

Dear Members and Golfers,
Greetings from Team Kenville.

Welcome to Kenville Golf Club. At Kenville we pride ourselves in being one of the friendliest and most welcoming Golf Clubs in the region.

Our members are invited to dedicate to the loving memory of a person who has recently passed. Kenville Golf offers members a special opportunity to be involved in the preparation for August edition of Kenville Junior Challenge – our friend, our guide and our member – Sidharth Malik, his single-minded dedication and perseverance towards golf instantly ordered his to one and all, and that's why we need to celebrate his life and take his journey further.

Amongst his achievements to date, he bagged the gift of a scholarship that will prepare juniors to overcome tournament fear is prepared, the Kenville Junior Challenge and the Golf & Schools programs, which were very dear to his heart. His vision was to develop a bunch of good professional golfers, He conceptualized and nurtured The Kenville Golf League, which demonstrates his love and care for the welfare and upliftment of juniors. He was determined to be the leader of the game, so that they become professionals & earn a better living.

He never kept his records in a book of records, but he has a habit of playing 260 holes in 12-14 hours in June 2016. Another feat was playing 300 holes in continuous than 12 hours with his playing partner Shishu Patel in 2015. Both these feats are national and world records. We are all proud of him and let's inspire ourselves to continue the good work started by him.

In memory of our beloved Sid, Kenville Golf & Country Club is proud to announce the start of an annual tournament called "The Kenville Memorial Cup" for juniors.

Kenville Junior Challenge

We have launched Kenville Junior Challenge, a tournament for juniors. KVC will be a regular calendar event of Kenville Golf and Country Club. The tournament is open to all junior amateurs of Gujarat in various age groups, as specified in the Indian Golf Union. The year long tournament will be played every seven months through in 2018. It is a ranking event for the juniors and this will encourage the juniors to take up the game competitively and as a career. KVC will give the juniors maximum opportunity to play/compete the golf through these.

KVC - I

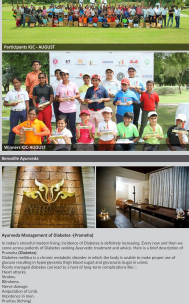
Rishi Marbati won the Kenville Junior Challenge tournament in category A with a gross score of 83. Mohini Shah got the runner up position with a card of 87. Kshit Patel came 2nd with a gross 81 in the 8 category. He was followed by Arshad with a score of 83. Vikram Shah won the C category with a score of 104, and Ansh Sahrawat scored 111 to win the runner up position. Shashank won the D category with a score card of 114 and Karthi Patel won the runner up position with a card of 120. Dhruv Patel won the E category and was closely followed by Naveen Patel claiming the runner up position. Six year old Vira won the F category with gross 81. He was closely followed by Ansh-Sub and Siddhant claiming the runner up positions. In the girls section Chaitra Thakur won the A category with a score of 92. Mahi Prabhakar won the B category with a card of 90. Mahi Kataria won the C category with 110. Rishika won the D category. Six year old Divyansh won the E category with a score of 114, and Anshika won the runner up position with a score of 118.

Director General Indian Golf Union Vaj. Col Anur Kumar Singh and Mr. Sumit Sinha MD Kenville gave away Trophies.



KVC - II

Musht Chhabra won the Kenville Junior Challenge tournament in category B with a gross score of 79. Samal Shah was the runner up position with a score of 82. Kshit Patel came 2nd with a gross 81 in the 8 category. He was followed by Arshad with a score of 83. Vikram Shah won the C category with a score of 104, and Ansh Sahrawat scored 111 to win the runner up position. Shashank won the D category with a score card of 114 and Karthi Patel won the runner up position with a card of 120. Dhruv Patel won the E category and was closely followed by Naveen Patel claiming the runner up position. Six year old Vira won the F category with gross 81. He was closely followed by Ansh-Sub and Siddhant claiming the runner up positions. In the girls section Chaitra Thakur won the A category with a score of 92. Mahi Prabhakar won the B category with a score of 90. Mahi Kataria won the C category with 110. Rishika won the D category. Six year old Divyansh won the E category with a score of 114, and Anshika won the runner up position with a score of 118.



Participants KVC - AUGUST



Ayurveda Ayurveda



Ayurveda Management of Diabetes - (Prameha)

In today's stressful modern living, incidence of Diabetes is definitely increasing. Every now and then we come across patients of Diabetes seeking Ayurvedic treatment and advice. Here is a brief description of Prameha (Diabetes).

Diabetes mellitus is a chronic metabolic disorder in which the body is unable to make proper use of glucose resulting in hyperglycemia (high blood sugar) and glycosuria (sugar in urine). Poorly managed diabetes can lead to a host of long-term complications like:-

- Heart attacks.
- Stroke.
- Blindness.
- Nerve damage.
- Amputation of limb.
- Impotence in men.
- Premature ageing.

