



★★★★★

05/24 COUNTRY GOLFER



Location - 17th Hole, Gary Player Course

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MESSAGE



Dear Member,

As we transition into the thick of summer, it has not stopped us from continuing to engage our community. The Club has been lively with a range of activities and social engagements. I am thrilled by the overwhelming response from our members for the upcoming Corporate League. This season promises to be even more spectacular than last year, culminating in an expanded and exciting event.

Colts Vs. Stallions, coming back this June, is the only members' event which brings the team of the club together with our wonderful members. I really look forward to witnessing Gagan Gupta and Prosenjit Das fighting it out on the greens trying to bag the trophy for their respective teams. Col Sanjay Lakra (Retd) and I make our debuts this year and hope to be of some assistance in the tournament.

We had the pleasure of hosting the DLF Golf League Season 2 runners up, Team Racconti Titans, in Almaty for an unforgettable golfing retreat. It was fulfilling to offer such

a prestigious trip as part of the winners' rewards. I am looking forward to organizing a similar experience for the winners, Team Golfism in July.

Health and wellness at the Club have reached new heights recently. It is wonderful to see members regularly attending Dance Wellness classes and Hatha and Vinyasa Yoga sessions. Soon, we will be adding Tai Chi to our wellness offerings as well. Our monthly spa promotions, Chaar Hasta Yugma and Conquering Back Pain by the Prokinesia team, have also enriched our wellness initiative.

I would like to thank our forever energetic Human Resources team who leave no stone unturned to keep above our massive team engaged. Be it mothers' day celebration, quarterly townhalls or monthly theme lunches, this team is always bubbling with new ideas to keep all of us happy at the workplace. I keep getting numerous compliments for our ever smiling and enthusiastic team members which acts as a big source of motivation for the team and myself. I do believe our Human Resources team, led by Yamini Bhakri, has a lot to do with it.

After Ladies' Nights on Wednesdays; Saturdays have now become a highlight with the lively Saturday Shuffle. The month was marked by the Bar Takeover with the talented Ross O'Reilly, whose mixology skills delighted us. In culinary delights, we celebrated World Hamburger Day with the Gourmet Burger Fest, offering a variety of mouthwatering burgers.

The Delightful Cravings took members on a heavenly journey through decadent desserts in collaboration with the Academy of Pastry and Culinary Arts, Gurgaon.

Indulging in the world of cocktail and mocktail events, Bar Stories by Pukhraj Bedi and the Fruity Mocktail Masterclass respectively kept you all engaged. We hosted an enlightening book reading for the book – 'She Storms the Norms'. The author Anisha Motwani, in conversation with Rica Roy won hearts with their empowering perspectives. We greeted summer with exciting pool-related events like Aqua Bhangra and the Aqua Summer Camp.

As we look forward to the upcoming events and activities, I am delighted to be able to anticipate the continued engagement and enthusiasm from all our members. Let us welcome summer with renewed energy and make the most of the exceptional experiences that lie ahead.

Tusch Daroga

Members' Achievements

Scaling New Heights

Neha Agrawal's recent accomplishment of trekking to Everest Base Camp stands as a testament to her indomitable spirit and unwavering determination. Conquering one of the toughest treks on the planet, she navigated the arduous path from Lukla to the base camp in a remarkable 11 days. Braving bone-chilling temperatures and unpredictable weather conditions, Neha remained undeterred, fuelled by her relentless enthusiasm. Despite the thinning oxygen levels at higher altitudes, she pressed on towards her goal with unwavering resolve.

Her journey to Everest Base Camp was not merely a physical feat but evidence to her resilience and courage. Each step she took echoed her determination to overcome obstacles and prove her mettle against nature's elements. Neha's achievement serves as an inspiration to all, reminding us that with perseverance and courage, any challenge can be conquered. Her trek to Everest Base Camp is more than just a personal triumph; it is a beacon of strength and resilience for all who dare to dream big.



