



# FINISH STRONG

EDITION #34

www.tsgacademy.in

APR/MAY 2026

## TSG TALENT AT THE FALDO SERIES ASIA GRAND FINAL 2026

This month, our TSG athletes put up strong performances at the Faldo Series Asia Grand Final 2026, competing against top junior golfers from across the Asia Pacific. They showed great determination, focus, and confidence on a big stage.

Prince Bainsla led the way with an excellent 3rd place finish in the Boys U16 category. Nikhil Pande finished in the top 10 in the Boys U21 category, and Vivaan Ubhayakar gained valuable experience competing at this level. These performances show the steady growth of our athletes, and we look forward to many more such moments ahead.

## BEYOND THE BATTLE: A NEW PERFORMANCE MINDSET

### 3 tips

#### THOUGHT CONTROL MYTH: PERFORMANCE'S FALSE GOD

For decades, performers were told controlling thoughts guarantees success. This destructive myth creates exhausting internal battles, trapping athletes in cycles of self-judgment when doubt naturally arises. True freedom begins by accepting thoughts as passing mental events, not commands requiring obedience or eradication. This approach liberates performers from constant mental warfare.

#### DOUBT AND ANXIETY: HUMAN, NOT HARMFUL

Traditional sport psychology often treats natural emotions like doubt and anxiety as problems to fix. In reality, they are universal human experiences, not signs of weakness. Acknowledging them without resistance creates space for more authentic, composed performance under pressure.

#### SOUNDTRACK TO SILENCE: REWIRING YOUR MENTAL RADIO

Instead of silencing thoughts, treat them as background noise. When they arise, simply note "thinking" to create space between awareness and reaction. This reduces their grip and restores natural rhythm, allowing you to perform freely without mental strain.

### 2 quotes

"Trying to control your thoughts is like trying to hold water in your hands - impossible and exhausting."

- Dr. Steven Hayes

"The space between noticing and reacting is where champions are born."

- Jon Kabat-Zinn

### 1 question

How might accepting difficult emotions change your relationship with pressure?



Tarun Sardesai  
Director of Golf Instruction

#### First and foremost

A wonderful high energy month at our academy with golfers as young as 9 years attending our visiting program. But what's more endearing to see is all these children's love for the sport and the environment. I am so happy to see children moving into the Annual Integrated Residential Program because there is no other place like TSG for golfers seeking structure and a clear roadmap to excellence. The parents have been amazing in wanting to give their children this opportunity. Every team member at TSG is so grateful to be part of each students' journey.

# #CREATING CHAMPIONS

WITH GRATITUDE



A SALUTE TO OUR YOUNG SPORTSMEN WHO GRIND EVERYDAY TOWARDS A DREAM



**PRINCE BAINSLA**  
3rd Place: U16 Category  
Faldo Asia Grand Finale  
at Laguna Golf Lăng Cồ



**PRINCE BAINSLA**   
Winner: A Category  
IGU Rajasthan State Junior Boys Golf  
Championship  
at Rambagh Golf Club



**VIVAAN UBHAYAKAR**   
2nd Runner-Up: A Category  
IGU Rajasthan State Junior Boys Golf  
Championship  
at Rambagh Golf Club, Jaipur




