

Mr Dewang Shah - Kensville Open Winner

Dear Member and all Golfers,  
Greetings from team Kensville. Wish you all a very happy and prosperous new year

## 4th Kensville Open

We welcomed 2015 with our flagship event the Kensville Open on 3rd January. Jeev Milkha Singh set the ball rolling with a ceremonial tee off. Dewang Shah won the 4th Kensville Open today at Kensville Golf & Country club. He brought in a gross card of 3 over to lift the title.



Ceremonial tee off by Jeev

Parthiv Mehta played a steady golf and won the 0-12 handicap category with 38 stable ford points. He was closely followed by Aditya Shah who was runner up scoring 37 points. Dhaval surti and Nimish shah were inspired by Jeev Milkha Singh's ceremonial Tee shot on the first hole. Both played some good golf and were tied on 42 stable ford points. Dhaval won on the count back with better last 6 holes. 24-36 handicaps were a battle of the young and a veteran. Anush Iyyer won the category with 41 points an our veteran golfer Champak Lal ji was runner up with 39 points. Parina Patel won the ladies category. Bhavesh Dave won the longest drive and Anand Dave proved his precision with iron play, winning the closest to pin.

## The Flying Sikh with Students

Padma Shri Milkha Singh ji, the flying Sikh addressed the press and students from JTD foundation an association working for the development of sports in schools. In the morning he attended the Vastu pooja for Jeev's house and relaxed in the balcony, watching golfers teeing off from the first tee. The Flying Sikh at 85 was full of energy in the day, when he intermingled with the children and was treat for 100 golfers and approximately 600 guests and fans gathered to meet him. He addressed the children and advocated the parents to guide their children on a disciplined path. We have developed a jogging track along the golf course and a cycling track along the property at Kensville. He was very pleased to open the jogging and cycling track on the golf course, and advised that everyone must jog as a daily routine to remain fit. His shared about his championship running and races and inspired all to follow a disciplined schedule to excel in any field. He concluded his address by expressing his desire, if someone could get a gold medal for him, when he lost in 400 m in Rome Olympics. He went around the golf course, with Jeev, met the golfers and talked to them about the game.



## 4th Kensville Open 2015



## Women Golf Association of India - Ladies Open at Kensville

Delhi's Vani Kapoor made a fabulous start to the New Year as she kicked off her season, winning the tournament at the picturesque Kensville Golf & Country Club

The Hero Order Of Merit Leader from last year showed a positive intent right from the word go capitalizing on her good form to win the first leg of the Hero Women's professional Golf Tour 2015.

Vani Kapoor began cautiously, but faltered twice carding bogeys on the 2nd and 9th hole in the front nine. Her only respite in her front nine was a birdie on the 5th hole. She followed up on the back nine with a lone birdie on the 14th hole and two bogeys on the 12th and 15th holes respectively. She finished the final round with a total score of 223, three shots clear of veteran golfer Smriti Mehra to walk away with the winner's cheque.

Kolkata Golfer Smriti Mehra utilized her experience to a large extent, carding three birdies on the 5th, 7th and 14th holes. Her round of 1 over 73 also consisted of four bogeys on the 8th, 10th, 11th and 17th holes respectively. She finished the final round with a total score of 226 after 54 holes to finish as the runner's up.

Amandeep Dhill who is playing her debut tournament showed a lot of promise to finish third with a total of 230 after 54 holes. Her round consisted of four bogeys on the 2nd, 4th, 11th and 18th holes and two birdies on the 8th and 14th holes.

Hero Women's Pro Golf Tour 2015 - Leg 1  
Kensville Golf Club, Ahmedabad  
09 January 2015

HOLE NAME	Final Round																		TOTAL
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
PAR	4	4	4	4	3	5	4	3	5	3	4	4	5	4	3	5	4	3	
1 Vani Kapoor	4	5	4	4	3	5	3	3	6	3	3	5	4	4	5	3	5	3	
2 Smriti Mehra	4	4	4	4	2	5	3	4	3	2	5	5	4	4	4	3	5	6	
3 Amandeep Dhill	4	5	4	5	5	4	4	5	3	2	5	5	4	4	4	4	5	5	
4 Neha Tripathi	4	5	4	4	2	5	3	3	6	3	5	3	3	4	5	5	4	5	
5 Pallavi Jain	5	5	5	5	4	5	5	5	6	5	4	5	5	5	5	5	5	5	
6 Quraysh Balwal	5	5	5	5	4	5	4	5	4	5	5	5	5	5	5	5	5	5	
7 Sneha Gattade	5	5	5	5	4	5	4	5	5	5	5	5	5	5	5	5	5	5	
8 Saanya Sharma	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
9 Anshika Tiwari	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
10 Praveendhar Kaur	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
11 Priya Pant	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	

Final results - Ladies Open



## Know your Neighbor

On 3rd Jan we invited our members for lunch. The theme of the program was 'Know your Neighbor'. The day was full of activities for members and guests. They were taken on a tour of the property, visit to the homes was organised so that member could meet their neighbor and everyone living at Kensville. Various activities and fun games were organised for members, their guests and children. The weather was perfect and everyone enjoyed the day.



