



★★★★★

02/25 COUNTRY GOLFER



Location - Hole No. 8, Gary Player Course




 Experiential Partner

 Glenfiddich

 DLF GOLF LEAGUE SEASON 3

Experiential Partner
 Official Scorekeeper
 Experiential Partner

 Glenfiddich
 Grant Thornton

 Glenfiddich


 DLF GOLF LEAGUE SEASON 3

 Champion

Third Time Defending Champion Team - 'Golfism'

STUNTS THE CHAMPIONS 2024

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MESSAGE



Dear Member,

The fever of International Series India presented by DLF was not over yet and along came DLF Golf League Season 3. This homegrown league is the first ever continuous entity which has been successfully scaling new heights with every passing season. Organising this for the third time in a row was as exciting as the first. We enjoyed every minute of its planning and execution.

I would like to extend my heartiest congratulations to Team Golfism for defending their winning title for the third time- a spectacular hat-trick! This team has been seamlessly strategic in their approach towards the game, season after season, leaving every other team behind. I would also like to compliment Sultans of Swing for bringing nail-biting competition to the course and securing runners up position. Their remarkable journey from being the second last finishers in the first season to building their legacy over the years and finally achieving the runners up position is truly commendable. In our endeavour to make this league stronger and bolder every season, we were proud to host the popular Bollywood icon, Amit Trivedi. Despite being under the weather, this superstar put his best foot forward on the stage. I was delighted to see the community come together in this grand celebration.

Our tennis community on the other hand has geared up for the finale of the DLF Annual Tennis Series 2024– 25. We started the month with a powerful workshop on pre-game workout strategies with Dr. Surya and the Prokinesia team. Members who participated were later invited by Dr. Surya for personal assessment and treatment. We are now all set to crown the first ever tennis champion of the club in the coming month.

Last month saw a surge in the participation in our Hatha and Vinyasa Yoga Sessions by your favourite yogini, Namika. On popular demand, we have extended yoga classes thrice a week from now on with compliments from the team. The Pavilion Spa organised month-long speciality massages of *Chakra Balancing and Healing Therapy* which perfectly complimented the weather. I hope you had a chance to experience the same as well. I urge the community to come together and support our holistic approach in health and wellness.

The culinary team at the club worked round the clock, once again, to delight you all. We sourced fresh truffle mushrooms for our members all the way from Italy for our inhouse food festival – *Gourmet Truffle Treasures*. Our Chefs created luxurious magic using this exotic ingredient. Dishes like *Chicken Pillard, Morel Risotto* and *Chilean Seabass* won hearts in numbers. To add to our culinary journey, we were joined by Chef Ruchira with her *Sabai Sabai* Thai food pop-up which was widely appreciated by the community. Along with the popular Sufi nights, I am happy to see the rising participation in the Ghazal evenings at the Pavilion bar. It is your presence on evenings like these that motivates us to work even harder towards curating memorable experiences for you.

Our little patrons had a blast with exciting cook along workshops and crafty adventures. Our young aspiring bakers made fondant icing cakes and chocolate chip cookies under the able guidance of Chef Surender who leads our bakery and pastry section. These interesting classes were followed by colourful yet productive, Play-Doh art and wind chime making workshop. I hope their priceless pieces of art have adorned further your homes.

This exciting month seems to have seen it all but there is much more to come. March is all set to bring back the festive tournament excitement with the return of the HERO Men's Indian Open 2025. As is our annual tradition, immediately after this mighty tournament, we will culminate the winter season by crowning the next DLF Club Champion. We are also excited to host the highly accomplished Bollywood actor, Sandhya Mridul, for her book launch on the occasion of International Women's Day. I hope you all join us in these events to celebrate life at The DLF Golf and Country Club.

Cheers to another grand season gone by and to an even bigger one coming up!



Tusch Daroga

DLF Golf League – Season 3

The DLF Golf League Season 3 delivered exhilarating suspense, keeping members captivated till the final stroke. Golfism emerged victorious for the third consecutive year, solidifying their legacy, while the Sultans of Swing, the rising stars of the league, secured a well-fought runner-up position.

