



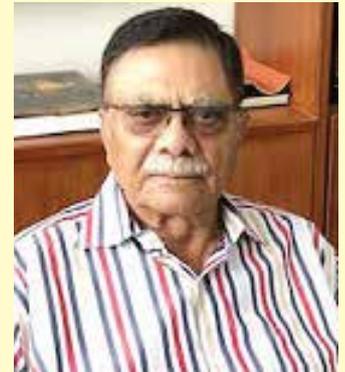
# The Green Scene

FOR PRIVATE  
CIRCULATION ONLY

NEWSLETTER OF  
THE DELHI GOLF CLUB  
JUNE 2018  
ISSUE NO. 96

Where shall we three meet again in thunder, lightning, or in rain?  
When the hurlyburly's done, when the battle's lost and won

**William Shakespeare**



Dear Members,

### Points to ponder

This Committee is now inching towards the end of its tenure and I feel there are certain points which we can still ponder over now and in future General Committees.

1. Members should actively participate and exercise discipline in the maintenance of the course; be responsible for filling up the divots, raking the bunkers, stop raping the fairways by multiple practice shots and driving their carts in prohibited areas. They need to control and exhort their Caddies to see that they do not bring the trolleys on the apron of the Greens.
2. Should the F&B be profitable or subsidized or at least have no profit no loss? In the past there have been substantial losses in the F&B. Prior to the huge wage increase, the outlets were yielding income.
3. What should be the Wage Agreement in the future and how to get over the current salaries which are now amounting to almost Rs. 20-24 crores a year.
4. Should we outsource all our F&B outlets or run all of them by ourselves?
5. Professionalization has been talked about and has been initiated to some extent. Details are being put on the website and members may consider and advise further as to what can be done to achieve professionalization in the Club.
6. Today our budget transcends two General Committees and consequently while you bear the burden of one, you also give your burden to the incoming General Committee. Can the budgets not be framed for the duration of the General Committee and later on converted into the Annual Budget which is presented to the AGM or the Income Tax.
7. Do we need a lounge in the Club, a multi-purpose

hall, proper facilities for lady golfers, a proper spa with physiotherapy facility, some more eating places, proper place for the staff etc. Are we satisfied with what we have. Why are we hesitating and not using the ₹70 odd crores for achieving this.

8. Very few children play in our Club. Can we allow children of dependents, including late applied dependents and any other member's children who are below the age of 18 years to play on the Peacock Course.
9. Like the Corporates, can we create Membership of individuals who pay Rs.one Crore to take care of the rising cost in the Club. No increase in membership fees for next five years if we take 10 such members each year.
10. Is our recruitment policy sound? We don't have proper pay scales, no regular increments for the staff. In fact it is largely ad-hoc. No training of the staff for next level promotion.

These are some thoughts which come to mind while looking towards improvement and proper functioning of the Club.

The new Superintendent Golf Course has brought about various changes which are already seen in the improvement of the Course. Can we not first do the bunkers and leave the greens. Why spend over Rs 20 Crores.

With Best Wishes,

A handwritten signature in black ink, reading "R K Bhargava". The signature is written in a cursive style with a horizontal line underneath.

**R K BHARGAVA**  
President



Dear Fellow Golfers,

I am pleased to inform the members that inspite of the adverse weather conditions, we have been able to maintain fairly good playing conditions and are receiving some positive feedback from members.

Based on a longstanding requirement from members, Mr. Kym Fuller from Australia has joined the Club as the Course Superintendent on May 14, 2018. He is multi-qualified as Course Superintendent, Golf Construction, Project Management, Agronomy, Irrigation and Pesticide management. He has worked in over 10 different countries and climates and has over 35 years of experience in Turf management.

### Club Competitions

We are encouraging members to participate in Club Competitions and expect a high level of participation and enthusiasm from them. The Agreement with M/s. SLW is in the second year and members are happy with the gifts and credit towards on-course refreshments. Participation in these events has increased with 350 to 400 members playing in each tournament which are now organized in four categories (H'cap 0-9, 10-18, 19-24 & Senior citizens) to give all members a chance to win prizes.

