

Dear Members and Golfers,

Greetings from Team Kenville.

Hero Women's Pro Golf Tour 2016

We welcomed 2016 with the Professional Women's Golf tournament Vani Kapoor carried forward her stellar form of 2015 into the New Year, carding a superb 3 under 67 in the final round to win the first leg of the Hero Women's Professional Golf Tour at the Kenville Golf & Country Club here on Thursday. Overnight leader Kiran Matharu could not sustain the momentum and had to settle for a second place finish. The INR 7,00,000 event culminated today.

Delhi's Vani Kapoor had struggled with the conditions in the last two rounds and started the day at third position. However, she was in terrific form today and played a blinding free round, firing three birdies on the 12th, 14th and 16th holes to finish with a total score of 223 after 54 holes. In the process, she also carded the only sub-par round of the event. Chennai player Kiran Matharu had an indifferent start and carded a double bogey on the 2nd hole. Thereafter, she tried to stage a comeback, but her three birdies on the 3rd, 4th and 8th holes were neutralized by the same number of bogies on the 10th, 12th and 14th holes. With a total score of 226, she had to settle for the runners-up prize.

Chandigarh's Saaniya Sharma carded 1 over 73 on the final day to clinch the third position. She carded two birdies on the 5th and 9th holes, with an equal number of bogies on the 2nd and 7th in her front nine. She added two more bogies in her back nine on the 10th and 18th holes along with a low birdie on the 16th to finish with a total score of 231 after the final round.

Pune's Anandeepp Dhall and Kapurthala golfer Gurnimar Bedwal finished tied fourth with identical scores of 233. Anandeepp's card of 3 over 75 included two birdies on the 6th and 7th holes along with bogies on the 2nd, 4th, 5th, 15th and 17th holes. Gurnimar had an impressive start and played a blinding free front nine with two birdies on the 5th and 6th holes. However, she dropped shots on the 14th, 16th and 17th holes spoilt her score line and she finished today with a score of 3 over 73 in the final round.

Kolkata's Sneha Mehra and Delhi's Meera Arwal finished tied sixth with the identical scores of 237 after the final round. They were followed by Delhi's Anika Tiwana and Pune's Shweta Galande who were placed eighth and ninth respectively. Shweta Galande and Neha Tripathi carded an eagle apiece on the day, taking the eagle count to three in the first leg.



PGTI Qualifying School 2016

The WGA tournament finished on 6th Jan, and it was time for the gentlemen golfers to turn professionals. The PGTI Qualifying School started on 9th Jan and finished on 22nd. Thirty-five players earned full cards for 2016 season.

Aman Raj wins PGTI Qualifying School 2016

Pune-based amateur Aman Raj (74-74-74-72) won the PGTI's Final Qualifying Stage for the 2016 season being held at Kenville Golf & Country Club near Ahmedabad. Aman Raj's final round of even par-72 meant he ended up with a tournament total of six-over-294 which helped him secure a comfortable four-stroke victory. Noida's Raju Singh finished second at 10-over-298.

At the end of round four, the top 35 players earned their cards for the 2016 PGTI season.

Aman Raj, who started the final day one-off the lead in second position, was steady through the first five holes with pars. He then dropped a shot on the sixth but came roaring back with birdies on the ninth and 11th. The 20-year-old, who was India's top amateur in 2015, made a brilliant chip putt from 50 yards on the ninth before draining a straight-footer on the 11th.

Aman missed an up and down from the bunker for his second bogey of the day on the 17th. Nonetheless, the three-time winner on the amateur circuit last year, cruised to victory having posted the day's best score of 72.

The Patna lad is now all set to turn professional in April after representing India at the 2016 Borailbek Trophy.

Aman said, "I've had a good week in Ahmedabad. But I know that I need to work harder and get better if I have to make an impression on the professional stage. I got the momentum going with the two birdies on the ninth and 11th today. That stretch helped me all but seal the title. I missed a couple of pars from 500 yards out but overall it was steady performance. It's great to start the year with a win at the Qualifying School."

Raju Singh finished runner-up after a final round of 75.

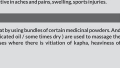
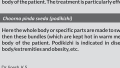
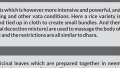
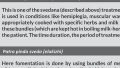
Delhi's Wasim Khan was third at 12-over-300 while Bengaluru's Syed Saqib Ahmed finished a further shot back in fourth place.