The grand finale was nothing short of extraordinary, culminating in the much-awaited trophy presentation and the celebratory Champagne-popping ceremony, a beloved tradition that has grown over the past three years.

This iconic event then transformed into a spectacular concert by Bollywood sensation Amit Trivedi, whose electrifying performance left the audience spellbound. As melodies filled the air, the Culinary team created magic, serving everything from lip-smacking cocktails to authentic

Kashmiri specialties cooked on a live chulha. With the perfect blend of sportsmanship, music, and gourmet indulgence, the third season of this league was truly an unforgettable celebration for our members!



The Magnonimus DLF Golf League Trophy



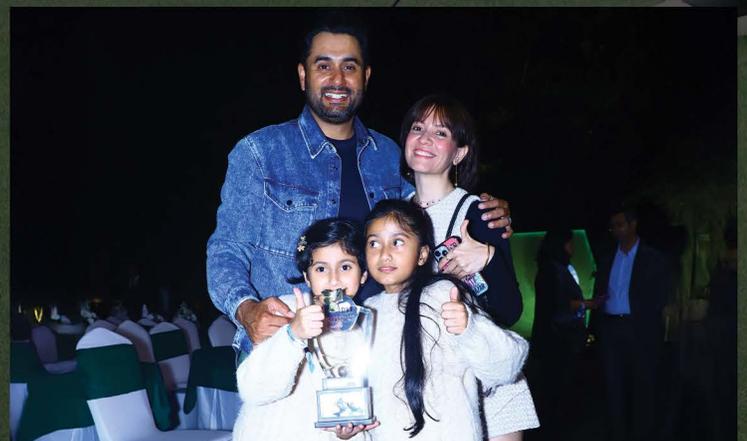
Mysha and Aditi Kochar



Amit Trivedi Performing on Stage



Abhiram Sharma and Family



Karun Mohan Chaudhri and Family



Amit Trivedi and Team on stage



Dewan Rakesh Nath, Ishan Ahuja, Vihaan Reddy and Vijay Reddy



Winning Team for the Third Time in a Row - Golfism



Runner Up Team - Sultans of Swing

Hole- In- One



Insoo Jang achieved a hole-in-one on 12th hole of Gary Player Course



Ramanpreet Sohi achieved a hole-in-one on 5th hole of Gary Player Course



Rohan Kapur achieved a hole-in-one on 12th hole of Gary Player Course



Shalender Singh achieved a hole-in-one on 3rd hole of Gary Player Course

Sunday Masters



Amit Prasada won Chipping across the bridge, Monster Putt



Hemant Wissan won Closest to Pin on Hole no. 3, Gary Player Course



Randeep Singh Sekhon won Closest to Pin on Hole no. 3, Arnold Palmer Course

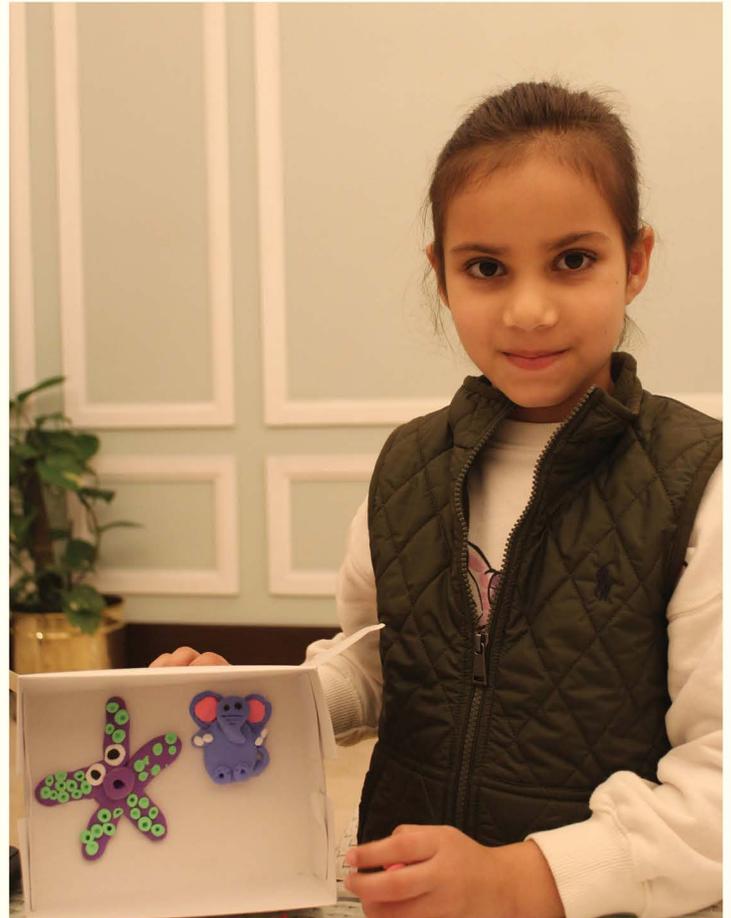


Vivaan Sachdeva achieved a Hole-in-One on the Putting Green

Little Crafty Experts

The club transformed into a hub of creativity as kids embarked on two exciting artistic adventures. The Little Sculpture Studio workshop turned a playful evening into a creative journey, where young artists explored the magic of Play-Doh. Under the guidance of skilled facilitators, they rolled, shaped, and moulded vibrant creations—from adorable animals to colourful flowers. The session encouraged self-expression, teamwork, and confidence-building, ending with a delightful display of their masterpieces.

Adding to the artsy fever, the wind chime activity filled the air with joy. Small hands painted chimes in vibrant hues, turning them into personal expressions of happiness. As the chimes swayed in the breeze, they became lasting symbols of laughter, creativity, and cherished memories—a heartwarming reminder of their artistic journey.



