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# RAYA PULSE

VOL. 4 - ISSUE 4 - APRIL 2022 EDITION



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# 59TH DHA NATIONAL BADMINTON CHAMPIONSHIP

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The championship was played in two phases. In phase one, junior shuttlers competed against each other from 25th to 28 February. And, in second phase, senior shuttlers faced each other for the National Championship honor. A total of 14 teams and 300 shuttlers participated who competed with zeal and vigor for the National tournament. A large number of residents and dignitaries turned up to witness the quality sportsmanship. Secretary General Pakistan Olympics Association, Mr Muhammad Khalid Mehmood attended the event as the Chief Guest of the opening ceremony. He appreciated DHA Lahore Managements exemplary support and contributions in promoting sports. At the conclusion, chief guest Administrator DHA, Brigadier Waheed Gul Satti gave away medals to the position holders. While speaking at the occasion President National Badminton Federation Mr. Wajid Chahdhary expressed his gratitude towards DHA Lahore for their massive contributions towards organizing such grand event.





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*By Maleeha Chaudhary  
Swimming Coach*



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# DEFENCE RAYA GOLF CHAMPIONSHIP 2022: UMAIR BUTT- THE CLUB CHAMPION & ABDULLAH CEO CUP WINNER

SOURCE: ALL SPORTS PK

The contest for club champion title of Defence Raya Golf Championship 2022 ended in acclamation and distinction for Umair Butt, a six handicap golf player who surfaced as the champion by palpitating his very young and gifted adversary, Zunair Aleem through a margin that was rules based.



**UMAIR BUTT - THE CLUB CHAMPION**

After two rounds and 36 holes, Umair Butt had a two rounds aggregate score of 149 (gross 75 in the first round and gross 74 in the final round) while his powerful opponent Zunair Aleem also came up with the same aggregate of 149, comprised of a gross 72 in the first round but a slightly marred 77 in the second round. And as per rules the competitor with a better score over the last 18 holes is awarded the benefit and based on this Umair Butt was declared the winner.



**ABDULLAH KHAN - CEO CUP WINNER**



All through the final round, Umair Butt was steady off the tees on all par four and par fives and accurately hit drives in the 280 yards range. Added to that he strategized his approach shots to the green in a way that he managed to keep his ball away from the bunkers which was a commendatory way to avoid loss of strokes. His victory effort deserves exaltation and adulation and we hope to see more phenomenal performances from him.

While Zunnair just might get over the despondency in a days time, his career is bound to be filled up with sensational feats in competitions to come. Accolades are also due to Jamal Nasir who plays to a handicap of three. His two rounds aggregate score was 151 and lost to the winner by a margin of two strokes.

Out of the talented and able ones in the race for honors in CEO Cup which is net score based, Abdullah Khan made his mark by remaining accurate off the tees and adherence to the basics of putting while concluding each hole. For an eleven handicapper this represents a sizeable achievement. His score of net 136 is laudable and praiseworthy. Runner up in the net category of the competition was Col Manzoor Karim, a determined one who seeks national honours. His score of net 141 for two rounds enabled him to manage and secure a position ahead of quite a few strong opponents. Third winner in CEO cup race was Abdullah Khawaja, a teenager full of talent and promise. His score was net 141 too and lost the second position to Col Manzoor based on prevalent rules.

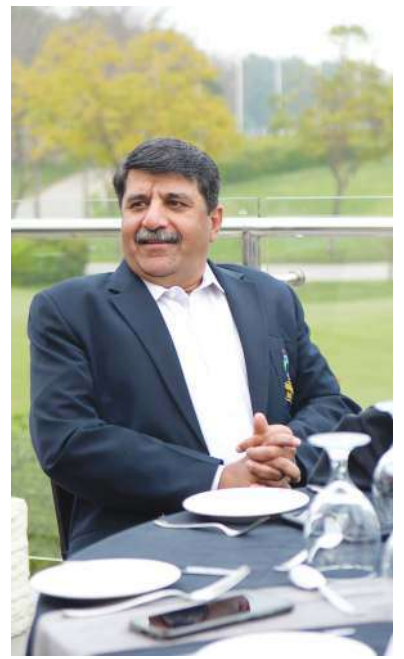
Longest drive was hit by Saad Sikandar and nearest to pin by Salman Pasha.

A total of 152 golfers took part in this championship and only 80 made the cut.