### Golf Week and Captain's Day

The Golf Week followed by Captain's Day was conducted from 2nd to 8th April 2018. During the Golf Week tournaments were conducted for all category of members on the Lodhi Course. The Ladies Stableford Tournament was played on Wednesday, 4th April and the Gents tournament was spread over three days to encourage maximum participation. A separate 9 holes tournament for senior members over the age of 80 years was conducted on the Peacock Course

followed by brunch. For the first time a Junior Tournament was included in the programme and was played on the Peacock Course.

A total of 500 members participated in the tournaments and were given a gift and credit towards refreshments. A Hyundai Creta car was placed on the 5th Tee of the Lodhi Course as a 'Hole-in-One' prize but unfortunately no one was lucky enough to drive home in the Hyundai Creta.

The traditional skills competitions were conducted on Sunday, 8th April 2018. Many members enjoyed participating in the skills competitions viz Long Drive, Putting, Chipping and Bunker shots.

The Captains Night on Sunday, 8th April 2018 was well attended with over 900 members enjoying the function. The evening started with the Captain's speech followed by the Annual Prize Distribution.

### The DGC Japan Friendship Match

The annual DGC-Japan Friendship Match was held on Sunday, 13th May 2018 followed by Lunch at the Party Room and Dinner at the Mitsubishi House. A total of 36 golfers, 18 from DGC and 18 Japanese participated. The DGC team won the trophy by winning six matches against one match with two matches being all square.

### Junior Training Programme

The annual Junior Training Programme (JTP) is very popular amongst dependents, children of non members and caddy/staff children. This is also known as Nursery of golf in India. As in the past, this year too, four camps of Junior Training Programme, sponsored by USHA International are on for 200 budding golfers. The JTP has produced number of national and international golfers who have brought laurels

not only for themselves but also for the country. We hope in future too, some of these kids will represent the country in national and international golf tournaments.

### Course

It has been the Greens Committee endeavor to improve the playing conditions on both the Lodhi & Peacock Course through the year by incorporating better maintenance practices. However, despite the adverse weather conditions the greens have withstood the heat and we have had better playing conditions than previous years.

As responsible members, it is our duty to ensure our Caddy fills in divots on the fairways and repairs pitch marks/bunkers. Adequate sand for filling divots is available which is regularly replenished. As you would see, it is heavy usage which leaves the fairways with unhealed divots.

### Contamination on Greens

Contamination is a natural phenomenon which occurs on greens due to multiple reasons over a period of time. Since we are now renovating/upgrading the green complexes by April 2019, the issue of removing contamination has been tackled in the grow in period commencing March-April 2018. Large contaminated portions from the greens have been removed and replaced by pure sods from the Nursery.

### Turf Nursery (MiniVerde Grass)

The work on the Turf Nursery has commenced and the first phase of transferring the tiff dwarf grass sods from the existing nursery to the JTP area has been completed. The Turf nursery is being constructed as per USGA Standards and will be completed by 7th July 2018.

The import of MiniVerde turf grass is being coordinated with the supplier M/s Atlas Turf International from the United States. Import formalities in terms of license for import of grass is approved, permit from National Seed Corporation is under process and purchase order/LC process has started.

### Practice Driving Range (PDR)

It is proposed to redevelop the Practice Driving Range. Six to eight target greens throughout the driving range are planned so that golfers can see and play to each green. Irrigation system will be realigned and improved. The steel poles and netting at the PDR is being replaced to realign and conform to international standards.

### Forest Restoration Programme

The work of chain link fencing has been completed and the maintenance team has been placing feed and water at three locations inside the fenced area. Once adequate number of Sambhars are inside the fence and weather conditions improve, we will start the translocation process.

The plan for re forestation for the year 2018-19 is in motion with pits for plantation of selected trees being dug which will be ready soon and simultaneously orders for plants for plantation are being placed. Once the monsoon arrives in July the plantation drive will commence and will continue till August. Along with trees we will also plant the indigenous bush called Hees (*Capparis sepiaria*) which is our natural underbrush.

It is also proposed to construct a dedicated forest nursery to develop planting material for forest trees and shrubs and once this nursery is operational we will be able to produce the complete forest planting material inhouse within next two years.