Zephyr Sharma



Dain Nam with her Friend



Ruthvika Goyal



Rahul Chopra and Family

Health and Wellness

At DLF Golf and Country Club, we remain steadfast in our commitment to promoting holistic health and wellness through thoroughly curated programs that nurture both body and mind. Our members were introduced to a series of transformative wellness experiences designed to elevate their physical, mental, and spiritual well-being.

Members also had the opportunity to immerse themselves in Sound Healing for the Soul, a powerful practice using sound frequencies and vibrations to balance the body's energy. The healing vibrations of Singing bowls, Tanpura and Harmonium helped our members release stress and reconnect with their inner peace, providing emotional and spiritual clarity.

In addition, our tennis-playing members benefited from an exclusive Pre-Game Workout Strategies session with Dr. Surya and the Prokinesia Team. This specialized session focused on dynamic warm-ups, injury

prevention techniques, and mobility drills designed to enhance performance on the court. Members learned how to optimize their movement, improve flexibility, and develop strength to stay at the top of their game. The expert guidance provided valuable insights into preparing both mind and body for peak performance, ensuring our players step onto the court feeling strong, agile, and ready to compete.

In addition, our Yoga and Tai-Chi continues sessions offered an excellent way to align body, mind, and spirit. Members engaged in mindful yoga practices to enhance flexibility and strength, while Tai-Chi's gentle movements encouraged relaxation and balance, helping participants improve mobility and overall health.

Through these holistic experiences, our endeavour is to continue to elevate the club as a haven of wellness, relaxation, and rejuvenation for all our members and their families.



Members at Tuning the Soul



Members enjoying yoga class



Dr. Surya with our Tennis Group



Pre Game Workout Strategies with the Prokinesia Team



Members during Yoga Classes



Sangeeta and Sparshika at Sound Healing

Budding Culinary Gems

The club hosted delightful culinary workshops where kids embarked on two exciting adventures. The Cake Creations workshop filled the air with the aroma of freshly baked cakes and the vibrant colours of fondant. Guided by expert chefs, participants learned to craft intricate fondant designs, turning simple layers into edible masterpieces. Each step blended creativity, precision, and fun, culminating in a showcase of beautifully decorated cakes.

