

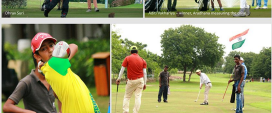
Dear Members and Golfers,

Greetings from Team Kenville.

Kenville Independence Trophy- Flag Competition

We celebrated the 49th Independence Day at Kenville by hoisting the National Flag at the Golf club. Mr. Jigish Shah hoisted the National Flag. The golfers participating in the flag tournament and staff joined the ceremony. The day belonged to the youngsters. In the handicap category 0-12 and 13-34, it was an all boys show. Dhruv Suri held his nerves to win the competition in handicap category 0-12. He took the flag to the 18th hole. Young Dhruv was the runners up in the same category last year. Series of pars in the closing holes by Pratik Patel helped him to take the flag to the 18th tee to take the runners up spot.

Sixteen year old Dewarsh Singhvi, displayed a high level of concentration and maturity to win the 13-24 category with a big margin. He took the flag to the 20th hole. Defending champion Moharish Shah also played an excellent golf to take the flag to the 19th green to win the runners up position. Nirav Shah took the flag to the 20th hole to win the 25- 34 category. Defending champion Parag Adulkia took the flag on the 19th hole to contend with the runners up position. Aditi Vakharia took the flag on the 18th green to win the ladies category. Anadhana Vaghela was runners up by taking the flag to the 17th green. In the skill prizes Mahharishi drove the ball 263 yards to win the Longest Drive. Closest to pin was won by Rutwik Thakkar with 10' 5" to the flag.



National Anthem – Staff & Kenville school kids

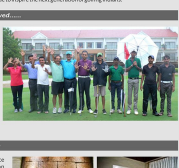
Golfing Duo Of Ahmedabad Set Yet Another World Record!!

Brijesh Patel & Siddharth Nalki have made us all proud. They played all the 10 golf courses of Ahmedabad in 11.28 hrs, and wrote another page in their name in the Limca book of Records. The duo also has their names in the Limca book of Records in June 2014, for having played the most number of holes by anyone in a day.

Using the alternate shot foursomes format, they began the record breaking golf journey at 5:47 am in the Army Golf course. Undeterred by the sweltering heat, the strong winds, and even the showers of blessings from the Rain Gods they moved from course to course, playing a round of nine holes in each course namely. When they arrived at Kenville for the final leg it was raining, and the wind was strong, undeterred, they went on to play. Finally amidst loud cheers from fellow golfers, family and friends, they finished their round at Kenville at 17:15 pm. They said, "Driven by our passionate love for the game and our cherished dreams of being among the best in the country, we seek to continue to inspire the next generation of golfing Indians."

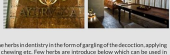
The ten golf courses they played,.....

- Army APTA Golden Gate
- MSC South Western Air Command
- ISF Lions Golf Course
- Farbat All BDC
- Alora Hills Resort Golf Course
- Cambay Golf & Spa Resort
- The Belvedere Golf & Country Club
- Kalhaar Blues & Greens
- Sulochar Greens Golf & Country Club
- Kenville Golf & Country Club



Herbal Remedies for Dental Disorders

Teeth having a very high importance in the human body as it plays an important role in the digestive process. More over it maintains the shape of the face. Ayurveda included the dental disorders under Jathranudagada rogas. In olden days people were using the neem stick mango tree leaves etc as the tooth brush. In most cases we find that the astringent taste plants are mostly used in dental disorders. We can apply the herbs in dentistry in the form of gargling, decoction, applying the paste, smoking the fumes, rubbing, chewing etc. Few herbs are introduced below which can be used in dental disorders.



