



## Top news of the month

Shaurya Binu, shows grit and tenacity like no other to clinch his second PGTI win this year at the Mysuru Open. At 19, his ability to stay 'within' through a challenging round requires applause.

It was a great outing as the team went to cheer him on the final day. Great work by the Sports Science and Coaching teams at TSG.

Thank you Shaurya for dedicating the win to TSG!

## 3 tips

# #CREATING CHAMPIONS

### Post-injury return to sport

#### A STRUCTURED REHABILITATION PLAN

Addressing the root cause of an injury through a structured rehabilitation plan is crucial for recovery. Equally important is allowing adequate rest for the injured area to heal, as rushing back can increase the risk of re-injury, which can be difficult to manage later.

#### STAYING POSITIVE

Staying positive throughout rehabilitation is crucial. Trusting the team and their plans, along with the support of a Sports Psychologist, helps athletes and parents ensure effective recovery and a smoother return to sport.

#### TEAM WORK

Returning to sports successfully requires a complete team effort. Aligning goals and timelines among the sports science team, coaches, parents, and the athlete is crucial for a smooth recovery and achieving 100% success.

## 2 quotes

*"The comeback is always stronger than the set-back"*  
Sumit Bhandari

*"Your body can stand almost anything. Its your mind you have to convince"*  
Author unknown

## 1 question

Are you surrounded by people who keep your environment positive?

With Gratitude



Tarun Sardesai  
Director of Instruction  
First and foremost

Our newsletter is back after a short hiatus. A fresh look to keep you updated about the world of TSG.

It's been a gratifying summer at TSG Academy with students from London, Dubai and the USA joining our programs. Not only is the TSG teaching philosophy gaining momentum but it is heartening to see youngsters and parents subscribing to the lifestyle we have created for golfers to become the best versions of themselves.

As the second half of the PGTI season kicks off, we have 6 young Pros who have all worked very hard during their off-season. The grind is not easy, but they have chosen their path and we are happy to be behind them in every way.

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## ICEMA EXCON - TSG Invitational Tournament

Our annual event for well-wishers and corporates in support of building champions for the country.

### Shaurya Binu's first PGTI win

At 19 years, Shaurya Binu is one of the youngest winners on the PGTI. He won the PGTI Vooty Masters, Hyderabad.



### Subash Tamang's first win as a Professional on home soil in Nepal

Subash won the Surya Nepal Premier Golf Championship, a professional tournament held at Gokarna Forest Resort, Nepal.



### Kaya Daluwatte, Junior Golfer from Srilanka wins an Amateur event

Kaya won at the 10th Nepal Amateur Golf Championship in the Ladies category held at Gokarna Forest Resort, Kathmandu.



### WAGR series continues to be hosted by TSG-Zion Hills in the South

This tournament offers a unique opportunity for players to improve their World Amateur Golf Ranking (WAGR) and gain valuable competitive experience.



### Junior Monthly Medal tournaments at Clover Greens

Open to juniors and amateurs, the Junior Monthly Medal is a tournament to give young golfers one more avenue to test their skills in competition. A great way to practice your competitive prowess between the zonal and national tours.

With Gratitude







## KAYA DALUWATTE

Runner-Up in Category A and Second Runner-Up in the A&B combined at the IGU UP State Ladie and Jr. Girls Golf Championship, Noida Golf Club



## SHAURYA BINU

Winner of the PGTI Mysuru Open with a score of 23 under par

## IGU ZION HILLS-TSG SOUTH ZONE GOLF CHAMPIONSHIP



**DIA CRIS**  
Winner Category B



**ADVAY BAGLA**  
Winner Category B



**JAITIRTH WARRIER**  
Second Runner-Up Category A



**VISHNU VIJAY**  
Runner-Up Category A



**ARPITA SHAJI**  
Runner-Up Category C



**ANURADHA NANDIGAM**  
Runner-Up Category B