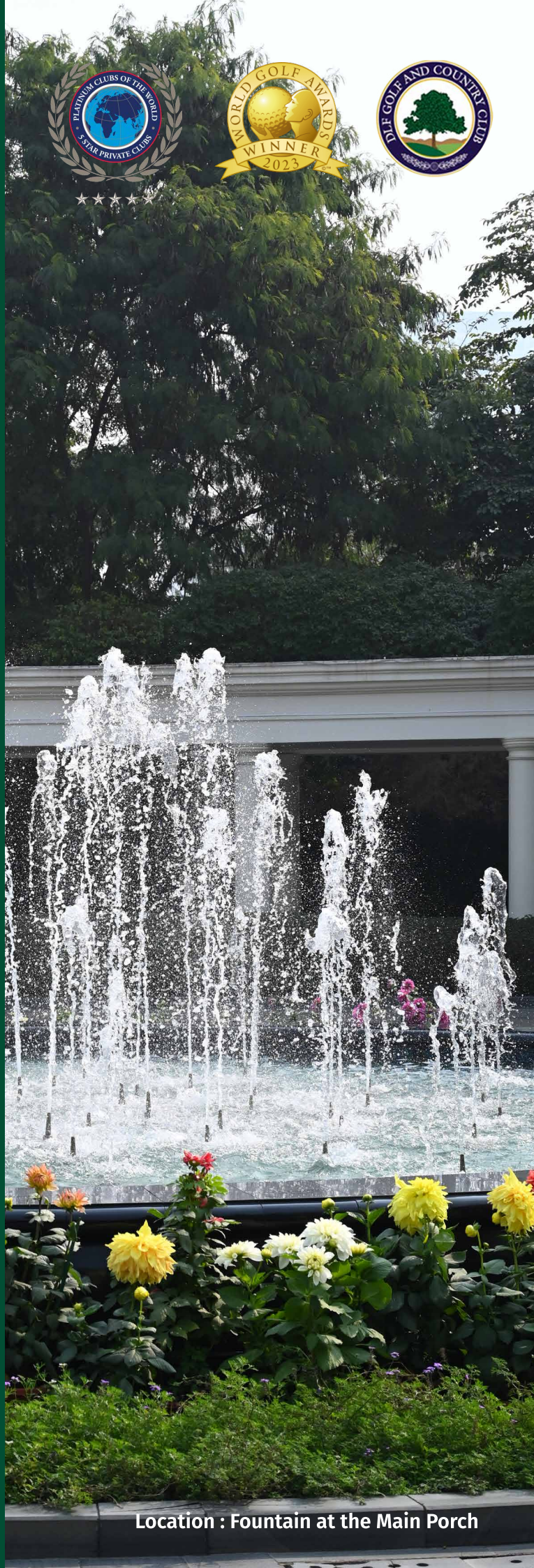


# COUNTRY COOLF 01/24



Location : Fountain at the Main Porch







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Ms. Hyunsue Seok's impactful tee off



# MESSAGE



Dear Member,

My team and I extend our heartfelt gratitude to each one of you for making the Double Christmas Carnival and New Year's Eve party truly phenomenal. Witnessing such enthusiastic participation from our members has inspired us to host more of such elevated events.

I am thrilled to announce that the second leg of DLF Golf League Season 2 has begun, promising a memorable experience for our golfing community, on the iconic Gary Player course. This time, we have introduced themed evenings following golf rounds for an enhanced entertainment experience. Moreover, we are gearing up for a spectacular grand finale, surpassing anything the Club has seen before.

We were delighted to host the DLF Republic Day Cup, continuing our tradition of providing an opportunity for exhilarating golf and fostering healthy competition among our members. The event took place on the beautiful morning of January 26th, creating a platform for sportsmanship and camaraderie.

A special acknowledgment goes to our hard-working team of housekeepers whose diligent efforts may often go unnoticed, yet their presence resonates throughout. Witnessing the team's seamless synchronization with each club member fills me with gratitude, as they attend to your needs with the

precision of personal valets. The passion they bring to their roles is the driving force behind enriching the overall experience, contributing immensely to the comfort and delight of the community.

We are delighted to announce the launch of our inaugural series alongside our ongoing lineup of singular events. It is with great excitement that we introduce this captivating series curated by our talented in-house mixologist, Pukhraj Bedi. With a background rooted in the luxury hospitality industry, Pukhraj brings a wealth of experience and creativity to this endeavour, promising an unforgettable experience for our patrons. Our revamped cocktail menu, which has been complimented by many a member, is a testament of his honed skills.