Adding to the excitement, the chocochip cookie workshop introduced young bakers to the art of baking from scratch. Under the guidance of a skilled pastry chef, little hands mixed, shaped, and baked cookies with love. Their excitement filled the air as they proudly took home their delicious creations, sharing their sweet success with family. A truly heartwarming experience celebrating creativity, learning, and teamwork!



Viaan Sood



Shreyansh Goenka



Dain Kim



Amani Sharma and Simar Bal



Ananya Nakra and Monisha Nakra



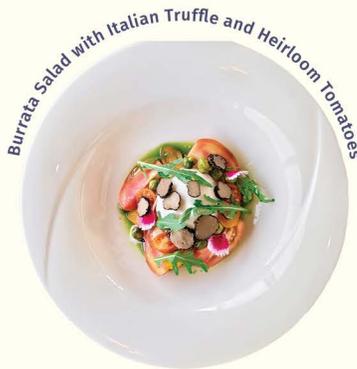
Ahana Bakshi, Aanya Sharma Arora, Ahana Sharma Arora & Vandana Sharma

Savouring the Moments

This season, the Club's Food & Beverage promotions have delighted members with diverse and exciting experiences. Our Sunday Fests became an instant favourite, offering vibrant themed menus and lively atmosphere to end the month on a high note.

For those with a taste for indulgence, Gourmet Truffle Treasures brought the exquisite flavours of original black truffle mushrooms, sourced all the way from Italy, to elevate the dining experience. Chef Ruchira's Sabai Sabai Thai Food Festival transformed The Pavilion into a live Thai kitchen, serving authentic flavours that received high praise from our members.

Meanwhile, our musical evenings continue to enchant. Mehfil-E-Sufi remains an all-time favourite, while Sham-E-Ghazal is quickly gaining popularity, offering soulful melodies paired with exquisite dining. From global flavours to musical feasts, the Club continues to craft unforgettable experiences for its members.



Shrimp Cocktail Salad



Yum Sum O Goong



Anju Chhillar & Ellora Chhillar Enjoying Jenga at the Sunday Fest

Sip & Paint

The club recently hosted a delightful Sip & Paint evening, blending the art of painting with the pleasure of finely crafted cocktails. Members gathered to enjoy a unique experience where creativity flowed as smoothly as the signature drinks served by our expert mixologists.

Set against the backdrop of the breathtaking golf course, the event provided the perfect inspiration for budding and seasoned artists alike. Guided by skilled instructors, participants captured the beauty of the lush greens and serene vistas on their canvases, all while savouring a curated menu of cocktails designed to complement the ambiance.

The combination of art, laughter, and camaraderie created an unforgettable atmosphere. With brushes in one hand and a glass in the other, members unlocked their inner artists, producing vibrant masterpieces that reflected the evening's charm. Sip & Paint was a celebration of creativity, good company, and the stunning views that make our club truly special.



Ankur Chopra



Gurveen Thaman



Shivika Sabharwal



Bar Stories...

By Pukhraj Bedi

An evening of spirited creativity unfolded at Bar Stories by Pukhraj Bedi, where members explored the world of mixology through three exceptional cocktails.

The Siesta, a vibrant tequila-based drink, offered a perfect balance of citrus and bitters. The fresh zest of grapefruit and lime, combined with the complex bitterness of Campari, created a refreshing yet sophisticated cocktail—ideal for a sunny afternoon. Next, the Aperol Spritz, an effervescent Venetian classic, charmed members with its bright orange hue and bittersweet profile. Made with Aperol, prosecco, and soda water, this light, bubbly aperitivo-style drink was reminiscent of leisurely Italian evenings. The session concluded with the Filter Kaapi Martini, a bold and aromatic Indian twist on the classic Espresso Martini. Instead of espresso, this version used strong South Indian filter coffee, blending it with vodka and coffee liqueur to create a rich, frothy, and indulgent cocktail—perfect for coffee lovers.