Honour and Pride

Our beloved Ranveer Singh Saini was honoured with the prestigious Haryana Khel Gaurav Puraskar by the Hon'ble Chief Minister of Haryana, Shri Nayab Singh Saini ji, amidst eminent sportspersons, Arjuna Awardees, Dronacharya Awardees, and Bhim Awardees of Haryana. His dedication and perseverance are truly inspirational, making him a beacon of excellence in the world of golf. Congratulations to Ranveer on this remarkable achievement!



Sunset Golf by Hero Fincorp

The club recently hosted the Hero FinCorp Golf Day, organized by Mr. Abhimanyu Munjal and his dedicated team. With Hero FinCorp being a sponsor of the IPL Team of Delhi Capitals, the event had many members of the Delhi Capitals play the tournament as well as come for the gala evening.

Amongst the spot prizes played on the course, opening batsman Jake Fraser McGurk secured the Straightest Drive while the Closest to Pin was won by Paulastya Sachdev and Rajeev Pandey. There was a putting competition for the Non-Golfer Category which had Malvika Singh clinching the top prize.

The team competitions were very keenly contested. The Second Runner-Up Team was won by the team of Abhimanyu Munjal, Kanav Monga, Ricky Ponting and Tristan Stubbs while the team of Dr. Pawan Munjal, Vikram Malhotra, Jake Fraser McGurk and Veer Ahlawat finished in the Runner Up spot.

In the end, the team consisting of Arpinder Singh, Rajeev Pandey, Vivek Anand and Jake Richardson won the tournament and took home golf bags as their winning prize. The gala evening kept the guests engaged with a superb musical performance by the King's Code band.



Hole-In-One

Congratulations to Mr. Himanshu Puri for achieving a remarkable feat in golf by scoring his first hole-in-one on 8th May at the Arnold Palmer course, hole number 03. His precision and skills are truly commendable, making this accomplishment a memorable moment in his golfing journey!



Fruity Mocktails

Members at the club recently had a refreshing experience diving into the world of fruity mocktails. In a lively session, they learned to craft four delightful fruit-based summer mocktails, each bursting with vibrant flavours and colours. The event was a resounding success, with participants fully engaged at individual practice stations, honing their mixing skills under the guidance of seasoned bartenders.

From zesty citrus blends to luscious berry concoctions, the array of mocktails catered to diverse palates, offering a tantalizing escape from the summer heat. With hands-on practice and expert tips, members left the session not only with new recipes but also with the confidence to recreate these delectable beverages at home, adding a refreshing twist to their summer gatherings.



Book Reading

The recent book reading event at the club was a captivating affair as accomplished author Ms. Anisha Motwani took the stage in conversation with renowned sports journalist Ms. Rica Roy. The focus of the discussion was Anisha's acclaimed book 'She Storms the Norms', a powerful narrative that challenges and dismantles gender bias and stereotypes. As Ms. Motwani dived deep into the inspirations behind her work, Ms. Roy expertly guided the conversation, drawing out insightful perspectives on gender equality and women's empowerment.

Anisha inspired our members to showcase the scope of empowerment for women in their workplaces. Our esteemed member Mr. Rajeev Chaba proudly talked about how he has incorporated the same in his organisation. Through anecdotes and excerpts from the book, attendees were transported into a world where women defy expectations and carve their paths with resilience and determination. The event not only celebrated the triumphs of women but also sparked meaningful conversations about societal norms and the importance of breaking barriers for a more inclusive future.



Summer Splash

Under the scorching summer sun, the club pulsed with vibrant water-based activities. Last month's highlight, a gripping Water Polo match, kindled excitement and camaraderie among members. Teams, seven members each, engaged in an intense battle, with goalkeepers making awe-inspiring saves. The green caps team, led by Sales, our lifeguard, clinched victory with seven goals to the orange caps team's five who were led by Rajesh, our swimming coach.

