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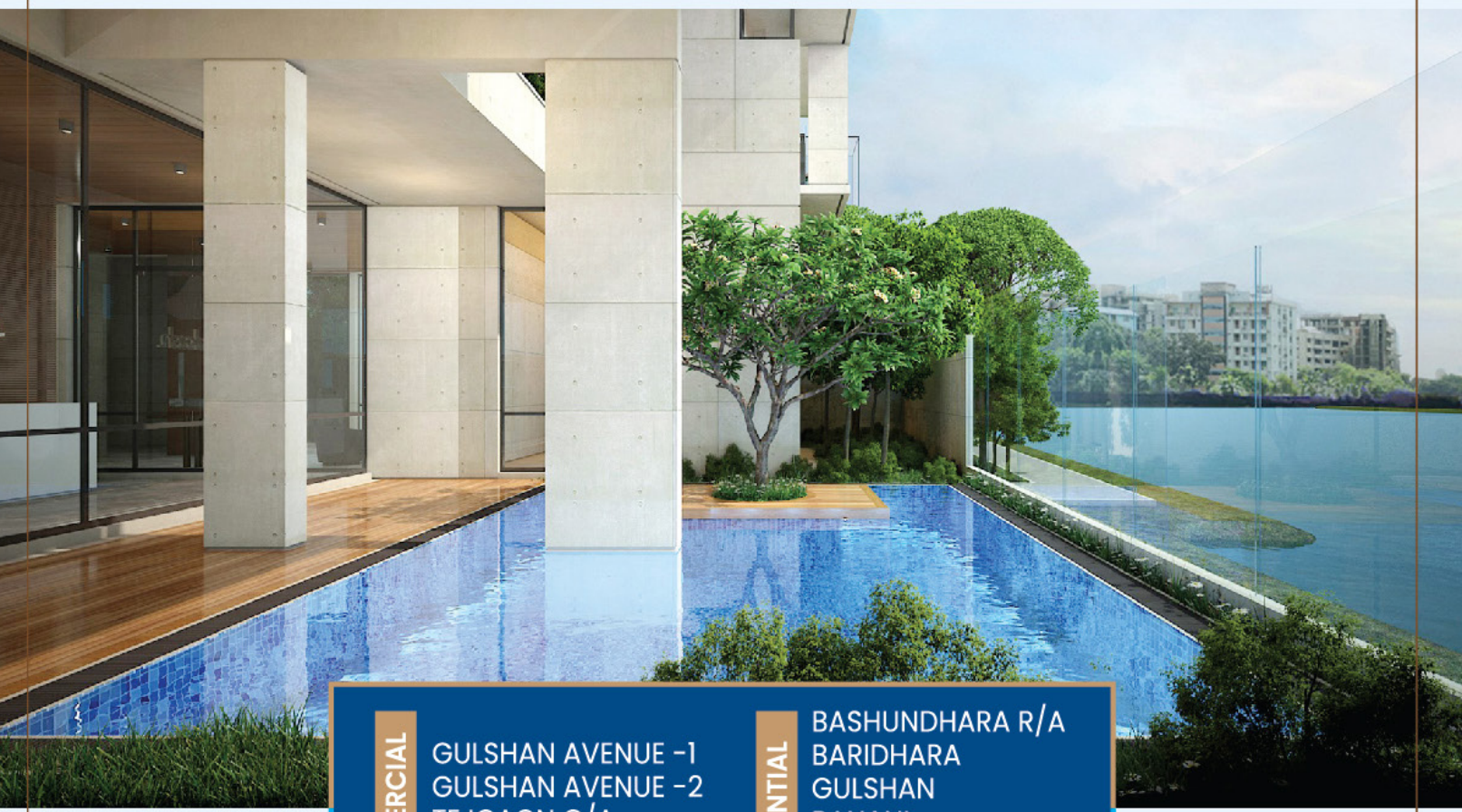

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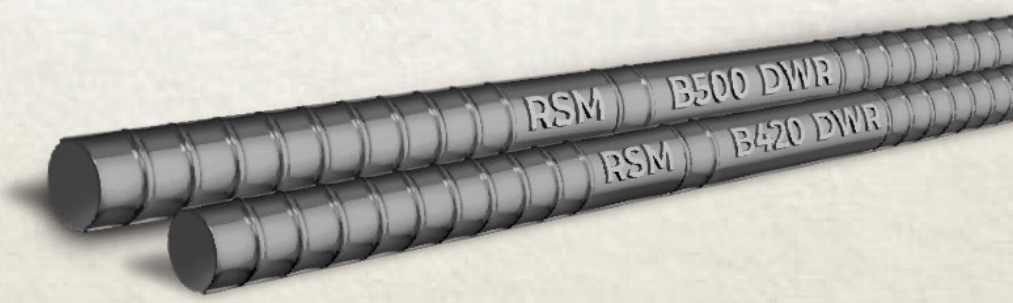

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> We hope that this event brings out not only our next Siddikur Rahman but also some female golfers to lead the country's golf in future.

EDITOR'S CHOICE



Meditation is the scientific process to make the body relaxed and use the immense power of the brain. Normally the process makes the mind stress-free, reduces anxiety, and thus increases the mental strength of the golfer.

Foreword

Dear readers,

The word amateur may have a layman kind of ring to it, but when it comes to golf, amateur hits a rather positive note.

An amateur in golf, unlike in other sports and other occupations, is one who is just honing his skills and waiting for the opportune moment to step into the world of professional golf. An amateur, as happens on many occasions, could fare much better than a professional golfer. Most of the great golfers that we see today were once amateurs. For example, our very own Siddikur Rahman was still an amateur when he made a name for himself in South Asian golf. Likewise, Jamal Mollah won his first PGTI event as an amateur.

Hence providing a good platform to amateurs before they become professionals in the cut- throat world of golf is a must. And with that end in view, Bangladesh Golf Federation, with support from Orion Group, recently organised the 36th Bangladesh Amateur Golf Championship at the Kurmitola Golf Club.

We hope that this event brings out not only our next Siddikur Rahman but also some female golfers to lead the country's golf in future.

Nazrul Hosen Ayon
Editor

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Golf Advisor
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Md. Mashiur Rahman

Accounts
Taslima Akter

Distribution
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GOLFHOUSE HOLDINGS
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A FLYING START

It's a dream come true" were words South Africa's Thriston Lawrence used a fair bit last year. A first win on the DP World Tour. A dream. A first professional win on European soil. A dream. A first Major Championship appearance. A dream. Then, to end an incredible 12 months, and after being named the Sir Henry Cotton Rookie of the Year, he wins his national Open.

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Golf meditation: A unique method to improve your game

Meditation techniques may bring a huge difference in your game. John Jyotish Novak mentions in his famous book on meditation that the most profound perceptions about the nature of reality come through intuition rather than logic, from the super conscious rather than the conscious mind. When the body is completely relaxed, the five senses are internalized, and the mind totally focused, a tremendous flow of energy becomes available (How to Meditate by John Jyotish Novak, 1989). It may become the gamechanger for the armature golfers and some cases for the pro golfers to develop their strategy.

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Build your perfect salad

Much like boiling an egg or roasting veggies, making a salad should be a matter of tossing together some leaves and dressing, right? Thing is, just a little extra effort can take your salad from meh to marvellous. Just pick ' n' mix from these ingredients*

Costa Navarino – The Hills



Truly spoilt for choice. That's what you now are at this fabulous Greek golfing destination in the Messinia region following the opening of its two new Jose Maria Olazabal-designed courses last February – the Hills course, featured in this main image, and the International Olympic Academy course. It's only 12 years since Bernhard Langer's Dunes course set the Costa Navarino ball rolling in this fledgling golfing nation, with Robert Trent Jones Jnr's Bay course arriving a year later. Three luxury hotels complement the four courses – the Westin, Romanos and W Costa Navarino – with a fourth, the Mandarin Oriental, set to open this summer. Olazabal's courses contrast beautifully with each other. The International Olympic Academy course enjoys a particularly stirring back-nine run along an inland cliff edge, with mesmerising ocean views. The par 3s at 12 and 16 excel, the former in particular demanding nerves

AT COSTA NAVARINO? WHY NOT PLAY...



of steel if the wind is up. On the Hills course, the daunting par-3 15th across a wide gully to a two-tier green again asks questions of your nerve, while the par-5 11th ranks among the standout holes visually, playing past a distinctive solitary tree towards the distant mountains



AMATEUR GOLF CHAMPIONSHIP
TO FIND NEW SIDDIKURS

Bangladesh is a country with immense potential in golf. Siddikur Rahman showed the way to up-and-coming golfers by winning the Brunei Open in 2010 and Hero Indian Open in 2013 that background and financial status doesn't matter if you have the talent and perseverance. Siddikur has since played all over the world and represented Bangladesh in major golfing tournaments. However, no-one else since Siddikur have been able to reach that height. The Bangladesh Golf Federation (BGF) is trying it's best to unearth new talents. It is conducting various tournaments and programs with amateur golfers. As part of the talent hunt, the Kurmitola Golf Club is hosting a tournament with amateur golfers from 10 countries. The prestigious



tournament will be held from March 8-11. It is the biggest tournament after the Asian Tour in terms of ranking ('E' category). Apart from hosts Bangladesh, the best amateur golfers from Australia, South Korea, India, Malaysia, Indonesia, Sri Lanka, Pakistan, Nepal and Bhutan will participate.

Joint Secretary of Bangladesh Golf Federation and CEO of KGC, Colonel (retd) M Shahidul Haque said, "We are going to organize this amateur ranking tournament with many countries of the world. After gaining experience by playing in such tournaments, our amateur golfers will become professionals and carry the flag of Bangladesh."

Golf Federation's Chief Coordinator Lt. Colonel (Retd.) Ahsan Aziz said, "We have two challenges in this tournament. One is to successfully complete the event; another is to win the title. Hopefully we will succeed in both. It is a great honour for us that golfers from countries around the world are coming to play here."

Bangladesh national golf team coach Nadeem Hossain said, "I am very optimistic about winning the title. Our boys are doing very well. I believe that one of them may be the next Siddiqur Rahman. I believe that we can bring our country the title of events like Asian Tour or European Tour."









Amateur Golf Championship

Galleries








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A FLYING START

South African Thriston Lawrence's first year on the DP World Tour will be a hard act to follow. But, as he tells Michael Weston, he's sure the best is yet to come...



"It's a dream come true" were words South Africa's Thriston Lawrence used a fair bit last year. A first win on the DP World Tour. A dream. A first professional win on European soil. A dream. A first Major Championship appearance. A dream. Then, to end an incredible 12 months, and after being named the Sir Henry Cotton Rookie of the Year, he wins his national Open. A dream, for sure. No wonder the 25-year-old spent so much time on the road during his 2022 campaign. When we speak, he's not totally sure how long he's been away



from home. At this moment in time, when everything is clicking, he has no problem living out of a suitcase. The game plan is simple: just tee it up and play. During last season, he racked up 30 tournaments,



His third DP World Tour win came at the South African Open

which is more than average. Tired? Not a chance. After all, this thing of playing golf for a living... it's a dream. So passionate is Lawrence about his trade, he's only too happy to start his 2023 season without a proper rest. A week after finishing 14th on the Race to Dubai with total prize money a fraction under €1.6m, he's back at it, defending his title at the Joburg Open. Seven days later, he wins the South African Open. Winning in his homeland is, of course, extra special. This is where his story began, in 'the bush', under the watchful eye of his father, a teaching pro at Nelspruit Golf Club. opponent 9&8.

To write his name on the same trophy as his "all time favourite" Ernie Els, who he would follow religiously around Leopard Creek when the Alfred Dunhill Championship came to town, was a proud moment. He defended the title a year later, and added The Lytham Trophy to his cabinet, too. Confident that he had the game to compete at the highest level, he decided to turn pro. He was just 17. What an eventful eight years it's been since.