With expert guidance from Pukhraj, members mastered the art of shaking, straining, and garnishing, making the evening a delightful blend of learning, tasting, and storytelling.



Amrita Bhinder Chintamani at Bar Stories



Gautam Chintamani and Amrita Bhinder Chintamani at Bar Stories

Members' Achievements

All India Debating League



Mysha Kochar

After three months of preparation, Mysha competed in the All India Debating League final at IIT Madras, Chennai. She won *Best Overall Speaker* in Original Oratory and claimed gold in Dramatic Adaptation for her portrayal of Sushma Swaraj.

Bonallack and Patsy Hankins Trophy Glory for Asia-Pacific



Kartik Singh and Rishi Narain

On a remarkable day of high-quality golf and high drama at Al Hamra Golf Club, captain **Rishi Narain's** Bonallack Trophy side emerged triumphant by the narrowest of margins. With Asia-Pacific claiming 6½ points from the 12 singles, the match ended 16½-15½ in their favour.



Mukta Malhotra was awarded the 'Best Lady Golfer', for the third time in a row at the Mercedes Trophy 2025 conducted at the Delhi Golf Club



Amit Khansaheb and Sanjay Jain emerged victorious at the Mercedes Trophy 2025 conducted at the Delhi Golf Club

Conquering Kilimanjaro: A Triumph of Endurance and Grit



For our esteemed members Pallav Sinha and Manu Anand, scaling Kilimanjaro was a journey through five ecological zones, from lush rainforests to the barren Arctic Zone at 19,450 feet. Over seven days, the team trekked upwards, with the final ascent beginning at 11 pm. Battling freezing temperatures and altitude, they climbed through the night, reaching the summit at sunrise—greeted by breathtaking glaciers and golden skies. Under the expert guidance of Arusha, the lead guide, all eight trekkers achieved the summit—a rare 100% success rate. But the challenge wasn't over. After savouring their triumph, they faced a gruelling 6,000-foot descent, finally reaching camp at 5 pm. A total of 19 hours on their feet made summit day an extraordinary test of endurance and determination, making Kilimanjaro an adventure like no other.

Budding Stars of Tomorrow



Veer Ahlawat won the Tata Steel Tour Championship at 17 under par. With this win, he won the PGTI Order of Merit 2024 and secures his DP World Tour card for 2025

Shubhankar Sharma All India Junior Invitational Series 2024 held at ITC Classic Golf Resort from 18th – 20th December 2024



Mahreen Bhatia secured 1st position in A (15-18) girls' Category



Kartik Singh secured the title of IGU All India Junior Boys Champion 2024



Aahana Shrivastava finished at the runner-up position in E Category



Vedaansh Jain finished at the runner-up position in the Boys 9 category at the UAE Championship, held at the Al Hamra Golf Club, a DP World Tour course



Smira Bhambri finished at the runner-up position in overall championship & won in qualifier category to participate in Junior Dubai Desert Classic

Greens to Glory Junior Elite Tournament 2025 (FCG Callaway International Qualifier), held at ITC Classic Golf Resort from 8th – 10th January 2025



Rashi Mishra finished at the runner-up position in Category-B at the IGU All India Finals, held at EPGC, Vizag, from 18th – 20th December 2024



