



CROW TIMES

November, 2024



Captain's Letter

Sunil K. Vasant
Captain, 2024 - 25

Dear Members,

Wishing you and your family a happy Deepavali. May this festival of lights bring you happiness, prosperity and good health.

The month of October has been very busy and a lot has been achieved. We completed the extension of two, forty five meter towers on the eighth fairway which now allows everyone to use any club including Drivers. A word of caution - please select clubs to avoid the ball going outside the club premises. The player is solely responsible for the consequences of a loose ball that lands outside. I would like to thank the tower committee specially Dr. Sitaram Shetty who took up the complete civil work and completed it in record time, free of cost.

We have also completed the long awaited replacement of practice nets at both ends of the club. It has been replaced by awning material specially made for this purpose. We are confident that these nets will last much longer than the previous shade nets which were being used.



We have great news in our junior golf program. BGC has joined hands with Baan Foundation that is set up



by one of India's most accomplished Professional Golfers, to provide support to the BGC Junior Program.

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WhatsApp Grievances and Suggestions to



90360 40398

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Tic!

B. Sreenivas Murthy
Chief Editor

Rain Rain go away! Come again another day - when we need it most!

At best this is wishful thinking and a prayer. Why is the course being closed for days on end? What has happened to the drainage system that was the envy of the 'other course'? What has happened to the soil on the fairways, that it is retaining the water and not letting it pass through? Why are we dependent only on the Sun to dry us out? Even though the rains

this October have been some of the heaviest, with almost no sun for about a week. Being at the highest point in Bengaluru, aptly named High Grounds, there was absolutely no water logging in the vicinity and on the roads around the course. I believe it's about 5 years since the fairways were cored and sanded - a severe shortage of sand and the need for increased budgets are to blame. We need over 600 tons of sand for the course. It's been some time since we appointed an international organization to take care of such aspects of the Golf Course. Trust they are doing their job.

Captain's Letter

from Page 1...

Player Development Program has been put in place to provide a pathway to the Junior Program students who are playing at the Zonal and National level. These students and their coaches will receive guidance and support from the Foundation faculty that includes Mr. Vijay Divecha and Mr. Anirban Lahiri. There will be training camps organised periodically to work on these students' game. As a part of this association, Baan Foundation has provided a grant of Eight Junior Golf sets costing approximately Rs. 2 lakh for the use of the Junior Program Students.

BGC has always been a strong supporter of Junior Golf. We are very proud to have this partnership and intend to nurture it by doing a lot more impactful work for Junior Golf together in the long run.

We are also happy to announce that the men's change room, bathing and toilet facilities have been redone in a

record time of forty days well ahead of the golf league.

We have completed the process of shifting the OCH admin and accounts office to a single office at the new club house. The staff have settled down and are working cohesively to achieve the targets set by the new general manager.

We are looking forward to a grand Children's day and Diwali celebration on the 16th of November. We are having a very renowned artist Vijay Prakash to perform on that day. Come experience some great new food as well.

With the auction and draft of the BGL completed, all 20 teams are raring to go and eagerly look forward to the games which will be inaugurated on 15th of November. This will truly be a festival of golf where every applicant player is playing in the league. Wishing all the golfers the very best.



BGC Go Green Policy

At BGC, it is our endeavor to digitize and go paperless. With this in mind, we request all our members to fill out the KYC form provided to keep the member details up to date and update any missing information. On completion of filling out the form, we request that it be dropped off at either the OCH or NCH reception.

We have also sent communication about updating the Member details using an online form. Link: <https://bit.ly/4eLzgNI>

Hon Secretary



Relocated Pro Shop at ground floor, BGC

BODY

Golf, Mind, Body, Yoga

Golf is an awkward set of bodily contortions designed to produce graceful results said Tommy Armour. You swing your best when you have the fewest things to think about said Bobby Jones. The mind messes up more shots than the body said Tommy Bolt.

