

**Dear Members and Golfers,**  
Greetings from team Kensville.

## PGTI Players Championship



Winner – Chikkarangappa in action



Winner – Chikkarangappa

### Chikkarangappa cruises to five-shot win

We hosted the PGTI Players championship at Kensville from 6th to 10th April. Bangalore's Chikkarangappa S cruised to a five-shot win after posting a three-under-69 in the final round of the PGTI Players Championship presented by Kensville Golf & Country Club. Chikkarangappa, who totaled 12-under-276 for the week at the Rs. 30 lakh event, climbed from fifth to second position in the Rolex Rankings as a result of his win. Lucknow's Sanjay Kumar was placed second at seven-under-281 as he carded a one-under-71 in round four.

Chikkarangappa (69-64-74-69), who enjoyed a three-shot lead heading into round four, had a slow start with a bogey on the third where he hit a poor second shot. However, the 21-year-old soon regained his touch by picking up a birdie from 12 feet on the next hole. But the highlight of Chikka's final round was the birdie conversion from 100-feet on the eighth.

Chikka, who set the course record with his 64 on day two, then had a flurry of birdies on the 12th, 14th and 15th that took him to the cusp of his sixth professional title. He knocked-in putts from a range of eight to 12 feet on this stretch. Chikka signed off with a bogey on the 18th which didn't have any impact on the final standings as the gap between him and second-placed Sanjay Kumar was too big.

"It's great to win a title at the venue where I began my professional career. The conditions were a lot calmer today as compared to round three and I drove home the advantage with some good putting. I had a fantastic week barring day three when I was taken off guard by the blustery conditions. I did well to hang in there despite the tough conditions in the third round," said Chikka, who took home the winner's purse of Rs. 4,50,000.

He added, "I had the wind favoring me today on the back-nine and that helped my cause. A solid final round at last week's event set up this week for me. These last two weeks have been a good preparation ground for me for this year's Asian Tour season. I now look forward to following my friend Anirban Lahiri at The Masters on television over the next three days. He's had a wonderful start to the event and I hope he can keep it going in the remaining rounds."

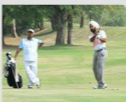
Sanjay Kumar (71-68-71-71), who finished a distant second, made four birdies and three bogeys in the final round. Sanjay's missed a hole-in-one by a whisker on the 16th as his tee shot lipped out. He drained a 25-footer for birdie on the fifth. Sanjay, who didn't find a single bunker during the week, claimed his best result of the season at Kensville.

Seventeen-year-old rookie Feroze Singh Garewal of Chandigarh, playing only his third professional event, secured a creditable tied third finish at five-under-283 after his final round of 72. Kolkata's Feroz Ali Mollah returned a 69 on Friday to take a share of third place along with Garewal.

Mr. Sameer Sinha, MD, Kensville Golf & Country Club, gave away the prize to the winner, he said, "We thank the PGTI for jointly hosting this tournament with us and the PGTI members for participating in this event and making it a huge success. We would also like to thank the media for their outstanding coverage of the event. Events such as the PGTI Players Championship help us promote the sport of golf in Gujarat. We look forward to hosting many more big tournaments in the future in order to give exposure to local talent and at the same time showcase Kensville Golf & Country Club as a top golfing destination in the rest of the country."



Runner up – Sanjay Singh



## ONGC Golf Tournament - 2015



We hosted the annual ONGC Cup Golf Tournament-2015 at Kensville. The one day tournament scheduled on 15th Feb' 2015 saw participation of avid golfers from various work-centers of ONGC as well as from Army, Air-Force, Coast Guard, Civil authorities and the business community by invitation.

Sri Yash Malik, ED-Asset Manager and Captain of ONGC Golf Club, Ahmedabad said "I not only wanted to conduct the tournament in a grand way, I also wanted to give exposure to ONGC golfers to an international level golf course and the venue at Kensville Golf and Country Club served the purpose very well. Also, he inspired the members of ONGC Golf Club, Ahmedabad to come out with an inhouse magazine - to which the Club members responded well and the maiden souvenir by name 'Golfania' was released during the inaugural function. The word Golfania has been coined for the magazine - which may be love or passion for Golf!"

The Tournament was inaugurated by Sri Yash Malik, ED-Asset Manager - Ahmedabad Asset. The inaugural Tee-off was special for two reasons- firstly, it was first time that the tournament was being held on an international level golf course and secondly, the maiden souvenir 'GOLFANIA' was also released. Senior officers of ONGC Ahmedabad and high ranking officials from Army, Air-Force, Coast Guard, Civil authorities added grace and glamour to the game known for developing and nurturing relationships.