Vedaansh Jain finished at the runner-Up position in Boys – D Category



Aahana Shrivastava finished at the runner-up position in E Category



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



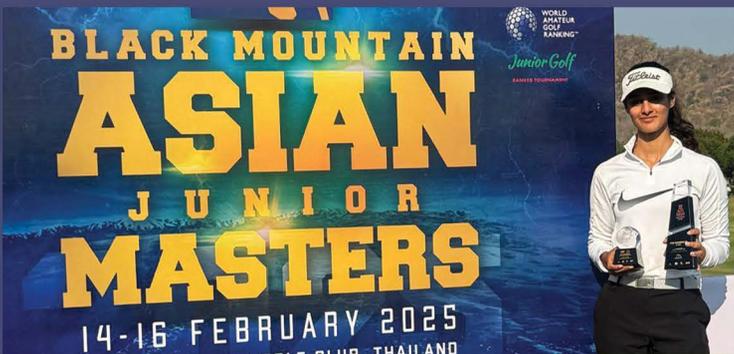
Taanush Kumar secured 1st position in E category at the North Zone - IGU Sub-Junior & Junior Super League Finale 2 held at RCF Golf Course, Kapurthala from 24th - 26th December 2024

Golf Clinics at DLF Golf Academy

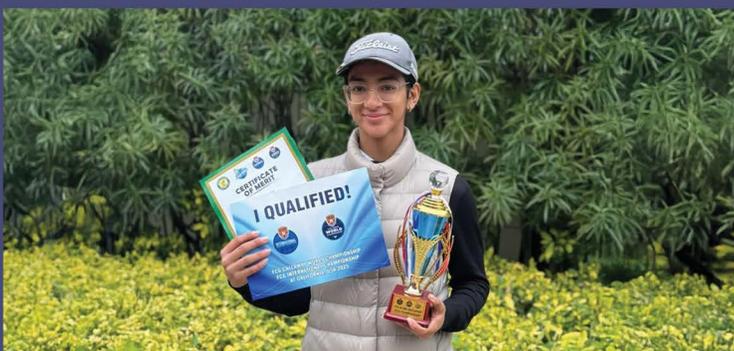


Mahreen Bhatia finished at the Runner-up position at the Tommy Fleetwood International Pathway Series, presented by the DP World Tour, held at the Yas Links Golf Course in Abu Dhabi from 10th - 12th February 2025

The Airtel Golf Clinic held on 24th January 2025 & was all about perfecting swings, bonding over the love for golf, and creating unforgettable memories on the greens



Lavanya Gupta finished at the 2nd Runner-up position in Category-A at the Asian Junior Masters, held at Black Mountain, Thailand, from 14th - 16th February 2025



Jiyaa Sharma finished at the Runner-up position in Category-A (15-18 Girls) at the FCG & IMG Qualifier 2025, hosted by Greens to Glory at Classic Golf & Country Club from 8th - 10th January



Young golfers mastered the greens with putting precision and unleashed powerful long game shots at our Junior Golf Clinic held on 22nd February 2025

The Prokinesia Perspective



Knee Pain and it's Injury Prevention

Knee pain is a common issue caused by acute injuries, overuse, or degenerative conditions. Acute injuries include ligament tears, meniscus damage, and fractures. Overuse injuries, such as tendinitis, bursitis, and iliotibial band syndrome, result from repetitive strain. Degenerative conditions like osteoarthritis and rheumatoid arthritis are also significant contributors. Factors like weak muscles, poor alignment, and obesity can exacerbate knee problems.

Preventing knee injuries requires a proactive approach. Strengthening exercises for the quadriceps, hamstrings, and glutes improve stability, while flexibility training reduces stiffness. Proper warm-ups and maintaining good technique during physical activities help minimize strain. Managing body weight and engaging in low-impact activities, such as swimming and cycling, further protect the knees.

Adopting a healthy lifestyle is equally important. Regular exercise, a balanced diet rich in calcium and vitamin D, and staying hydrated support joint health. Avoid overtraining and consider supportive aids like knee braces during high-impact activities.

Early signs like persistent pain, swelling, or reduced mobility should not be ignored. Timely intervention can prevent complications. By prioritizing knee health through consistent care, you can maintain mobility and prevent long-term issues. For chronic pain or acute injuries, consult a healthcare professional or physiotherapist.

Dr. Unnati Singh (PT)
Team Prokinesia Healthcare

Know Your Team- The Man Behind the Scenes



Rajendra Kumar Singh

Meet Rajendra Kumar Singh, a true legend and the backbone of our housekeeping department. Our dedicated Housekeeping Manager, renowned for his sharp attention to detail and commitment to keeping the club in pristine condition.