These great golfers experienced and knew what was needed to excel in the sport of golf. The body needs to be both supple and strong and the mind certainly needs to be quiet yet alert. Each golfer has their own unique style with their game and their own kind of a thinking mind. All can agree, that a certain silence is needed in this sport.

Don't just play your way around the course, think your way around the course said Sam Snead

- Prepare your bags in advance
- Stay in the present
- One shot at a time
- Plan your hole from the tee
- Embrace Noise

And the list goes on

Yoga is one science that helps you achieve this. In western words its called awareness, mindfulness, focus, in yoga the words used are nirodha, ekagrata, the fundamental definition of yoga is "Citta Vrtti Nirodha", when translated means that if you can still the modifications, thoughts and activities of the mind you are in yoga or this state of clarity.

The practice of yoga teaches you all of the above. How you say? By identifying

your strengths and weaknesses in your body, in your mind and using this knowledge to develop the areas that need working on. Be it the body that holds you back in some manner, or the mind that needs to be tamed. It gives you the ability to hold the attention, pause, plan and then execute your shots. The body co operates with the instructions your mind gives you. Do you know your body and mind well enough?

Born into a sporting family, where tennis and golf was played regularly and a big part of my life, I've seen my elders and family members enjoy and looking forward to their sports. And what I noticed, quite clearly was, that the ones that excelled were the ones who were calmer and clear thinkers. They had the ability to go back to their swing and play and replay every shot again and again differently in order to achieve a certain result.

The practice of yoga was always for the individual, taught by a teacher who could understand you well. And tell you what you needed to do. It was adjusted and modified to suit your needs to achieve certain goals, goals both physical, mental and spiritual. It was never a one size fits all "exercise". An example is the simple forward bend or uttānāsana, to stretch the spine and legs. It can be done in 20 different ways, are you doing it in the right way?

Deepa Veeraraghavan, has played golf for 45 years, is the present captain of the ladies section of Madras Gymkhana Club. She says, ***"I am using the benefits of a mind and body Yoga practice more and more. Unwavering concentration through the long hours are very essential. Controlling the mind and being free of distractions is key. Yes, its my yoga which allows me to bounce back even when I've had a rotten day!"***

Darshan Veeraraghavan took to golf at the age of 11. In the last 15 years he has won the prestigious Hindu Sportstar trophy 10 times and received the Best golfer of Chennai award almost every year in the last 12 years. He says, ***"Golf is a sport which is played in the mind more than it is on the course. Breathing exercises that I learnt from yoga have helped a lot during stressful situations in tournaments. Being in control of your breathing helps channel your thoughts better and be able to handle pressure situations."*** He has taken to yoga this year and found it to be very useful.

Dr. Ranjit Rao, single digit handicapper, Consultant Urologist in Melbourne says, ***"I've been a longstanding practitioner of yoga and meditation. It has been beneficial across every aspect of my life. Personal happiness, professional calm as a surgeon and even with golf. As a triathlete it has helped with physical resilience. If there was a medication that provided such benefits, yoga and meditation would be the prescription of choice by every doctor."***

Find a teacher, that's able to see the whole you, to understand what your requirements are and help you enjoy your game. It could be tight neck and shoulders, painful or stiff lower back, or the quality of your sleep and digestion issues. Every part of you, physically, physiologically acts to produce your mental make up. And that's where yoga comes in, teaching you to be able to see yourself for what you are and make changes to your body and mind, in a manner that suits you, to help you with this game.

Yoga is a practice for the self, done by the self, so that you help yourself.