The food and beverage experiences at the club were adorned with a wide range of pop-up food festivals like Master Koi's Korean experience, Clarified Concoctions by the award-winning mixologist, Paramveer and the all-time favourite American Diner. Embracing the winter chill, our team curated a luxurious Hot Chocolate experience and hosted an unforgettable Cigar Connoisseur Evening which saw the Pavilion Bar packed with members. The tiny tots at the club enjoyed crafting their favourite pizzas in our brand-new pizza oven and weaved beautiful wall hangings at our Macrame session.

As we step into a vibrant year, your Club is gearing up to crown the next set of DLF Club Champions in various categories determining the best golfers from within the community. The team is very excited to bring in the second season of the newest tradition which was just conceived last year. We will be sharing more details about this very soon.

The calendar for this quarter is packed with exciting events and we wouldn't have it any other way. Our greatest joy lies in seeing all of you at the Club, enjoying the vibrance as frequently as possible.

Tusch Daroga



# Sunday Masters

Our dedicated team injected new excitement into the on-course experience with the Sunday Masters this season. This weekly competition unfolds

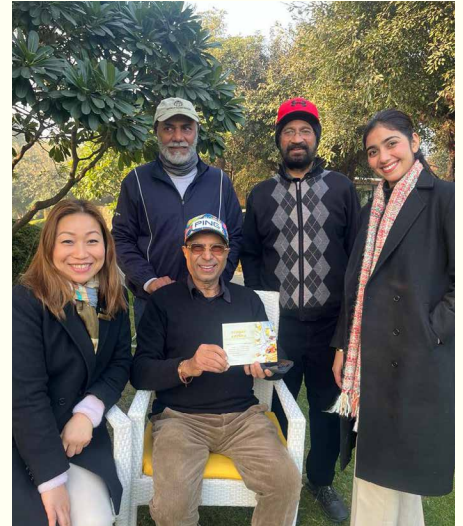
every Sunday during the winter months, providing a delightful finale to everyone's Sunday golf escapades.



Damanjit Kohli



Navneet Saluja



P. D. Narang



Rajesh Bakshi



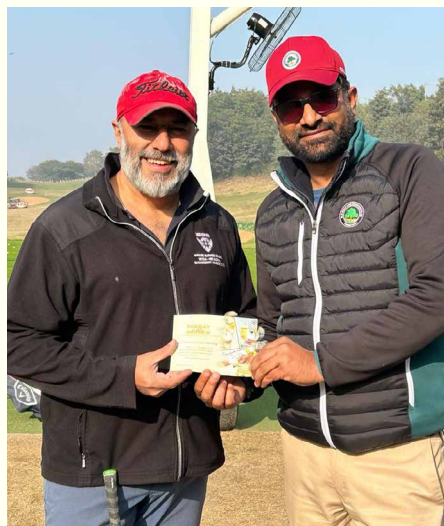
Saurabh Upal



B Rajagopal



Vibhav Soni



Syed Faisal Ashraf



Rajat Kumar



# Member's Achievements

Ms. Rachna Sharma, at 49 years old, achieved a remarkable feat by becoming the oldest female finisher of the Bangla Swimming Channel on December 28, 2023. Completing the challenging swim in an impressive five hours, Ms. Sharma showcased extraordinary determination and physical prowess. Her accomplishment has rightfully earned her a place in

the prestigious record book of Shwaroz Adventure, solidifying her status as a trailblazer in open water swimming. Ms. Sharma's remarkable journey not only highlights her personal triumph but also serves as an inspiration to aspiring athletes, breaking age barriers and proving that determination knows no limits in the pursuit of extraordinary achievements.



Rachna Sharma



# Hole-In-One

A remarkable feat unfolded on the Gary Player course as Mr. Sunil Khosla achieved a Hole-in-One on the challenging hole number 16. Utilizing a 3 rescue, Mr. Khosla showcased unparalleled precision and skill, embodying the aspirations of golf enthusiasts. This achievement resonated across the vibrant greens, etching an unforgettable chapter in the course's storied history. Privileged witnesses, including Mr. Manoj Mehra, Mr. Rajiv Ahuja and Mr. Sundar Gill, were present to witness this extraordinary moment. Mr. Khosla's prowess not only highlighted his individual brilliance but also contributed a distinctive chapter to the collective lore of the course.