### Swimming Pool

The Swimming Pool has been renovated and opened for members in April 2018. Members are enjoying their swim without the fear of the deep end.

### Sufi Night

A Sufi Night was organized at the Club on Friday, 27th April 2018. Ms. Sonam Kalra enthralled the audience for over an hour with her popular numbers. In spite of the heat more than 450 members enjoyed the evening.

### Systems

We have started new ERP Microsoft Navision w.e.f. 1st April 2018 and are doing the needful to bring all club operations under a single system which will help to increase the overall productivity of the club. As a next step, we intend to start making RF-ID cards for all memberships to make the system more efficient.

Happy Golfing!!

Warm regards,



**Maj Gen KMS Shergill, VSM (Retd.)**

Captain



## LOOKING AROUND

We have been members of the Golf Club for over three decades and have often taken for granted the services offered by the host of personnel who have been on its rolls. They smile and wish you as you pass by and some even remember your name and membership number.

I remember Sunil Handa, who knew everything about every member and 'Bedi sahab' who regularly fixed games for the golfers and never got their handicaps wrong. Then there was the cook, Dhyan Singh, whose butter chicken was to die for and Balam and Abraham at the bar whose Bloody Mary is still unmatched. The waiters Aleem and Bhailal knew your favorites. Mahipal ruled the men's changing room. Hira Lal and Shadi Lal were among the first club professionals or coaches and their family still runs the Pro shop. Simran Singh was a coach here before he moved to Chandigarh. The famous Ali Sher started as a caddie and was adept at mimicking interesting swings of golfers.....the stories go on and on.

When I look around today, I realise that our club is a haven for members and their families because of those who work relentlessly to make it so. We seldom acknowledge their assistance or greeting and hardly ever remember their names.

I took a walk around the club one afternoon trying to randomly photograph some of them. They posed



smilingly and asked no questions. They were just happy to oblige !

The club has 177 full time employees apart from those on contract. They juggle with innumerable tasks to make our visits enjoyable and cater to our requirements.

I propose a toast to all who serve us from the front and in the back offices.....let us greet them with a smile or a word of encouragement each time we see them.

Cheers !

**CHANDNI LUTHRA**  
Editor

Despite the heat of the summer, the Ladies Section saw a great deal of activity. The annual Lady Captain's Night was celebrated on the 14th of May. The Baisakhi themed evening was a huge success. The ladies danced along with old favorites Sudha & Dudley. A pleasant surprise

lay in store for all those who attended, when the singing star of yesteryears Sharda ji, gave a live rendition of some of her songs "Around the world in 8 dollars" & 'Titli Udi'. Good weather, great ambience & delicious food along with melodious music made it a fun evening.



The ALM (Annual Ladies Meet) was held on the 9th of May. Prizes were distributed for all the Competitions played during the year.

A keenly contested matchplay final for the **Genesta Salver Cup** had veteran Sonaal Chaudhri battling it out with young Ritika Raina. Despite being 3 down on the 14th hole Ritika fought back and, managed to reach

the 18th hole all square. A small missed putt by Ritika gave Sonaal Chaudhri the opportunity she was looking for, and she emerged winner, with Ritika receiving the runner-up trophy.

## WELL DONE ASARA!



### US KIDS EUROPEAN CHAMPIONSHIP 2018

**Asara Sawhney (8yrs – Talent member ST-1040)**

has won the US Kids European Championship 2018 in Girls 8 and under category held at the Longniddry Golf Course in Scotland between 29-31st May 2018 with a score of 116 (35,42,39). Asara proudly represented India and after 3 days of intense competition, changing weather conditions and camaraderie – lifted the cup! There were over **650 Junior Golfers participating from over 50 countries in this tournament.** (<http://www.uskidsgolf.com/tournaments/international/find-tournament/499400/european-championship-2018> )

In her winning speech Asara thanked her father for caddying her, **her coach Nonita ma'am** and her **home course Delhi Golf Club.** She also shared that she was proud to win this trophy for her country!

She will now go on to play the **US Kids World Championship** being held at Pinehurst, USA in **August** this year.



