



An in-house Newsletter of Chandigarh Golf Association

National Flag hoisted on the 79th Independence Day by Team CGA



## HIGHLIGHTS:

1. Flood Lights installed in Driving Range fairway.
2. Fence height increased.
3. Back area of restaurant being repaired.
4. Fitness Center being repaired.
5. Calcutta Rowing Club is now affiliated to CGA has Guest rooms. Desirous members can stay there by showing their CGA Membership Card.
6. A quarterly audit was conducted by the UT Administration appointed auditor. The audit report states that all financial transactions, funds, book keeping records, file maintenance are in order and all codal and financial formalities have been duly complied with.

CGA provided golfing facilities to include free coaching, golf balls and access to the driving range without any charges to the talented and young budding golfers belonging to economically weaker sections.



Er. Harpuneet Singh Sandhu, Executive Committee Member of CGA & Governing Council Member of IGU, appointed as Chairman National Squad for Indian National Amateur Team for Men/Boys. The camp for the same will be organised at CGA in the month of November.

The Indian Golf Union  
National Squad 2025



# CGA ATHLETES ON FIRE

**BREAKING RECORDS. RAISING THE BAR. BUILDING LEGENDS.**

**CHANDIGARH GOLF ACADEMY'S STARS ARE REWRITING HISTORY  
AND SHAPING THE FUTURE OF INDIAN GOLF.**



### **Yuvi Sandhu creates history:**

A jaw-dropping 31-under, the lowest score in PGTI history. Yuvi has dominated four tournaments and 16 rounds, leading from start to finish.



### **Angad Cheema on a Roll:**

Two commanding victories this season at Ahmedabad, Kenville, and Prestige Golfshire Bangalore keep CGA at the top of the leaderboard.

### **Shubhankar Sharma & Ajeetesh Sandhu**



Flying the CGA flag internationally, taking Indian Golf Global.

### **Heena Kang Triumphs:**

Clinches the Prestige winner trophy, proving CGA excellence on every stage.



### **Coaching Excellence:**

Under Jesse Grewal's guidance, CGA's swing fundamentals are producing champions from junior to pro levels.



### **Falcon 1 Success:**

Gurbaaz Mann's mentorship and tech-driven fitting program have powered seven professional wins this season and more than sixty-five titles in eight years.

**CGA is not just creating champions. We are shaping national assets, global ambassadors, and the future of Indian Golf.**

# WHAT THE PRO'S SAY ABOUT CGA

**GAGANJEET BHULLAR, ARJUNA AWARDEE**  
Represented India in Paris Olympics



*“CGA has blossomed into a true nursery of budding golfers in Chandigarh, where passion meets purpose. Our expert coaches, structured junior programs, and regular coaching camps nurture talent from the first swing to refined technique. With state-of-the-art facilities, friendly environments, and affordable memberships, we empower people to take up golf with confidence and discipline. Through tournaments, clinics, and continuous skill development, golfers of all ages gain not just swing improvement but also the etiquette and mindset that define the sport. If you're looking to start or elevate your game, CGA is the perfect place to grow.”*

**AJEETESH SANDHU**  
Professional Golfer



*“CGA has been one of the premier facilities for practice. It has the best of coaching, club fitting and fitness making it a complete practice facility for elite golfers.”*



**KARANDEEP KOCHHAR**  
Gold medalist in National Games 2022

*“The putting green of CGA has improved tremendously, it's quick, and a great place to prep for professional tournaments. The range and the short game area is also in good shape. The turf is consistently maintained.”*

# Do's and Dont's of Golf

## DO'S

- ★ Play the ball as it lies.
- ★ Respect the course.
- ★ Keep your eye on the ball.
- ★ Keep correct score.
- ★ Listen to your caddie.

## DONT'S

- ★ Talk or move when others are hitting.
- ★ Improve your lie.
- ★ Tee up outside the markers.
- ★ Wish your opponents bad luck.
- ★ Carry more than 14 clubs



**Harmeet Kahlon, Arjuna Awardee**  
Director of Golf and Head Professional  
Broadmoor Public Golf Course, Canada

*His distinguished achievements include:*  
Represented India in Hiroshima Asian Games (1994)  
Won the Nomura Cup (1997)  
Awarded the Arjuna Award (1997)  
Named Rookie of the Year (1998)  
Won Hero Honda Masters (2002)  
Claimed two top ten finishes on Asian Tour (2005)  
Won EMAAR-MGFPGTI Championship (2006-07)

## 'On Course' with the Coach

TIPS BY: MAHESH KUMAR

The address & setup stage of the golf swing involves assuming the correct position before the swing actually starts.