Sunil Khosla

A momentous achievement unfolded on the Arnold Palmer course as Mr. Preet Pal Matharu secured a Hole-in-One on the challenging hole number 03. Wielding a 7 iron, Mr. Matharu exhibited precision and skill, embodying the aspirations of golf enthusiasts. This triumph reverberated through the lush greens, leaving an indelible mark on the course's storied history. Privileged witnesses, including Mr. Balraj Singh, Mr. Jasbir Dhanda and Mr. Amitabh Nangia, were honoured to be present during this extraordinary feat. Mr. Matharu's golfing prowess not only showcased his individual brilliance but also contributed a new and significant chapter to the collective lore of the course. The Hole-in-One will forever stand as a testament to Mr. Preet Pal Matharu's exceptional skill and prowess on the golf course.



Preet Pal Matharu



Vipul Mehra

A rare accomplishment unfolded on the Gary Player course as Mr. Vipul Mehra achieved a Hole-in-One on the challenging hole number 03. Armed with a 6 iron, Mr. Mehra showcased precision and skill that golf enthusiasts often aspire. This triumph resonated through the verdant greens, leaving an indelible mark on the course's rich history. Honoured witnesses, including Mr. Ateet Gaur, Mr. G S Chadha and Mr. Vikram Bakshi, were privileged to be present during this extraordinary feat. Mr. Mehra's golfing prowess not only showcased his individual brilliance but also contributed a new and significant chapter to the collective lore of the course. The Hole-in-One will forever stand as a testament to Mr. Vipul Mehra's exceptional skill and mastery on the golf course.



# DLF Golf League

## Season 2

DLF Golf League Season 2 made a triumphant return on the illustrious Gary Player course. As anticipation builds, golf enthusiasts can expect a thrilling season of competitive play amid the breathtaking backdrop of this renowned course. Brace yourselves for an unforgettable blend of skill, strategy and the sheer beauty of the game.

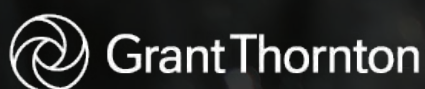


Group A Flight		
	Team	Points
	Racconti Titans	39
	Golfism	36
	Golf Tigerz	32
	The Legends	30
	Nova Mavericks	19
	Sultans of Swing	12

Group B Flight		
	Team	Points
	Dirty Dozen	38
	Glenfiddich Antlers	33
	Sol Golfers	25
	Golf Code	22
	Goodfellas	13
	DLF Eagles	13

Total Points Allocated : 312

OFFICIAL SCOREKEEPER



EXPERIENTIAL PARTNER



**HARLEY-  
DAVIDSON**





## An Offsite of Golf and Camaraderie



Team Racconti Titans gathered at Hisar Golf Club for an offsite game. From left to right Amolinder Bal , Biswajit Pandey , Amitpal Singh, Rishi Parti, Aditya Arora, Col. Rohit Kataria, Rajat Sharma, Pradeep Kant, Coach Deepinder Khullar and Karan Tayal. Present in spirit Aman Sawhney, Padamjit Sandhu and Sunil Bhalla were sorely missed.



Karan Tayal and his family hosted the team at his 200-year-old home rich with artifacts and pictures of leaders from our independence movement who spent time at this grand residence. Laughter,

bonhomie and warmth filled the day. Gratitude to DLF League for nurturing a community of golf enthusiasts, building friendship to last for a lifetime.



