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THE JURISTS AND CIVIL SERVICES GOLF TOURNAMENT - 2026

Dedicated in the fond memory of



LATE SH. CSR REDDY, IPS



The Chief Guest Prof. Ashim Kumar Ghosh, the Hon'ble Governor of Haryana being presented with a memento by R K Pachnanda, IPS (Retd.) President of Chandigarh Golf Association





LIVING ALONE?

— SAFETY STEPS —

A **person living** alone can be seen as a soft target by potential assaulters. Hence some basic **precautions** be followed:

- ✓ If you live alone, don't advertise the fact.
- ✓ If you have multiple entry points to your house, make sure they are always locked. Try to use only the door that is nearest to the busiest spot (i.e. facing the main road rather than the back garden).
- ✓ When someone knocks at your door, don't open it unless you are well acquainted with the visitor.
- ✓ Do not entertain visitors you don't know. Always confirm the identity of the representative of any service provider agency by calling up the number on the ID card provided before opening the door.
- ✓ If someone comes to your door whom you do not trust or whom you believe might be dangerous, call your local police station or neighbour immediately.
- ✓ Verify and register your domestic help, drivers, maids etc with the local police.
- ✓ In case of an attack, many domestic appliances can be used as weapons from a screwdriver to a fork, a pair of scissors or even a pen. ●●●
- ✓ Get to know your neighbours and your neighbourhood.
- ✓ Consider installing an alarm system but make sure it is one you know how to use.
- ✓ Never discuss your programme in front of your domestic help or any stranger.

GOLF TIPS

By Coach Mahesh Kumar



- ✓ **Focus on your grip.** Ensure it's neither too tight nor too loose — a proper grip is fundamental.
- ✓ **Maintain a relaxed posture.** Your feet should be shoulder-width apart, knees slightly bent, and your back straight.
- ✓ **Swing smooth, not hard.** Focus on a consistent and fluid swing rather than trying to hit the ball with maximum power.
- ✓ **Keep your eyes on the ball** throughout your swing to ensure solid contact.
- ✓ **Practice your short game.** Spend more time practicing putting, chipping, and pitching.
- ✓ **Master the basics** before moving on to advanced techniques. Work on your fundamentals: grip, stance, alignment, and swing tempo.
- ✓ **Play smarter, not harder.** Focus on course management. Know when to play it safe and when to take risks.
- ✓ **Stay patient and positive.** Golf is a challenging game but staying calm and patient will yield better results.
- ✓ **Keep practicing regularly.** Consistent practice is key to improvement in golf.