Another captivating activity was Aqua Bhangra, where pulsating beats harmonized with splashing water, offering a refreshing and invigorating cardio workout.

Members relished this fusion of culture and fitness, revelling in its exhilarating experience beating the heat.

The Aqua Summer Camp was equally unforgettable, featuring two days of thrilling water adventures like scuba diving, snorkelling and throwball. Enthusiastic participants thoroughly enjoyed the activities before indulging in a sumptuous lunch prepared by our skilled chefs. Beyond competition, laughter and jubilation resonated, solidifying lasting bonds among participants. Here's to more moments of triumph, joy and unforgettable experiences as we embrace the essence of summer.



Health and Wellness

In the past month, the club has been abuzz with enriching opportunities for health and wellness. Namika led invigorating sessions of 'Hatha and Vinyasa Yoga', guiding members through poses that harmonize body and mind. Meanwhile, the spa introduced the rejuvenating 'Char Hasta Yugma' promotion, offering tailored treatments to elevate relaxation and restore vitality for our members.

Additionally, Yatan Ahluwalia's team energized

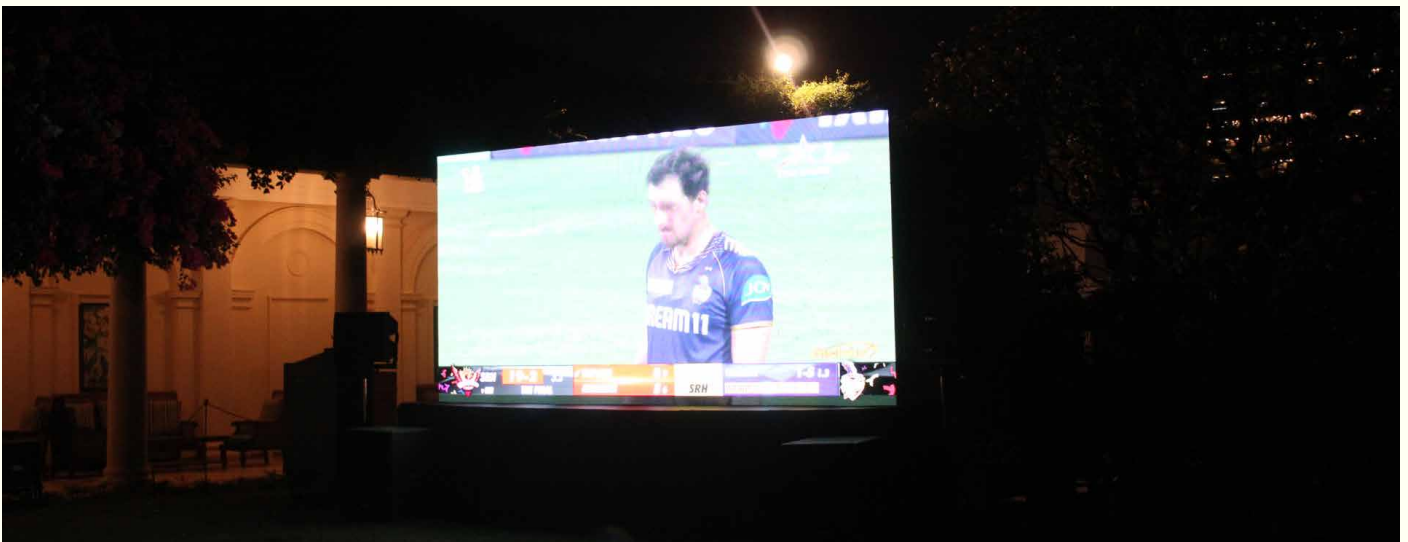
the club with rhythm and energy through 'Dance Wellness' sessions, encouraging members to explore movement as a pathway to holistic well-being. Moreover, the Prokinesia Clinic launched the 'Conquer Back Pain' promotion, providing expert guidance and innovative therapies to alleviate discomfort and promote spinal health. With these diverse offerings, the club continued to foster a community committed to thriving in body, mind and spirit.