Uttara Venugopal

Uttara Venugopal, Yoga Teacher, Therapist and Educator, ERYT500 and YACEP (Yoga Alliance) and C-IAYT (The International Association Of Yoga Therapists), has been teaching individuals for over 17 years. She coaches several people (senior management, businessmen, sportspersons and employees on the shopfloor) on lifestyle, physical and mental health. Her aim is to empower individuals through the practice of Yoga, moving towards a life filled with health, peace and joy. Giving individuals the tools to actively use in their current phase of life is her focus. **She can be reached email: vuttara@gmail.com, insta: @utsaham_yoga**

MIND



The Inner Game of Golf

As we all know, golf is a funny game. The intense ups and downs, the highs and lows, and the need to play consistent golf define us on the course. And for a few of us, off the course as well. The Holy Grail of Golf – the need to both play great golf and enjoy ourselves on the course, continues to elude a vast majority of us. With the BGL around the corner, now more than ever, we start to question our skill and rely so much on keeping a calm & focused mind during those clutch situations. With so much on the line, how do we bring out the best version of ourselves during those often agonizing 18 holes of competitive golf?

Several years ago, I stumbled upon a truly hidden gem in the form of a relatively short, yet transformational book called **The Inner Game of Golf** by Timothy Gallwey. By writing this article, I am truly hoping that a vast majority of the readers can also benefit from this book and not only learn to play more consistent golf, but also enjoy yourselves on the course.

In *The Inner Game of Golf*, the author introduces us to the concept of the 'inner game' - the game that takes place in our minds. He emphasizes that mastering the inner game is crucial for improving our performance in the outer game, which in this case is golf. According to Gallwey, the key to success in golf, as in any sport, lies in overcoming the mental obstacles that hinder our performance.

Gallwey begins by highlighting the common mental pitfalls that golfers encounter, such as self-doubt, anxiety, and overthinking. He argues that

these negative mental states are often the result of an overactive mind, which he terms as Self 1. Self 1 is the voice in our heads that constantly judges, instructs, and criticizes. It is responsible for the majority of our mistakes on the golf course, as it disrupts the natural flow of our game.

To counteract the negative influence of Self 1, Gallwey introduces us to Self 2, our more intuitive and natural self. According to Gallwey, Self 2 possesses all the knowledge and skills required to play a great game of golf. However, it is often suppressed by the constant interference of Self 1. Gallwey's goal is to help us silence the critical voice of Self 1, allowing Self 2 to take over and guide our game.

One of the techniques Gallwey suggests for quieting Self 1 is to focus our attention on the present moment. He explains that by directing our attention to the task at hand, we can prevent Self 1 from interfering with our game. This is a crucial aspect of what he terms as 'relaxed concentration', a state of mind that allows us to perform at our best without unnecessary mental interference.

Another important aspect of the inner game, according to Gallwey, is cultivating trust in our natural abilities. He encourages us to let go of our need to control every aspect of our game and instead trust in our body's ability to perform. By doing so, we can develop a greater sense of awareness, which enables us to make better decisions on the golf course.

Gallwey also emphasizes the importance of maintaining a

positive attitude, regardless of the circumstances. He argues that our mental state has a significant impact on our performance and that maintaining a positive outlook, even in the face of failure, can greatly improve our game.


Throughout *The Inner Game of Golf*, Gallwey provides practical exercises and techniques to help us apply the principles of the inner game to our golf game. For instance, he suggests using visualizations to improve our swings and using self-awareness to identify and overcome our mental barriers.

The author of this book is actually a tennis instructor who has studied ways to implement mental strategies not only in tennis, but in the workplace, and other sports. His application to the game of golf is ground breaking and could be a huge help to anyone who suffers from "don't hit it in the water," or any negative thoughts during the swing. The book delves deep into how to chip, putt, swing and practise the right way at the range. The book retails on Amazon (also available as a Kindle edition) for only about Rs 500 and in my opinion, would be the best 500 that you ever spend. Go for it.