"My lifelong dream has been to play on the PGA Tour. That's the end goal"

Starting out

Listening to a professional golfer describe their earliest memories is always interesting. Lawrence can't help but grin when he recalls the moment he got the golf bug. "I remember my grandfather buying me my first set of clubs, one of those little Tiger sets," he says. "I remember all the holidays after school hitting balls on the farm. My father built me this chipping green surrounded by stones. "I played most sports, but I just realised individual sports were my favourite. I was very competitive and I decided golf was the game I loved. My father did his PGA and started teaching me and that's where my passion developed. It has never stopped since." Lawrence enjoyed a glittering amateur career. He became the youngest winner of the South African Amateur Championship in 2013, aged just 16, defeating his You might say that he gave himself the challenge of climbing a mountain. Last August, he reached the top – quite literally – five thousand feet up in the Swiss Alps at the stunning Crans-sur-Sierre, where he defeated England's Matt Wallace in a play-off to win the Omega European Masters title. Nine months earlier, he had claimed a somewhat bittersweet victory at the weather-affected and Covid-hit Joburg Open. The celebrations were muted as he picked up his first DP World Tour trophy and removed his mask to say a few quick words. Up in the mountains, however, he, his caddie and a few fellow countrymen were able to enjoy "a few beers". "I think I proved myself enough over the first two rounds to claim a victory," says Lawrence, when asked whether his Joburg Open success felt in any way hollow after being reduced to 36 holes. "Even before that I'd been playing really well. It's always such a good opportunity for us South Africans to have those co-sanctioned events [Sunshine Tour and DP World Tour], so it's always been a thing to win one of those – it's always a route to the tour. Win number two was "unbelievable", and silenced any critics who cited his maiden title as fortuitous. "I was talking about it with the guys the other day. I said I don't know what heaven feels like, but it felt close to heaven, obviously winning and then just the scenery around you and the mountains," Lawrence says of his victory in Switzerland. "The landscape is unbelievable; the history of the event and past champions too. To win my first DP World Tour event abroad was special. I probably couldn't have chosen a better golf course."

Major vibe

Being able to stay calm under pressure is a great quality to have, and one Lawrence boasts. When he lost his five-shot lead on the back nine at the South African Open in December, he didn't fret. His approach to the 18th – a laser of an iron – was one of the shots of the week, and saw Lawrence over the line. That's now two titles he shares with his idol, Els. Lawrence doesn't want to be too greedy, but if he could grab one more of the Big Easy's titles before his career is done, he'd happily take the Claret Jug. Courtesy of his 2021 Joburg Open victory, Lawrence earned himself a first Major Championship



On his way to the Omega European Masters title



At the Nedbank Golf Challenge last November

THRISTON LAWRENCE

appearance last year. This is the one that really gets the juices flowing. He has vivid memories of following Els at Royal Lytham & St Annes in 2012, the year he won his fourth Major. The 150th Open at St Andrews turned out to be everything he hoped for – and more. "Luckily I've played many amateur events there [St Andrews] and the Dunhill Links, so I was very familiar with the setting," says Lawrence, who finished the week in a highly respectable tie for 42nd. "The Major vibe is way different, but I think it calmed me down that I knew the golf course. I always say those 1st tee jitters, I'd rather have it there than some other golf course; it's probably the widest fairway in the world!" It perhaps wasn't so surprising to see Lawrence do so well on his Major debut. He tied for third at the Irish Open before finishing in a tie for 24th at the Scottish Open in the lead-up to St Andrews, a two-week period that he used to learn as much from the best players in the world as he could. "The spectators play a huge role, because you're not used to it," he says. "The key thing for me was the build up. The Scottish Open, playing with Patrick Cantlay in the third round, playing with those world-class golfers gives you confidence."

Aiming high

Winning three times on the DP World Tour has taken a lot of pressure off, and it will allow him to pick and choose his events in 2023. At the time of writing, he has the top 50 in his sights, and there are just two South Africans higher than him on the Official World Golf Ranking (Louis Oosthuizen and Dean Burmester). Some will argue that this list, given LIV golfers aren't currently being granted points, is no longer accurate – but try telling Lawrence that. "The short-term goal is trying to get that world ranking up as soon as possible. My lifelong dream has always been to play on the PGA Tour. That's the end goal. My goal in the near future is to try and get into the top 50 in the world." You wouldn't bet against that happening this year, even though he's now doing things on his own. He parted company with his father a few years ago. It was an amicable split, and his father is always there to offer his support. Lawrence describes himself as a "feel player", and he's comfortable enough figuring it out by himself. "I don't have the prettiest swing. I've been doing it my way," he says. "I've taught myself shots and I feel with golf you need everything, you need all the shots. You obviously need to be technical, but to be a worldwide player, you have to have feel and you have to be able to hit different shots when you need to." Lawrence looks to be doing a fairly good job of working this game out. You look at the names to have won the Sir Henry Cotton Rookie of the Year award and you start to wonder how big a star he could become. He's one to watch this year – that's for sure

NOTABLE DP WORLD TOUR ROOKIE OF THE YEAR WINNERS

SIR NICK FALDO

1977

Faldo finished his first full season on the European Tour in ninth place. Victory at the Skol Lager earned him and he made his Ryder Cup debut at Royal Lytham & St Annes. He returned a 3-0 record, which included a singles triumph over Tom Watson.

COLIN MONTGOMERIE

1988

After scooping the award, Monty followed it up with his maiden title, a convincing 11-shot victory at the Portuguese Open during the start of the 1989 season. In 1993, he became Europe's number- one player, a position he held for seven years.

SERGIO GARCIA

1999

The Spaniard turned pro in 1999 after finishing low amateur at The Masters. He lived up to his superstar billing by winning the Irish Open, his sixth tournament as a pro. At that time, he was the fourth youngest champion in the history of the European Tour.

BROOKS KOEPKA

2014

Koepka turned pro in 2012 and breezed through the Challenge Tour in 2013, winning four times before graduating to the European Tour. He was already being talked about as a future star when he claimed his maiden title at the 2014 Turkish Open.

JON RAHM

2017

Rahm finished low amateur at the 2016 US Open before turning pro. He burst onto the scene, winning both the Irish Open and DP World Tour Championship in 2017, as well as the Farmers Insurance Open on the PGA Tour. The Spaniard has simply never looked back.







Tiger returns to action alongside son Charlie

What do you enjoy most about the PNC Championship?
The bonding, by far. Just to be able to be out there and share this with Charlie, and for Joey [caddie, Joe LaCava] to share it with his son, as well. Joey has been out here for what, 35, 40 years, and to be able to show his son what it feels like to be inside the ropes, it's great. He's been fantastic with Charlie.

Your best shot of the week?
I can tell you a lot of my worst shots. I didn't hit many good ones. I hit a couple of good drives where I could needle JT [Justin Thomas] a little bit, but that was basically it. I did not putt well on the first day and Sunday was a little scratchy. You can tell that I need to practise a little bit more and shake off some rust.

How far have you progressed in the last year?
A lot. The plantar fasciitis is no fun, and now I get to truly recover and heal and progress forward on this, because there are so many good things that I've been able to do physically. I've been able to hit the golf ball and practise and do everything at a standstill, but I haven't been able to get from point A to point B, and we're obviously going to work on this.



RAHM SAYS RACE FOR NO. 1 SHOWS

'GREATNESS' IN GOLF RIGHT NOW'

World number one Jon Rahm says the continuous tussle for the top ranking among himself, Rory McIlroy and Scottie Scheffler "speaks to the greatness of the game of golf right now."

Spain's Rahm returned to the top of the rankings with his victory at Riviera two weeks ago, his third US PGA Tour title of 2023 carrying him past reigning Masters champion Scheffler.

Scheffler had regained the summit just a week earlier, replacing McIlroy atop the rankings after his victory at the Phoenix Open.

Both second-ranked Scheffler and No. 3 McIlroy have a chance to return to number one this week at the Arnold Palmer Invitational in Orlando, Florida, where Rahm said on Tuesday that the tight race at the top was a testament to the current state of the game.

"I do know this is the most amount of No. 1 changes in this short period of time," Rahm said. "I saw some of those stats, because it's just really interesting, which speaks to the greatness of the game of golf right now -- how good everybody's been playing," Rahm said.

Rahm himself has been in dominant form. His victory in the Genesis Invitational at Riviera was his fifth win in nine worldwide starts, a run that included his third Spanish Open triumph in October and victory in the DP World Tour Championship in November. He opened 2023 with US Tour wins in the Tournament of Champions in Hawaii and the American Express in La Quinta, California.



After closing out a two-shot victory over Max Homa to return to the top of the rankings for the first time since March of 2022, Rahm said he didn't "need a ranking to validate anything."

But he acknowledged on Tuesday there was "a lot of satisfaction that comes when you get to be No. 1 when the other players have been playing great golf as well. "Scottie had a great year last year, Rory had a great year last year, and then towards the end of the year I kind of picked up."

Rahm was also pleased to get back to the top with a victory.

"I think one of those times that I got to it, it was after, I think it was (Justin Thomas) had a bad finish, and I finished 10th in a tournament and you get back to number one. "That doesn't feel nearly as well."

Rahm, who headlines a field that features 43 of the top 50 players in the world, is making just his second start at Bay Hill, where he finished tied for 17th last year with what he called a "horrible, horrible week on the greens".

"Four three-putts alone on the back nine on Sunday," Rahm recalled. "So very encouraged knowing that if I could keep my ball striking the level that I know I can and have a decent week on the greens, I'll have a chance."

Scheffler is the defending champion. He clawed out a one-stroke victory in brutal fourth-round conditions, his second win in three starts after he had claimed his first career title in Phoenix just weeks before.



BATTLE FOR NO. 1

'PRETTY COOL' FOR FANS, SAYS RORY MCILROY

As he battles Spain's Jon Rahm and Scottie Scheffler for the No. 1 spot in the Official World Golf Ranking, Northern Ireland's Rory McIlroy made it clear that he's more concerned about what that coveted position is doing to grow the game rather than how it's improving his own stock.

"Look, as much as it's really nice to be ranked No. 1, winning golf tournaments, playing well, it sort of takes care of all of that stuff," McIlroy said. "So I think it's really exciting. If I was purely a fan of the game and I see what's going on, especially at the top, I think it's a pretty cool thing.

"The run that (Rahm) has been on has been phenomenal. Obviously what Scottie did last year. I've had a nice little run over the last sort of 12 months."

Rahm currently holds the top spot in the OWGR, while Scheffler sits in second and McIlroy comes in at third. Patrick Cantlay and Australia's Cameron Smith rank as Nos. 4 and 5, respectively.

While that might be how the rankings stand ahead of the Arnold Palmer Invitational -- which begins on Thursday and runs through Sunday -- McIlroy realizes that things can change in an instant.

"Like everyone knows, there's so much parity in our game right now that any given week, any given tournament, someone can pop up and sort of put their hand up and claim to be one of the best players in the world," McIlroy said. "So I'm just happy to be in that conversation and I just need to keep my head down and keep playing well."

Scheffler will be looking for back-to-back titles at Bay Hill (Fla.) Golf Course after winning the Arnold Palmer Invitational in 2022, while McIlroy hopes to become a two-time champion at the event following his 2018 victory.

"It took me awhile to play this tournament at the start of my career, but then once I did play I don't think I've missed a year since," McIlroy said. "So really enjoy it here. Enjoy the golf course, enjoy the challenge that it provides and looking forward to the week."



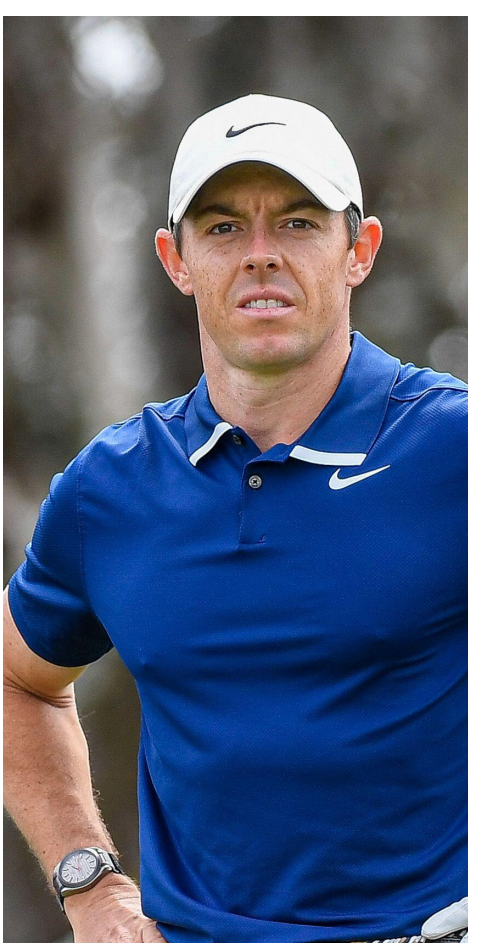
LATEST WORLD GOLF RANKING (TOP 25)

RANKING	PLAYER (COUNTRY)	POINTS
1.	Jon Rahm (Spain)	431.63
2.	Scottie Scheffler (USA)	460.56
3.	Rory McIlroy (N Ireland)	379.90
4.	Patrick Cantlay (USA)	279.46
5.	Cameron Smith (Australia)	259.58
6.	Xander Schauffele (USA)	259.30
7.	Will Zalatoris (USA)	245.25
8.	Max Homa (USA)	259.97
9.	Justin Thomas (USA)	231.93
10.	Collin Morikawa (USA)	234.03
11.	Viktor Hovland (Norway)	241.49
12.	Tony Finau (USA)	240.35
13.	Matt Fitzpatrick (England)	235.72

RANKING	PLAYER (COUNTRY)	POINTS
14.	Sam Burns (USA)	200.62
15.	Joo-hyung Kim (Korea)	187.89
16.	Cameron Young (USA)	200.22
17.	Jordan Spieth (USA)	171.53
18.	Sungjae Im (Korea)	190.89
19.	Shane Lowry (Ireland)	159.84
20.	Billy Horschel (USA)	159.74
21.	Keegan Bradley (USA)	143.46
22.	Hideki Matsuyama (Japan)	144.65
23.	Joaquin Niemann (Chile)	140.12
24.	Brian Harman (USA)	140.12
25.	Tommy Fleetwood (England)	141.86









NEW GEAR SPECIAL

Want to know what's fresh in 2023? Our guide to the latest hardware and balls will get you up to speed...