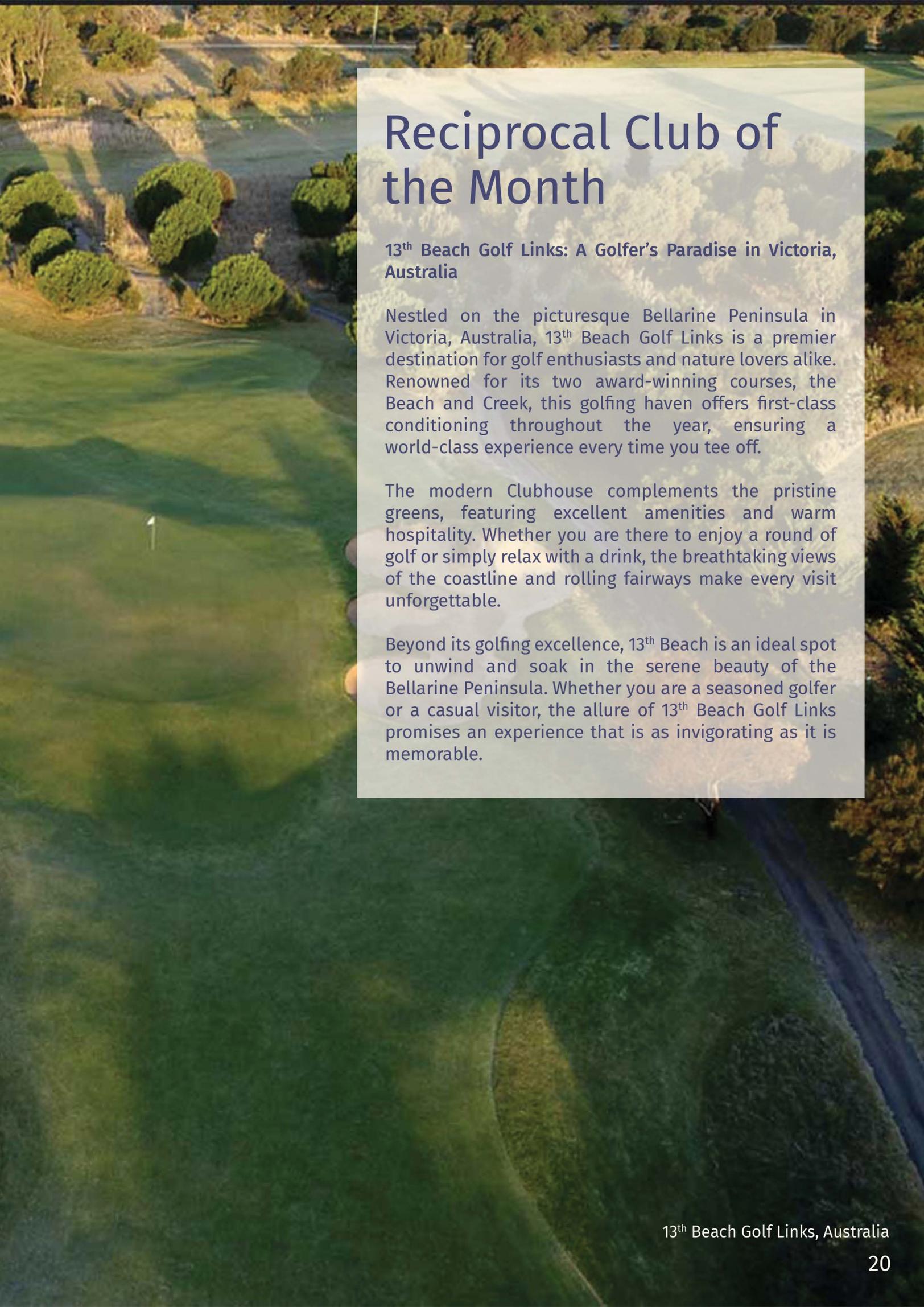
Rajendra began his career as a schoolteacher in Gonda, Uttar Pradesh, after earning his master's in political science. Driven by a passion for excellence, he transitioned into housekeeping at DLF, gaining experience at properties like DLF Super Mart and DLF Square before joining the DLF Golf and Country Club in 2002.