Pratap Thumbboochetty

(Sources include *The Inner Game of Golf* by Timothy Gallwey, thediogolfer.com and blinkist.com)





BGL 5.0


21st Nov. - 13th Dec. 2024

For the first time 20 teams
vying for the honours

All members who registered to
play were absorbed by the teams

First prize to a
fabulous destination

Thanks to all the sponsors



Entertainment Schedule

November, 2024

Wednesday Chitrahah _____

6th

Sharanya

13th

A. K. Lingam

20th

Aishwarya Kashinath

27th

Ravi Sitaram

Saturday Retro _____

9th

Jessica

16th

Deepavali
Celebration



Tournament Results

Rajyotsava Cup - 2024
29, 30 October, 2024

Open Event		
Rahul Ravi	42	Winner
C Sundaram (Better Back 3 Against Sunder Adige & Nine Against Nishanth Kulkarni)	36	Runner
Handicap 0 - 9		
Syed Arifulla	41	Winner
Shridev Byrappa	40	Runner
Handicap 10 - 18		
Prakash Raju	43	Winner
Dhananjaya Naidu	41	Runner
Handicap 19 - 24		
Lokesh Chandra H C	43	Winner
Sharabha Reddy	39	Runner
Senior's - 65+ Gross		
V T Ranganath	29	Winner
Senior's - 65+ Net		
Dr. Rame Gowda	39	Winner
Ladies - Gross		
Krishaa Nichani (Better Back Nine Against Sangeetha Jagadeesha)	28	Winner
Ladies - Handicap 0 - 16		
Jayshree Anandu (Better Back Nine Against Sangeetha Jagadeesha)	39	Winner
Ladies - Handicap 17 - 24		
Mini Kuruvilla (Better Back Nine Against Shruthi Suraksh)	36	Winner
Winners		
Lokesh Mehta & Neel Kamal		
Runners		
Sanjay Raju & Siddarath Raju		



WHISKEY **2+1**

Singleton S/M
Caol ila S/M
Glenkinchie S/M
Lagavulin S/M
Talisker S/M
Godawan 01 & 02 S/M
Ardmore S/M
Royal Brackla 12 Yrs S/M
Royal Brackla 18 Yrs S/M
Royal Brackla 21 Yrs S/M
Aberfeldy S/M
Dalwhinnie S/M
Johnnie Walker 18 Yrs
Johnnie Walker Black Label
Johnnie Walker Gold Label
Johnnie Walker Blonde
Johnnie Walker Red Label
Suntory Toki
Black & White
Teacher's 50
Teacher's Highland Cream
Dewar's White Label
Dewar's 12 yrs
Dewar's 15 yrs

Roulette

VODKA **2+1**

Ketel One
Haku
Grey Goose

GIN **2+1**


Tanqueray
Gordon's
Bombay Sunset

RUM & TEQUILA **2+1**

Bacardi Rum
Patrón Silver Tequila

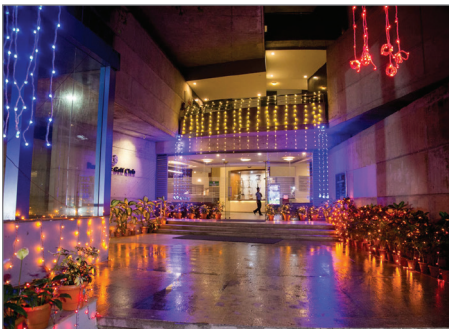
WINE **1+1**

Sula 375ml R/W
Fratelli 375ml R/W



Sad Demise

Dr. T. R. Nagaraj	N-113	11.09.2024
Cecil Abreo	A-147	09.10.2024



Karnataka Rajyotsava Celebration at BGC



Winners and Runners of Rajyotsava Cup 2024



Bangalore Golf Club

Deepavali Night

& Children's Day Celebration

November 16th Saturday 2024



*A night to remember
multi-linguistic star*

Vijay Prakash

Childrens Carnival & Cooking Classes
4:30 PM to 7 PM



Followed by
DJ RAVI

Fire Works
7:00 PM

Member Single : Rs. 749/-
Guest Couple : Rs. 3500/-
Guest Single : Rs. 2000/-
Includes Dinner
No Charges for kids below 12 years

Venue :
First Fairway

Tickets Available at NCH Reception
Kindly Book your Tables

Advertise in the Crow Times

and reach all the members of the **Bangalore Golf Club**

Full Page	: ₹50,000
Half Page	: ₹30,000
Quarter Page	: ₹20,000

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for more details and space reservation.

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