Club President Mr RK Bhargava with the outgoing Lady Captain, Situ Nanda and the incoming Captain Anuva Saurabh.

## LADY CAPTAIN

Anuva Saurabh, daughter of the popular Omi Malhotra, who was Club Captain in 1985-1986, took over as Lady Captain from Situ Nanda, who completed her successful tenure. Anuva has also held the position of Chairperson (Ladies) in the Indian Golf Union for two terms. She brings with her, vast experience and knowledge.

# JUNIOR TRAINING PROGRAMME (JTP)

SPONSORED BY USHA



The 32nd Junior Training Programme – 2018 is being conducted from 14th May to 22nd June 2018 comprising of four camps conducted by 'A' category coaches.

**1st Camp** was conducted from 14th May to 23rd May 2018 by Mr. Vikarm Sethi, who is an 'A' category and experienced Teaching Professional from the Professional Golf Teachers Association of America (PGTAA); His students include several top Indian professionals and amateurs.

Fifty juniors participated in the 1st camp that concluded on 23rd May 2018. Many competitions were conducted i.e. Putting, Chipping, Pitching, Bunker, Long Drive and course play and Winners & Runner ups

were presented Trophies.

**The 2nd Camp** was conducted from 24th May to 2nd June 2018 by Mrs. Nonita Lall Qureshi, who is an Arjuna Awardee and six times National Champion of India!

Forty Nine juniors participated in the 2nd Camp and the camp concluded on 2nd June 2018. Many competitions were conducted.

**The 3rd Camp** was conducted from 3rd June to 12th June 2018 by Mr. Jasjit Singh who is the former 'National Coach' with Sports Authority of India.

Fifty juniors participated in the 3rd Camp and the camp concluded on 12th June. As in the earlier camps, many competitions were conducted.



## **CAPTAIN'S DAY DINNER (SUNDAY, 8TH APRIL 2018)**



### **DGC LADIES SECTION COMMITTEE FOR 2018-2020**



### **SWIMMING POOL RENOVATED**

The renovated swimming pool was opened in April. It came as a welcome relief in the sweltering heat.



# CAPTAIN'S DAY GOLF WEEK

## SUPER SENIORS – 09 HOLES PEACOCK COURSE (02 APRIL 2018)

Winner	Mr. Man Mohan Sethi (S-462)	19 Pts (on count back)
Runner up	Mr. K.K. Sarin (S-417)	19 Pts

## LADIES : PEACOCK COURSE - 04 APRIL

Winner	Ninou Kipgen (K-474)	17 Pts
Runner up	Harimala Bawa (B-355)	14 Pts

## LADIES : LODHI COURSE - 04 APRIL

Winner	Situ Puri (P206)	37 Pts (On count back)
Runner up	Anuva Saurabh (S-496)	37 Pts

## CAPTAIN'S DAY GOLF TOURNAMENT (05, 06 & 07 APRIL 2018)

Winner	Kuldeep Sarna (S-493)	42 Pts
Runner up	Jaipreet Singh Kler (K-777)	41 Pts (on count back)

# CAPTAIN'S DAY (SUNDAY, 8TH APRIL 2018)

## SKILL COMPETITIONS

### LONG DRIVE

#### LADIES (H'CAP 0 TO 18)

Winner	Aashna Monga (M-591)	215 Yards
Runner Up	Sonal Chaudhri (C-293)	195 Yards

#### LADIES (H'CAP 19 & ABOVE)

Winner	Bubbles Suneja (S-688)	195 Yards
Runner Up	Anita Malhotra (M-248)	170 Yards

#### GENTS (H'CAP 0 TO 9)

Winner	S. Laxminarayan (L-128)	295 Yards
Runner Up	Karanvir Dugal (SD-1554)	270 Yards

#### GENTS (H'CAP 10 TO 18)

Winner	Dhruv Shringi (S-892)	267 Yards
Runner Up	Naresh K Singh (S-772)	245 Yards

#### GENTS (H'CAP 19 & ABOVE)

Winner	G S Kochar (K-465)	190 Yards
Runner Up	Lt Col P K Virmani (V-076)	180 Yards

