

Gangjee goes into sole lead

Pics: Yogesh Chawda

Kemmer, Keiffer Joint Second; Kapur Drops Down To Tied 11th

TIMES NEWS NETWORK

Ahmedabad: "I felt as if I was playing hockey," said Rahul Gangjee, the sole leader of the Gujarat Kensville Challenge 2012 after the third round here on Saturday. Gangjee shot a one over 73 with a double bogey on the 17th and bogey on the 2nd, 5th, 7th and 16th on a tough day of golf where it was windy from the start, the greens were hard and "even 15 yard chips rolled down 10 yards after pitching," said Gangjee.

"It just wasn't stopping. I hit four shots on the green on a par-5 hole which was embarrassing," said Gangjee who managed to hang on to his number one position, which he held from Day One, with six under and a total score of 210.

But Shiv Kapur, who shared joint lead with Gangjee, dropped down dramatically with a 78 and was now one-under for three rounds and tied 11th. The next best Indian was Ashok Kumar (75, 70, 74) at three-over and tied 27th with Peter Uihlein of the US. American Dodge Kemmer (70) and German Max Keiffer (70) shared the second spot at five-under 211, while English duo Philip Archer (68) and

Luke Goddard (70), Swede Jens Dantorp (74) and Dane Andreas Harto were all tied for fourth at four-under 212. Archer moved from overnight 20th to fourth bringing himself back in the fray.

On a tough scoring day, when the wind and hard greens took a toll, there were

four cards under 70, two 68s and two 69s by Andreas Harto and Callum Macaulay.

The 33-year-old Gangjee said, "I know what it is like to go in the lead on the last day. I have also learnt from it. Sure there will be some nervousness."

On his plan for the final day, he said, "I'm going to play positively on the last day, because it's the only way I know how to play."

Meanwhile, Kapur added to his woes on the par-4 18th, where he was just off the green. He left his chip short, then hit his first putt five feet past the hole and failed to hole it and ended with a double bogey for a 78.



A golf fan at the course

Leaderboard after round 3

210 R Gangjee (Ind) 68 69 73; **211** D Kemmer (US) 69 72 70; M Kieffer (Ger) 70 71 70; **212** J Dantorp (Swe) 70 68 74, A Hart (Den) 73 70 69, L Goddard (Eng) 71 71 70, P Archer (Eng) 73 71 68; **213** O Henningson (Swe) 73 72 68, C Macaulay (Sco) 74 70 69; **214** S Benson (Eng) 70 68 76; **215** Shiv Kapur (Ind) 69 68 78, P Dwyer (Eng) 71 72 72, Bjorn Akesson (Swe) 70 73 72; **216** J Gibb (Eng) 72 72 72, R Russell (Sco) 73 69 74, C Doak (Sco) 74 70 72, C Lloyd (Eng) 72 70 74, C Brazillier (Fra) 72 70 74.

How the Indians fared

219 Ashok Kumar 75 70 74; **220** Digvijay Singh 72 73 75, Kapil Kumar 73 73 74; **221** Gangjeet Bhullar 71 75 75, M Singh Pathania 75 72 74; **222** Ranjit Singh 71 73 78, Shamim Khan 72 75 75, Vijay Kumar 76 72 74; **223** Mukesh Kumar 72 73 78, Abhinav Lohan 72 73 78; **224** Manav Jaini 70 77 77; **227** Vinod Kumar 75 71 81.



Rahul Gangjee

'My body is in Mumbai but my soul is in Ahmedabad'

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Ahmedabad: Everything is good and great here — the ambience, the weather, the course, the field et al. Talk to any golfer randomly and ask him about the tournament and the first thing they will mention is the course, which according to all is "in perfect condition", "looking great", "playing well" etc.



Col KD Bagga

Call it the will of fate or bad luck, the man behind making such a beautiful course possible in this part of the country KD Bagga is in the ICU at a Mumbai hospital battling old age and ill health when whole of Kensville is in celebration mood.

"He was admitted to the ICU after he reported irregular breathing early in the day," said Col Bagga's son Amit, who answered the call meant for his father. "He was having lot of problems in Delhi because of the cold weather there so we decided to shift him to Mumbai and has been in the hospital for the last 10 days," said Amit.

Col Bagga has been unwell for quite sometime now and Amit also took him to Singapore for treatment last year before returning to India again. Old age and a chronic back problem had made his life miserable and he takes almost an hour or so every morning to get himself ready to step out of bed. But that didn't deter him from moving around from one place to another and more importantly design golf courses. In an SMS sent on the day of the Pro-Am event before the tournament, Col Bagga wrote: "Congrats and best of luck. How was the going today? I will be grateful if you can keep me posted about the scores everyday. My best wishes to all players. Hope I survive to be able to visit Kensville next year. Regards and love from Bagga."