With prices going up and income being squeezed, it has never been more important to do your research when it comes to investing in new golf gear. The last thing you want is to part with your hard-earned cash, only to realise there was something better or more suited to your game.

The next ten pages will give you the lowdown on all the latest drivers, putters and everything in between. Along with the Callaway Paradym range, which we covered last month, the amount of choice has never been so vast. Hopefully you'll be able to create a shortlist of products that suit your eye and budget.



METALWOODS



A new face design on the Stealth 2 rescue should produce more consistent results

TaylorMade Stealth 2

TaylorMade has confirmed the 'carbonwood age' is here to stay with the new Stealth 2 range.
The trio of drivers all feature a 60X Carbon Twist Face with redesigned Inverted Cone technology to maintain more ball speed on off-centre strikes.
The heads also use up to 75 per cent more carbon fibre to improve forgiveness.
The three models are the Stealth 2, which offers best overall playability, the Stealth 2 Plus, which offers lower spin and has a moveable 15g weight to alter shot shape, and the drawbiased Stealth 2 HD. The Stealth 2 fairway features a titanium face as well as V-Steel technology on the sole to promote launch and improve turf interaction.
It comes in the same three models as the drivers.

The Stealth 2 Plus fairway is adjustable through the hosel and also has a 50g moveable weight that alters the launch and spin profile.
The forgiving Stealth 2 and draw-biased HD models will both retail.
The Stealth 2 rescue has had the CG positioned lower than the original Stealth to promote higher launch and optimal spin.
The Stealth 2 HD is the most forgiving option thanks to its marginally larger profile, and it promotes a right-to-left ball flight.
The Stealth 2 Plus rescue has a more compact head shape than the other two models, so is designed for workability. It features an adjustable hosel for golfers looking to dial in carry distance or a certain ball flight.



The sliding weight on the Stealth 2 Plus fairway allows for a 'rocket' setting

A 12g rear weight helps with launch and to stabilise the head at impact



Wilson Dynapower

Dynapower is set to be Wilson's first tour-spec, fully adjustable driver. It comes in either a carbon head for the skilled golfer looking for a neutral to fade-bias driver, or a titanium head for those seeking added forgiveness and draw-bias. Golfers will be able to fully customise their driver by choosing swing weight, loft, lie, shaft and flex. Both drivers feature a PKR2 face created using artificial intelligence to provide forgiveness on off-centre hits. The Dynapower fairways feature the same A.I. technology seen in the drivers and come in a tour-inspired head to boost confidence. A 12g weight in the rear helps with launch and trajectory. New Dynapower hybrids have been designed with lower CG to promote easier launch, while a flatter, tour-preferred profile should also be more pleasing to the eye at address.



Mizuno ST-230

Mizuno's ST-230 range comprises three driver heads (all £499). The ST-Z is a lower-spinning option, while the ST-X is a more workable, slight draw-bias driver. For the slower swinger, there's the lightweight ST-X Pltnm. A new Forged SAT 2041 Beta Ti face features in all three models, boosted by a new Cortech chamber that helps produce fast ball speeds and a solid feeling through impact. The ST-Z fairway (£299) is billed as a midspinning, high-launching adjustable fairway wood. A mid-sized footprint will suit the majority of golfers and the MAS1C steel face provides lively ball speeds, while a stylish carbon crown optimises launch and forgiveness. The ST-Z hybrid (£279) features much of the same tech as the fairway minus the carbon crown and has a larger profile than the prior model.





Internal ribs and new shaping help improve the sound of the G430 driver at impact



A high-strength maraging steel face wraps into the crown and sole to increase flexing

Ping G430

Two years in the waiting, Ping has revealed its highly anticipated G430 range, which replaces G425. Acoustics have been dampened to improve sound and feel, while a thinner face with a new roll pattern is said to boost ball speed and accuracy. A Carbonfly Wrap crown has been added to the LST driver and all fairways and hybrids, allowing weight to be redistributed to improve launch and stability. The option of a high- launch build is available in all G430 models, featuring lighter shafts and weights for those with slower swing speeds. There are three driver models – the forgiving Max, a drawbiased SFT and a low-spinning LST – all with a moveable weight that ranges from 22g-25g to alter shot shape.

Ping has also released two fairway models. The Max and SFT have a tungsten back weight that extends the perimeter weighting to enhance forgiveness. The SFT is slightly larger in profile and promotes a draw-bias shot shape. An LST model is due to be released at a later date. The G430 hybrid is said to provide the perfect combination of performance and forgiveness. Also featuring Carbonfly technology, this hybrid launches high but with a powerful, forward ball flight. Available in six different loft options from a 2- to a 7-hybrid and featuring an adjustable hosel, this versatile club can be tuned to fit perfectly in any golfer's bag.

Cobra Aerojet

The Aerojet family replaces the popular LTDx range, with three models all designed with progressive aero shaping to suit each model's characteristics and boost swing speed. All models feature the newly designed H.O.T face and Pwrshell technology, designed for greater ball speed and forgiveness, and a gloss carbon crown to save weight and increase MOI.

The Aerojet is the standard model for a broad range of golfers seeking all-round performance. The LS is made for skilled players looking for lower spin and launch, and the Max has interchangeable back and heel weights designed for those seeking a draw-bias with high launch and forgiveness.

The same three models are offered in the fairway woods.

All feature a carbon crown to help lower the CG and aid forgiveness, and feature the new face technology designed for consistent spin and speed on mishits.

They also have adjustable hosels to allow golfers to dial in a certain ball flight. The LS model has interchangeable weights on the sole to help promote a desired shot shape further.

The Aerojet hybrid boasts a refined shape as compared with LTDx, with a lower heel and more rounded crown to help promote high launch and fast ball speeds.

One-Length options are also available for those seeking a set-up consistent with their One-Length irons.



A 13g weight suspended above the sole in the driver should maximise distance

There are now three hybrids to choose from in the TSR range



Titleist believes the TSR1 range could fit up to a third of all golfers

Titleist TSR

Titleist has expanded its TSR metalwood range with the addition of TSR1 models, as well as TSR2 and TSR3 hybrids. Engineered for players with driver swing speeds less than 90mph, the TSR1 range promotes optimal launch conditions through an ultralightweight design, enhanced aerodynamics and strategically placed CG for effortless speed, distance and high launch without sacrificing forgiveness, looks or feel. The TSR1 driver is roughly 40g lighter than the TSR2 driver, is partly grey in certain areas for differentiation and features the Multi-Plateau variable face thickness pattern found in other TSR drivers to assist in speed retention from off-centre hits. The TSR1 fairway is the lightest and highest- launching in the range and also has the largest footprint. This is also true of the TSR1 hybrid, which also boasts a deeper CG placement for forgiveness and measures half-an-inch longer than the previous TSi1 to create more speed and launch. The new TSR2 hybrid is a classic-shaped model with a marginally longer blade length, creating more face flex and faster ball speeds as a result. The CG is pushed lower and deeper than prior generations for increased launch and improved stopping power. A redesigned sole facilitates better turf interaction for improved versatility. The TSR3 hybrid is aimed at the better player, producing less spin and a more penetrating trajectory. A smaller head than the other two models will please the eye of the lower handicapper, while the SureFit track system allows players to customise their ball flight for ultimate control.

NEW GEAR SPECIAL

WEDGES

Cleveland RTX 6 ZipCore

ZipCore is a unique, low-density core made of up to 95 per cent more aluminium and silicon material than on the prior iteration. This is lighter than 8620 carbon steel and therefore saves weight, which can be moved elsewhere in the head to increase the MOI by up to 20 per cent. HydraZip comprises a dynamic face blast and laser lines that maximise friction for improved spin consistency in the dry and wet. The grooves are also sharper, deeper and tightly spaced for enhanced spin, control and consistency. The RTX 6 ZipCore wedge has four different sole grinds. New for 2023 is the Low+, with more bounce in a C-Shaped sole. It should come into its own from bunkers.

A more centred CG should improve the feel and the consistency of spin created



Cleveland CBX Full-Face 2

With a high-toe profile, the CBX Full Face 2 has a 13-per- cent-higher contact area than the RTX Full-Face wedge, helping players feel more confident when presented with open-face shots. ZipCore has been added to the design along with UltiZip grooves, which assist in cutting through debris more consistently, while a Gelback insert improves feel. Reshaped sole grinds include the higher-bounce Full sole and the C-Shaped sole on higher lofts. This comes with relief around the heel for when golfers need to get creative.



A new bounce chamfer helps to improve turf interactio

Mizuno S23

The one-piece, Grain Flow Forged S23 wedge showcases a shorter hosel and a heelorientated cavity that pushes more mass towards the toe. This creates a centred sweetspot, which contributes to longer impact time, less head deflection and reliably higher spin from both full and partial shots. It has a tour-ready design with a versatile look at address that better players will prefer. Loft-specific grooves cut into boron-infused 1025 mild carbon steel should make the wedge more durable, while Mizuno's HydroFlow Micro Grooves are laser-etched to release moisture and reduce spin drop off when playing in wet conditions



Titleist Vokey SM9

Titleist's tour-leading SM9 wedge range has been expanded in 2023 with a seventh grind and fourth finish option. The lowbounce T-Grind, one of the most popular grinds on the PGA Tour, will be offered in 58° and 60°. It has a narrow crescent surface and wider back flange, which allows players with shallow and precise deliveries, as well as those playing off firm ground, to benefit from its sole design. Visually, golfers can now opt for the Vokey SM9 Jet Black Premium wedge. The all-new finish is built to last thanks to a time-intensive, heat-treated binding process that enhances durability. The wedge is paired with a Dynamic Gold Onyx S200 shaft and an all-black Tour Velvet 360 grip to complete the sleek look.



The new T-Grind has aggressive heel, toe and trailing-edge relief

IRONS





Tour V.T. soles help maintain club speed through impact



Srixon ZX Mk II

Srixon's four-strong Mk II iron range (all £167 per club) should cater for the majority of playing abilities. The ZX7 Mk II features an exclusive PureFrame design and an 80-per-cent-thicker portion of 1020 carbon steel forged into the body of the iron, just behind the sweetspot, to enhance feel by reducing unwanted vibrations. Meanwhile, the rest of the ZX Mk II iron line sports the second generation of Srixon's MainFrame technology, a variable-thickness pattern of grooves, channels and cavities that not only boosts ball speed, but also repositions mass away from the face and into the toe for better forgiveness. The ZX4 Mk II iron is the largest and longest model in the range and is aimed at midhandicappers, while the ZX5 Mk II slots in between this and the ZX7 Mk II in terms of lofts, size and distance potentia

Ping G430

The G430 iron is being billed as Ping's longest ever iron. It includes a new PurFlex cavity badge, which comprises 15 unique pieces making up seven flex zones. This allows more free bending to increase ball speed across the face, while also improving the sound and feel. The lofts have got a degree stronger, but launch shouldn't be affected – a lower CG and an additional 45° wedge ensure proper gapping. The iron is available in Standard, Power and Retro specs, as well as a new high-launch build for slower swing speeds.



A degree of extra bounce on the sole should help turf interaction



Added chamfer to both sides of the topline makes it look thinner

Cobra Aerojet

Cobra has blended multiple technologies in its new Aerojet iron to make it even faster off the face than the previous LTDx. Specifically, a floating 70g weight called a Pwr-bridge lowers the CG and increases face deflection. A H.O.T. variable-thickness pattern with multiple zones was designed using artificial intelligence to make it livelier from a wider area. To improve the sound and feel, a polymer filler encases the hollow area around the floating weight to dampen vibration. It's available in both variable and One Length for (5-GW).