At the conclusion of the Defence Raya Club Championship and CEO Cup 2022 the prizes were awarded to the players by Miss Sunny of CEO TCL and Mr. Kang Chong Jin, CEO Defence Raya in the presence of Haroon Shafiq Tournament Director.













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We at Defence Raya specialize in the creation of exceptional events for corporate clients. We design, plan and manage every project from conception to execution. You need to get out of the office to get things done, and we will take great care to make sure your meeting is both productive and successful. Our property comes equipped with everything you need to be creative, focused, and at your very best. With convenience, flexibility and experienced staff, Defence Raya is an ideal destination for business professionals looking to do great things.

Our group of seasoned professionals understands that breakthrough idea is only as good as the discipline supporting them. At Defence Raya, we believe that there is a sublime connection between the mastery of logistics and the creation of astonishment.

Our events are completely customized, reflecting the brand personality of each client. Whether we act for a family, a product, a company or a cause, our work embrace experiences that integrate innovative design with the finest dining, music, entertainment and—most important of all—that intangible element of surprise.





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## TRIO OF SPORT COMPETITION'S PRIZE DISTRIBUTION

**CEREMONY TOOK PLACE 24TH  
OF FEBRUARY.**



To promote a healthy lifestyle and interaction with members. DRGCC is organizing a number of sports events on a monthly basis. In the last three months we have arranged 3 sports events that include, Male Gym competition, Female Gym competition & Table Tennis competition. We hope that members will continue to participate with full zest and enthusiasm in the future.

A Tea with cookies was offered to the participants of the tournament after the prize distribution ceremony took place. During the prize ceremony, the Chief Guest of this event General Manager Ops Defence Raya Golf & Country Club Mr David Nimmo distributed the trophies to the winners/ runner up in the various categories. Asst. Secretary Sports (Major Ahmad Rauf Retd.) and guests attended the ceremony.

We are thankful to all the participants who made these competitions successful.



## MALE GYM FITNESS COMPETITION

that took place 21st - 24th Dec 2021 in different age categories as below.

### AGE GROUP 16 YEARS TO 30 YEARS

<b>WINNER</b>	<b>ABDULLAH AZMAT</b>
<b>RUNNER UP</b>	<b>SHUMYL MAQBOOL</b>

### AGE GROUP 31 YEARS TO 50 YEARS

<b>WINNER</b>	<b>MUZAMIL QAISER</b>
<b>RUNNER UP</b>	<b>ASHFAQ UR REHMAN</b>



## FEMALE GYM FITNESS COMPETITION

that took place 4th - 7th Jan 2022 in different age categories as below.

### AGE GROUP 16 YEARS TO 30 YEARS

<b>WINNER</b>	<b>MARYAM AMIR</b>
<b>RUNNER UP</b>	<b>BISMA AMIR</b>

### AGE GROUP 31 YEARS TO 50 YEARS

<b>WINNER</b>	<b>SABA ZAHID</b>
<b>RUNNER UP</b>	<b>MEHWISH SAJJAD</b>

### AGE GROUP 51 AND ABOVE YEARS

<b>WINNER</b>	<b>ASMA SHAHZAD</b>
<b>RUNNER UP</b>	<b>TEHSEEN NAJAM</b>

## MALE JUNIOR TABLE TENNIS COMPETITION

18 years and under that took place 25th - 28th Jan 2022 in different age categories as below.

### AGE GROUP 10 YEARS TO 14 YEARS

<b>WINNER</b>	<b>MUHAMMAD SHAYAN RAUF</b>
<b>RUNNER UP</b>	<b>MUHAMMAD MUGHEES WASIF</b>

### AGE GROUP 15 YEARS TO 18 YEARS

<b>WINNER</b>	<b>ANS MASOOD</b>
<b>RUNNER UP</b>	<b>IBRAHIM RAFI KHAN</b>









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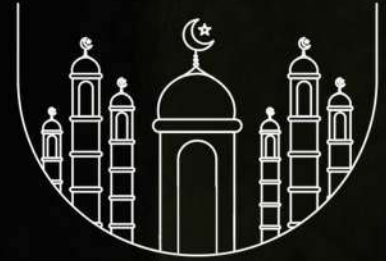
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# 13 RESPONSIBILITIES THAT MAKE CADDIES INDISPENSABLE IN GOLF

The golf caddy is an important job. The caddy is there to help provide assistance to the golfer and serve their needs. They have many different types of responsibilities that go beyond carrying the golfer's clubs and keeping score.