# DLF Republic Day Cup

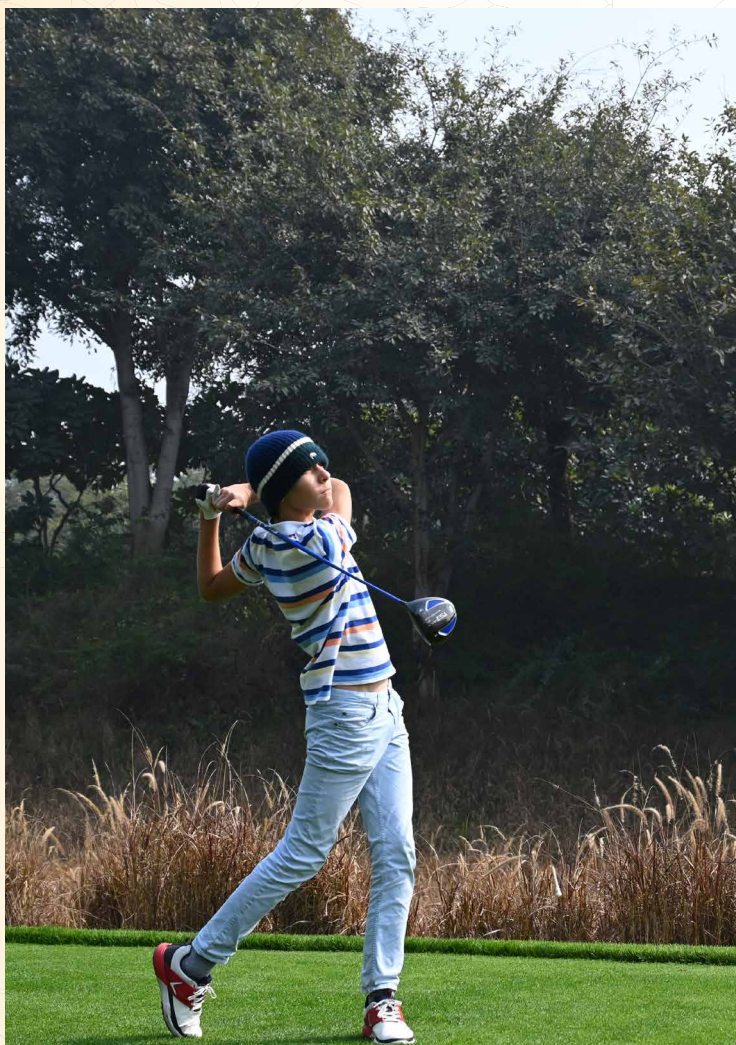
The morning of 26<sup>th</sup> January witnessed the traditional Republic Day tournament. The day commenced with the patriotic fervour of flag hoisting by Lt. Gen Aditya Singh (Ati Vishisht Seva Medal and Param Vishisht Seva Medal), our senior member. A total of 119 golfers enthusiastically participated in the tournament, held on the breathtaking Gary Player Course, competing over a Double Peoria format over 18 holes.

In the men's category, Rohit Gupta emerged victorious with an impressive 70.8 points, while Hyunsue Seok claimed the top spot in the women's category with 81 points. The runners-up positions were secured by Frederic Caharel with 72 points and So Young Park with 81.4 points in the men's and women's categories, respectively.

The competition also featured some special shots, with Rohit Chadha displaying precision on the 3<sup>rd</sup> hole, securing the prize of "Closest to Pin" with a shot to 8 feet 4 inches. Kyun Mi Bang showcased impeccable accuracy on the 15<sup>th</sup> hole, winning the "Straightest Drive" with a shot to 2 inches from the line.

The highlight of the day was Amit Pal Singh's extraordinary achievement on the 5<sup>th</sup> hole, where he achieved his first ever "Hole-in-One" during the exhilarating "Beat the Pro" challenge.

The Republic Day tournament not only celebrated the spirit of the nation but also brought together golf enthusiasts for a day of camaraderie, competition and remarkable sporting feats.



Joseph Caharel's power-packed tee off



Ashish Sethi and R Rajagopal





Flag hoisting by Lt. Gen. Aditya Singh



Winner in men's category Rohit Gupta (70.8 points)



Runner up in men's category Frederic Caharel (72 points)



Winner in women's category Hyunsue Seok (81 points)



Runner up in women's category So Young Park (81.4 points)



Hole-in-One by Amitpal Singh on 5<sup>th</sup> hole (Beat the pro)



Straightest drive on 15<sup>th</sup> hole Kyun Mi Bang (2")



Closest to pin on 3<sup>rd</sup> hole Rohit Chadha (8'4")



Winners on the stage



# Macramé Marvels

In a creative twist, our club recently hosted an engaging Macramé Workshop that left participants knotting with joy. Enthusiasts gathered to learn the art of weaving intricate patterns with ropes and cords, transforming them into beautiful wall hangings and plant hangers. Guided by a skilled instructor, attendees embraced the meditative process of macramé, discovering the therapeutic benefits of

this age-old craft. Laughter and camaraderie filled the air as members proudly displayed their hand-crafted masterpieces. The workshop not only honed artistic skills but also provided a unique opportunity for socializing. Stay tuned for more crafty adventures as our club continues to weave the threads of creativity!