NEW GEAR SPECIAL



The three Cobra King irons are all aimed towards the better player

Cobra King

All three of Cobra's new King irons benefit from a five-step forging process that not only produces repeatable shapes and spec tolerances, but enhances the feel as well. The fifth step is key – each iron is struck with 2,000 tonnes of pressure at 700°C. That results in less polishing, which can limit inconsistencies and improve weight tolerances. It also allows for more uniformity with face flatness and loft and lie angles. The King Tour iron has a CNC-milled undercut, which frees up weight to be repositioned lower and to the heel and toe areas of the clubhead. This increases launch and provides more forgiveness, while a thermoplastic urethane – topped with an aluminium medallion – fills the cavities to improve feel. The King CB iron has a cavity-back shape with slight offset for more forgiveness, whereas the muscle-back King MB iron is a traditional blade, with a thinner sole and shorter blade length for the better player.

TaylorMade Stealth HD

The Stealth HD iron (£129 per club represents an unconventional approach to achieving a higher, more draw-biased ball flight. This max-game-improvement iron features an ultra-low-profile head shape in the long-irons, which drives the CG lower to help get the ball airborne more easily. An increased sole radius with a step-down design should lead to better turf interaction and more shots struck high on the face, translating to higher launch, assisted by weaker lofts versus last year's Stealth iron.



Lightweight shafts and strong lofts should help maximise distance



Progressive head sizes help optimise performance in each iron

Wilson Dynapower

This iron is built for the mid- to high-handicapper and boasts an A.I.-inspired variable-face-thickness design, along with Power Holes 3.0 on the sole, for maximum ball speed and forgiveness. Weight has been redistributed from the heel towards the toe, where Wilson claims 85 per cent of shots are struck by golfers with a handicap of ten or above. The combination of a high-MOI and low-CG head allows for maximum launch and increases the descent angle for greater stopping power. The Dynapower iron (£700, 5-SW) has a slightly thinner topline than the previous D9 to make it more visually appealing to a lower handicap range.



PUTTERS



A new I-beam neck design moves more weight into the heel and toe

Scotty Cameron Super Select

The master craftsman has pushed his blade and mid-mallet designs further with new milling techniques, refined shapes, improved multimaterial construction and better weight distribution. Ten new models will be released over two launches: the Newport, Newport Plus, Newport 2, Newport 2 Plus, Newport 2.5 Plus and Squareback 2 in March; and the Fastback 1.5, Del Mar and new Golo 6 and Golo 6.5 models in May. New for 2023 are the innovative 'Plus' designs that deliver mallet-like forgiveness and stability in slim, blade-like shapes. Also new is a Dual-Milled face, which produces a flatter, more consistent surface for the ball to contact the face, enhancing the feel and feedback. Two different stock grips will be offered – a new textured Pistolini Plus on the blades and a Pistolero Plus on the mid-mallet shapes.





Odyssey 2023 Versa

To help golfers better their alignment and face control, Odyssey has reimagined its Versa putters for 2023, adding the White Hot insert and Stroke Lab shaft to create a range catering for all abilities. Available in five different head shapes, Versa offers golfers a black and white high-contrast alignment system to help with aim at address, as well as through the stroke. It is also said to improve concentration over the ball. Alongside the alignment help, all models in the Versa range feature Odyssey's two-part urethane White Hot insert for best-in-class feel. The latest multi-material Stroke Lab shaft has a shortened steel section that reduces the overall weight of the shaft by seven grams, while also stiffening it for more stability.

Evnroll V-Series

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NEW GEAR SPECIAL



The Spider GT Max comes in a silver anodised finish for a premium, durable look

TaylorMade Spider GT

The new Spider GTX combines the best features from the Spider Tour and Spider X models, while the Spider GT Max introduces levels of adjustability the Spider franchise has never seen before. The Spider GTX includes proven technologies such as True Path Alignment and the Pure Roll insert for end-over-end roll. With a deep CG created by a 154g stability bar at the rear of the putter, the GTX promises enhanced forgiveness and stability across the face. The Spider GT Max sports two 40g sliding tungsten weights that can be easily positioned to influence CG, toe hang and face rotation. The weights can be positioned in three places, with the furthest back helping slow down face rotation for those who tend to miss putts to the left. The furthest forward position, meanwhile, helps the face close faster for those who miss to the right.

Odyssey 2023 Tri-Hot 5k

The Tri-Hot 5K range is now available in mallets for 2023, as well as offering some new hosel options on existing blade models. While the blades carry over, the addition of the Double Wide and Triple Wide, as well as the Rossie and Seven, will widen the appeal. Tungsten front weights have been added behind the face in the heel and toe sections to move the CG forward, improving roll and spin control. This range also features interchangeable front weights to dial in a head weight to your exact preferences. With the White Hot insert and the newest generation of Red Stroke Lab shafts, the Tri-Hot 5K range will now offer compact mallet shapes with plenty of forgiveness





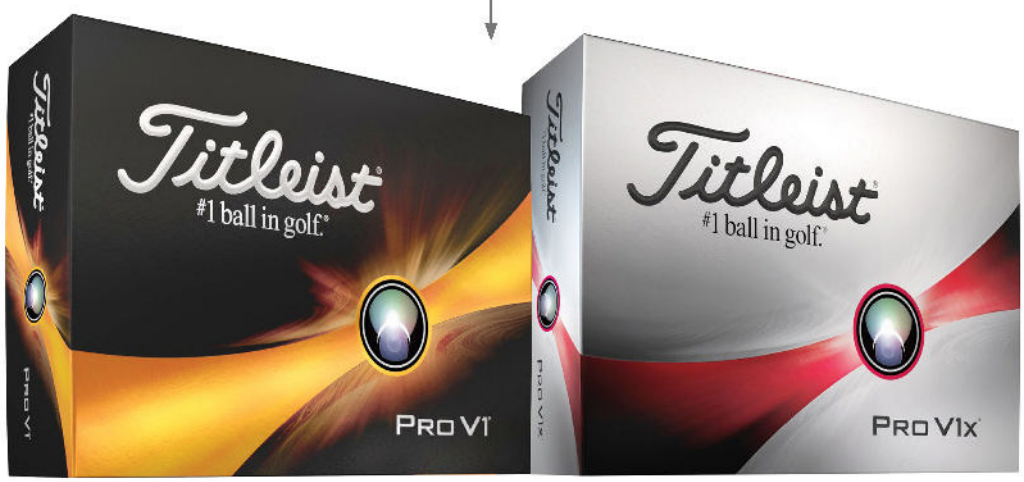
Cleveland Frontline Elite

Arriving with eight models and a range of shaft and hosel options, the Cleveland Frontline Elite putters are designed to help golfers hit putts with more consistent speed and distance. More than 30 grams of metal- injection-moulded tungsten has been added across the striking area to move the weight as far forward as possible, reducing face rotation on off-centre strikes.

Each model also features adjustable sole weights and builtin counterbalance weights. This gives each putter a consistent swing feel no matter the chosen shaft length or head shape. There are two premium shaft options – the All-in shaft from UST Mamiya for added stiffness, or a stepless chrome shaft for a more traditional look and feel. There are also Lamkin skinny and oversize pistol grips available depending on the head design.

BALLS

The Pro V1 will continue to feel softer and fly lower than the Pro V1x in 2023



Titleist Pro V1 & Pro V1x

The brand's flagship model, which first appeared in 2000, has undergone regular refinements along with its sister Pro V1x, which first appeared three years later, allowing it to dominate tour ball counts for decades. In 2023, the franchise has been reworked to offer longer distance, lower long-game spin and greater consistency of ball flight. One of the key advancements is a new high-gradient core design. An all-new core in the Pro V1 and the dual-core Pro V1x are built to be firmer on the outside and progressively softer on the inside, which promotes fast speeds and low long-game spin. The new cores take inspiration from the Pro V1 Left Dot and Pro V1x Left Dash balls, both of which feature highgradient cores and are the choice of several players on professional tours. There has been a change in the 2023 Pro V1x dual-core design, with the inner core increasing in centre volume by 44 per cent. This works together with the high gradient, as the larger and softer centre helps to drive down long- game spin and increase stability through the air. Meanwhile, casing layers on both models – also available in high-optic yellow – interact with the high-gradient cores to further neutralise excess spin, while combining with the soft, cast urethane covers to provide greenside spin and control.

With a 388-dimple design on the Pro V1 and a 348-dimple design on the Pro V1x, both golf balls have optimised aerodynamics to fly further on a more consistent basis. They will each retail for a dozen.

Titleist claims to have improved long-game performance



Srixon Soft Feel

Titleist claims to have improved long-game performance



Now into its 13th generation, the latest Srixon Soft Feel ball features the brand's softest FastLayer core to date – soft in the centre and firmer towards the outside, giving golfers a good combination of distance and feel. Greater core resiliency – which is where the core snaps back into shape more quickly after the strike – also plays a significant role, helping to deliver more ball speed and reduce unintended long-game spin. Srixon's signature Speed Dimple pattern, with 338 aerodynamic dimples, improves ball-flight performance.

The larger Supersoft Max provides a straighter flight



Callaway Supersoft

Callaway's new Supersoft has a HyperElastic SoftFast core that increases ball speed, especially off the driver, while also creating soft feel from irons and around the green. A new softer cover system is engineered for even more greenside spin. It's available in white and striking matte yellow, green, red, orange and pink.

NEW GEAR SPECIAL



Wilson Duo Soft

With the launch of the new Duo Soft, Wilson claims it has taken the world's softest golf ball to another level. This two-piece model, which is available in white, green, orange, red, yellow and a women's version, boasts a new core formulation to deliver faster ball speeds. Optimised aerodynamics also mean reduced driver spin for longer carries off the tee, straighter shots and more fairways found.

Wilson made its first low-compression ball 20 years ago

Callaway ERC Soft

A high-speed mantle creates more efficient energy transfer

The 2023 version of what Callaway says is its longest ball with a soft feel features a number of new technologies that further elevate its all-round performance. One of the most significant changes sees a new grip urethane coating, which comprises high-elongation paint for increased control on approaches and short-game shots. In addition, a new HyperElastic SoftFast core promotes faster driver speed and soft feel around the green. As well as offering a distance boost in the driver department and soft feel through the bag, users of this ball are sure to warm to Callaway's new Triple Track Dagger technology, an innovation that should help players find the right alignment for every putt and, as a result, hole more. It comes in white or yellow with an RRP of per dozen.





Srixon Z-Star

Now into its eighth generation, there are three technologies that are central to this premium range, which includes the Z-Star, Z-Star XV, Z-Star Diamond and Z-Star Divide. First of all, there's a new FastLayer DG core, which starts off soft in the centre and becomes firmer as you progress to the edge. This, says Srixon, will give high-speed players exceptional feel and ample ball speed for maximum distance.

Meanwhile, the brand's Spin Skin+ has been improved. A durable coating that digs deep into the grooves of irons and wedges is said to maximise spin for better control and stopping power. Finally, the Speed Dimple sees less drag and more lift, which delivers distance and a straight flight, even when it's windy. Each ball has slightly different characteristics. The Z-Star is engineered with a thin mid-layer and softer compression to prioritise softer feel and approach-shot spin, while the Z-Star Diamond has a firmer compression to optimise iron spin and distance. The Z-Star XV's unique core achieves a soft centre that increases dramatically in hardness with an evenly distributed hard outer edge, which boosts ball speed for increased distance and enhances iron spin. Then there's the Z-Star Divide, which has the unmistakable 50/50 appearance (white and yellow) to give players the ability to track their spin in the air and around the greens and help with putting aim.

Three of the four balls in Srixon's premium range

MASTER YOUR SHORT GAME

Here is a simple way of adding different options to your short game. Golfers who are good in short game have the ability to hit different shots.