**Where did the term Caddy come from?**

There is some debate about the history of golf caddies and how the term came about. One particular story that many golfers tell is that Mary, Queen of Scots was the one that coined the term. Queen Mary spent much of her early adult years in France, where the French military cadets would carry the golf clubs for the Queen.

It is believed that when Queen Mary returned to Scotland, she brought the custom of using cadets and they became to be known as caddies.<sup>1</sup> That story is one that many people enjoy since Queen Mary was the first known woman to golf.

**What types of responsibilities does a Caddy have?**

We already mentioned caddies have to carry the golf clubs and golf equipment, for the golfer and help keep score. With scoring they need to know what the different strokes are called – Par, Birdie, Eagle, Double Eagle (Albatross) – and know how many points to record.

## OTHER KEY RESPONSIBILITIES CADDIES ARE EXPECTED TO CARRY OUT INCLUDE:

1. Hand clubs to the golfer.

The caddy is responsible for handing the right golf club to the golfer when they are making a shot. The caddy needs to know the difference between irons, wedges, putters, woods, and hybrids. They must also know the different numbering configurations used with certain clubs, like the difference between a 9-iron and a 9-hybrid.

2. Keep the golf clubs and equipment clean.

The caddy is expected to keep the golf clubs, balls, and other equipment clean throughout the game. They should carry different types of towels with them and appropriate cleaning products. It is not uncommon for caddies to ensure the ball is cleaned prior to each tee off and before each putting attempt once the ball is on the green.

3. Have sufficient knowledge of golf.

Caddies need to know all golfing terminology and the rules of the game. They also need to know all of the golf equipment and clubs necessary. It does not matter whether they are caddying at a local country club or for a pro golfer at a PGA tournament. Caddies must also be prepared to provide advice to golfers when asked, like which club would be best for a particular shot.





#### 4. Know the golf course well.

Before caddying, it is always a good idea to learn more about the golf course. Caddies need to know the “lay of the land” and where potential traps and bodies of water are located. They also need to know where the out-of-bound markers are located.

#### 5. Know distances to the greens.

Golfers will frequently ask their caddies how far it is to the green. A caddy should be able to use the various distance markers on the golf course and know how to calculate the distance from the ball to the green. Alternatively, some caddies have gone high-tech and now carry range finders with them, which automatically calculates the distance by simply looking through the lens on the device.

#### 6. Rake sand traps and bunkers.

Caddies have to clean up sand traps and bunkers after their golfer gets their ball out. They must leave the area as it was when they arrived by raking the entire area the golfer disturbed. This way, when the next golfer gets their ball stuck in a trap or bunker, the conditions will be exactly the same as the previous golfer.

#### 7. Fix and replace any ball marks and divots the golfer makes.

Ball marks are any type of depression in the putting green that is made when the ball lands on it. Divots are made when the golfer doesn't slice the swing correctly and takes a chunk of grass out of the course. Caddies are responsible for fixing ball marks, so the putting green remains smooth. With divots, they simply retrieve the chunk of grass, place it back down and step on it to push it back into place.

#### 8. Watch the ball when it is hit.

Caddies should track where the ball is going after the golfer hits it. They need to be able to know the exact direction where the ball went and landed. Caddies will use various markers and landmarks to help track the location of the ball, even when they cannot see it, like if it went into a sand trap.

#### 9. Be able to provide advice on which club to use.

Golfers may ask their caddies advice on which club they think is best used to make a specific type of shot. The caddy should be able to respond and provide advice on different club options. Yet, if the caddy is not sure, it is always best to tell the golfer they are not sure.





10. Become familiar with the golfer's style of golfing. Caddies that caddy for the same golfers should start to develop a sense of how the golfer golfs. This knowledge can be useful when handing clubs to the golfer and offering advice on which clubs to use for various shots. For instance, if the golfer seems a bit heavy-handed when striking the ball, they may only need an 8-iron and not a 6-iron to make a longer shot.

11. Know how to tend to the pin.

The pin is the pole and flag that sticks into the hole on the golf green. Once the golfer has gotten his ball onto the green, the caddy is responsible for removing the pin from the hole before the golfer putts. After the golfer hits the ball into the hole, the caddy should remove the ball and replace the pin into the hole.