There are many elements to consider and overlooking key area at the start will snowball into issues down the line.

Among other things, the club should rest flat behind the ball.

It should be held by the golfer with hands flowing straight down from the shoulders.

The knees should be comfortably bent and the upper body tilted forward and straight.

The right hand being lower than the left will put the shoulder on an upward slope.

The weight is evenly divided between the two feet and rest mostly on the ball of the feet.

Finally, the shaft of the club is angled forward slightly, the club face is perpendicular to the target and the feet are parallel to the target line.



ADDRESS & SETUP STAGE OF THE GOLF SWING





# Confidence, Doubt and the "In Sync" Ideology

BY GURBAAZ MANN

He is a professional golfer & plays events on the PGTI and Asian Tour and the best club fitter in the world.



## CONFIDENCE & DOUBT - TWO SIDES OF THE SAME COIN

Golfers experience a range of emotions during a round of golf. It would be hard to choose which one to start on. However, the two most relevant ones are confidence and doubt. Contradictory as they may be as "feelings", their source is the same physically but their individual polarities differ.

**The origin of confidence is positive correlation, whereas, the origin of doubt is negative correlation.**

If a player chooses to play a fade off the tee with his driver, and gets the result of a pull or a draw, he has just experienced the all American term "double-cross". The next time he requires the same shot, the mental conditioning will induce doubt in his head before the shot is played. There may have been nothing wrong with the technique of the previously played shot, yet the doubt stays.

Had the same shot been executed to perfection the first time, the player's confidence would have been soaring the next time around. Surprisingly the technique and biomechanical movement could be the same in both instances; the response can instill confidence or doubt. This situation portrays another classic case of negative vs. positive correlation and how important it is to always find or induce the latter.

### **The "In Sync" Ideology**

A Golfer's performance is the result of a voluntary decision called a shot. Ideally, the decision is the only voluntary action he must take. When a player is asked to make a swing to a given target, I consider the first instinctive reaction comprising of multiple movements an "involuntary routine". In this situation, the player's conscious awareness is only focused on target through the swing. The rest of the swing now becomes an involuntary motion.

However, most players are constantly trying to achieve a swing through mental triggers of imaging or physical cues of static positions in the golf swing they believe are helping them achieve a desired golf shot. This immediately takes the focus away from target. Most psychologists are now helping players regain target orientation through various proven techniques. I believe these methods are constructive, but only when the player has achieved a state of positive correlation between his technique ideals, bio-mechanics and subsequent ball flight. Without this positive correlation

between the physical attributes, mental techniques are only reducing problems temporarily or ineffectively and will not yield permanently tangible results. I refer to mental discipline or training as the "X, Y, Z" of a players development. Before reaching the X, Y, Z, the player has to be programmed into feedback mode. How do we achieve this?

**EXAMPLE:** When a player is asked to make a golf swing without a golf club imagining that he is actually hitting a golf shot to achieve his neutral ball flight, he will make the swing as a neutral, applicable to all the clubs in his golf bag (hopefully barring the putter!). This means that if the player plays a draw with his 5 iron on his neutral swing, his Driver and PW must produce the same ball flight (draw) in proportion. The degree of movement from right to left may vary to a maximum but should never be in contradiction (fade, cut, pull etc.).

**Positive correlation is necessary for a player's progress as it will ensure that:**

1. The player will respect the plane and tempo at all times as he does not need a different swing for each club to produce the same ball flight.
2. The player's visualization leading to better target orientation will improve.
3. The player's alignments and aim will be more consistent.
4. Predictable dispersion will emerge reducing doubt. Thus increasing confidence.

**This match-up of player's visualization, swing, ball flight, aim and confidence through positive correlation make him "in sync" or put him in the "groove".**

### **Implications of the Ideals**

1. The club is on plane through the swing
2. Shaft has unloaded ideally
3. Clubface square
4. Lie angle at impact ideal (neutralized)
5. Impact from the middle of the club face ("flush hit")

### **This will produce:**

1. Maximum compression of the ball.
2. True launch angle and ideal backspin (depending on the ball and loft of the club head)
3. Negligible or Marginally visible right to left spin (right hand player).