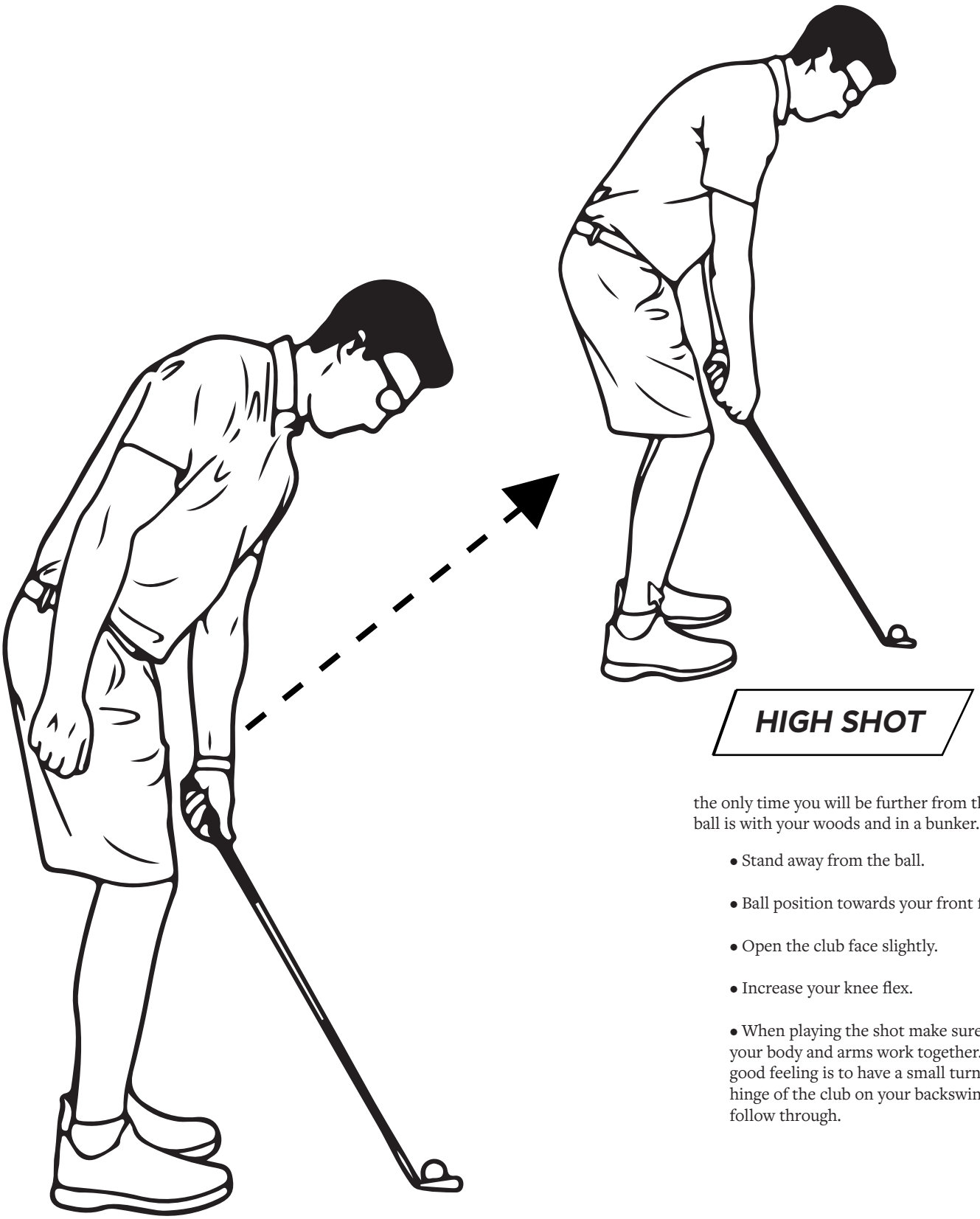


This means they can hit the ball with different trajectories and with different amounts of roll or spin. A simple way of changing how high or low you can hit the ball is to alter the distance you stand from the ball.

LOW CHIP

the only time you are closer to the ball is when you putt. The key points:

- Position the club as upright as possible, so the toe is touching the ground.
- Narrow stance with the ball towards your back foot.
- Grip the club and bow your top hand forwards; this may be similar to your putting grip.
- Keep your weight towards the target and your hands ahead of the ball.
- When playing the shot, keep your weight towards target and feel like the club is moving in a straight line back from the ball, then turn through impact



HIGH SHOT

the only time you will be further from the ball is with your woods and in a bunker.

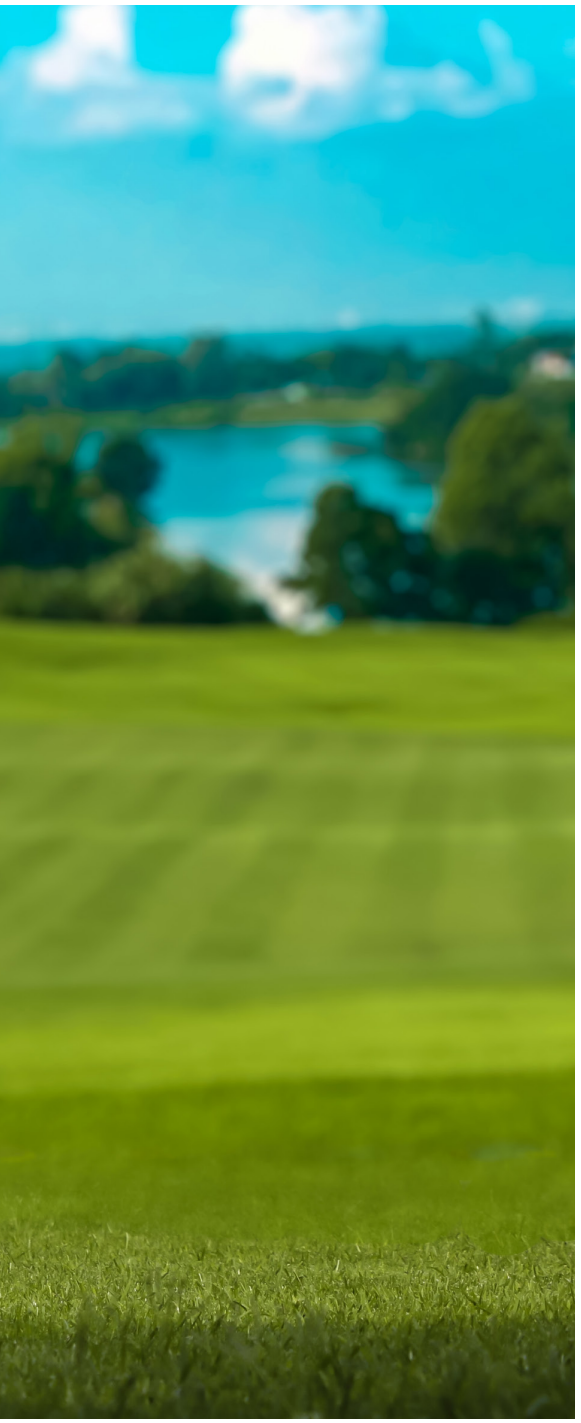
- Stand away from the ball.
- Ball position towards your front foot.
- Open the club face slightly.
- Increase your knee flex.
- When playing the shot make sure your body and arms work together. A good feeling is to have a small turn and hinge of the club on your backswing and follow through.



GOLF MEDITATION:

A UNIQUE METHOD TO IMPROVE YOUR GAME

By Lieutenant Colonel Imtiaz Mahmud, BSP, afwc, psc





Golf is probably the most passionate game in the present world making a place in the minds of sports-loving Bangladeshi people. Golf is a game of skill and mental strength, where keen focus and execution of perfect planning with fine skill and technique is an enduring part. As the game demands patience and endurance, having calmness of mind is paramount important to achieve the desired result. As such, many famous golfers use meditation techniques to improve their performance. Probably we all know what meditation is. Meditation is an age-old traditional practice that involves the technique to focus on particular thought or activity and purposefully bring attention to the present moment. The benefit of meditation is numerous. Almost all successful people of every sector practice meditation for self-development. As a result, individuals may bring attention and awareness, thus becoming more stable and calm. This benefit may be used in sports; particularly in golf which involves not only the body of the golfer btu also engage the mental part of it. Altogether meditation may prove to be helpful to improve the game.

Meditation techniques may bring a huge difference in your game. John Jyotish Novak mentions in his famous book on meditation that the most profound perceptions about the nature of reality come through intuition rather than logic, from the super conscious rather than the conscious mind. When the body is completely relaxed, the five senses are internalized, and the mind totally focused, a tremendous flow of energy becomes available (How to Meditate by John Jyotish Novak, 1989). It may become the gamechanger for the armature golfers and some cases for the pro golfers to develop their strategy.

Meditation is the scientific process to make the body relaxed and use the immense power of the brain. Normally the process makes the mind stress-free, reduces anxiety, and thus increases the mental strength of the golfer. Just imagine when after a couple of consecutive birdies or par score, suddenly



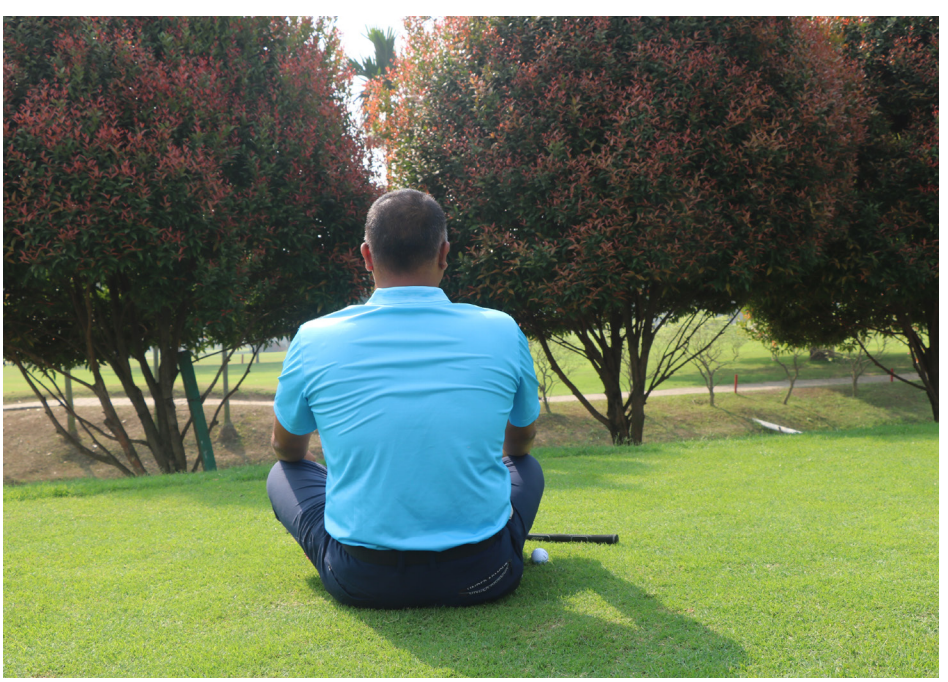
you hit an out of bounds (OB) or water hazard in successive shots. The sudden blow normally creates panic and stress in the mind of the golfer. Consequently, often the golfers take the wrong decision and make the situation worse. Thus, in the present world, many golfers use meditation as a primary tool to improve their game by controlling their mind and emotions.

Each shot of golf demands a deep focus of the golfer. The golfer needs to have a clear picture in his mind about what he wants to execute. Here the states of golfers' minds play a vital role. It has been learnt from research that golfers practicing regular meditation could improve their game faster. According to golf coach David Mackenzie, a quieter mind means you are more focused during your shot routine. Being aware of your thoughts and emotion in between shots but not judging and reacting to them, can change your mood and confidence. Thus, ensuring clearer thinking about the right shot to play.

Calmness of mind is another aspect of attaining good results. Golfers need to choose their shots meticulously considering many factors like distance, wind, ground condition, etc. which certainly needs a speedy assessment of all the factors and take the right decision. Thereafter they execute the shot as per the result of the quick assessment considering all the factors including the speed of the club head and keeping the concentration till the end of the swing.

The most important question is how to do meditation which will improve the game. Actually, regular meditation can create a huge impact in this regard. However, few of the techniques may play a significant role in developing the game. During play, golfers are prone to committing mistakes in taking decisions about clubs and the variation of swing. Normally we try to avoid as many mistakes in those regards as possible. Research carried out in the USA proved that 20 minutes of regular meditation improves focus and, crucially, a better ability to recognize a mistake when golfers did make them, and learn from them, which in turn helps prevent the same mistakes next time around (Luke Kerr- Dineen, November 2019). 20 minutes of regular meditation at own time can be done with remarkable improvement in the scorecard.

Before the game, meditation is important for the golfers. It should be a routine preparation





prior to the game. A short meditation before the game will assist us in identifying inner peace. Certainly, it will help us to fight the stressful course and create the best opportunity to recover after a bad shot. After the warm-up session, we may spend 10 minutes on mental preparation. We need to sit in a comparatively less crowded place for about 8-10 minutes. The process will start with a few abdominal breaths. Later, we need to give full concentration on the present moment which can be referred to as mindfulness. Thereafter, we need to close our eyes and think about the best shot we want to play. We may give some autosuggestion like, 'even if I have a bad shot still it's possible to recover and score as per my expectation. Each shot I take in the course will be wall planned and I will execute it as per my expectation. Finally, I will enjoy my time in the course with successes.'