12. Count the clubs and count again.

The last thing a caddy wants is for their golfer to call for a club and it is not in the bag. This has happened during PGA tours and it can be quite the embarrassment for the caddy. Take the time to count the clubs and verify each one is present and accounted for. Then, count them a second time just to be safe.

13. Help the golfer on the course using a ForeCaddy.

When a caddy is not on the golf course, caddying yourself can become cumbersome. That's where having a cutting-edge smart club cart can be more than beneficial. The ForeCaddy turns your golf outing into a walk in the park. The ForeCaddy has four different modes- Manual, Power Assist, Remote Control, and the beta mode, Follow. The ForeCaddy allows you to walk your club cart with the Power Assist mode up hills or difficult areas on the course. The Remote Control allows you to leave your cart and walk away, then use the Follow mode to have your cart come to you. This technology allows you to have a lot more freedom and convenience on the course. Best of all, if you do have a caddy helping you, it will allow your caddy to pay more attention to your game and become more in tune with your needs.





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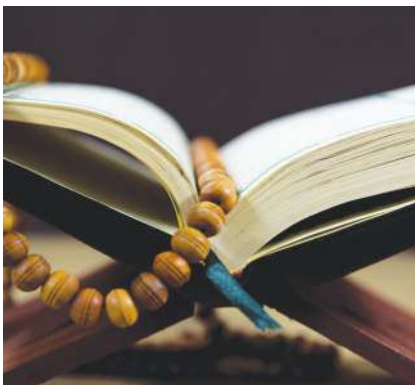


Ramadhan  
Kareem

رمضان كريم

By Mohsin Hameed

# RAMADAN KAREEM



Ramadan رَمَضَانَ also spelled Ramazan, Ramzan, or Ramadhan is the ninth month of the Islamic calendar. It is observed by Muslims worldwide as a month of fasting, prayer, reflection and community. It lasts twenty-nine to thirty days, from one sighting of the crescent moon to the next.

**The Prophet Muhammad (PBUH) said that,**

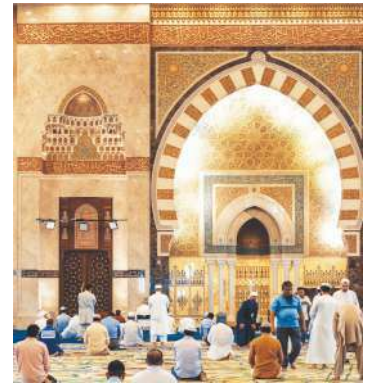
*“There is a gate in Paradise called Ar-Rayyan and who observe fasting will enter through it on the Day of Ressurrection and non except them will enter through it”. (Sahih Al-Bukhari: Volume 3, Book 31, Number 120)*



Fasting from dawn to sunset is obligatory for all adult Muslims who are not acutely or chronically ill, travelling, elderly, breastfeeding, diabetic, or menstruating. The predawn meal is referred to as suhur, and the nightly feast that breaks the fast is called iftar. The spiritual rewards of fasting are believed to be multiplied during Ramadan. Accordingly, Muslims refrain not only from food and drink, but also tobacco products, sexual relations, and sinful behavior devoting themselves instead to salat (prayer) and recitation of Quran.



In this month that the Holy Quran was revealed. The Quran comprises fables and lessons and serves as a guiding manual for mankind. The glorious night on which the Quran was revealed to Prophet Muhammad (PBUH) is referred to as the Laila-tul-Qadar. Many say that the gates of heaven are open during this month and the devils remain chained behind the doors of hell. It is said that during this month, the prayers made with the truest devotion are always fulfilled, and good deeds would reap the results of several years of worship. People read the Quran, observe the holy fast and are civil to one another. After the sunset, people gather together for Iftar.