## Puppy Yoga

The club played host to an unforgettable Puppy Yoga session, seamlessly blending the serenity of yoga with the infectious joy of playful puppies. Amidst the tranquillity of calming poses, participants found themselves surrounded by a cadre of charming furballs, adding an extra layer of warmth and delight to the experience. The puppies, in their spontaneous exploration of the mats, created an atmosphere of pure enchantment. This unique fusion of relaxation and furry companionship not only brought smiles

and laughter but also offered a therapeutic escape for both body and soul. As the yoga session unfolded, the room echoed with the laughter of participants and the endearing patter of tiny paws, leaving everyone with heartwarming memories of a truly delightful and rejuvenating gathering at the club. It was a perfect union of wellness and playfulness, creating an atmosphere that lingered long after the mats were rolled up.



## Budding Stars of Tomorrow



### Kartik Singh

A superb victory by Kartik at the IGU all-India junior golf championship at the Pune Golf Course. Over four rounds, he shot a total of 6 under par to win by six strokes. Kartik has now won five of the five main events he has participated in this year.

The new year has started

off well for Kartik. From 4<sup>th</sup> to 5<sup>th</sup> January, he played in the IMG & FCG Qualifier at the ITC Classic Golf Club. To post a final score of 11 under par, he shot -4 and -7 on days 1 and 2 respectively. As a result, he won the first tournament of the year by 12 shots.

On the Faldo and Majlis courses in Dubai, Kartik Singh won the 2<sup>nd</sup> place

position in the Junior Dubai Desert Classic. Having the opportunity to play on these pristine courses, where the DP World Tour event Dubai Desert Classic is scheduled to take place from 18<sup>th</sup> to 21<sup>st</sup> January 2024, it was a great experience for Kartik.



### Arjun Dhaiya

Arjun Dahiya finished second in the IGU all-India junior golf championship in Pune, under category 'B', he became the number one golfer in India under 15 years of age.



### Aadya Kaushal

Aadya Kaushal was a remarkable 2<sup>nd</sup> place finisher in Category 'E' of the Junior Golf Tournament at the ITC Classic Golf Club.



### Dhriti Singh

Dhriti Singh took first place in the FCG Callaway World Championship qualifier in Category 'E', which was organized by Greens to Glory.



# Junior Skills Challenge



## Alysha Dutt

Alysha Dutt came 1st in the 'A' Category Girls in the IMG & FGC US qualifier tournament organized by Greens to Glory, played at ITC Classic Golf Club over 4<sup>th</sup> to 5<sup>th</sup> January. On day two, after a not so stellar score of +6 on day 1, she finished with a score of -4, covering a gap of six strokes to tie with the leaders and then winning an exciting four-way playoff!



## Dhruv V Singh

Little Masters 5 Club Challenge (18-hole par 3 tournament held on 20th January 2024) at the Godrej links Greater Noida

In all age categories (from eight to sixteen years of age), Dhruv won the highest score and won the Closest to Pin award.



## Hitashee Bakshi

Hitashee Bakshi won the Professional category of the Hero Women's Pro Golf Tour Leg-1 held in Pune in January 2024 with a total of five under par.

Hitashee Bakshi won the Thai LPGA Qualifying School with an overall score of 9 under par in three days. With scores of 68, 71, 68, she won the event by three strokes.



## Rahul James

Rahul James won IGU Amateur feeder tour AEPTA Golf course Meerut 22<sup>nd</sup>-24<sup>th</sup> December.

This match was won by Rahul with scores of 78 and 72, qualifying him to compete on the main IGU tour.



Junior skills challenge held at the Academy on 25<sup>th</sup> January 2024



# A Masterclass in Fitness



A lot of time most athletes, both amateur & professional are not aware of the proper way to warm-up prior to practice the game. Properly warming up eliminates the risk of any injuries or sprains that may happen during the game and helps in improving overall performance. Flexible muscles, tendons and joints can cope more readily with strain. Although warm-up has not been proved to prevent injury it certainly helps to improve performance particularly in the early stages of an event/sport/workout and therefore is a vital part of preparation for training and competition. Remember that the warm-up should not unduly fatigue the athlete, therefore focusing on adequate amount and relevance of the warm-up is of utmost importance.