Noida's Dipankar Kaushal (67-73) finished on top of the leaderboard at the end of round two of the PGTI's Pro Qualifying I for the 2016 season being held at the Kenville Golf & Country Club near Ahmedabad. Kaushal, who had fired a brilliant five-under-67 in round one, came up with already one-over-73 in round two and ended up with a two-day total of four-under-140.

A total of 48 players qualified from Pre-Qualifying I for the Final Qualifying Stage as 11 players were tied in 38th position when the cut was declared at 15-over-159.

Delhi-based amateur Veer Ahlawat (67-67) topped the leaderboard with a four-under-140 total at the end of round two of the PGTI's Pro Qualifying II for the 2016 season being held at the Kenville Golf & Country Club near Ahmedabad.

A total of 37 players qualified from Pre-Qualifying II for the Final Qualifying Stage as three players were tied in 37th position when the cut was declared at 10-over-154.



Svedana – Sudation therapy

Svedana or inducing the sweat, by different methods, increases the digestive capacity, improves the texture and complexion of the skin, increases hunger, loosens the pores, makes one alert, and improves the movements of the joints.

Induced sweating by using the steam chamber is the most popular svedana procedure. Some other kinds of svedana is described below.

Sheet like plants svedo (leavani kati)

This is one of the svedana (described above) treatments which is however more intensive and powerful, and is used in conditions like hemiplegia, muscular wasting and other vata conditions. Here a rice variety is appropriately cooked with specific herbs and milk and tied up in cloth to create small bundles. And then these bundles (which are kept hot in boiling milk/herbal decoction mix) are used to massage the body of the patient. The time duration, the period of treatment and the restrictions are all similar to chakra.

Wet cloth svedo (pakhi kati)

Here fomentation is done by using bundles of medicinal leaves which are prepared together in neem oil/astor oil. And then these bundles (which are kept hot in warm medicated oil) are used to massage the body of the patient. The treatment is particularly effective in aches and pains, swelling, sports injuries.

Chakra jwala svedo (pakhi kati)

Here the whole body or specific parts are made to sweat by using bundles of certain medicinal powders. And then these bundles (which are kept hot in warm medicated oil / some times dry) are used to massage the body of the patient. Podikichi is indicated in diseases where there is vitiation of kapha, heaviness of body, extremities and obesity, etc.

Dr. Rakesh K.S

Kensville Ayurveda

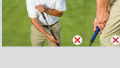
Dev Dhokra Village, Nr. Baidara Village, Opp. Lane of Sahaj Restaurant, Korusa GEC, Bavia-Rajkot Highway, Ahmedabad, Gujarat, India

Mobile : +91 9821880992

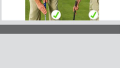
Email : dr@rakesh@kensville.co.in | URL : www.kensvilleayurveda.com

Kensville Korus Fresh Vegetable

We have started an organic vegetable garden at Kenville.



Chef's Corner – Zango Zankor (Raitan)



Ingredients- 1kilo, 3 types of Capsicum, Chopped garlic, ginger and spring onions, Julian green chilies.

Chilly Garlic killy – for details please call Raitan at 87880012850

Go! Tip

FEELING PRESSURE?

Turn Your Left Shoulder Behind The Ball

Nerves typically make the backswing fast and short. It's tough to recover from anarchy move like that. If you're feeling force-like on the first tee or a tough driving hole—focus on making a full, rhythmic motion to the top. The best thought, even if you don't have the flexibility to do it, is to turn your lead shoulder behind the ball (right). You'll load into your right side so you can shift forward coming down. Remember, the ball's not going anywhere, so take your time swinging back.



YOUR BEST SETUP KEY

Under pressure, the tendency is to freeze over the ball and put a death grip on the club. To combat this, keep some motion in your fingers and feet (right foot). Wiggle the club back and forth. If you lock up, your nerves will get you.

Amusing

From 1 January 2016 all golfers will be prohibited from anchoring the club either "directly" or by use of an "anchor point" in making a stroke. The penalty is loss of hole in match play or two strokes in stroke play.

Prohibited Strokes

Permitted Strokes

Joke of the month

"I could get there with a wedge... you better hit a seven."

Thank you and regards

Sincerely

Lobendra Malik

Kensville Golf & Country Club