Inside the course, a short meditation before a shot or at any stressful point may bring good results. Every golfer experiences stressful moments on the course. It's totally natural and there is nothing to get worried about it. Now we cannot stop it. A bad shot may happen; a slice or unexpected draw may take the ball in a hazard. Sometimes we may have a difficult partner and experience some annoying moments which may raise blood pressure. Now the question is how best we can recover from there. We may use a quick technique to reduce stress and anxiety instantly. To do that, first make arrangements to disengage from the situation and try to close your eyes and take few deep breaths. Hold every breath for 5 seconds. Bring focus on your game. Instantly give autosuggestion that – you will recover from the present situation by your natural game. This will help us to lower the pressure and bring focus on to the next shot.

To improve our game, we spend a lot of time in the driving range and gym. Undoubtedly to attaining the right technique and achieve body fitness it is necessary. Beside that learning the mind game is also essential. Mediation is an age-old proven practice to develop concentration; remain focused and calm, in the process reducing anxiety. Regular practice of meditation will increase the mental strength of the golfer, it will allow the golfer to remain cool and composed even in odd situations. He will remain alert in his game. All those will have positive impact on scorecards and will make you the golfer you want to be.

-The author is member of Kurmitola Golf Club and Army Golf Club



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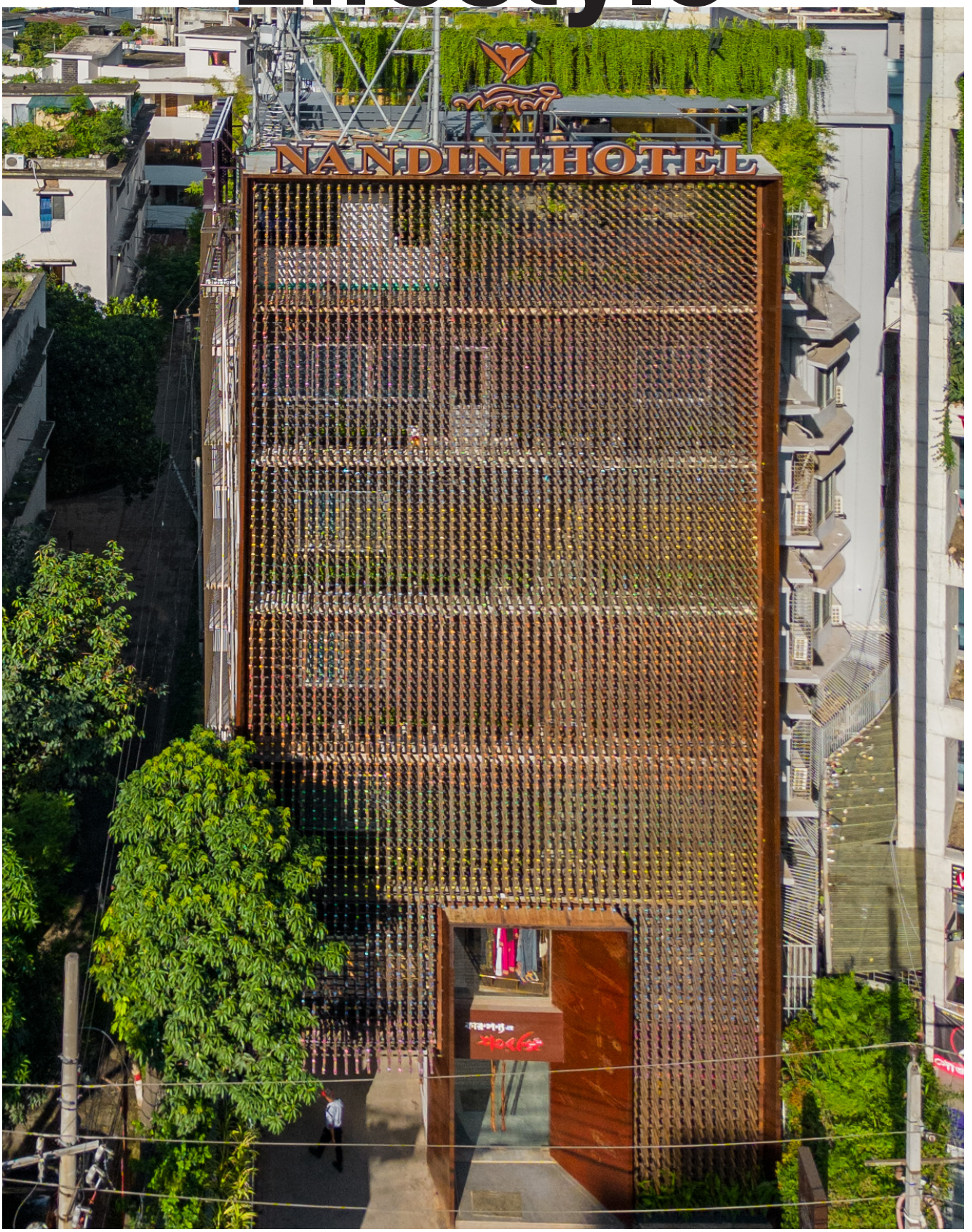


44 **A frugal Captivation**
We promise to provide customers the best views to wake up with everyday mostly infused with modern concepts.

60 **Build your perfect salad**
Much like boiling an egg or roasting veggies, making a salad should be a matter of tossing together some leaves and dressing, right? Thing is, just a little extra effort can take your salad from meh to marvellous.

A Frugal Captivation



NANDINI HOTEL IS KNOWN TO BE ONE THE MOST UNIQUELY APPEARED ENVIRONS HOTEL. THE MAIN QUALITY OF THIS HOTEL IS TO PROVIDE PEOPLE WITH A HOMELY COZY PLACE TO ENJOY THEIR PEACE OF MIND.





About the earlier times we get to know that this hotel was known to be the first made 6th Floor building in the Mirpur Road around the year 1982-1984. They basically had their own carpet business and office at this Mirpur Road location. This hotel was just an extend version of the countryside hotels and later was taken over on rent for long time by another group in order to renovate the hotel. The building of the hotel was very weakly structured with 10 feet bricks columns with no good doors, small windows, outdoor washroom system and the room were dark and shady. The new group has known to be taken a lease of 10 years and stored a flagship.

The Nandini Hotel has been renovated at a minimum cost by doing plaster painting without the use of brush to paint, hand painting was done manually. It is made with the mixture of paint and glue and having internal plasters. The overall idea was to present the hotel with a real texture of hand work other than machine work. The hand work distinctively beautified the appearance of the Nandini Hotel in such a way that it has become a treat to the eyes of people. Once someone get the gleams of such aura of the structure of the Hotel it remains still framed to the mind.



The earlier look of this hotel was way different than it is today. Due to a case matter the entrance of the hotel has become the sole entrance for the other 12 lands behind the Nandini Hotel. With the help of Carnise and screening, they manage to keep the out way of the hotel clean. Firstly they have made a brand shop at the 1st Floor , then by taking next 3 floors the hotel was structured. On the 5th floor they have their office space set and lastly the top floor have been made to a Rooftop Restaurant.

In the front a 2-floor flagship existing door has been made of glass so that everything can be seen easily down to the ground floor. The plan of a screenless scene at the outer appearance of the hotel has been made so that the distinct floors are not visible from the outside of the hotel.

On the extreme left they have an entry on which they are currently working on to get a green screen to enhance the appearance in order to make it peaceful to the eye of the passer-by. Near the entrance they have a floor wise indication for the easy of their clients.

Currently the strings and windows are visible from the outside which will not remain the same because there will be green scene to cover up the skeptical scale view.

If taken a look at the floor plan, the flagship store has been merged with the way wall and a mirror is been hang stand which help to reflection at the lobby. A staircase has been made by the side of the mirror near the lobby from where the incoming of cars can be visible too.

A duplex has been made merging two floors with an aesthetic stair way. As the stair way is made of glass so they tend to use wooden coconut shell railing instead of stainless steel. In such interior the main target is to display products by using handmade resources and keeping the outlook pretty low key. To be more precise the work requirement is to be more polished and matt toned.

Describing inner view:
The ceiling of rooms and bathrooms are well structured with the use wooden crafts. In the entrance has the view of 4 mannequins to enhance the appearance of the hotel. Each floors of the hotel consists of 13 rooms which sum the total to 39 rooms including spacious corridors. Keeping the safety concerns in mind, they have fire exists in every floors which are easily accessible.

The night view of the whole glass building is so glancing with the lightings that it seems to glowing like a sparkle star in the sky. Moreover such aesthetic executed idea of indulging the glass and the use of wooden crafting has not been presented to people before and it also became eye catching to every passerby.

On the left side of the hotel the branding work has been done using raw wooden crafts. 2.5 feet of wooden sticks has been placed at a distance of 8 inches from each other in the form of cross which is attached with screws creating a kind of wooden rowing illusion.

The rooftop restaurant on the top floor is known to be the reason of getting more clients attention as it is decorated with greenery by holding the traditional wood crafted accessories so enhances the Bengali tradition. It is consisting of two parts.
On side is covered with glass and having the air conditioning facilities where as the part is going to give a peaceful outdoor chilling out vibe cause of the greenery and wooden crafted arrangements. The only hurdle is the heat of the sun that falls to this peaceful place because of its west facing. It could

have been made for peaceful only if they could avoid the noisy roads pollution which continues till 9 at night disturbing the peace of the place.

Well as they have many foreign clients, they tried to keep the mechanical resources and service to be as maintained in foreign hotel but their rooms, furniture and all decor are wooden crafted such as they made furniture out of Forest Siris wood, the staircases and bathrooms are well furnished with woods. Moreover they have lamps made of fish nets. Everything that can be seen here in this hotel is hand crafted where we can see the reflection of our tradition. Even after crafting out such beauty, they made sure to keep their prices low, use of local materials to withhold the authentic vibe of tradition.

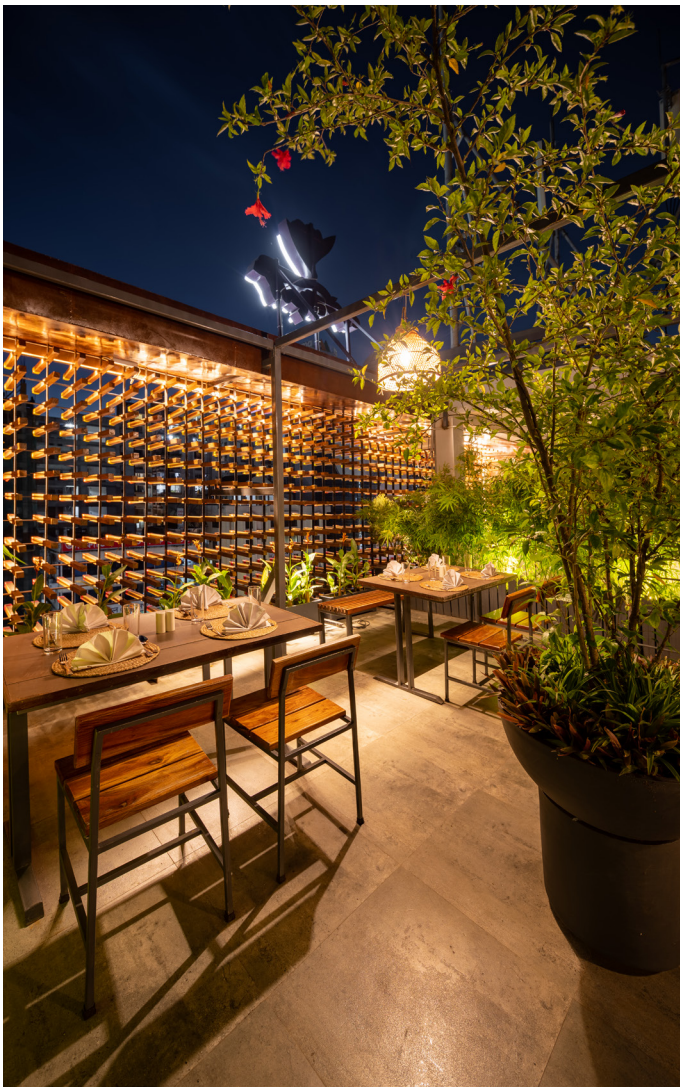
Lastly we would like to add that Nandini Hotel provides a cozy, homely environment. The restoration is done after every 2 season by over coating the paints and because of the sun heat the wooden crafts does not need much of outer maintenance. No renovation is required because usually old buildings are rebuild to high rise building other than renovation.