### PITCHING

#### LADIES

Winner	Aashna Monga (M-591)	8'2"
Runner Up	Mrinalini Singh (S-655)	15'5"

#### GENTS

Winner	Deepak Gupta (G-297)	1'4"
Runner Up	Rakesh Goel (G-298)	5'6"

### TRAP SHOOTING

#### LADIES

Winner	Ritika Raina (STF)	5 Pts
Runner Up	Arshia Mahant (ST-0851)	3 Pts

#### GENTS

Winner	Ashish Chandiook (C-350)	5 Pts
Runner Up	Shekhar Swarup (CPB-156)	5 Pts

### PUTTING

#### LADIES

Winner	Mrinalini Singh (S-655)	9 Putts
Runner Up	Aashna Monga (M-591)	10 Putts

#### GENTS

Winner	Mr S Laxminarayan (L-128)	8 Putts
Runner Up	Mr Ajay Khanna (K-471)	8 Putts

### PUTTING : PAST LADY CAPTAINS

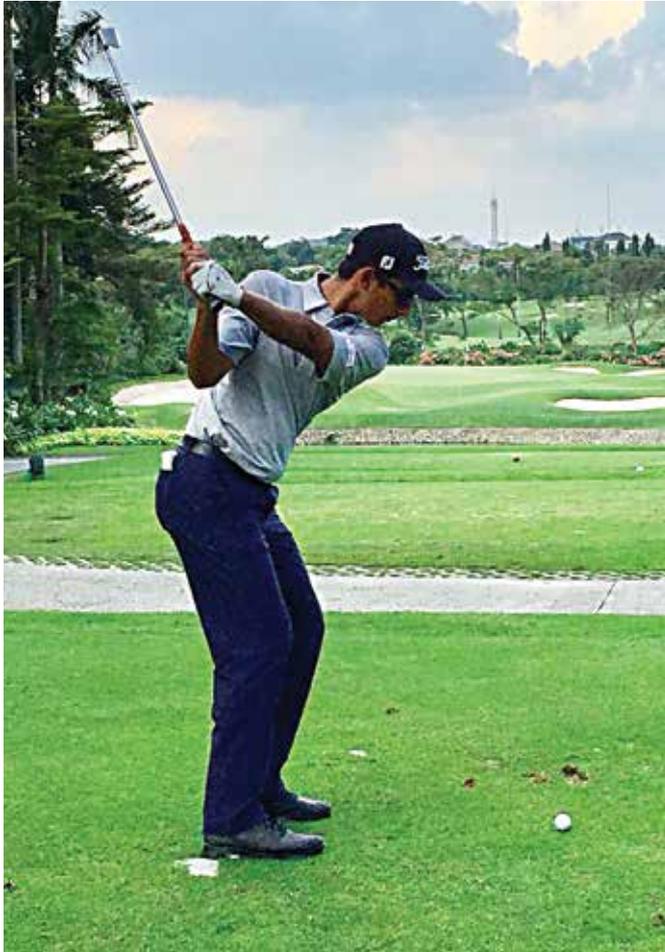
Winner	Bubbles Suneja (S-688)	10 Putts
Runner Up	Soni M Singh (M-008)	11 Putts

### PUTTING : PAST PRESIDENTS/CAPTAINS

Winner	Kapil Channa (C-135)	9 Putts
Runner Up	Rajesh Dhingra (D-207)	10 Putts



## FROM OUR PRODIGY



It was summer of 2008 when my father approached DGC for student membership and the selection committee was happy to accommodate me.

Ten years later when I look back, my mind goes back to playing on B course and trying to hit with a driver and get a birdie on 2nd hole by hitting over the bushes on the left. My target was to play par and under par every time.

From the beautiful memories of JTP annual day function which I used to look forward to, to monthly medal of nine holes, it has been quite a journey.

A memorable moment that brings a smile on my face every time - I finished number one in IGU order of merit in 2009 and I got permission to play in A course also.

B course still remains my first love, and I can play it any number of times without getting tired.

I maintained my order of merit ranking in 2012/2013/2014/2015.

