## HATHA AND VINYASA YOGA WITH NAMIKA

Every Wednesday, Friday & Sunday  
Reception Plaza

## SHAAM-E-GHAZAL

Every Friday | Pavilion Bar

## PAVILION AFTERHOURS

Every Saturday | Pavilion Bar

## CLUB NIGHTS

Every Wednesday (11<sup>th</sup> June onwards)  
Pavilion Bar

## BOOK LAUNCH BY MR. YADHAV MEHRA

IN CONVERSATION WITH  
MRS. RASHMI MOHANTY

08<sup>th</sup> June | Reception Plaza

## SUMMER COLD BREWS

13<sup>th</sup> - 30<sup>th</sup> June | The Pavilion

## PAHADI CHULHA

AIRLOOMED RECIPES FROM  
THE INDIAN MOUNTAINS

13<sup>th</sup> - 15<sup>th</sup> June | The Pavilion

## FITNESS BOOTCAMP

14<sup>th</sup> June | Garden Café

## FATHER'S DAY TOURNAMENT

15<sup>th</sup> June | Arnold Palmer Course

## AUTISM PRIDE DAY

18<sup>th</sup> June | Academy

## TANGRA WOK

REMEMBERING AUTHENTIC  
CALCUTTA CHINESE CUISINE  
FROM THE LANES OF CHINA TOWN

18<sup>th</sup> - 22<sup>nd</sup> June | The Pavillion

## COLTS VS STALLIONS

20<sup>th</sup> June, 27<sup>th</sup> June and 04<sup>th</sup> July  
Gary Player Course

## ANNUAL TENNIS SUMMER LEAGUE

21<sup>st</sup> - 22<sup>nd</sup> June, 28<sup>th</sup> - 29<sup>th</sup> June  
Tennis Court

## BAR STORIES BY PUKHRAJ BEDI

22<sup>nd</sup> June | Pavilion Bar