## What Does & What Doesn't Break The Fast (Roza):-

### The Prophet Muhammad (PBUH) said:

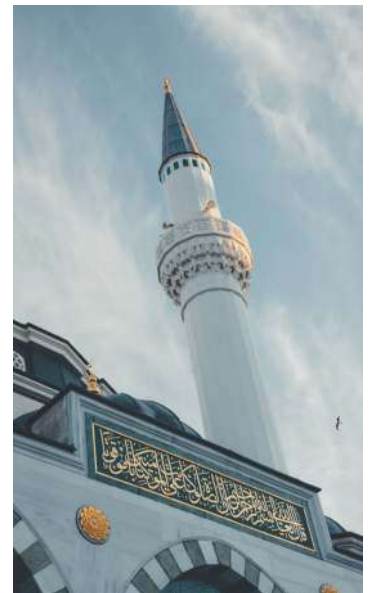
*"Neither vomiting, nor emission, nor cupping breaks the fast." (Abu Dawood, Book 13, Number 2370)*

### The Prophet Muhammad (PBUH) said:

*"If somebody eats something forgetfully while he is fasting, then he should complete his fast, for Allah has made him to eat and drink." (Sahih Al-Bukhari, Volume 3, Book 31, Number 154)*

### Recitation of Al Quran During Ramadan:- ALLAH (SWAT) says in Al-Qur'an:

*"Ramadhan is the (month) in which was sent down Al-Quran, as a guide to mankind, also clear (Signs) for guidance and judgement (Between right and wrong)". (Al-Qur'an 2:185 )*



### Charity In Ramadan:-

ALLAH (SWAT) has granted us numerous blessings, so Muslims should try to give generously in Ramadan, both Sadaqah (optional charity) and ZAKAAT (obligatory charity). Every time a servant of ALLAH (SWAT) gives something in charity eases his physical, spiritual and mental condition. He expands for him HIS sustenance. Sadaqah does not only have to be money. It can also be a good deed - such as helping another person - done for the sake of ALLAH (SWAT) and without expecting any reward from the person. Even a smile is considered charity in Islam. Most Muslims pay their ZAKAAT during Ramadan because the reward is so much greater in that month. Wealth is like water, if its flow is obstructed it becomes brackish, and if it flows, it becomes sweet and fresh.

Because of the great reward for feeding a fasting person, in many places 'Iftaar'(the meal at breaking the fast at sunset) is served in mosques, with the food donated or brought by individuals to share. This contact between the various levels of society helps to create a real bond of brotherhood in the Muslim community.

### Layla Tul Qadar (Night Of Power):-

ALLAH (SWAT) says in Al-Qur'an (what means):

*"Layla tnl Qadar is better than a thousand months." (Al-Qm 'an 97.- 3)*

The night of "Layla tul Qadar" is described as being greater in blessedness and spiritual virtue than 1,000 months. Therefore fortunate is that person who attains the full blessings of this night by spending it in the worship of ALLAH (SWAT).





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# HOW DO YOU DEFINE SWIMMING?

BY MALEEHA CHAUDHARY  
SWIMMING COACH

## How do you define swimming?

Swimming, in recreation and sports, is the propulsion of the body through water by combined arm and leg motions and the natural flotation of the body. Swimming as an exercise is popular as an all-around body developer and is particularly useful in therapy and as an exercise for physically handicapped persons.

## What can you say about swimming?

Swimming is a good all-around activity because it: keeps your heart rate up but takes some of the impact stress off your body. Builds endurance, muscle strength and cardiovascular fitness. Helps you maintain a healthy weight, healthy heart and lungs.

## Is swimming good for the soul?

Swimming is one of the best-known forms of exercise and is great for developing the mind, body, and soul. It engages muscles throughout the entire body and is a great calorie burner. It keeps muscles toned and the heart and lungs healthy. It can also boost your mood and keep your weight under control.



## Why do we love swimming?

It eases stress to me, being in or near water helps to reduce feelings of stress—even just listening to the sound of water is soothing. Swimming is a great way to enjoy fresh air, sunshine, and water all at the same time.





## What are the basic skills in swimming?

**SWIMMING SKILLS:** Essential swimming skills include being able to enter the water and resurface, controlling breathing, floating, turning, and moving to safety in the water and exiting. However, the water environment, the activity, and even what the person is wearing can alter their ability to perform these skills.

### Strokes Explained:

The different types of swimming styles and strokes mainly include freestyle, backstroke and breaststroke, butterfly.

#### Breaststroke:

Performed face down in the water without rotating the torso. The arms stay in the water and move synchronously, while the legs perform a whip kick (which is sometimes called a breaststroke kick). It is possible to keep the head elevated out of the water throughout the stroke, although the head usually dips in and out.