In 2015 I started transition from juniors to Amateurs (MEN) and biggest confidence booster for me was reaching finals of All India Amateur Championship.

Just a month before that I played Oxford Masters (a professional event) as an amateur and I finished 16th and was ranked the best amateur.

In 2016 I played both junior and amateur events as I wanted to get the best of both but couldn't play all the events as they were clashing. I landed in top 3 in both the circuits.

I qualified to represent my country in many events in 2016. Eisenhower Trophy/ Asia Pacific Amateur Championship being one of them. Just before the Eisenhower Trophy I had the opportunity to play with a legend of Indian Amateur golf Mr. Ashok Malik and he spoke to me about his amateur career.

2017 was an eventful year... I decided to focus on Amateur circuit only and my first win came in Pune golf course followed by NCR cup - Winning NCR cup will always remain close to my heart.

I maintained my number One amateur status in 2017 with two more wins in Haryana amateurs and Gujarat Amateurs. I represented my country in the prestigious Nomura Cup and contributed 7 under par to the team score.

My focus in early 2018 was to play well in Hero Indian Open (European Tour professional event). I was ranked 32nd. The best part is to have my name on the Trophy with the best golfers of our times.

I won the trials for Asian Games/Eisenhower Trophy. I represented my country in Malaysian amateurs and finished tied 4th. I will be representing India in Singapore Amateur/Taiwan Amateur/British Amateur.

Requesting prayers and blessings from DGC as always.

**Kshitij Naveed Kaul (ST-0877)**

## HOW GREEN IS MY CLUB ON ZAKIR HUSSAIN ROAD

The graceful Editorial message in the April issue of Green Scene calling for articles inspires me to write a few yarns on "How Green WAS my club" – past tense because I have not played for several years. Thus, my narrative dates back some 30 years plus.

The Korean Ambassador H.E. Bum Suk Lee, experiencing the slow pace of the game told us how 'back home' if a three/foursome was slow a bell would be rung and they had to pick up the ball and go to the next Tee.

The Burmese Ambassador H.E. Ko Ko Lay noticed that his caddy had fiddled with his tee-shot in the 'real' rough of the 17th hole. So he picked up his ball without any further ado and dropped it in the bushy area before playing his second shot.

Near the fourth green our O.M. was having fun by taking rest on his golf walking stick-chair. While his co-players, also O.M.s, were taking their time to hole out he had his caddy giving him relief from the sweaty weather with a hand held rotating fan. One of our Presidents, in the not too distant past, had his caddy carry an open umbrella over his head while walking between strokes!

Living on Lodi Road it was easy for me to play often. One day the Starter asked me to join a couple waiting on the Tee. They turned out to be Vyjayanthimala and

Dr Bali who lived in the next lane in their M.P.'s allotted bungalow. A very memorable morning it turned out to be. Another time I joined Kapil Dev – a long hitter of the ball. But it is his mobile I am going to refer to. Mobiles were a novelty and he was clinging on to it so I asked if he was following a ball by ball commentary. No, he replied, he was talking to the investors of his well earned money!!

Now some 'name dropping'. The Ugandan President, Mr Kenneth Kaunda, was in the Capital so I asked him if he would care for a game and he replied there was no time. But love for the game must have got the better of him for his ADC came to say that nine holes could be possible. So I ran around and fixed a game with Mr Gary Saxena ( my one time boss in the Cabinet Secretariat) and Dorothy Zender, wife of the Swiss Ambassador. Our guest turned out to be charm personified, tall in every sense, and even joined in the social discourse telling us how he had introduced peacocks on their course in Lusaka. The Changing room attendant Mahipal found size 11 golf shoes and the caddy allotted was Desh Ram, complete in his dhoti and Gandhi topee. A photo appeared in the next day's Statesman..... our guest was hitting out of the bunker of the 9th green.

**COMMODORE MUKUND B KUNTE (K-209)**

**Amaira Bajaj**, daughter of Simran and Aman Bajaj (B-532), and dependent member, receiving a prize from the Governor of Uttrakhand after standing 1st in her category, in an inter school golf tournament in Nainital on 27th May. She represented her school All Saints College.