Nandini Hotel presenting to people a divine creation with the raw taste of nature making the environment a home for peace



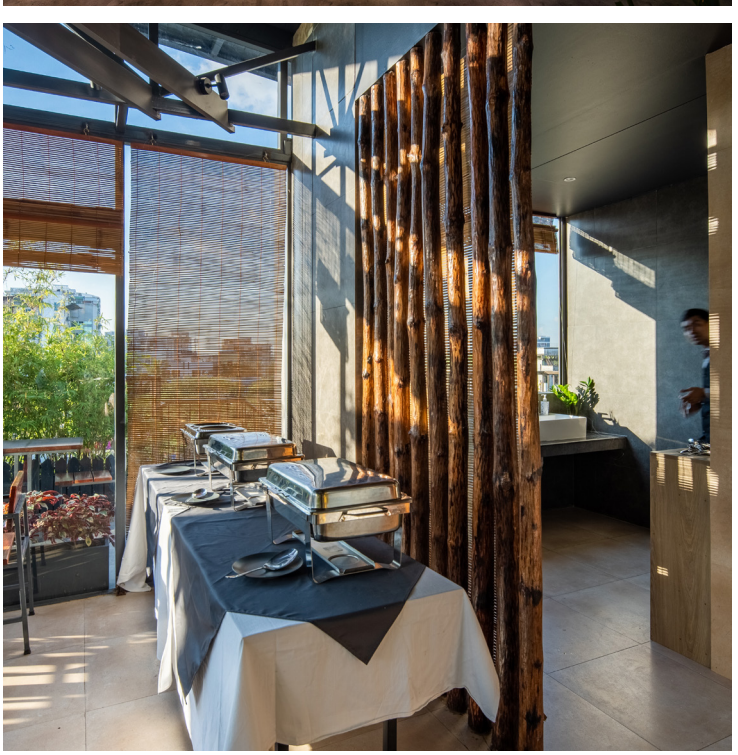









NANDINI
RESTAURANT







Bayejid Mahbub Khondoker
MIAB, B.Arch (BUET)
Principal Architect,Nakshabid

The respected architect has generated is amazing piece with such creativeness keeping the clients desire and comfort on mind and also giving them the best feeling of local resources.

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XS SPACES

On an average prices of apartments go up about 3% each year in Dhaka. Owing to this trend and a shift in family structures in the city, there has been an emergence of extra small apartments in the last few years. One such apartment is this 1100 square feet abode of a small family in Diabari, Uttara.

Minus Designs, the architectural firm behind this project envisioned the apartment to be the first of many such spaces coming their way and tried to formulate a rhythm to add luxury within a measured area.

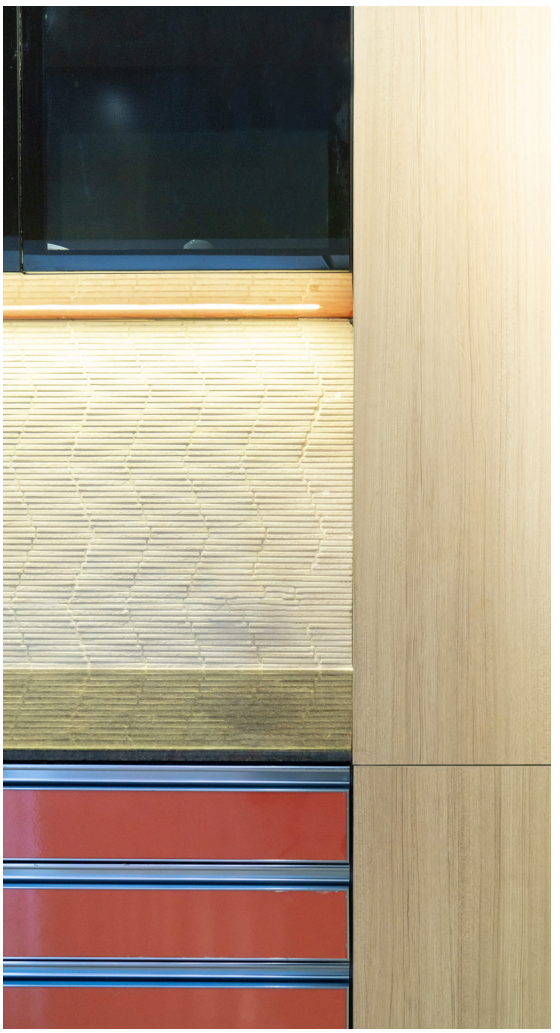
The key points were- wants and needs of the family of 4 who were going to live in this apartment, convenience of use and maintenance of all the furniture and decor and lastly to design something that does not use “limited square footage” as an excuse for a boring design.

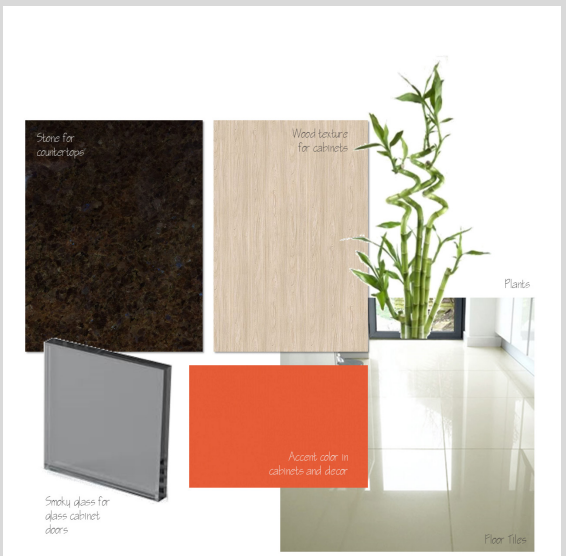


Photo: Ar. Maliha Ahmed
Principal Architect
Minus Designs

Design and bespoke furniture: Minus Designs
Size: 1100 sq.ft
Work period: 6 months
Style: Young, but utilitarian
Photography: Rebco Studios







All design begins with a color palette and/ or a mood board of materials.

The floor:
Kept a light color in glossy finish for ease of pairing with all tones of furniture.

The furniture:
All the furniture are done in a mix of 2 opposite materials- a somber-colored, matt wood and a reflective and eclectic red-orange

The countertops:
Dark granite was chosen to be a middle ground between the wood and the bright color

The glasswork:
Black smoky glass is used in places to pair with the dark stone and together they exude a feeling of luxury

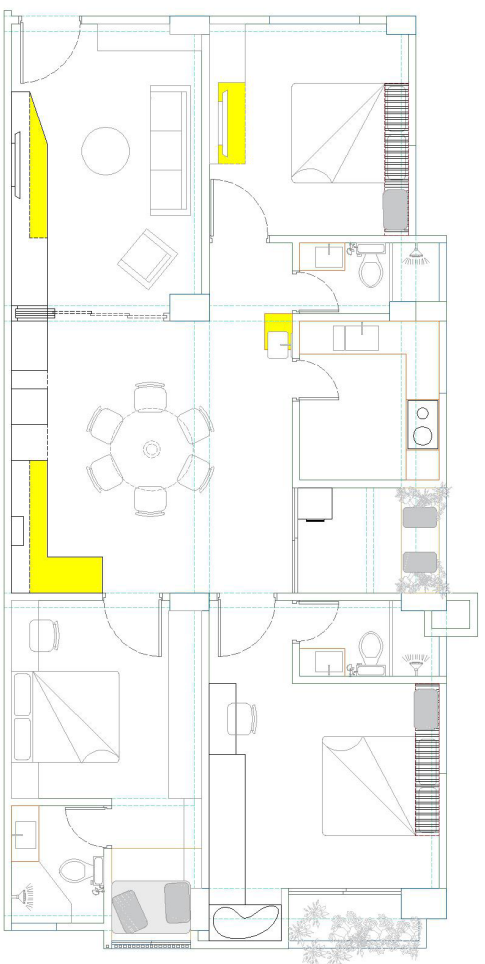




The design emphasized a lot on the cabinetry of the project. The idea was to integrate as much furniture as possible into the space. As a result the users will have to acquire very few loose pieces, which means the space will remain clutter-free. For a small space it is very important- to meet all the storage needs of the client. Otherwise they have to bring in extra furniture for storage and if there is no designated space for that in the design, that piece of furniture would end up creating chaos.



The spaces in the apartment are alive, they can transform into smaller or bigger spaces. There are 2 children of age 7 and 9 in the apartment- the spaces needed to cater to their wishes as well. Their home should provide them with all the healthy ingredients they need to grow up- space to run around without the fear of knocking something over, natural air and sunlight and surfaces that can handle being used roughly by them. The fact that their parents are also happy to call this a home is an added bonus for Minus Designs and team.









Above: Plan of the apartment
Right: Series of photos showing how the Dining and Living spaces can be separated when needed

WATCHES

REVISITING TIME

Reissues of three less obvious car-themed watches.

Three interesting new motoring watches this month. Each is a bit off-beat in its inspiration or execution, and each is a lightly reimagined reissue of an old favourite: although not that old in the case of the Autodromo, which has acquired its cult status in just 10 years. The other two reprise designs from the ’60s and ’70s: you won’t struggle to tell which watch dates from which era.





Autodromo Prototipo Chronograph

Founded in New York a decade ago, Autodromo’s motoring-inspired watches quickly acquired a cult following. The Prototipo, one of founder Bradley Price’s most popular designs, has just been reissued in three colours at (including all taxes and shipping), plus a limitededition tribute to the late British Porsche legend Vic Elford at



Girard-Perregaux Casquette 2.0

Although not conceived as a driver’s watch specifically, the side-facing tubular LED display of this design classic made it easy to read with hands on the wheel, and it was adopted as one when it was first produced between ’76 and ’78. It’s now been reissued in a ceramic and titanium case. The price is high for a digital watch, but there are few cooler.

Breitling Top Time Deus

Breitling (established in Switzerland in 1884) teamed up with motorcycle customiser and clothing brand Deus Ex Machina (established in Australia in 2006) two years ago for a limitededition Top Time. Despite the disparity in their pedigree, the watch looked great and sold out fast. Now they’ve done it again, the design capturing perfectly the youthful, accessible feel the Top Time has had since the ’60s.



RACE AGAINST TIME

PORSCHE AND TAG HEUER UNITE IN TRIBUTE TO THE DAREDEVILS OF MID-CENTURY MOTORING

There is much overlap in the Venn diagram of cars and watches. It's safe to assume that, if you like one, you'll like the other. That's no surprise, as both industries hold heritage, engineering and legend in high esteem. And both boast design icons — creations suspended in time, and good taste, forever. Tag Heuer's Monaco, for example — the first automatic chronograph in a square case — appeared in 1969 (when the brand was just "Heuer"), and was immortalised by Steve McQueen in the 1971 movie Le Mans, becoming a pillar of any serious watch collection. Another of Heuer's Sixties-originatin chronographs (and no less handsome), the Carrera was inspired by the infamous Carrera Panamericana motor race that had drivers hurtling border-to-border across Mexico in the early to mid-Fifties. The race was cancelled after proving too dangerous, but the watch endured, and its motoring heritage has resulted in a new partnership with Porsche, and more specifically, Porsche's 911 Carrera RS 2.7 — the archetype of an automotive design icon if there ever was one. Part of the first generation of 911s, the Carrera RS 2.7 hit the market in 1972 (a neat half-century ago) and was the fastest



THE 2022 TAG HEUER CARRERA X PORSCHE LIMITED EDITIONS IN STEEL AND ROSE GOLD; BELOW: THE 1972 PORSCHE CARRERA RS 2.7 IN WHITE AND 'GUARDS RED'

German production automobile of its day, designed for racing and rallying. It was the first road sports car to have a front and rear spoiler, and the wheels at front and back were of different widths to allow for improved handling. Porsche only produced 1,580 cars, but these were offered in 27 vivid colours — illustrative of the era — including Guards Red and Glazier Blue, and those two shades have been used in the new Carrera chronographs. The blue is used in a 42mm steel iteration, on a NATO strap or steel bracelet and limited to 500 pieces, while the red offsets the 18k rose gold case of the other, limited to just 250 pieces. "The name and spirit of the Carrera are incredibly meaningful and emblematic for both Tag Heuer and Porsche," says Frédéric Arnault, CEO of Tag Heuer. "So, for the 50th anniversary of the very first 911 Carrera, the iconic RS 2.7, we wanted to create a tribute watch to express the character and power of this groundbreaking sportscar within our own signature Tag Heuer Carrera chronograph. The two timepieces are sleek, assertive, memorable; they reflect their illustrious past but project something even more exciting: what Porsche and Tag Heuer can now achieve together."



THE DEBRIEF

SWEET DREAMS

As a supercar says goodnight, three more envision a bright future.