## COMPONENTS OF A GOOD WARM UP

1) General Movement: Every sport or workout needs to start with activity that will raise your core temperature and make your muscles more elastic for the game. Your light aerobic/cardio warm-up can last 5-10 minutes and should be done at your “talk test pace”, which is a pace/intensity where you can hear your breathing but are still able to maintain a conversation. So, no “huffing and puffing” yet. The general movements comprise of easy pace -

low impact aerobics movements like - Jogging forward-backward, rope skipping, side shuffles, jumping jacks, travelling high knees, travelling butt kicks etc.

2) Dynamic Stretching: Dynamic stretching is ideal as the core of a warm-up routine. It activates and engages every single muscle. It improves the range of motion & makes you feel more limber. Warming up in motion improves body awareness, challenges your balance and coordination skills & along with enhancing muscular performance and power. A few good examples of dynamic stretches are - arm circles, leg swings, hip rotations, torso rotation, body clocks etc.

3) Sport Specific: The sport specific warm-up is crucial to build mobility and stability, activate muscles that you will use and help you gear up for the powerful and complex movements of any sport. For a leg day we would do the following stretches that will help us in working the flexibility and mobility of the lower body - iron cross, scorpions, Samson stretch, hip bridges, frog stretch etc.

**Anjali Yadav**  
Fitness Professional,  
DLF Golf Academy



# Fact of the Month



If the new year resolution to start exercising more has started to fall apart, then try working out with a personal trainer to get that extra kick of motivation while making it more enjoyable.

Personal Trainers can help you stay focused and motivated by creating customized workout plans specifically tailored to your individual needs and goals. The workout program designed by the personal trainers are safe, suitable and specific as per your current fitness level and health condition which prevents from the risk of injuries. They will also make sure that you are consistent with your

workout with right amount of motivation and guidance to get the desired results. After a period, it becomes monotonous repeating the same exercises over and over, trainer introduces new exercises and formats to keep things fresh ensuring you are challenging your mind and body which keeps you engaged. Proper technique and form are also very crucial to get maximum results out of your efforts, therefore, trainers ensure that you are performing every exercise correctly and efficiently.

Apart from workouts, many personal trainers provide information about nutrition and lifestyle choices which can guide you to take informative decisions to lead a healthy lifestyle.

So, whether you are a beginner looking to start your fitness journey or someone aiming to break through a plateau, working out with a personal trainer provides many benefits that can significantly enhance your overall fitness experience.

Wishing you very best of health!

**Anoop Tiwari**  
Head-Sports Complex

## Course Agronomy Update



Artificial Intelligence is quickly becoming an option in many industries and many people are aware of the fast-approaching driverless vehicle technology. The golf course management industry is no exception with the future to introduce these ad-

vancements to golf course operations.

Autonomous mowing technology is improving rapidly and smaller maintenance equipment is already being used for home lawns whilst presently the larger reel style equipment is not commercially available. Safety and liability issues need rectification before widespread use of large autonomous equipment can be implemented.

Many industries facing labour shortages and rising wages have introduced autonomous equipment where possible to address these issues. The global golf course industry faces similar challenges and are rapidly exploring the opportunities that AI present. Whilst there are many challenges to work through before this technology can be safely and effectively implemented there may be a time in the not-too-distant future where we will see the course being prepared for our members with the use of AI.

**Shaun Matthew Satterly**  
Golf Course Superintendent



# Pizza Perfection

The Club became a haven of culinary creativity with a delightful Pizza Making Class. Enthusiastic members gathered to knead, toss and top their way to pizza perfection under the guidance of a skilled chef. The aroma of freshly baked crusts and bubbling cheese filled the air as participants customized their creations with an array of fresh toppings. From classic Margheritas to inventive farmhouse masterpieces, the kitchen buzzed with camaraderie and the joy of culinary exploration. The class not only provided hands-on experience in crafting the

perfect pizza but also turned the kitchen into a social hub where members shared laughs, swapped topping ideas and relished the satisfaction of creating their own culinary masterpieces. It was a delicious blend of education and indulgence, leaving everyone with a newfound appreciation for the art of pizza making and the pleasure of shared culinary experiences.





# Bar Stories with Pukhraj Bedi

The Pavilion Bar transformed into a hub of mixology magic during the highly anticipated “Bar Stories” cocktail making session, led by our talented in-house mixologist, Pukhraj Bedi. Members eagerly embraced the art of crafting cocktails, guided by Pukhraj’s expertise. The atmosphere resonated with the clinking of shakers and the aromatic symphony of diverse spirits.

