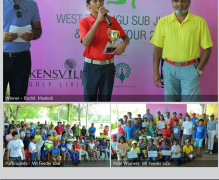




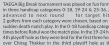
Dear Members and Golfers,  
Greetings from Team Kensville.

Western India Feeder Tournament

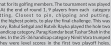
We hosted the Indian Golf Union Junior feeder Golf tournament at Kensville Golf & Country Club. This was the 1st event of the 2017 junior golf season of the Western India Club Junior and Feeder Tour. This is an official IGI sanctioned tour of Western India and attracts the best golfers from the region to participate. Junior boys and girls in the age categories 5 years – 16 years, from the Western Zone participated in the tournament.



Winner - Rishi Prasad



Participants - WJ Feeder Tour



Girls Winners - WJ Feeder Tour

TADGA BIG BREAK

TADGA Big Break tournament was played on fun format for its golfing members. The tournament was played in three handicap categories 0-18, 19-24 & 25-36. At the end of round 1, 9 players from each category advanced to next round for target hitting. Classes to play, chipping and putting. 2 golfers from each category were chosen, based on the highest points, to play the final challenge. This was sudden death match play. In the 0-18 handicap category, Rahul Sengal and Kunal Rajya played the hole two times before Rahul won the match play. In the 19-24 handicap category, Prayag Khandelwal beat Tanishk Shah in the 4th playoff hole as they were tied for the first three holes. In the 25-36 handicap category, Himil Shah triumphed over Ching Thakkar in the third playoff hole as they were level scores in the first two playoff holes. Rahul Sengal was the closest to pin with 4.3 inches to the flag. Longest Drive was shared by Hensul Prajapati and Parthiv Rajya.



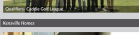
TADGA BIG BREAK - WINNERS

Caddy Golf League

Harish Patel carded a gross 87 to win the qualifying round of the Kensville leg of Caddy Golf League 2017. Suresh Chhabra carded gross 90 and claimed the runner's position with a better back nine. In addition, Dinesh Vaghela, Nitish Doshi hit the ball at 107° to win the lowest top on the 11th hole. Sachin won the straight drive with his ball 17' away from the centre line. Top 10 caddies qualified round for the final of the caddy tournament to be played on 6th May.



Participants - Caddy Golf League



Qualifiers - Caddy Golf League



Finalists - Caddy Golf League

Kensville Homes



100' x 150' Badminton was handed over the possession of 24 completed flats at Kensville Homes.



An elderly couple was handed over the possession of his long-term dream home at Kensville Homes.

Kensville Ayurveda



**Dr. Rajagopal Meenan**  
We welcome Dr. Rajagopal Meenan to Team Kensville. He is a senior Ayurveda doctor with more than 20 years of experience. He is also a yoga teacher. He holds a Diploma in Yoga Therapy-DYT from SIVYASA, the yoga institute in Bangalore.  
Dr. Rajagopal will also be available in the Kensville Ayurveda center in the city, at our academy behind Rajput club, from 7.30 am to 9.30 am and 4.30 am to 7.30 pm, on Friday of every week.

KNEE PAIN - A REVIEW & MAINTENANCE IN AYURVEDA

Knee pain is a common complaint that affects people of all ages, but more clearly after middle age. Knee pain may be the result of an injury, such as a ruptured ligament or torn cartilage. Medical conditions – including arthritis, gout and infections – also can cause knee pain.

**Symptoms.**  
The location and severity of knee pain may vary, depending on the cause of the problem. Signs and symptoms that sometimes accompany knee pain include:

- Swelling and stiffness
- Redness and warmth to the touch
- Weakness or instability
- Popping or crunching noises
- Inability to fully straighten the knee

**Causes.**  
Knee pain can be caused by injuries, mechanical problems, types of arthritis and other problems.

**Injuries.**  
A knee injury can affect any of the ligaments, tendons or fluid-filled sacs (bursae) that surround your knee joint as well as the bones, cartilage and ligaments that form the joint itself.

**Mechanical problems.**  
Some examples of mechanical problems that can cause knee pain include:

- Loose body. Sometimes injury or degeneration of bone or cartilage can cause a piece of bone or cartilage to break off and float in the joint space. This may not create any problems unless the loose body interferes with knee joint movement. In such cases the effect is something like a pencil caught in a door hinge.
- Dislocated kneecap. This occurs when the triangular (bone) patella that covers the front of your knee slips out of place, usually to the outside of your knee. In some cases, the kneecap may slip displaced and you'll be able to see the dislocation.
- Hip or foot pain. If you have hip or foot pain, you may change the way you walk to spare these painful areas. But this altered gait can place more stress on your knee joint. In some cases, problems in the hip or foot can refer pain to the knee.