- BAKULA (Bakul)**
Botanical Name:- Mimusops elengi
 Being an astringent and styptic (arrests bleeding), it is valuable aid in dental ailments like bleedings, pyorrhoea, dental caries and loose teeth etc. In such conditions the tender stems are used as tooth brush. The powder of the bark skin is used for cleaning the teeth, a popular combination of powders of bakula's bark skin, root of kantakari (Solanum xanthocarpum), salmolyka (Barleria prionitis) leaves and skin of almond fruit is burnt in to ash and is used to cleanse the teeth and strengthen them. The gargles of decoction of its bark skin and that of khadira (Acacia catechu) are effective in bleeding and swollen gum. The unripe fruit is used as a masticator and helps to fix loose teeth.
- JATIPHALA (Jyapthala)**
Botanical Name:- Myristica fragrans
 This is a commonly seen plant. Its oil is effectively used in dental ache and in case of infections. This is one of the drugs which can be used as a painkiller.
- KANDARAKI (Pinnamulaka)**
Botanical Name :- Solanum xanthocarpum
 The dried fruits are smoked in the form of cigarette and the smoke is held up in the mouth cavity for some in the case of dental infection.
- MARICHA (Kalonchik)**
Botanical Name:- Piper nigrum
 In case of tooth decay and aches, the Marocho powder is used for brushing the teeth. The gargle with its leaf decoction is good in case of oral infection.
- LAWANGA (Lawang)**
Botanical Name:- Syzygium aromaticum
 It acts as mouth freshener. In tooth ache lawanga can be administered as first aid. The oil can be effectively administered in toothache as a painkiller.
- POOTHIMA**
Botanical Name :- Mentha arvensis
 The juice of leaves is an effective gargle in ailments of oral cavity like halitosis. It is also useful in dental caries.
- NIMBA (Nanahada, Nimba)**
Botanical Name:- Azadirachta indica
 Dental infections are well controlled with the gargles of decoction of its leaves. In olden days people used to brush their teeth with the crushed end of neem stick.
- THURASHEERA (Thurur)**
Botanical Name:- Curcuma angustifolia
 The powder of rhizomes with honey is applied on the mucous membrane of the oral cavity in stomatitis it also promotes the healing of stomalulcers.
- THWAK (Taju)**
Botanical Name:- Cinnamomum zeylanicum
 The small pieces of its bark are chewed for strengthening the gum. It is also used as mouth freshener. The swab dipped in its oil is placed in dental caries to alleviate the pains and to mitigate the dental infections.
- THILA (THI)**
Botanical Name :- Sesamum indicum
 Gargle with the paste of sesame seed mixed with buttermilk or hot water can very effectively use in the case of tingling sensation of the teeth. Simple chewing of sesame is also help in this case.
- VIDANGA (Vaidang)**
Botanical Name:- Embelliaribes
 The gargles with the decoction of vidanga are beneficial in dental ache. Application of the paste of Vidanga is useful in dental infections.
- RAJKA (Raj)**
Botanical Name :- Brassica juncea
 The seed oil of Rajika acts effectively in dental disorders. The seed oil with salt is an effective gargle in dental infections and pyorrhoea.

Golf To

Just Think About...

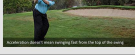
Great tips for keeping it simple

ACCELERATE!

Golf can be a very complicated game. Trust me, as an instructor for many, many years, I've seen the game at its most complex levels, especially regarding the golf swing from a mechanical standpoint. But in my study and profession, I've come to learn that learning to swing well and learning to play the game well aren't anywhere near the same. Sure, we can get into the nitty-gritty of your swing on the practice tee, but that's where it should end. As soon as you tee it up, the mind should be free of distractions and complicated information.



To play better, try and think less. That doesn't mean shut your brain off completely. Instead, whittle down the tips and info you get from your teaching pro into simple, easy-to-remember bullet points for when you're out on the course. Here are some of my favorite things that you should think about the next time you play. And, again, leave the heavy stuff for the practice tee!



ACCELERATION

Here's a typical scenario that can ruin a decent round for many players. I've missed the green with my approach shot, on the far side of the green side bunker. I now face a shot from light rough, over a bunker with no green to work with. Like so many situations in a round of golf, my expectations must line up with reality to hit the right shot and avoid a big mistake. The key here is to get the ball on the putting surface as close to the hole as possible without taking any risk of hitting it short into the face of the bunker. That, folks, would be the worst.



There's a laundry list of things you can think about on this shot. Open the face, hinge early, use the bounce, hit the toe, hit down, use your pivot, etc. Playing your best golf only will happen when you simplify the process and focus on one positive, specific thought. On this particular shot, I've found that maintaining a steady acceleration through the strike produces consistent results. Many players struggle from this area because they allow the fear of missing the shot to influence their technique. When there's fear, there's an inability to move, which often leads to deceleration and the inevitable fat shot into the sand. I would recommend you focus on steady acceleration during the practice swings and repeat the same process when hitting the shot. Remember, one positive thought is all you should think about. In this case, it's to remember to accelerate through the shot.

Rule C – Player

- 6.1 Players and caddies are responsible for knowing the rules, and players are responsible for the rules infractions of their caddies.
- 6.2 Defines procedure for declaring and recording handicaps.
- 6.3 Players must start their game at the appropriate time as instructed, and must stay with their arranged group for the entire round.
- 6.4 Players may be assisted by one (and only one) caddy during the round.
- 6.5 Players are responsible for playing the proper ball (the one belonging to them that is in play).
- 6.6 One player is the "marker" and has the responsibility for properly marking the scores of each competitor in the group on their scorecard. The player himself is responsible for the scores recorded and must review the scores and raise any disputes before returning the scorecard.
- 6.7 The player must maintain a pace as may be set by the course authorities and must not unduly delay play.
- 6.8 The player must not discontinue play except for reasons stated, primarily when play is officially suspended, there is danger of lightning, or for other "good reason" (not including bad weather in and of itself). The rule further defines procedures for suspension and resumption of play.

Golf Aids

A man was addressing the ball when an announcement came over the loud-speaker: "Will the gentleman on hole number one please not hit from the Ladies' tee box?" The man backs away, a little distracted, then approaches his ball again. As he does, the same announcement comes over the loud-speaker: "Will the gentleman on hole number one please not hit from the Ladies' tee box?" The man is getting irritated now, and after backing away from his shot, approaches his ball one more time. This time the announcement came: "We really need the gentleman on hole number one to move off of the Ladies' tee box!" To which the man turns around and yells: "And I really need the announcer to shut up and let me play my second shot!"

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