#### Front crawl/freestyle:

The fastest style for swimming on the surface. Done while face down. The arms alternate while the legs perform a flutter kick

#### Backstroke/Back crawl:

Done while lying on the back. One arm reaches behind the head with a fingertip entry while the other arm is by the side. The legs perform a flutter kick.

#### Butterfly stroke:

Performed face down in the water. The legs perform a dolphin kick while the arms move in a forward circle at the same time.





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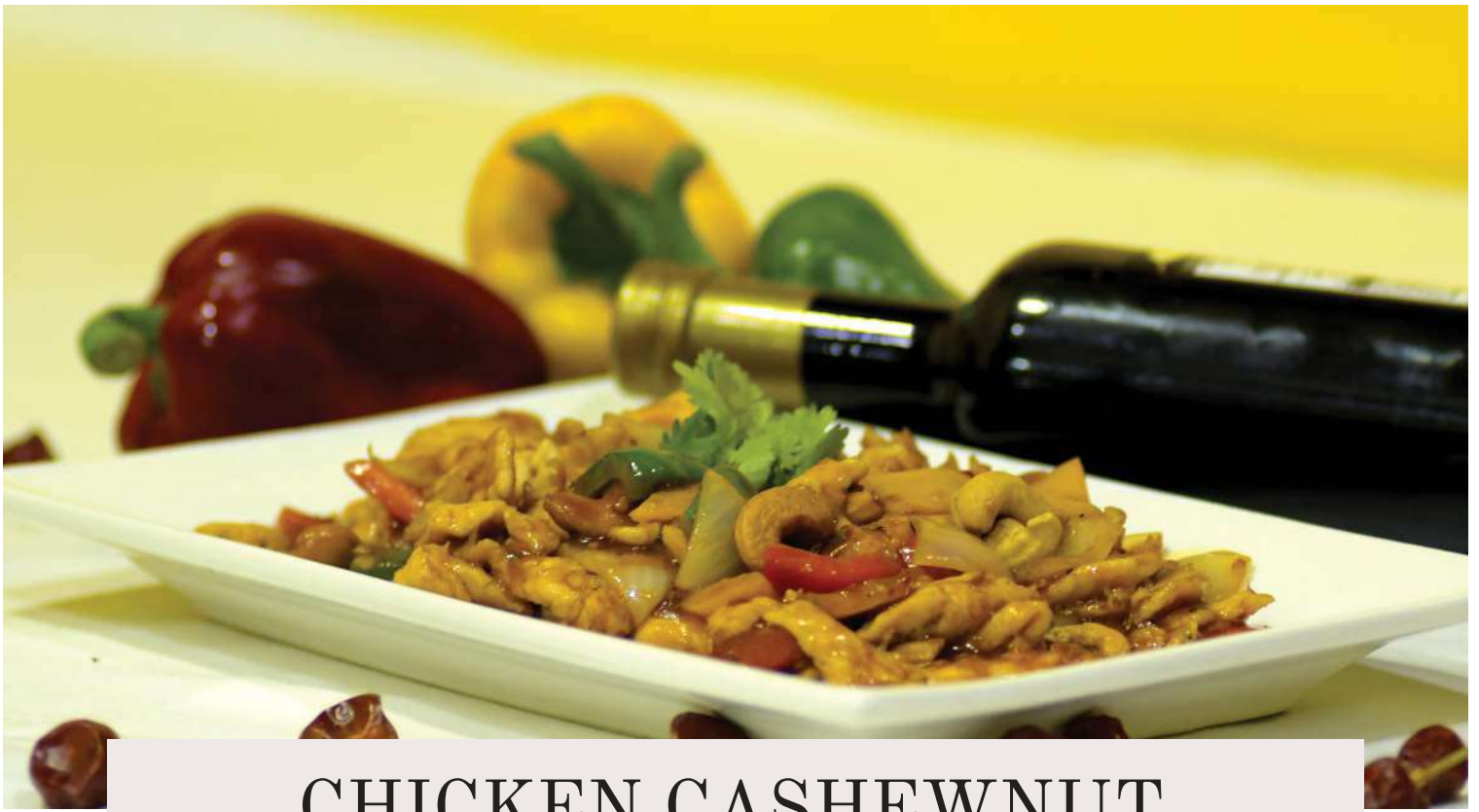
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# CHICKEN CASHEWNUT