IPL Finals Screening

The Garden Café at the club transformed into a vibrant arena as members gathered to witness the IPL Finals screening. Cheers echoed through the air as fans rallied behind their favourite teams, building suspense and a spirit of unity. The atmosphere crackled with excitement as every boundary and wicket unfolded on the big screen. Whether celebrating victories or sharing moments of tension,

the sense of togetherness among attendees was palpable, fostering a strong bond and community spirit. As the match reached its thrilling conclusion, the Garden Cafe reverberated with applause and cheers, marking not only a celebration of cricket but also a testament to the enduring spirit of unity among members.



Throwback to Almaty





Bar Stories

...By Pukhraj Bedi

'Bar Stories... By Pukhraj Bedi' continued its thriving journey this month, delighting members with its unique blend of mixology and storytelling. Amidst the clinking of glasses and laughter, participants immersed themselves in the art of exquisitely crafting Gin-based cocktails.

Pukhraj's passion and expertise not only elevated the flavours but also created a sense of community among our members, forging an in-house fan base for his innovative mixes. As each cocktail unfolded, so did tales of inspiration, tradition and innovation, leaving members not only with a heightened appreciation for mixology but also with cherished memories of shared experiences at the club's vibrant bar.



Savouring the Moments

Throughout this month, our club has been buzzing with exciting beverage and food promotions, offering something for every palate. Wednesday nights continued to sparkle with the usual Ladies' Nights, providing a perfect midweek escape for our female members. Saturdays became unmissable with the rhythmic beats of the Saturday Shuffle, featuring Pistola's electrifying menu. The highlight, however, was the Bar Takeover by the talented Ross O'Reilly, who dazzled us with his mixology skills and innovative creations.

In the realm of gastronomy, we celebrated World Hamburger Day with the Gourmet Burger Fest, tantalizing taste buds with a variety of mouthwatering burgers. Additionally, Delightful Cravings took members on a culinary journey into the world of decadent desserts, in collaboration with the Academy of Pastry and Culinary Arts, led by Chef Sehaj Ghuman. With each promotion, our club continues to be a hub of culinary delights and memorable experiences for our members.