**Types of arthritis.**

- Osteoarthritis. Rheumatoid arthritis.
- Gout.
- Psuedogout/Septic arthritis. All these could lead to chronic knee pain.

**Risk factors.**  
• Excess weight, Lack of muscle flexibility or strength, certain types of sports, Previous injury etc. could be some of the risk factors that may enhance the risk factors of knee pain.

**AYURVEDA** considers knee pain as a *sauha* predominant disease. It could be very well managed, even in very chronic conditions adopting suitable treatment methods.

Ayurvedic Treatments

**Padi** or **Kizhi** treatments like *pathrapada*, *swedan*, *ajiprasakti*, *kudizhi* etc., which could be used in different types.

**Jamsuwalli** which is rubbing of oils in the knee. **Upasaham** which is binding of different medicinal herbs around the knee.

**Dhara** treatments like *Koridhara*, *trikudhara* etc.,

**Panchakarma** treatments like *Shirovasti*, *Kudhaya vasthi* etc., and also *Raktshonaka* treatment using leeches etc., in certain conditions.



**TREATMENT OF THE WEAR**  
**ELAKIZHI**  
Healing Benefits:  
• Effective for Arthritis  
• Treats Joint Pain  
• Improves muscle strength  
• Relieves body aches and sore joints  
• Circulates Blood  
• Cleanses the Body  
• Boosts and rejuvenates the Body  
The Healing Touch of Ayurveda

**Dr. Rajagopal Meenan** B.A.M.S., B.P.  
(Consulting Ayurvedic Physician and Yoga Therapy Specialist)  
Mobile : 0991 888099932 (consultation with appointment)  
@ayurveda@kensville.co.in  
URL : [www.kensvilleayurveda.com](http://www.kensvilleayurveda.com)

Rules of Golf Rule

3-3. Order as to Procedure

The Rule has been amended to provide further guidance on: 1. The procedure for a competitor who is uncertain of how to proceed and decides to play two balls; and 2. How the Committee should determine which ball is to count in such situations. In addition, the Rule has been expanded to provide guidance on which ball counts when the Rules do not permit the procedure used for either ball.

**Exception to Rule 6-6d.** Wrong Score for Hole. This new Exception provides that a competitor is not disqualified for returning a score for any hole lower than actually taken when this is due to failure to include one or more penalty strokes that, before returning his score card, the competitor did not know he had incurred. Instead, the competitor incurs the penalty prescribed by the applicable Rule and an additional penalty of two strokes for each hole at which the competitor has committed a breach of Rule 6-6d.

**Rule 14-1b.** Anchoring the Club. A new Rule is introduced to prohibit anchoring the club, either "directly" or by use of an "anchor point", during the making of a stroke.

**Rule 14-8.** Artificial Devices and Unusual Equipment. Abnormal Use of Equipment. Several amendments have been made to Rule 14-8, including: 1. A statement of principle has been introduced to confirm what guides the governing bodies in determining whether use of any

Principal Changes 1)

**One Standard.**  
A tradition of excellence comes not just from celebrating a game's great past, but in leading it into the future. Alongside the R&A and USGA, Rolex is proud to be part of the vision of an unrivalled sport.

Item is a breach of Rule 14-3; 2. For clarity, the previous reference to "abnormal use of equipment" has been changed to "abnormal use of equipment"; and 3. The penalty for a player's first breach of Rule 14-3 during a stipulated round has been modified from disqualification to loss of hole in match play or two strokes in stroke play, with disqualification applied as the penalty for a subsequent breach of the Rule.

Golf Tip

Keep Your Hands Low

Limiting the height of the follow through will effectively reduce the height of your shots. The lower the hands, the lower the ball flight. Moving the ball back in your stance or choosing a stronger club and trying to swing one or two ways to accomplish the same thing, but they're too reliable and more difficult to execute. Instead, keep your hands low in the finish (compare the two photos at right), and the trajectory of your shots will be lower.

Give Your Spine The Permission

Make sure you're on-plane at the top of the swing to guarantee solid ballstriking and increased accuracy. Notice in the photo at left how my right forearm is parallel to my spine, my left wrist is flat and my elbows and arms form a tight triangle. These are indicators that I've rotated my shoulders into the backswing perfectly.

Take of the Month



"Ever since we started calling him 'Tiger' we don't have to give him strokes!"

Forthcoming events

Kensville Junior Challenge - Date 24<sup>th</sup> & 25<sup>th</sup> June, 2017

Thank you and regards

Sincerely

Lakshmi Mulli  
Kensville Golf & Country Club