According to Ayurveda There are 26 forms of Diabetes (Prameha) 16 are due to Vata, 4 result from Pitta, and 6 are caused by Kapha. But Diabetes Prameha is mostly Kaphadominia disease. All forms of diabetes not treated to eventually develop into Madhumeha (Diabetes Mellitus).

Causes of diabetes -

- 1) Diet including kaphafoods such as sugar, fat, potatoes, rice.
- 2) Lack of exercise.
- 3) Mental stress and strain.
- 4) Excessive sleep etc.

Symptoms of diabetes -

- 1) Excessive urine formation & frequent urination.
- 2) Burning of palms and soles.
- 3) Increased Thirst.
- 4) Excessive Heat.
- 5) Sweet taste to mouth etc.
- 6) Weight Loss.
- 7) Night Vision.
- 8) Wounds that take time to heal.
- 9) Skin infections.
- 10) Unexplained extreme fatigue.

Remedies for diabetes:-

- 1) Diet planning - is the cornerstone of managing diabetes. The diabetic diet is an otherwise normal balanced diet, with a few modifications and proper spacing between food intakes. Avoid diet including kaphafoods such as sugar, fat, potatoes, rice, wheat, etc.
- 2) Daily exercise - One of the methods to treat post-metabolic syndrome exercises. Regular exercise is very form is a must.
- 3) "Sugars" - Forward toning, asanas like "Paschimotasan", "Kobari" etc. are effective.
- 4) "Alkaline" and "Reduced" weight.
- 5) Avoid sleeping during daytime.
- 6) Avoid smoking.
- 7) Try to reduce stress by implementing "Yogi" practice.

Useful herbs for Diabetes management

- 1) Jamun (Eugenia jambolana) Powder from green seed is useful.
- 2) Guggul (Commiphora wightii).
- 3) Bitter Gourd (bitter melon (Morus charantia)
- 4) Bel (Aegle marmelos).
- 5) Amargreek (Trigonotis foenulgrecum)
- 6) Turmeric.
- 7) Neem.
- 8) Bitter.
- 9) Bitter.

Useful drug formulations -

- 1) Chandanadiya.
- 2) Arogyawachal.
- 3) Jwalaat tablets.
- 4) Diabetesin.
- 5) Viranga Mutras.
- 6) Prasadikamutak.

Diet in Diabetes -
- Use Bitter, Sour, pung, Kapha, Chikense, Old Rice, Bitter Gourd, Goshila, Another good in diet. Avoid rice and wheat as much as possible. Include "Bitter" items in diet.
In summation, diabetes is not just a lack of insulin. Its most probable cause is poor diet, exercise or stress management, we will be able to take care of a single problem Diabetes.

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Rules of Golf Rule

Rule 18-2.

Ball in force Moved by Player, Partner, Caddy or Equipment Rule 18-2a (Ball Moving After Address) has been withdrawn. This means that when a ball moves after a player has addressed it, the application of a penalty under Rule 18-2 will be based purely on whether the player caused the ball to move.

Rule 25-2

Embedded Ball Holes have been introduced to clarify when a ball is embedded, and confirms that a Committee may introduce a Local Rule allowing relief without penalty for a ball embedded anywhere through the green.

Rule 24-2.

Ball Played Within Water Hazard The rule has been reformatting solely for clarity. There has been no substantive change.

Rule 4-3.

Ball-Related Expenses New Rule 4-3 is introduced to clarify that an amateur golfer may receive reasonable expenses, not exceeding actual expenses incurred, for non-competitive golf-related activities.

Rule 9-1b(1).

Period Waiting Reinstatement - Professionalism The recommended guidelines on periods awaiting reinstatement are amended to provide that a period in breach of the rules of six years or more (previously five years or more) should result in a period awaiting reinstatement of two years in addition. The Rule is amended to provide that, if an applicant for reinstatement has played extensively for prize money consideration should be given to the level of competition and the applicant's performance in these competitions in determining whether the applicant's period awaiting reinstatement should be extended.

Golf tip.

Use Your Body For Power

Every good golfer knows that power comes from the body not the arms. To learn to power the club with your body instead of your arms and hands, put the club behind the ball at address, with your body in a closed-stance position. Without using a backswing, try to drag the ball into the air. If you're a player who usually or has trouble to control the club, you'll probably struggle at first. However, you'll quickly find that once you start moving the club with your body, you'll begin to get the ball in the air more consistently. This helps you turn fully enough that you lose the backswing.

Wingtip Power

Amateurs have problems hitting crisp iron shots due to too lateral flex. First, the wrists tend to be too low to the ground, which delays the proper timing of the wrists and too late in the backswing. Second, in an engaged effort to create power, the arms tend to swing too far in the backswing. This causes a breakdown in posture and creates lateral pressure.

Jobs of the Month

Forthcoming events,
Kenville Open - PGTI Golf Tournament 8th - 9th Sep
Kenville Memorial Cup
For Sidharth Malik - 23rd Sep.

Thank you and regards,
Sincerely,
Lokendra Mehta
Kenville Golf & Country Club