Adding an extra touch of appreciation, members were presented with custom-made recipe diaries and aprons for the event. These thoughtful souvenirs not only captured the essence of the evening but also allowed participants to take home a piece of the mixology experience. The personalized diaries became a canvas for documenting newfound recipes, while the aprons served as stylish reminders of a night filled with the joy of crafting unique libations. “Bar Stories” became a cherished memory etched in the pages of those recipes.



## Book Club

The Lobby Deck turned into a platform for meaningful dialogue as members gathered to express their perspectives on the pressing issue of Women Empowerment. Against the backdrop of the golf course’s natural beauty, the discussion delved into both timeless tales like Rabindra Nath Tagore’s “Chitrangada” and contemporary concepts of empowerment. The serene setting provided an ideal backdrop for sharing insights, fostering understanding and contemplating the ongoing journey towards gender equality. As voices resonated and viewpoints intertwined, the Lobby Deck became not just an observation point but a stage for fostering enlightenment and championing the cause of empowerment in the community.





# Savouring the Moments

Our culinary offerings have undergone a delightful transformation, brimming with a diverse array of pop-up food festivals. From the exotic flavours of Master Koi's Korean cuisine to the inventive cocktails crafted by the award-winning mixologist, Paramveer, our members have embarked on a culinary journey like no other. Moreover, our beloved American Diner has continued to evoke nostalgia and delight with its classic dishes, serving up comforting favourites that never fail to satisfy.

Our culinary adventures didn't stop there. We extended the indulgence with an unforgettable Heavenly Hot Chocolate experience, where members savoured every sip of velvety goodness amidst the chilly winter air and a Cigar Connoisseur Evening at the Pavilion Bar, where aficionados relished the finest cigars paired with premium spirits in an ambiance of luxury and sophistication.



Salad Bar at Sunday Brunch



Bibimbap and Korean Chicken Strips



Chef Kavita preparing Quinoa Salad



Classic Hot Chocolate



Very Berry



Chicken Piccata



# From the Prokinesia Clinic



## Maximizing Cardiovascular Health: Understanding Heart Zones and Effective Exercises

Maintaining cardiovascular health is paramount for overall well-being and understanding heart zones plays a crucial role in tailoring effective exercise routines. Heart zones are specific intensity levels that dictate the body's response to physical activity. By incorporating targeted exercises within these zones, individuals can optimize their cardiovascular fitness and enhance heart health.

**HR max= 220-Your Age**

### 1. Understanding Heart Zones

Heart zones are typically divided into different intensity levels based on percentage of maximum heart rate. These zones include the warm-up zone, fat-burning zone, aerobic zone, anaerobic zone and the maximum effort zone.

### 2. Warm-Up Zone (50-60% of Max HR)

The warm-up zone prepares the body for more intense exercise by gradually increasing heart rate and blood flow. Light aerobic activities like brisk walking or cycling are ideal for this zone.

### 3. Fat-Burning Zone (60-70% of Max HR)

This zone is optimal for burning fat and improving endurance. Activities in the fat-burning zone include jogging, brisk walking and low-intensity aerobics.

### 4. Aerobic Zone (70-80% of Max HR)

In the aerobic zone, the body relies on oxygen to meet the demand for energy. This zone improves cardiovascular fitness and endurance, with activities like running, swimming and cycling.

### 5. Anaerobic Zone (80-90% of Max HR)

Intense workouts in the anaerobic zone improve anaerobic capacity, enhancing overall cardiovascular fitness. High-intensity interval training (HIIT) and sprinting are examples of activities in this zone.

### 6. Maximum Effort Zone (90-100% of Max HR)

This zone represents maximum effort and is typically unsustainable for prolonged periods. It's beneficial for improving speed and power. Activities include sprinting and high-intensity interval bursts.

### 7. Tailoring Exercise Routines

A well-rounded fitness program may include a combination of activities from different zones for comprehensive cardiovascular benefits.

### 8. Monitoring Heart Rate

Wearable fitness trackers and heart rate monitors assist in tracking and staying within target heart zones during workouts.

### 9. Consistency is Key

Consistent engagement in cardiovascular exercise within appropriate heart zones is essential for long-term cardiovascular health.