## Possession of Homes

## Jogging Track And Cycling Track At Kensville



## Kensville Ayurveda

### Effect of Tastes on Thidosha



For easier understanding on the human plane, they are further classified as vata or the principle of movement, pitta or the principle of heat and kapha or the principle of cold - these are the three Doshas, in short. They are called Doshas because they are prone to vitiation/imbalance.

They are nothing but the representation of the five elements at a functional level. Earth and Water combine to form Kapha, Fire and Water combine to form Pitta and Air and Space combine to form Vata

Though Vata, Pitta and kapha are present all over the body, they are more concentrated below the navel, between the navel and the heart and above the heart respectively. Vata, Pitta and Kapha are prominent respectively during the last, middle and beginning phases of life, day, night and digestion.

The balance of the Doshas is the state of health and their imbalance is the state of disease. There is no disease that occurs without the involvement of the Doshas.

**These Doshas are understood by their properties.**

- The properties of Vata are - dry, light, cold, rough, subtle, mobile.
- The properties of Pitta are - slight unctuousness, sharp, hot, light, foul smell, flowing and liquid.
- The properties of kapha are - unctuous, cold, heavy, dull, smooth, stable

Tastes and their effect on doshas

There are six tastes. They are sweet, sour, salt, pungent, bitter and astringent. Sweet, sour and salt increase kapha and decrease vata. Pungent, bitter and astringent decrease kapha and increase vata. Sour, salt and pungent increase pitta. Sweet, bitter and astringent decrease pitta.

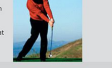
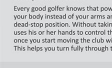
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## Golf Tip

- 1. 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 early are other ways to accomplish the same thing, but they're less 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.
- 2. Give Your Spine The Forearm**  
Make sure at left's on plane at the top of the swing to guarantee solid ball striking and increased accuracy. Notice in the photo you're how your right forearm is parallel to your spine, my left wrist is flat and my elbows and arms form a tight triangle. These are indications that I've rotated my shoulders into the backswing perfectly.



## Rule 1 - Game

- 1-1 - Defines the game of golf in general as playing a ball with clubs into holes according to the rules.
- 1-2 - In general, players must not influence the position or movement of any ball in play nor alter the course itself, unless specifically allowed by another rule, or in the general interest of preserving the course from damage. Violation is a two-stroke penalty in stroke play or loss of the hole in match play.
- 1-3 - The rules are to be strictly observed in their entirety; players must not agree to change or waive any of them under penalty of disqualification.
- 1-4 - Any dispute as to the proper action which is not covered by the Rules should be resolved by doing what is most equitable.

## Rule 2 - Match play

- 2-1 - Defines "match play" as a variant where players compete for the lowest score on each hole, and defines terms used during play.
- 2-2 - Players who tie divide the "winning" of the hole between them.
- 2-3 - Defines winning conditions for match play.
- 2-4 - Allows players to concede an opponent's stroke, a hole, and/or the round prior to or during play of that element of the game.
- 2-5 - Defines the procedures for resolving doubts and disputes.
- 2-6 - The general penalty for a rules infraction in match play is loss of the hole except when overridden by another rule.

## Rule 3 - Stroke play

- 3-1 - Defines stroke play in general as a variant in which players compete to play the entire round in the fewest strokes, and defines terms.
- 3-2 - No surrendering or concessions; a player who has not completed the current hole by holing out before moving on to the next one is disqualified.
- The ball is "holed" and the hole counted, and the ball has come to rest within the circumference of the hole and completely below the top lip of the hole. Slipouts, bounceouts, and other situations where the ball may fall in but not come to rest completely within the hole do not count as holing out.
- 3-3 - Defines procedure for doubt/dispute; allows a player in a doubted or disputed situation to play two balls and score the one that was played correctly.
- 3-4 - Refusal to comply with a rule affecting another player's rights during the game is a disqualification.
- 3-5 - The general penalty for a rules infraction in stroke play is two strokes except when overridden by another rule.

## Golf Joke

**Tough Course**

Mac invited his friend Jimmy to play at his new club. Since Jimmy had never played the course before, Mac pointed out the trouble spots and where to aim on the first hole. Jimmy teed up, addressed the ball, took a couple of waggles and took a vicious swing. He hit a foot behind the ball, tore up the teebox and totally missed the ball. Unphased he stepped back, took a couple practice swings and again addressed his ball. This time his swing missed everything. He stepped back from his ball again, looked at Mac and said, "Boy, this is really a tough course!"

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