THE SHRIEKING ASTON SEND-OFF

This is the last we'll see of Aston's DBS Superleggera. The new 770 Ultimate benefits from a bunch of upgrades including a more aggressive bodykit and refinements to the suspension, steering, auto 'box and chassis. As the name (or rather, number) suggests, the V12's been fed steroids, boosting power to 759bhp (or 770 metric horsepower).

NEED TO KNOW

What is it? Aston's last DBS Superleggera I Tech specs Boostier turbo, windier aero, angrier face, leather...ier interior I Aimed at? Millionaires who want it all in one car I When can I get one? You can't, as all 300 coupes and 199 Volantes are already sold out



THE RETRO PORSCHE EXTRAVAGANZA

Porsche is having a bit of fun, imagining how Ferdinand Porsche would design his dream car today. This is the result: the Vision 357. Sculpted curves, retro details, eye-popping liveries and wild racing-spec engineering come together in a single concept car that uses the underpinnings of a Cayman GT4 RS

NEED TO KNOW

What is it? Porsche's design team fun day I Tech specs A 493bhp flat-six capable of using synthetic fuels, aero from the electric Mission R I Aimed at? Dreaming up Ferry Porsche's vision, but for the 21st century I When can I get one? Ha! You could get a GT4 RS and be halfway there...



THE DRAMATIC PEUGEOT SHOWCASE

Continuing Peugeot's run of show-stopping concepts, the new Inception has a purpose beyond being a design exercise. Underneath is the new Stellantis 'STLA Large' platform; in this case, there's a 100kWh battery (for up to 497 miles of e-range) and 671bhp to play with. Heartstopping performance and looks, all in one place.

NEED TO KNOW

What is it? A look at the new STLA platform in action I Tech specs Level 4 autonomy, lounge-like interior, next-gen i-Cockpit I Aimed at? Showing off Peugeot's powerful, electric, autonomous future I When can I get one? You'll be able to buy a car with this tech and platform in the next few years



THE MIGHTY MORPHIN' AUDI RANGER

It's Audi's fourth 'sphere' concept: the ActiveSphere. Ingolstadt imagines it as a wild look at how a properly rugged off-roading electric Audi could look, with the concept featuring an open-air rear load space and an interior that utilises 'mixed reality' (ie mixing VR with hardpoints in the car) to test out new infotainment ideas.

NEED TO KNOW

What is it? Audi's shape-shifting off-road coupe I Tech specs 'Active back' fold-out load area, mixed-reality interior, PPE platform I Aimed at? Getting Audi's designers to try something new I When can I get one? You can't, but Ingolstadt's wondering whether the idea could go somewhere

Build your PERFECT SALAD



Much like boiling an egg or roasting veggies, making a salad should be a matter of tossing together some leaves and dressing, right? Thing is, just a little extra effort can take your salad from meh to marvellous. Just pick ' n' mix from these ingredients*

1 Vegetables

With so many ZeronPiont veggies on offer, you can play around with more than salad leaves until you fing a combination you like. Coose 2-4 items for flavour, colour and nutrients. Include a mixture of raw and cooked, if you like. Grilled veg brings a delicious smoky flavour.



GREEN

- Cabbage
- Kale
- Lettuce
- Rocket
- Spinach
- Watercress

RAW

- Carrots
- Celery
- Cucumbers
- Onios
- Pickled onions
- Tomatoes

RAW OR COOKED

- Green beans
- Beetroot
- Broccoli
- Cauliflower
- Courgette
- Peas
- Mushrooms
- Peppers
- Radishes

COOLED

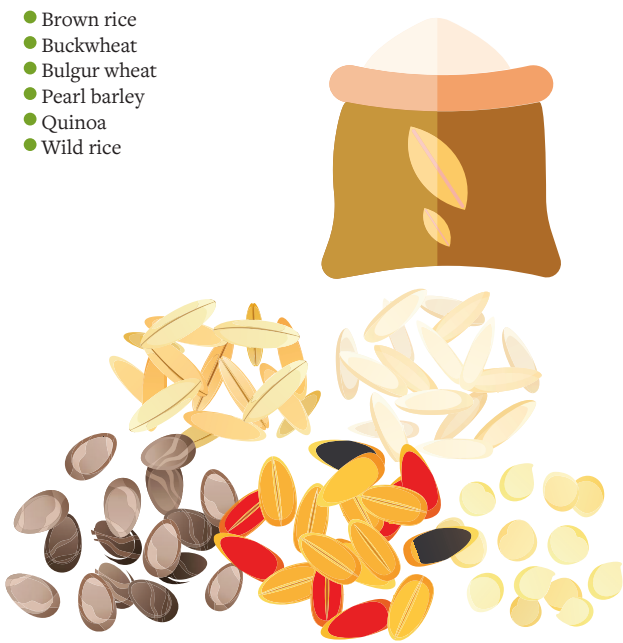
- Aubergine
- Butternut squash
- Potatoes



2 Grains

Grains add bulk, making your salad more of ameal -perfect if you're feeling rally hungry by lunchtime. Where you can, stick with fibre-packed wholegrains, like the below, to fill up.

- Brown rice
- Buckwheat
- Bulgur wheat
- Pearl barley
- Quinoa
- Wild rice





Winnig salads

Try our favourite combinations of mixed plates

FETA & ROASTED VEGSALAD

Serves 1

6 4 1

SmarPoints per serving

80g cooked wholewheat couscous + 40g roasted red pepper + 40g roasted courgette + 20g roasted red onion + 2 tbsp cooked chickepeas + 10g light feta

TUNA & WILD RICE SALAD

Serves 1

3 3 0

SmarPoints per serving

80g cooked wild rice + ½ baby cos lettuce + 75g halved cherry tomatoes 2 thinly sliced radishes + 60g flaked tuna in spring water + 10g sliced black olives

SWEET POTATO & BULGUR WHEAT SALAD WITH PROSCIUTTO

Serves 1

5 5 1 SmarPoints per serving

80g cooked bulgur wheat + 60g roasted sweet potato + 1 tbsp chopped basil + 15g torn prosciutto

Best dressed

Try these healthier twists on favourite dressings

VINAIGRETTE

Serves 4

2 tbsp cider vinegar + 1 tbsp olive oil + ½ tsp mustard powder + 1 small crushed garlic clove + ¼ tsp dried mixed herbs

1 1 1

SmarPoints per serving

HERBY YOGURT DRESSING

Serves 4

100g 0% fat natural Greek yogurt + 10g finely + 1 tbsp lemon juice + 1 crushed garlic clove

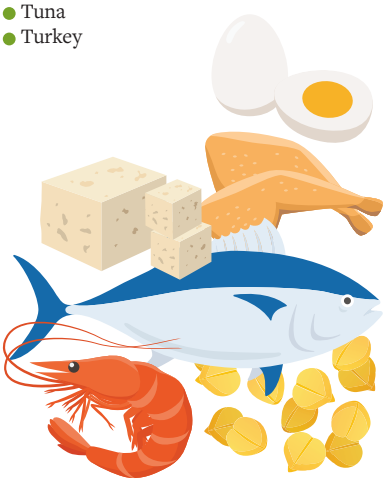
0 0 0

SmarPoints per serving

3 Protein

Grilled chicken, tuna or a handful of chickpeas will give your salad extra punch. Plus, protein will make you feel fuller for longer.

- Beans/legumes
- Chicken
- Eggs
- Prawns
- Proscuitto
- Tofu
- Tuna
- Turkey



4 Garnishes

These finishing touches will give your salad the wow factor, adding extra flavour and tecture. Go easy on nuts, seeds and cheese as they'll increase your smart Points.

- Cheese
- Herbs
- Lemons
- Limes
- Nuts
- Olives
- Seeds



5 Dressing

That final drizzle or dollop of something saucy will take uour salad from dry to dazzling. choose a SmartPoints-friendly spoonfull of 0% fat natural Greek yougurt, a splash of balsamic vinegar or even soy sauce. Or why not check out the delicious WW Honey

1 1 1

SmarPoints per serving





8TH SHAH CEMENT-AKS CUP
GOLF TOURNAMENT HELD



Three days long `8th Shah Cement-AKS Cup Golf Tournament 2023' concluded at Kumitola Golf Club recently.

Lieutenant General Md Akbar Hossain, SBP, BSP, SUP (BAR), afwc, psc, G+, PhD, Commandant, National Defence College as Chief Guest gave away the prizes to the winners of the tournament on 27 January 2023 at the Banquet Hall of Kurmitola Golf Club. Major General Md Zahirul Islam, SGP, ndc, psc, Vice President, Kurmitola Golf Club and GOC & Area Commander, Logistics Area, Valiant Freedom Fighter Brig Gen Shahidullah Chowdhury, ndc (Retd), Executive Director, Abul Khair Group, Brigadier General Md Shawkat Osman, afwc, psc, Club Captain, Kurmitola Golf Club, Brigadier General Abidur Reza Khan (Retd), Chairman, Tournament Committee, Kurmitola Golf Club, all the executive Committee members, Colonel Md Shahidul Haque (Retd), Chief Executive Officer, Kurmitola Golf Club, Lieutenant Colonel Abu Md Sayedur Rahman (Retd), General Manager, Club Affairs, Kurmitola Golf Club, Lieutenant Colonel Md Anwar Hossain (Retd), General Manager, Golf Operations, Kurmitola Golf Club were also present in the prize giving ceremony.

Around 650 Golfers from different Clubs of the country and other members of Abul Khair Group participated in this grand Tournament and high civil and military officials with their spouses attended the function. Following are the winners of tournament:

Winner
Col Abu Zafar Shaik Md Bozlul Haque

Runner-up
Brig Gen Md Towhid Hussain

Ladies Winner
Mrs. Fatema Rahman


GOLF
TOURNAMENT
OPENING CEREMONY
SHAH CEMENT
AKS
GOLF TOURNAMENT


PRIZE GIVING
PRIZE GIVING


PRIZE


PRIZE
GIVING



DDGA & TGC PROVIDES AID TO TÜRKIYE EARTHQUAKE VICTIMS

On February 18, 2023, Tiger Golf Club (TGC) and Dhaka Diplomatic Golf Association (DDGA) the local non-profit golfing community handed over some necessary items to TİKA - Turkish Cooperation and Coordination Agency at Baridhara, Dhaka for the earthquake victims of Türkiye. The items include Tents, Sleeping Bags and Blankets.

"Earthquake survivors were in urgent need of life-saving essentials. Many people lost their homes and workplaces or became unable to work due to their injuries. To ease the burden and provide comfort and support, we donated these items for the comfort of earthquake victims said Brigadier General ManzurQader (Retd), vice president of the Tiger Golf Club.

Tiger Golf Club President Indonesian Ambassador HE HeruSubolo and Executive Members of club were present while handing over the items.

Tiger Golf Club and Dhaka Diplomatic Golf Association started their journey in 2009. The members of this club include foreign ex-pats, diplomats, Business leaders, as well as local enthusiasts.





21ST SQUARE CUP GOLF TOURNAMENT 2023 HELD

Three-day long "21st Square Cup Golf Tournament 2023" concluded at Kurmitola Golf Club, Dhaka Cantonment. Lieutenant General Md Saiful Alam, SBP, OSP, SUP, awc, psc, PhD, Quarter Master General, Bangladesh Army gave away the prizes to the winners of the tournament as the chief guest on 17 February 2023 at 'Banquet Hall' of Kurmitola Golf Club'.

Major General Md Zahirul Islam, SGP, ndc, psc, Master General of Ordnance, Bangladesh Army and Vice President, Kurmitola Golf Club, Mr. Tapan Chowdhury, Managing Director, Square Pharmaceuticals Ltd, Mr. Mizanur Rahman, Executive Director, Square Pharmaceuticals Ltd, Brigadier General Md Shawkat Osman, afwc, psc, Club Captain, Kurmitola Golf Club, Brigadier General Abidur Reza Khan (Retd), Chairman, Tournament Committee, Kurmitola Golf Club, all the executive Committee members, Colonel Md Shahidul Haque (Retd), Chief Executive Officer, Kurmitola Golf Club, Lieutenant Colonel Abu Md Sayedur Rahman (Retd), General Manager, Club Affairs, Kurmitola Golf Club, Lieutenant Colonel Md Anwar Hossain (Retd), General Manager, Golf Operations were also present in the prize giving ceremony.

Around 680 (Six Hundred Eighty) Golfers from different Clubs of the country and members of Square Group participated in this grand Tournament and high civil and military officials with their spouses attended the function.

Winner
Mr. Asif Sagir

Runner-up
Capt Mohammad Munirul Alam, BN

Ladies Winner
Mrs Fatema Rahman










21st
SQUARE
GOLF
TOURNAMENT 2023
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