Over the years, he has contributed to prestigious events such as the Johnnie Walker Classic, DLF Masters, and Hero Indian Open Golf Tournaments. During the pandemic, he led a team of 125 to provide critical support to the community, showcasing his leadership and compassion.

Rajendra further honed his skills with a Post Graduate Diploma in Hospitality Management from Annamalai University. He is a proud father to two children, both part of the DLF Scholar Development Program, and remains deeply grateful to DLF for supporting his family and professional growth.

In his free time, Rajendra enjoys helping others and speaking on public platforms, sharing his experiences and passion for service.



An aerial photograph of a golf course, showing lush green fairways, a clubhouse, and a lake. The image is used as a background for the text.

Reciprocal Club of the Month

13th Beach Golf Links: A Golfer's Paradise in Victoria, Australia

Nestled on the picturesque Bellarine Peninsula in Victoria, Australia, 13th Beach Golf Links is a premier destination for golf enthusiasts and nature lovers alike. Renowned for its two award-winning courses, the Beach and Creek, this golfing haven offers first-class conditioning throughout the year, ensuring a world-class experience every time you tee off.

The modern Clubhouse complements the pristine greens, featuring excellent amenities and warm hospitality. Whether you are there to enjoy a round of golf or simply relax with a drink, the breathtaking views of the coastline and rolling fairways make every visit unforgettable.

Beyond its golfing excellence, 13th Beach is an ideal spot to unwind and soak in the serene beauty of the Bellarine Peninsula. Whether you are a seasoned golfer or a casual visitor, the allure of 13th Beach Golf Links promises an experience that is as invigorating as it is memorable.

HATHA AND VINYASA YOGA WITH NAMIKA

Every Wednesday Friday &
Saturday | Reception Plaza

MEHFIL-E-SUFI

Every Saturday | Pavilion Bar

SHAAM- E- GHAZAL

Every Thursday | Pavilion Bar

ECHOES OF THE HIMALAYAS

THE ANCIENT ART OF SOUND
HEALING WITH HIMALAYAN
SINGING BOWL THERAPY

Everyday | Pavilion Spa

THE NAATI FLAVOURS

A FEAST OF FLAVOURS STRAIGHT
FROM THE STREETS OF BANGALORE,
PACKED WITH HISTORY BY CHEF
KALYAN GOPAL KRISHNA

5th – 9th March | The Pavilion

UNTAMED

BOOK LAUNCH BY RENOWNED ACTOR
SANDHYA MRIDUL

8th March | Reception Plaza

FITNESS BOOT CAMP

8th March | Garden Café

BAR STORIES BY PUKHRAJ BEDI

9th March | Pavilion Bar

DLF ANNUAL TENNIS SERIES AND GALA FINALE

15th – 23rd March | Tennis Courts

GOLF CLINIC FOR BUDDING GOLFERS

TBA | The Academy

THE BUZZFUL COFFEE RUSH

CELEBRATING NATIONAL ESPRESSO
MARTINI DAY

15th March | Pavilion Bar

THE SANDWICH STATION

A LOCAL AND GLOBAL INSPIRED
SANDWICH TRAIL MENU

14th – 16th March | Food Truck

PEANUT BUTTERLICIOUS COOKALONG

CELEBRATING NATIONAL PEANUT BUTTER
DAY FOR OUR BUDDING CHEFS

22nd March | Reception Plaza

BAR TAKEOVER NIGHT

22nd March | Pavilion Bar

HERO MEN'S INDIAN OPEN 2025

24th – 30th March | Gary Player Course