## INGREDIENTS

### FOR SAUCE

- 5 tbs Oil
- 5 tbs or 50 gm Garlic
- 8 no or 20 gm Chopped Green Chili
- 3 tbs Ketchup
- 3 tbs Tamarind Puree
- 3 tbs Oyster Sauce
- 2 tbs Soya Sauce
- ½ tbs Fish Sauce
- ¼ tbs Chicken Powder
- ½ tbs Sugar
- ¼ tbs Black Pepper Powder
- 01 tbs Roasted Chili Paste
- 30 gm Onion
- 30 gm Capsicum
- 30 gm Carrot
- 30 gm Black Mushroom
- 8 pcs Red Chili Whole
- 30 gm Cashewnut
- 15 gm Green Onion Strip
- ¼ cup Chicken Stock

### FOR SAUCE

- 250 gm Slices Chicken Breast
- one Egg
- 3 tbs Corn flour
- 3tbs Oil
- Oil for frying as required

## METHOD OF PREPARATION

1. Marinate the sliced chicken with the above-mentioned ingredients.
2. Fry the marinated chicken in hot oil for three minutes.
3. Heat the wok and add oil, sauté garlic and green chilli together.
4. Add all ingredients except vegetable and cashewnut and stir it nicely.
5. Add fried chicken, vegetables and stir it for a few moments.
6. Spread cashewnuts on top.

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## What is Procurement?

It is critical to understand the term **“Procurement”** as it will give an in-depth understanding of the procurement process. Procurement is the term that is used to refer to the process or the act of sourcing or obtaining services or goods for a business. Some businesses use the term procurement only to refer to the actual buying while others refer to the entire process that leads up to the purchase as procurement.

The word procurement is used to refer to buying for a business and is normally performed on a large scale. Procurement involves two companies; the buyer and the seller. But it is the act of buying that is labeled procurement and not the activities of the seller.

Procurement is usually a part of the input to a company that then uses the goods or services procured in the making of their own final product. This makes it a very vital function of any business. It is important to the success of the buyer’s business to procure the best quality of goods or services at the most competitive rates.

Apparently, procurement might come across as a simple process. But it is often highly competitive with great care and attention paid to each step. The activities that procurement involves include:

- Vendor Selection
- Payment Negotiation
- Strategic Vetting
- Final Selection
- Contract Negotiation
- Final Purchase



In my role as Manager Purchase & Procurement, my team & I follow these strategies to ensure to obtain both the most competitive prices while sourcing the finest quality products. This ensures we achieve our end goal of providing our members the best quality at competitive rates.



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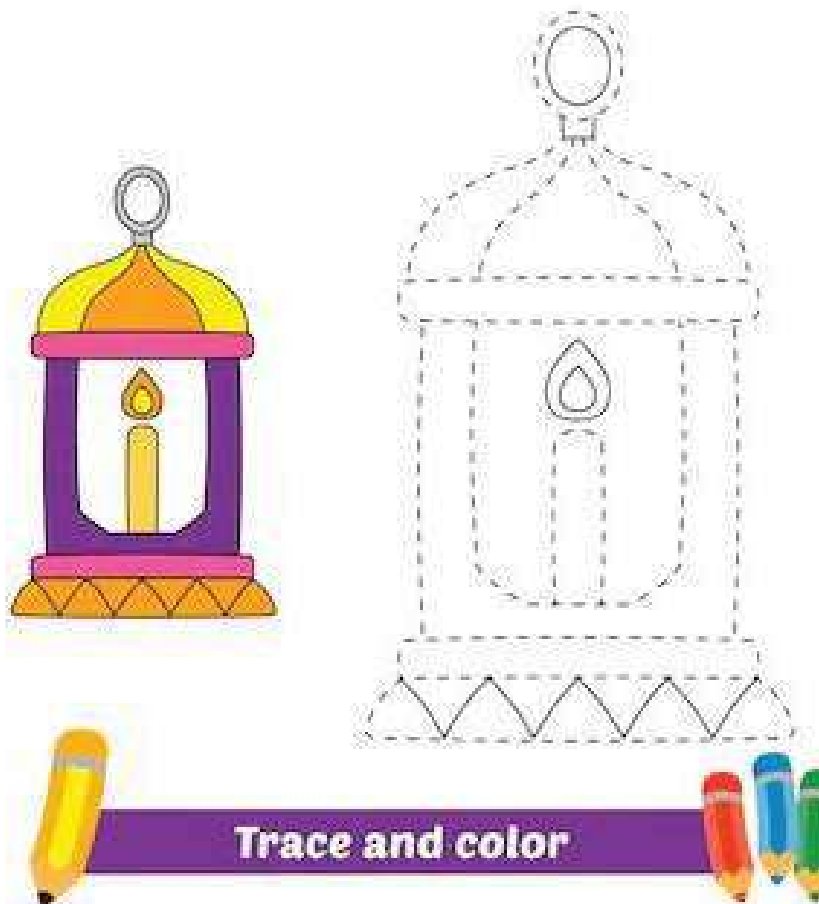
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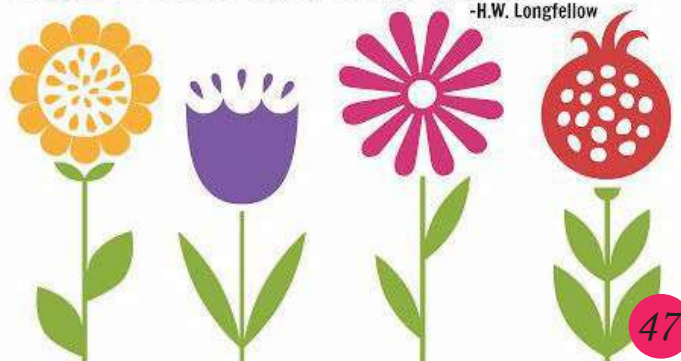
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Kind hearts are the gardens,  
 Kind words are the roots,  
 Kind thoughts are the flowers,  
 Kind deeds are the fruits.