### 10. Consulting a Professional

Before starting a new exercise regimen, especially for individuals with pre-existing health conditions, consulting with a sports doctor or sports physiotherapist is crucial to ensure safety and effectiveness.

Incorporating exercises within specific heart zones is a strategic approach to maximize cardiovascular health. By understanding and targeting different intensity levels, individuals can tailor their workouts to achieve specific fitness goals, whether it be fat burning, endurance improvement, or enhanced cardiovascular fitness. Regular exercise within appropriate heart zones, coupled with proper monitoring and guidance, sets the foundation for a heart-healthy lifestyle.

**Dr. Surya (pt)**

**Team Prokinesia Healthcare**



# Reciprocal Club of the Month

Chee Chan Golf Resort, an 18-hole championship course crafted by Golfplan's David Dale, boasts a prime location beside the iconic Chee Chan Mountain. Spanning 580 Rais (229 acres), the course offers panoramic views of the world's largest Lord Buddha engraving. The landscape, designed by GCH, features the Khao Chee Own Mahamondhob Stupa and a captivating Pattaya skyline. With 5-star services, the resort fulfills its vision as a dream golf destination. The clubhouse, adorned with amenities, promises a luxurious experience. Maintaining global standards, IMG oversees operations. Chee Chan Golf Resort stands as a premier property, a testament to excellence in golf and hospitality.

Chee Chan Golf Resort, Thailand





# Know Your Team



## **Pukhraj Bedi**

Hailing from Chandigarh, having spent 22 years there, Pukhraj embarked on a journey in hospitality that took him from the Ambedkar Institute of Hotel Management in his hometown to coveted positions at Taj Hotels and Resorts. His career unfolded across unique locations like Mumbai, Chennai, Colombo with the most prestigious Taj properties, endowing him with a wealth of experience in luxury hospitality.

Self-dubbed the “Accidental Bartender,” Pukhraj’s passion for mixology blossomed during the pre-opening of Pune’s JW Marriott Hotel. Leading one of the county’s highest revenue generating rooftop bars “Paasha” and nightclub “Miami,” he discovered his flair for cocktails and connoisseurship.

Joining The DLF Golf and Country Club from Pullman New Delhi Aerocity about half a year back, Pukhraj has swiftly made his mark with his signature cocktail recipes and his charming smile. Celebrating the freedom to experiment and innovate, he extends an invitation to savour the “Pavilion Sour” the unique “Island Green,” and his favourite “Penicillin” at the bar.

Away from work, Pukhraj is an avid athlete, exploring sports like running, football, martial arts and badminton since childhood. His eclectic taste extends to music, enjoying everything from Ghazals to Jazz during his occasional musical indulgences. We welcome him to the team and wish him many successful years ahead.



# FEBRUARY CALENDAR

## LADIES NIGHT

Every Wednesday  
Pavilion Bar

## CIGAR AND MALTS

Every Friday  
Pavilion Bar

## HATHA AND VINAYASA YOGA WITH NAMIKA

Every Saturday and Sunday  
Reception Plaza

## ESSENCE EUPHORIA

Aromatherapy and exfoliation  
experience  
Everyday  
The Spa

## DANCE WELLNESS

Everyday Monday and Wednesday  
Reception Plaza

## DLF GOLF LEAGUE SEASON 2

Every Monday and Thursday  
Gary Player Course

## FITNESS FRIDAYS

Every Friday  
Reception Plaza

## TANGRA AFFAIR

A culinary visit  
to the famous China  
Town in Kolkata

2<sup>nd</sup>-3<sup>rd</sup> February  
The Pavilion

## THE NUTELLA WORKSHOP

4<sup>th</sup> February  
The Pavilion

## TENNIS LEAGUE

16<sup>th</sup>-18<sup>th</sup> February

## VINO VOYAGE : A WINE TASTING EXPERIENCE

TBA  
Pavilion Bar

## TRASH TO TREASURE

18<sup>th</sup> February  
Reception Plaza

## CANDLE CRAFTING

23<sup>rd</sup> February  
Reception Plaza

## BAR STORIES BY PUKHRAJ BEDI

25<sup>th</sup> February  
Pavilion Bar

## BAR TAKEOVER WITH JACK DANIELS

TBA  
Pavilion Bar

## CHETTINAD SPICE FEST

TBA  
The Pavilion

## CHAI VEDA

TBA  
The Pavilion