**Shravan Khanna (K772)** member of DGC - Winner of Emirates Golf Club Open Matchplay Championship 2018.

# NEW GOLF RULES 2019

In a bid to modernize the sport, the R&A and USGA, golf’s two governing bodies, have revealed the new rules to be implemented from Jan 1, 2019.

**1** Dropping procedure. When taking relief, golfers will now drop from knee height and not shoulder height as before. It has been amended from last year’s proposal that golfers could drop from any height above an inch. The standard one or two club lengths will remain. Golfers can take relief using the longest club in their bag, barring the putter.

**2** No penalty for double-hitting a shot. Golfers will simply count the single stroke taken to strike the ball, rather than counting two shots for hitting the ball twice.

**3** The Out of Bounds rule is set to undergo huge changes in a bid to speed up play. Clubs can apply a local rule that golfers can drop their ball in the vicinity of where their ball has gone out of bounds, with a two stroke penalty, instead of walking back to the tee. **Crucially, this is only for club level and not professional competitions.**

**4** No penalty for accidentally moving the ball on the putting green or when looking for it, unless it is “virtually certain” that they moved it.

## OTHER CHANGES

- A.** The flagstick no longer has to be attended or removed when putting; no penalty if a golfer hits an unattended flagstick in the hole.
- B.** Golfers allowed to repair spike marks as well as other damage on the putting green; no penalty for touching the line of a putt.
- C.** In a hazard, golfers can touch the ground with their club and can move loose impediments without penalty.
- D.** Can move loose impediments in bunkers and no penalty for grounding club away from the ball. (Cannot ground your club when playing a bunker shot.) Unplayable lie may be taken in bunker, with a drop out for two strokes.
- E.** Player integrity will be relied on to the point where a player’s “reasonable judgement” will be trusted on things like estimating spot, point, line or distance.
- F.** Only three minutes to search for a strayed golf ball as opposed to previous five.

### DGC Toons

Ramesh Kohli & Ramendranath Sarkar





## LODHI COURSE

<b>NIPENDAR KOCHHAR</b> 17th Hole	(K-622) 05.04.18	
<b>AKHIL MEHRA</b> 17th Hole	(SD-937) 07.04.18	
<b>ROHIT MEHRA</b> 7th Hole	(M-570) 08.04.18	
<b>SUBHASH CHOPRA</b> 17th Hole	(C-369) 21.04.18	
<b>A K SRIVASTAVA</b> 7th Hole	(TC-546) 28.04.18	
<b>DINESH TRIVEDI</b> 17th Hole	(T-186) 03.05.18	
<b>INDERJEET SINGH</b> 7th Hole	(S-605) 04.05.18	
<b>ANOOP NAHAR</b> 17th Hole	(N-151) 16.05.18	
<b>J M KAPUR</b> 17th Hole	(K-076) 17.05.18	
<b>MAHESH BHARANY</b> 17th Hole	(SP-1169) 27.05.18	
<b>C L JAIN</b> 7th Hole	(J-109) 01.06.18	

## PEACOCK COURSE

	<b>VIDUR TALWAR</b> 6th Hole	(SL-156) 06.04.18
	<b>VEDANT BANERJEE</b> 6th Hole	(ST-1027) 24.04.18
	<b>VISHNU LALL</b> 5th Hole	(L-143) 26.04.18
	<b>SAI VIKRAMA ANGRISH</b> 3rd Hole	(A-192D) 12.05.18
	<b>IESHAAN MOHAN PURI</b> 6th Hole	(P-242D) 25.05.18
	<b>B J SINGH</b> 6th Hole	(SL-083) 29.05.18
	<b>RAVI UPADHAYA</b> 5th Hole	(U-022) 31.05.18
	<b>SURESH DHIR</b> 5th Hole	(D-275) 03.06.18



We are grieved to record the sad demise of the following members:  
The Club extends its heartfelt condolences to their families.



