

WELCOME!

PORTFOLIO

RIDHIMA KAPOOR

- name : Ridhima Kapoor
- Date/place of birth : 10/12/2014, chennai
- Currently studying in Grade – III at DPS Bengaluru, North.
- Parents : Prateek Kapoor, Gauri Kapoor



beginnings

Ridhima has always been an individual who learns her crafts from the get-go. She has been learning and training as a golfer from the age of 7 at the To The Tee Academy, Bengaluru.

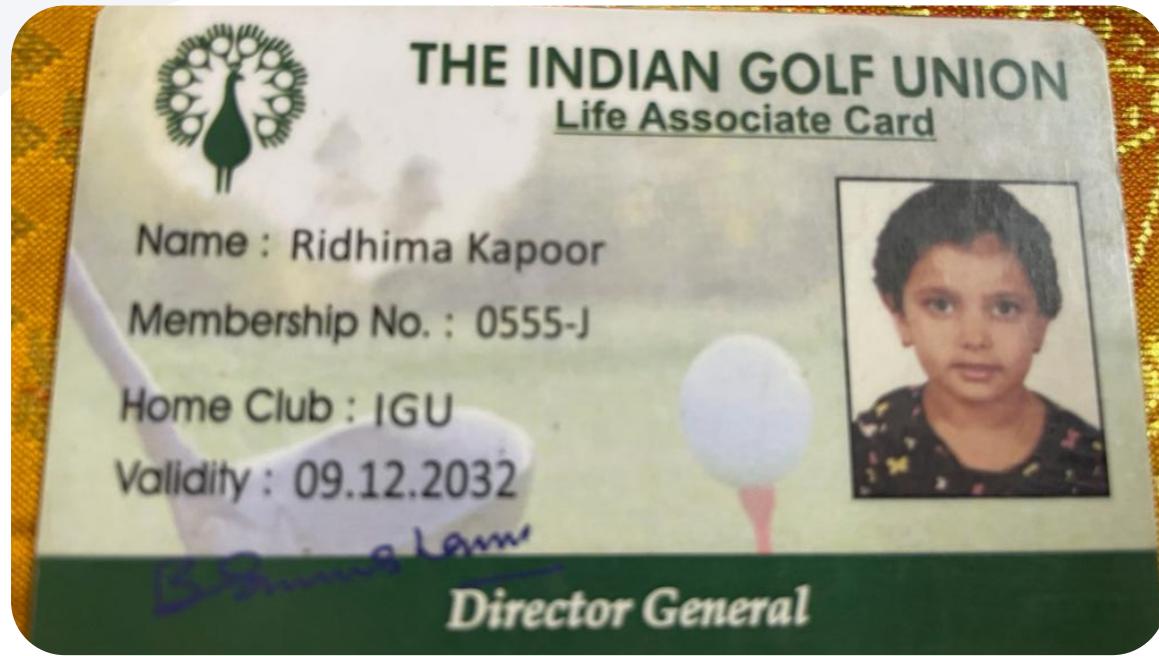
Ridhima aspires to be a professional golfer through her hard work, dedication, passion and talent. She has always shown the desire to keep improving and learning as an athlete and as an individual. Her dream is to win Olympics Gold for India and represent and win LPGA

Coaching

Currently coached at To The Tee Academy , Bengaluru – Karnataka

- Coached by Mr Abdul Raheem KH
- Coached by Mr Mohammad Arif
- Coached by Mr Ajay Krishnan





Membership

- The Indian Golf Union – Junior Associated Card (IGU-0555-J)
- TROON GOLF Membership with Prestige Augusta Golf Village (JGM1405)
- Applied for membership at Karnataka Golf Association – Membership Pending

Accolades



Indian Golf Union Sub Junior South Zone Golf Championship 2022



Second runner up: played at Coimbatore Golf Club CGC, Coimbatore, India on 19 – 20 April 2022.

First runner up: played at Tamil Nadu Golf Club TNGF, Chennai, India on 06–07 September 2022.

Second runner up: Played at Madras Golf Club MGC, Chennai, India on 09-10 September 2022.

Indian Golf Union Sub Junior South Zone Golf Championship 2022



Second runner up: played at Cochin Golf Club CIAL, Cochin, India on 29 – 30 October 2022.

Winner : played at Coorg Golf Club CGL, Coorg, India on 29 – 30 November 2022 and 02– 03 December 2022

Winner – E Category IGU Sub Junior South Zone – Yr 2022



Accolades



2022



Hyundai National Interschool Regional Golf Trophy at Prestige
Golf shire, Bangalore, India

Winner : played on 2nd November 2022

Second runner up : played on 3rd November 2022

INDIAN GOLF UNION SUB JUNIOR SOUTH ZONE GOLF CHAMPIONSHIP 2023



First runner up: Played at Coorg Golf Links, India on 14–15 Feb' 2023.

Winner: Played at Madikeri Golf Club MDGC, Coorg, India on 17–18 Feb' 2023.

Winner: Played at Coimbatore Golf Club , Coimbatore , India played on 18th -19th April'2023



INDIAN GOLF UNION SUB JUNIOR SOUTH ZONE GOLF CHAMPIONSHIP 2023



Winner: Played at Kodaikanal Golf Club , Kodaikanal , India
played on 22nd -23rd April'2023

Winner: Played at Ooty Golf Club , Nilgiris, India played on 26th
-27th April'2023

Winner: Played at Bangalore Golf Club , Bengaluru , India played
on 16th -17th May'2023



INDIAN GOLF UNION SUB JUNIOR SOUTH ZONE GOLF CHAMPIONSHIP 2023

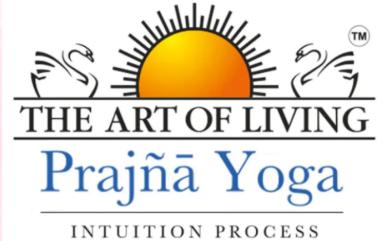


Second Runner up – Prestige Augusta Junior Championship 2023 in combined category of Boys and Girls on 18th June'2023

First Runner Up : Indian Golf Union Sub Junior South Zone Golf Championship at JWGC , Mysore , India played on 27th -28th June'2023

Brand Ambassador of Prajna Yoga with Art of Living Bengaluru

yoga



INTUITION PROCESS

PRAJNA YOGA- TAKING ATHLETES TO THE NEXT LEVEL OF EXCELLENCE

The Prajna Yoga course was a life changing experience for me as it helped me untie my inner and outer self.

As an aspiring golfer, this has helped me find balance, gain confidence and listen to my own intuition better.

I want to thank Gurudev and my teachers for sharing this practice.

Prajna Yoga helps athletes like me by:

- Helping prevent injuries
- Reducing recovery time
- Enhancing sense of balance



"Ridhima is a talented junior golfer at To The Tee Academy. We have found her to be more focused, stable and relaxed after attending this course. Her movement, flexibility and mentality has improved significantly as well." – Mrs Indumati Bhaskar, Owner of To The Tee Academy



BENEFITS FOR THE CHILD- GOOD DECISION MAKING/ STABILITY/ CREATIVITY/ INTELLIGENCE/ GOOD LISTENING

gallerry

