



**AMANDEEP JOHL
GOLF ACADEMY**

**"A CENTRE OF
GOLF
EXCELLENCE"**

We intend to produce Champions in Golf

- High Quality Golf Instruction
- Fitness
- Mind Training
- Injury management and Physiotherapy



" We help our students realise their true potential "

ABOUT THE ACADEMY



- Developing a child's Fundamental Movement Skills
- Physical development through various stages of growth
- Golf Fundamentals
- Mind Training to compete and sustain a long career in Golf
- Golf Swing Development
- On Course Playing ability
- Preparing them for tournaments
- Help them achieve their golf goals

OUR DREAM TEAM

GOLF



AMANDEEP JOHL, DIRECTOR OF GOLF INSTRUCTION

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A successful career on the Asian and European Tour for 20 years and a former National Amateur Champion , he has the experience and knowledge of what it takes to succeed at the highest level of Golf . He has represented India as a junior , then as an amateur and finally as a professional to the World Cup of Golf . He also was a member of the 12 member Asian Team that won against Japan in the Dynasty Cup .

Now a certified “A” instructor from the NGAI , Amandeep has also been the National High Performance Manager of the Indian Golf Union .



OUR DREAM TEAM

FITNESS



DEEPIKA CHOPRA- FITNESS TRAINER

She is the Owner Founder @ The Fitness Hub and is a Corrective Exercise Specialist and Integrative Nutritionist.

Her credentials are:

- CHEK PRACTITIONER LEVEL 1 (Chek Institute , San Diego)
- CHEK HOLISTIC LIFESTYLE COACH LEVEL 3 (-- CHEK INSTITUTE, SAN DIEGO)
- HAFFG (Fully Functional Gut) - Integrative health education, LONDON
- ELDOA (spinal) SOMA TRAINING, LONDON
- ART OF LIFTING - FMA, AUSTRALIA

Full body Sports Specific Assessment is provided. Work is done on bringing the body to homeostasis, through a corrective Exercise Program . Then individual goals are met through the FLEXIBILITY, STABILITY, STRENGTH AND POWER Protocol. Emphasis is laid on Personal Training as well as outdoor group classes. She has been training amateur and professional athletes since past 10 years.

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OUR DREAM TEAM

MIND TRAINING



SANJAY M. BHAMBHANI- SPORTS MIND TRAINER

He was the Mental Trainer to the India Junior National Shooting Squad (Pistol & Rifle) in 2013 & 2014.

He gained a Bachelor's degree in Economics from Shri Ram College of Commerce, University of Delhi.

However, his quest for knowledge was unsatiated and he has been studying mind related topics for over 30 years. He has profound knowledge of the ancient Vedic scriptures. They have given him a valuable insight in the field of mental conditioning and performance enhancement.

For the past decade, he has conducted mind training talks aimed at increasing human productivity and since 2012 has worked extensively with sports shooters, tennis players, cricketers & golfers.

The Sports Mind Training program is based on the 'Laws of Life' which takes its derivatives from the Vedic Scriptures. It is a program that allows the sportsperson to know oneself, one's mind and how to deal with its vagaries.

The program is based upon a basic concept (what you sow is what you reap). It has a 7 Point Manual for success with special emphasis on 'Winning is an Attitude, a way of Life'.

Sports persons are made aware of the laws that control the human mind, which enables them to become fearless, overcome obstacles, attain self-control and enjoy the ups and downs in the life of a sportsperson. This helps a sportsperson to become the best he can be, and in the process, reach the pinnacle of success.

OUR DREAM TEAM

PHYSIOTHERAPY



DR. DEBASHISH DAS- PHYSIOTHERAPIST

Consultant physiotherapist with 20 years of experience, he has expertise in hands-on manual therapy, biomechanical analysis and rehabilitative exercises for amateur and professional athletes. An avid golfer himself, operates a specialist physiotherapy practice in South Delhi - myPhysio

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Membership and Affiliations :

MPT (Orthopaedic and Manual Therapy), UniSA Adelaide Member
Australian Physiotherapy Association (APAM)
Delhi Council of Physiotherapy and Occupational Therapists (MDCPTOT)
Member Indian Association of Physiotherapists (MIAP)
Associate member: Sports Medicine Australia (MSMA) and Sports Physiotherapy Australia (MSPA).

**SPECIAL APP
DESIGNED FOR
MONTHLY LOGS TO
WORK ON WEAKNESS
OF PLAYER WHERE
COACHES ARE
CONNECTED TO
ACCESS
PERFORMANCE**



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