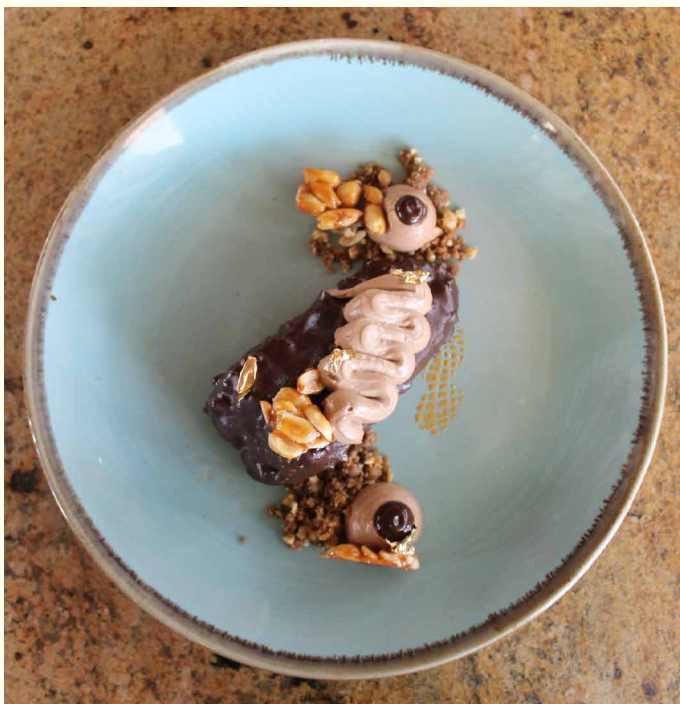
Pistola Lemonade



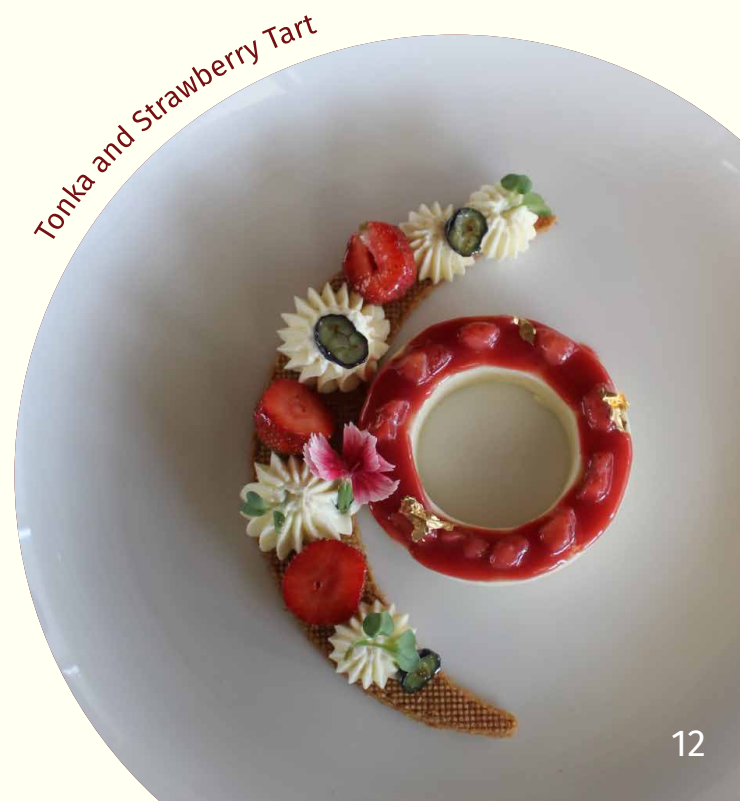
Chicken Milanese Burger



Ross O'Reilly at Bar Takeover with Jameson



Snickers



Tonka and Strawberry Tart

Budding Stars of Tomorrow

The Indian Golf Union's North Zone -
Sub Junior/Junior Feeder Tour Mayo College,
Ajmer (26th – 27th April 2024)

Girls Category



Aadya Kaushal secured the 1st position



Suhani Chandra finished in Runners-up position

Under 9 Category



Aryaan Mittal secured 1st position



Taanush Kumar finished in Runners-up position in Under 9 & E Category (Boys)

The NCR Cup – 15th Junior Golf Tournament Delhi Golf Course (16th – 17th May 2024)



Kashika Misra secured 1st position in A Category



Taanush Kumar secured the 1st position in E Category

The Indian Golf Union Western India Ladies and Junior Girls at Kalhaar Blues & Greens Golf Club, Ahmedabad



Annvi Dahiya finished in Runners-up position in A & B Category



Naina Kapoor finished in Runners-up position in C Category



Aahana Srivastava finished in runners-up position in 2nd Uttar Pradesh Open, presented by Oil India Ltd. held on from 1st to 3rd May 2024 at Jaypee Greens Wishtown, Noida.



Kartik Singh clinched the victory at the IGU Tamil Nadu Junior Golf Championship played at Clover Greens Golf Course from 6th to 10th May 2024.

Tee Time Lesson

Getting Fit for Wedges

Having a good wedge game is vital for the club golfer. Every time a green in regulation is missed, it is the wedge game that come to the rescue. There are a number of factors one must consider when selecting your next set of wedges.

Loft

Depending on each individual's style of play, a choice has to be made whether to keep three wedges or four wedges. If you are a long hitter and get shorter approaches to greens then it makes sense to go in with a set of four wedges. What is important here is that the lofts should be selected in a manner that all the distance gaps are plugged. For example, if you have a 46 degree Pitching wedge then the rest of the wedges should have 4-5 degree difference in lofts, a 50 degree – Gap wedge, 54 degree - Sand wedge and a 58 degree - Lob wedge.