Take care of your garden  
 And keep out the weeds;  
 Fill it with sunshine,  
 Kind words and kind deeds.

-H.W. Longfellow



## Spring Facts:

- Spring is the first season of the year.
- The Spring season lasts from March 21 - June 20
- The average Spring temperature in New York is 11°C

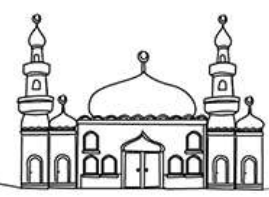
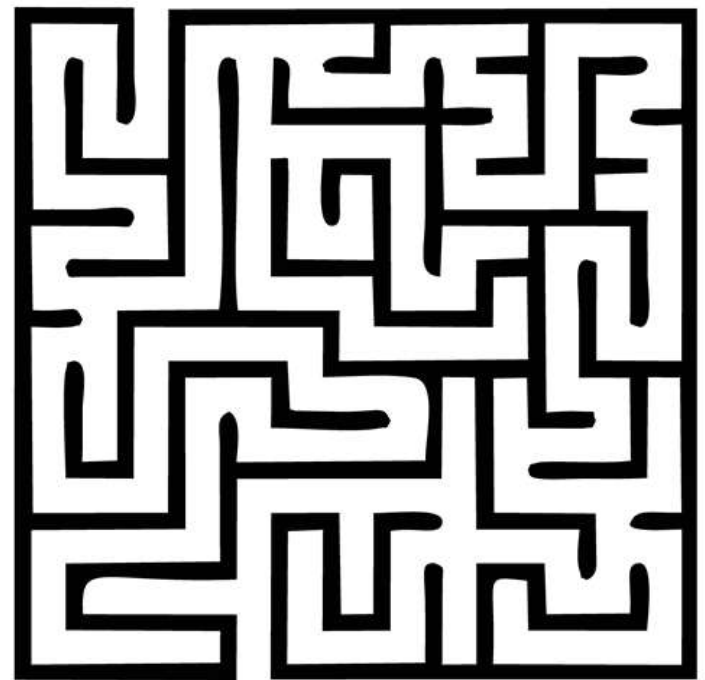




This Ramadan, we will

- Praise Allah
- Read His book every day
- Race to do good
- Put a smile on others' faces
- Hold our anger
- Talk to Allah by making du'a
- Pray as a family
- Say Alhamdulillah often
- Do things with Ihsan
- Give gifts

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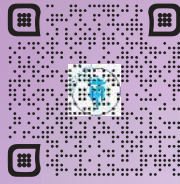


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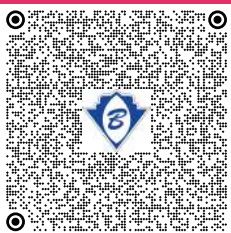
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