**NAYONIKA KAPOOR**   
Winner: A Category  
BGC Junior Monthly Medal  
Tournament  
at Bangalore Golf Club



**ARPITHA SHAJI**   
Winner: C Category  
CGL-SZ Golf Championships  
at Coorg Golf Links




**ISHA RAJESH**   
Runner-Up: B Category  
CGL-SZ Golf Championships  
at Coorg Golf Links, Bitangala,  
Virajpet




**VARSRITH MADDI**   
Runner-Up: B Category  
CGL-SZ Golf Championships  
at Coorg Golf Links, Bitangala,  
Virajpet



**KRIDAY KEASARWANI**   
Runner-Up: A Category  
CGL-SZ Golf Championships  
at Coorg Golf Links, Bitangala,  
Virajpet



**TANUUSH S KUMAR**   
2nd Runner-Up: Category  
CGL-SZ Golf Championships  
at Coorg Golf Links, Bitangala,  
Virajpet



**MYRA NARSIPUR**   
2nd Runner-Up: C Category  
CGL-SZ Golf Championships  
at Coorg Golf Links, Bitangala,  
Virajpet



**NAYONIKA KAPOOR**   
Winner: Team Event  
180 Women's Golf League  
at Bangalore Golf Club



A GLIMPSE INTO OUR GROWING NETWORK OF SATELLITE CENTRES

CLOVER GREENS  
**TSG CLOVER GREENS**  
BANGALORE

At Clover Greens Golf Club, students took part in an on-course training session focused on applying skills in real play through the four-step process—plan and commit, pre-shot routine, free swing, and strong finish.

Coach Murtaza shared, **“When players trust their process and swing fearlessly, performance improves.”**

Also, it was inspiring to see Begur School students experiencing the course here for the first time, stepping up with confidence.




**TSG RCGC CENTRE**  
KOLKATA

April at RCGC was all about going back to the basics, with a strong focus on the coach refresher that brought more clarity and consistency to every session. This fresh energy carried into the Junior Development Programme, making sessions more structured, engaging, and fun. The impact is clearly visible, not just in how the kids are learning, but also in the smiles and feedback from parents.

- Back to basics coach refresher, bringing better clarity and consistency
- Junior sessions more engaging, structured, and fun
- Happy kids and even happier parents



WITH GRATITUDE



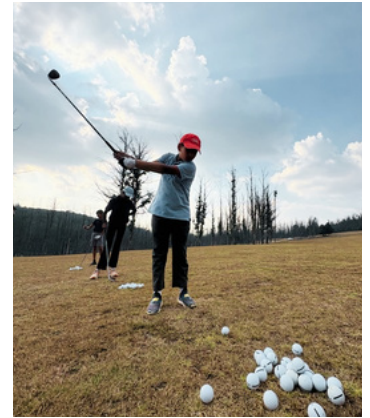
A GLIMPSE INTO OUR GROWING NETWORK OF SATELLITE CENTRES



TSG OGC CENTRE  
OOTY

In April, students continued to make steady progress in golf under the guidance of Coach Aaseem, building strong basics and growing confidence with each session. The program also welcomed a new TSG-certified coach, Mr Jafer Sadik, further strengthening the coaching team and overall learning experience.

The sessions have been well received, with increasing interest not only from juniors but also from adult members. Looking ahead, the South Zone event at OGC and the upcoming JDP tournament in May are creating great excitement and motivation among all players.



The Begur School students experienced their first visit to Clover Greens Golf Course, giving them a fresh and exciting environment to learn and play. It was a great opportunity to step out of their routine and explore the game in a real course setting.

They are also training at the Karnataka Golf Association, where they were introduced to on-course play and real game situations. As Coach Hemanth shared, the focus remained on improving body balance and weight shift in the swing, building a strong foundation for their development.



WITH GRATITUDE



"It's great. I was fortunate to visit TSG Academy, a state-of-the-art, world-class golf facility at Zion Hills. I think people should definitely come and see it for themselves. I had the opportunity to visit yesterday, and it's a truly impressive facility. Thank you.

~ **MR. GAURAV GOSH**

(TSG ZION HILLS GOLF COUNTY, KOLAR)



"My session with Tarun was simple and effective. From multiple swing thoughts (a lot of which were incorrect), he's narrowed it down to two very specific things I need to work on. The expectation on progress was also set clearly. Overall - highly recommended for anyone who's serious about transforming their game!"

~ **MR. ANSHUMAN MARODIA**

(TSG RCGC CENTER)



"The coaching session was very well conducted by Mr. Diwakar, who ensured that players understood and applied the basics effectively, even while practicing on the fairway."

~ **ABHIMANYU KINRA**

(TSG CLOVER GREENS CENTER)