Unexpectedly, or rather surprisingly, towards the end of the day's play on Saturday, Col Bagga's voice came floating from the other end of the receiver. He sounded weak and seemed to be in pain but after the initial exchange of greetings said: "My body is in Mumbai but my soul is in Kensville. Don't be surprised if you see me on a wheelchair at the venue on the last day."

The principle of balance

That Is Key To Open The Door To Total Well Being

R Parthasarathy

One of the great principles of the universe is the principle of balance. To function properly, every part of the world/cosmos must be in a state of complete equilibrium. So it is with our bodies too. The human body is just another part of the universe that is meant to be in perfect balance. We have been built in such a way that we just so much exercise, no more and no less, so much of food, no more and no less and so much of sleep, no more and no less.



Sunday Sabse FIT

SOLUTION TO EMOTIONAL PROBLEMS MAY LIE IN AEROBIC

Everyone wants to feel relaxed and feel happy about life and want to possess the extra reserves of energy that often accompanies the attainment of emotional equilibrium. There is a constant tendency for minds and

emotions under pressure to get out of balance --perhaps to swing like a psychological pendulum towards excessive concern for some personal problem, to fall victim to unusual fatigue or lack of energy. Periodically most of us lose our emotional equilibrium with the result our energy levels drop.

SELF CONFIDENCE INCREASES TOTAL WELL BEING

When a person is in a state of TWB, his ability to sleep improves markedly, his sense of well being increases and he experiences less tension and depression. Self confidence increases, self esteem reaches new heights and emotional problems including anxiety and depression drop to new low. A state of physical and emotional equilibrium will mean greater tranquility, energy, intellectual capacity and overall happiness for you. Three factors have been identified by Cooper in emotional balance and these are the stress reduction factor, the endorphin effect and the somewhat nebulous personality change principle. Each of these will be explained later. (To be continued)

(R Parthasarathy IAS (Retd) is an Associate Institute of Aerobics Research, Dallas Texas)

LACK OF BALANCE, LACK OF PERSONAL WELL BEING

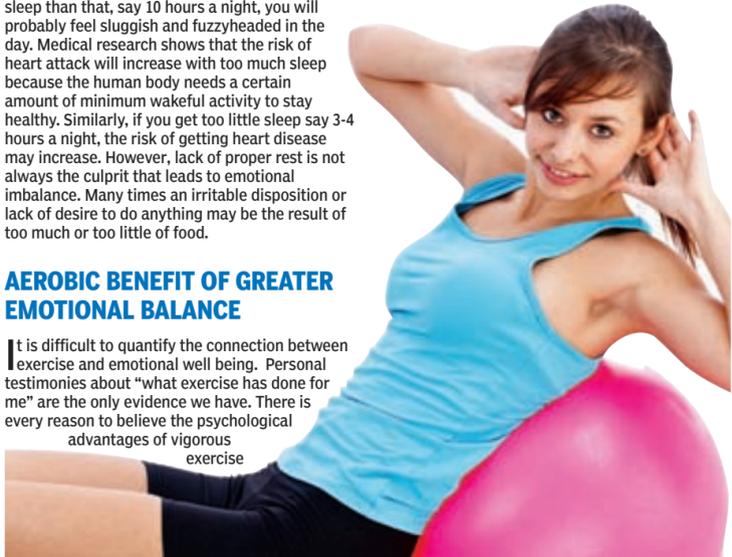
If a person goes too far in either direction, too little or too much of either exercise or food or rest, then his physical and psychological system gets out of kilter. When there is lack of balance, there is lack of personal well being. By the same logic, when there is balance, there is sense of well being and when there is perfect balance, there is what Dr Kenneth Cooper, the man who gave aerobics to the world, calls Total Well Being (TWB). TWB is a condition that arises from an overall state of physical and emotional equilibrium, which can be achieved through balance between exercise (activity), food (diet) and rest (sleep).

MINIMUM WAKEFUL ACTIVITY TO STAY HEALTHY

How much sleep do you need? For most people it is in the range of 7-8 hours a night. If it is more sleep than that, say 10 hours a night, you will probably feel sluggish and fuzzyheaded in the day. Medical research shows that the risk of heart attack will increase with too much sleep because the human body needs a certain amount of minimum wakeful activity to stay healthy. Similarly, if you get too little sleep say 3-4 hours a night, the risk of getting heart disease may increase. However, lack of proper rest is not always the culprit that leads to emotional imbalance. Many times an irritable disposition or lack of desire to do anything may be the result of too much or too little of food.

AEROBIC BENEFIT OF GREATER EMOTIONAL BALANCE

It is difficult to quantify the connection between exercise and emotional well being. Personal testimonies about "what exercise has done for me" are the only evidence we have. There is every reason to believe the psychological advantages of vigorous exercise



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