Bounce

Wedge bounce is the angle created between the leading edge and the lowest point of the sole or trailing edge. This angle forces the club to “bounce” or skip out of the turf or sand, quicker, as it contacts the ball. The greater the wedge bounce degree, the higher the leading edge is off the surface at address. The bounce can be as low as 4 degrees and as high as 14 degrees.

If a player has a steep angle of attack or plays on soft fairways then a high bounce wedge will work well. If a player has a shallow angle of attack into the ball or plays on hard fairways then a low bounce wedge will work well.

Grind

The sole of the wedge may be shaped in different ways, this is known as the grind. There are several grind options available from equipment manufac-

turers. A player must select the grind depending on how they like to play most of the green side shots, with an open face or with a square face. Best is to try out different grinds and select one best suited to your style of play.

Selecting the right combination of loft, bounce and grind go a long way in becoming a good wedge player. As the saying goes, “a good short game is the glue that keeps the score together”.

Deepinder Singh Kullar

Head – Professional
DLF Golf Academy



Various types of Wedge Grinds



The Bounce Angle

Elevating Fitness



Curtsy lunges, also known as courtesy lunges, are a dynamic lower-body exercise that targets the glutes, quads and inner thighs while also engaging the core for stability. This movement mimics the traditional curtsy gesture, hence its name and is praised for its ability to tone the legs and improve balance.

To perform a curtsy lunge, start by standing tall with feet hip-width apart and hands on your hips or clasped in front of your chest for balance. Step your right leg diagonally behind your left leg, bending both knees until your left thigh is nearly parallel to the ground. Ensure that your front knee does not extend beyond your toes to protect your joints. Push through your left heel to return to the starting position and repeat on the other side.

Incorporating curtsy lunges into your fitness routine can provide several benefits. This exercise effectively isolates the gluteus medius, an often-underworked muscle that plays a crucial role in hip stabilization and lower body strength. By challenging the balance, curtsy lunges also enhance proprioception, which is essential for overall coordination and injury prevention.

Additionally, curtsy lunges can be modified to suit various fitness levels. Beginners might perform the move without weights, focusing on form and control. More advanced exercisers can add dumbbells or a barbell to increase resistance or integrate the move into a High-Intensity Interval Training (HIIT) routine for cardiovascular benefits.

Overall, curtsy lunges are a versatile and effective exercise that can help sculpt the lower body while improving balance and coordination. Whether you're new to fitness or an experienced athlete, this move can add variety and challenge to your workouts.

Anjali Yadav
Fitness Professional,
DLF Golf Academy



The Prokinesia Perspective



Our modern sedentary lifestyle and habits are wreaking havoc on our health, particularly when it comes to our shoulders. Desk jobs and poor posture contribute to a common issue: Shoulder impingement.

Shoulder impingement, a prevalent condition, arises when the tendons of the rotator cuff muscles become inflamed due to repetitive stress, particularly during overhead activities like lifting, swimming, or tennis. The rotator cuff muscles, vital for stabilizing the shoulder joint, bear the brunt of this stress. The tendons pass through the narrow space between the top of the shoulder blade and the ball of the shoulder joint, leading to constant rubbing against the bone which results in inflammation of these tendons.

As inflammation progresses, both the rotator cuff tendons and the bursa can be affected, resulting in shoulder pain, especially during overhead activities. This pain often manifests at the top and outer side of the shoulder and can disrupt sleep due to nighttime aching or discomfort. Additionally, weakness in the arm may be experienced.

Without appropriate treatment, there is an increased risk of thinning and tearing of the shoulder

tendons. Early identification of symptoms is crucial to prevent degenerative changes.

Physical therapy plays a pivotal role in diagnosing the underlying cause and designing a personalized exercise regimen to improve shoulder posture, strengthen muscles, alleviate pain and enhance range of motion.