Mr Yash Malik – Inaugural Tee off

Ravinder Vani won the best gross and was closely followed by PC Meena for the runner up position. Mrs. Sophie won the women category, Mrs. Shailja Kumar, Vigilance won the runner up trophy. Mrs. Roopal Anthony won the Ladies Putting Competition, Mrs. Anita Gupta, was the runner up. ONGC team lifted the overall team trophy followed by Army team.

## Ksheeradhara in summer

Dhara means 'pouring of medicinal liquid' in the traditional system of Ayurveda. When this treatment is done with milk (Ksheera), it is called 'Ksheeradhara'.

Ksheeradhara is of two types - shirodhara and sarvangadhara. While shirodhara is carried out for the head, Sarvangadhara covers the whole body except head.

Ksheeradhara is effective in the treatment for hypertension, depression, anxiety, stress, insomnia, rheumatism etc. Usually cow's milk but sometimes buffalo's milk is also used. Milk is prepared with the decoctions of various herbs. A Sravanga Ksheeradhara is usually prescribed for diseases caused by disorders of the Pitta Vata. As a first step, a suitable type of medicated oil is applied on the head/body. A pitcher with a sprout known as kindi is ideal for pouring the milk on body. It is found to be very effective in providing a profound relaxed feeling to the central nervous system. It is performed in seven standard positions and lasts approximately 30 - 40 minutes. Ksheeradhara in summer will help to keep the body heat regularized. It protects the skin and stabilize the immune system.

Dr. Jinesh, K.S  
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## Garden Maintenance and Housekeeping Services

We pride ourselves on our multitude of garden maintenance and housekeeping services for our member's homes at Kensville. We maintain the inside and outside of your homes. Our services range from simple to landscape designs, quick fixes to general maintenance and from simple to commercial cleaning. Our services are tailor made to create the escapism you are looking for, so that you can spend time, relax and entertain inside and outside of your homes at Kensville. Our team sends regular reports with pictures to the members of their homes and gardens.



## Golf Tip

Connect With The Ground!

Most golf instructors agree that the best way to become a better golfer is to start from the ground up. It's not something most golfers think about, but in reality, the ground is critical to helping create more power. To illustrate, think of a car. What makes it go? Here's a hint. It's not the engine or the tires. It's the ground. If you take a car off the ground, the wheels have nothing to push against as they rotate forward.

Same goes for the golf swing. If we don't have stable footing on the ground, any chance at hitting a shot with power and control is vanquished. You need the ground to press against as you whip the club through impact.

To get a better feeling for the ground beneath your feet, do what I'm doing here. Hop off the ground and come to a squat. Do this repeatedly until you start to feel your body pushing into the ground and your legs and trunk flex as you land back on the ground. This sensation will help you get connected with the ground and get ready to make a powerful swing.

## •Rule 4 – Clubs

- 4.1 Clubs must conform to the specifications in Appendix II; generally, clubs must be of a "traditional form and make", and "plain in shape". Normal wear and tear does not make a club non-conforming if it was originally conforming as long as it is fit for play.
- 4.2 The characteristics of a club cannot be changed during a round, and foreign material cannot be applied to the club to influence the ball.
- 4.3 Clubs that become damaged and unusable by normal play may be repaired or replaced if it does not delay the game; clubs damaged in other means (frustration) cannot be used, repaired or replaced. A player may not borrow a club from another person playing to substitute a damaged one, nor assemble one from any spare parts that may be carried to repair clubs. If a club damaged in the normal course of play is unfit for play it may be replaced or repaired. Repair means to return the club to its original state.
- 4.4 A player must not start a stipulated round with more than fourteen clubs. If two players are sharing clubs, the combined total clubs for both players must not exceed fourteen.
- 4.5 The penalty for carrying, but not using, an illegal club (any non-conforming club or in excess of 14) is two strokes (or loss of hole) for each hole up to a maximum of two that was played while in violation. Any club carried in violation of Rules 4-3(iii) or 4-4 must be declared out of play to the marker or an opponent immediately upon discovery or the penalty is disqualification.
- 4.6 The penalty for using a non-conforming club or more than 14 different clubs to make a stroke at the ball is disqualification.

## Joke of the Month



"The Doctor will be with you shortly.  
He's on the 14th hole."

Forthcoming Tournaments  
Monthly Medal – 30th May

Thank you and regards  
Sincerely  
Lokendra Malik  
Kensville Golf & Country Club