Mr Jaspal S Gill  
(G-068)



Mr H C Chopra  
(C-103)



Mr Vikram Kumar  
Chandhok (V-003)



Mr Sanjay Batra  
(B-368)



Lt Gen Z C Bakshi  
(B-238)



Mr H C Bassi  
(B-287)



Mr Santokh Singh  
Chopra (C-195)



Mr K L Sharma  
(S-618)



Mrs Poonam  
Uttam Thadani  
(WS-072)



Justice A S Anand  
(A-174)



Mr Shivinder  
Singh Virk  
(V-077)

Editor: Chandni Luthra  
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The Green Scene can be accessed on the  
Club website [delhigolfclub.org](http://delhigolfclub.org)

# Heart Failure: Act Before It's Too Late



**Dr. Rajneesh Malhotra**  
Senior Director – CTVS  
Max Super Speciality Hospital, Saket

Heart failure is a very common condition. Both children and adults can have the condition, although the symptoms and treatments differ. Currently, heart failure has no cure. However, with proper treatment, medicines and lifestyle changes people can live longer and have an active life.

## What is Heart Failure?

Heart failure refers to the inability of the heart to pump sufficient blood needed by the body tissues, due to a weakening or hardening of the heart muscles. Although heart failure may involve pumping chambers at the left side, right side or at both the sides of the heart, it often begins at the left side. It may occur progressively as a complication of other heart disease or unexpectedly due to sudden injury to the heart muscles.

## Types of Heart Failure

- Left-sided heart failure –causes difficulty in breathing
- Right-sided heart failure –causes swelling, especially in legs
- Systolic heart failure –blood pumping problems
- Diastolic heart failure –blood filling problems

## Heart Failure May Cause the Following Symptoms

- Difficulty in breathing
- Fatigue
- Swollen legs and feet
- Abnormal heartbeats
- Getting tired easily
- Severe coughing with foamy or bloody mucus
- Frequent urge to urinate, especially during the night
- Accumulation of fluid in the abdomen
- Unexpected weight gain
- Nausea
- Reduced hunger
- Altered concentration

## What Causes Heart Failure?

Following factors may weaken or damage the heart muscles causing heart failure:

- Narrowing of blood vessels in the heart
- High blood pressure (BP)
- Heart defects that may be present at the time of birth
- Infections
- Long-term use of specific medications e.g. chemotherapy for cancer

- Drug abuse e.g. Cocaine
- Genetic heart diseases
- Too fast or too slow heart beat
- Diabetes • Thyroid diseases • AIDS
- Accumulation of iron or proteins in the body
- Alcohol consumption • Smoking • Obesity

## What is the Difference between Heart Attack and Heart Failure?

A heart attack occurs when certain solid substances form plaque on the inner walls of the blood vessels in the heart. This solid plaque may get ruptured, allowing the solid particles to flow into the blood stream and causes a blood clot at the site of rupture. This blood clot may completely block the blood flow causing injury to the heart muscles. Heart failure is characterised by the symptoms mentioned above while heart attack is characterised by radiating chest pain, sweating, heartburn, dizziness, difficulty in breathing, etc.

## How is Heart Failure Treated?

Although heart failure is a severe condition, most of its causes can be reversed with effective treatment. Treatment of heart failure often aims at strengthening the heart muscles and treating the cause, thereby improving the symptoms and preventing further complications

## Treatment Strategies May Include

- **Drugs and medications:** The doctor may prescribe several medications or combination of medications to improve the underlying condition and overall symptoms. E.g. medicines to reduce BP, correct heart rhythm, strengthen the heart muscles to treat obstructed breathing and many more
- **Coronary bypass surgery:** It is a procedure of bypassing the blocked blood vessel with the help of blood vessel from other parts of the body, mostly from the leg. This surgery enables free blood flow through the heart
- **Surgery to correct structural heart defects:** Usually, valve defects leads to heart failure. Minor defects often get resolved with surgery, but in those with severely altered structure, replacement of faulty valve with artificial valve may be needed
- **Implantable cardioverter defibrillators (ICDs):** It is an artificial device placed under the skin –in the chest area –and connected to the heart. It helps to regulate and adjust the heart beats to the normal rhythm

**Max Super Speciality Hospital (East Block), Saket**

(A Unit of Devki Devi Foundation)

2, Press Enclave Road, Saket, New Delhi-110 017, Phone: +91-11-2651 5050

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