Maintaining good posture is key to preventing shoulder issues. Be mindful of your posture throughout the day, whether you are sitting at a desk or engaging in physical activities. Practice proper ergonomics and take regular breaks to stretch and move around.

Following are the stretches that will be helpful:

- Cow face pose
- Eagle arm stretch
- Cross body shoulder stretch
- Wall downdog stretch

For comprehensive information and a detailed assessment, please visit us at Prokinesia Healthcare. We are here to provide expert guidance and support for your shoulder health journey.

Dr. Mahima Kansal (PT)
Team Prokinesia Healthcare

Quill Corner

Ma

She loved cooking,
I didn't like her food

She had an awful tendency to
force feed.

She was religious,
I turned atheist.

She was a stickler for perfection,
I was imperfection personified.

She demanded respect
I rebelled.

She tried to mould me
I fought it off

She never gave up
And I never grew up

She retired hurt / happy
My plate was suddenly overfull.

She still loved cooking
I was falling in love with the food,

She melted for her grandchild, I
was the strict mother.

I was still irreverent and rebellious
But now she was my ally.
I wore her saris to work

As she cuddled her grandchild
to her breast.

Suddenly I wanted to apologise for
my years of meanness, my anger,

For treating her like a punching
bag ,

for all my lived and imagined
traumas.

She didn't want an apology

She seemed proud of her
daughter,

She whispered it to the wind and
to her grandchild

Somehow I heard it and my heart
was full.

Nandini Choudhury Sen
(Member Since 2021)



Turf Talk



all playing surfaces in preparation for the monsoon season. Notably, there has been a significant improvement in the quality of the lakes. The addition of high-volume aerators and diffusers has significantly improved water oxygenation, enhancing water quality. As a result, algae is no longer an issue, providing a more aesthetically pleasing and enjoyable experience while playing the course.

Shaun Matthew Satterly
Golf Course Superintendent

The course conditions are progressing well following the renovations in early May. The greens have recovered well after an aggressive renovation aimed at sustaining their overall health and conditioning. The summer heat will be a challenge as the team navigates the elevated temperatures to ensure enjoyable playing conditions. The transition from ryegrass to bermudagrass has been an improvement over the years. While some areas of the rough are currently not strong, they are expected to improve rapidly in the coming weeks. The team will use this period of elevated temperatures and clear skies to build as much density as possible across

Stay Fit, Stay Calm!



Not losing fat even after exercise and diet! Here's why!

1. Lack of Strength Training – Cardiovascular or Aerobics exercises alone may not be sufficient for fat loss. Adding up strength training is important for building lean muscle mass which increases the resting metabolic rate and supports long-term fat loss goals.

2. Poor Hydration – Dehydration can hamper metabolism and contribute to water retention. Therefore, staying hydrated is essential for optimal bodily function and

can support fat loss by promoting efficient calorie burning.

3. Medical conditions – Certain medical conditions like hypothyroidism can impact fat loss and medications with weight related side effects may slow down metabolism or lead to weight gain.

4. Inadequate Sleep – Poor sleep quality and insufficient sleep disrupt hormonal balance and affect appetite regulating hormones. Thus, lack of quality sleep is a strong risk factor obesity. It could also hinder the fat loss progress.

5. Plateaus in Exercise Routine – After some time our body can easily adapt to certain exercise routine which leads to plateaus in fat loss. Periodic changes in workout type, intensity and duration are essential to keep the body challenged to overcome these plateaus.

The fat loss journey is not just about the hours spend in sweating in the gym, it's a holistic approach that includes proper nutrition, adequate sleep and a balanced lifestyle.

Wishing you very best of health!

Anoop Tiwari
Head- Sports Complex

Know Your Team

Dalvir Singh



We are delighted to introduce Dalvir Singh, who will be overseeing our banquets division. Dalvir hails from Punjab and has a strong background in Hospitality Management, having studied at Portobello College in London. His career includes valuable experience with esteemed luxury hospitality brands such as Marriott and Hyatt.

Dalvir loves working at the DLF Golf and Country Club because of its world-class amenities, diverse clientele and exceptional service standards. His commitment to excellence and passion for the hospitality industry make him a valuable addition to our team.

On a personal note, Dalvir is married to Nikita, who is also part of the DLF family. In his leisure time, he enjoys playing cricket and badminton. We wish Dalvir the best of luck in his new role and look forward to his contributions to the success of our banquets division.



Introducing

Praveen Kumar



We are thrilled to introduce Praveen Kumar, the esteemed leader of our Finance Team. Born in Jaitsar, Rajasthan, Praveen completed his primary education in his village before moving to Nohar for his graduation. His academic journey culminated in Jaipur, where he earned his Chartered Accountant credentials. Praveen is married to Kapila, who also excels within the DLF family, working in the premium clubs sector. Together, they have two beautiful sons, Keyansh and Parth.

Praveen brings a wealth of experience in the luxury hospitality segment, making him an invaluable asset to our team. He has a particular fondness for South Indian cuisine, which he enjoys whenever he gets the chance. When asked about his favourite aspect of working here, Praveen couldn't stop talking about the beauty of the golf course, which he finds incredibly inspiring. We are confident that Praveen's expertise and passion will drive our financial success. We wish him the best of luck in his role and look forward to his continued contributions.





Heritage Golf Club, Mauritius



Reciprocal Club of the Month

Nestled along the picturesque southern shores of Mauritius, Heritage Golf Club stands as a beacon of excellence in the realm of golfing destinations worldwide. Here, amidst the idyllic surroundings, players are greeted with two distinct experiences that epitomize the essence of golfing paradise. Embark on a journey of challenge and awe at La Réserve Golf Links, the Indian Ocean's premier links-style course, co-crafted by Open Champion Louis Oosthuizen, offering breathtaking panoramic views of the ocean with each swing. Alternatively, indulge in the serene elegance of Le Château Golf Course, renowned as the Indian Ocean's unrivalled gem, boasting immaculate fairways, lush greens and captivating natural landscapes. At Heritage Golf Club, golf enthusiasts discover a harmonious blend of natural beauty and exhilarating golfing adventures, making it a destination of unparalleled distinction.

JUNE CALENDAR

LADIES' NIGHT

Every Wednesday
Pavilion Bar

HATHA AND VINYASA YOGA WITH NAMIKA

Every Saturday and Sunday
Reception Plaza

DANCE WELLNESS

Everyday Monday and
Wednesday | Reception Plaza

SATURDAY SHUFFLE

Every Saturday
Pavilion Bar

SHANKARA KANSA WAND THERAPY

Everyday | Pavilion Spa

FLUFFY FLAVOURS

PANCAKE MAKING WORKSHOP
2nd June
Reception Plaza

QUARTERLY TENNIS TOURNAMENT

TBA
Tennis Court

PLANT A PROMISE

PLANT YOUR OWN TREE
5th June
Kids' Room

BOOK CLUB

7th June
Reception Plaza

LADIES' WATER POLO

9th June
Sports Complex

COLTS vs STALLIONS

13th, 20th and 27th June
Gary Player Course

BAR TAKEOVER

13th June
Pavilion Bar

GOLF FOR A CAUSE

CELEBRATING AUTISM
PRIDE DAY

14th June
DLF Golf Academy

FATHER'S DAY TOURNAMENT

15th June
Arnold Palmer Course

YOGA RETREAT INTERNATIONAL YOGA DAY CELEBRATION

21st-22nd June
Reception Plaza

POTTERY BY SHIVIKA

CLAY POTTERY CLASS
22nd June
Reception Plaza

BAR STORIES

BY PUKHRAJ BEDI
23rd June
Pavilion Bar

DOSHAM SAJJITA AHAAR

A CULINARY WELLNESS
EXPERIENCE

TBA
The Pavilion

