

۵ (4 GOAL TOURNAMENT) Delhi Fall Polo Season 2024

Baria Cup

People's passion for polo continues to flourish with the arrival of the Baria Cup, accompanied by some impassioned twists and turns for enthusiasts.





84th Abierto De Tortugas C.C.

Season

Argentine Polo

(31-40 GOAL TOURNAMENT)

Witnessing the epitome of Polo last week left everyone at a loss for words as the world's best teams battled hard to claim the supremacy of winning the 84th Abierto de Tortugas C.C.





Several international events made headlines across the globe with an abundance of action

265th Edition

Rest Assured: Sleep Hacks for Wellness

Sleep optimisation is more than just a health target; it is an act of dedication to your well-being. In today's fast-paced life, few things beat waking up refreshed and ready to face the day.



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The Grand Egyptian Museum: Ancient **Majesty Meets** Modern Aesthetic

In the shadow of the Great Pyramids, the Museum seamlessly blends ancient heritage with cutting-edge design, offering an unparalleled journey through Egypt's rich history.

Д Architecture

Participating Teams

SAHGAL STUD

Another

Gaurav Sahgal +1

Bautista Alberdi +3

Bk. Rajesh Sahgal 0

CAV-NAVY

Cdr AK Panchal 0

Capt (IN) AP Singh +1

Dhruy Pal Godara +2

Bk It Col Vishal Chouhan +1

ASC ROYAL ENFIELD

Another

Nk Ravinder Mang +1

Sep Mukesh Gujjar 0

Bk. Abhimanyu Pathak +3

ACHIEVERS

Aryaman Singh -2

Vishwarupi Bajaj 0

Daniel Otamendi +5

Bk. Salim Azmi +1

NAVY-RVC

CPO Shivpal Singh -2

Swr Yallappa Godi 0

ALD D Santosh 0

Bk. Hurr Ali +2

BARIA CUP

(4 Goal Tournament)

People's passion for polo continues to flourish with the arrival of the Baria Cup, accompanied by some impassioned twists and turns for enthusiasts.

The event featured five teams divided into two pools. Among these were a few renowned names and fresh names seeking valuable on-field experience. To accomplish this goal, they were bestowed with eight matches, and below is how they capitalised upon it.





MATCH 3 ASC Royal Enfield vs Sahgal Stud

DATE: 29 OCTOBER

Next up in line were the ASC Royal Enfield and Sahgal Stud teams. Sahgal Stud faced the problem of inexperienced teamwork and was outgunned by the ASC Royal Enfield team, which easily managed to stay in the lead and pick up their first win of the Baria Cup.

Winners:

ASC Royal Enfield (6-3)

MATCH 1 Cav-Navy vs Sahgal Stud

DATE: 28 OCTOBER

The first match was between Cav-Navy and Sahgal Stud. Cav-Navy was looking in top form, as they were able to break through Sahgal Stud's defence quite often, chipping in a few extra goals to keep them in the lead when the final bell of the last round rang.

Winners: Cav-Navy (9-6)

MATCH 2 Achievers vs Navy-RVC

DATE: 24 OCTOBER

The second game on the same day was between Achievers and Navy-RVC. Navy-RVC started the game with a point advantage. Living up to their name, Achievers soon overcame this disadvantage and scored a dozen goals to comfortably pick up their first win of the tournament.

Winners: Achievers (12-6.5)

MATCH 4 Achievers vs Navy-RVC

DATE: 30 OCTOBER

The next day, we had the lone contest between Achievers and Navy-RVC. Achievers started the game withcaution so that they would not make any mistakes in these stages of the event. Still, they were able to keep the opposition in control and score points simultaneously to pick up yet another well-deserved win.

Winners: Achievers (6-4)

MATCH 5 Cav-Navy vs ASC Royal Enfield

DATE: 31 OCTOBER

The last league game of the Baria Cup featured the teams of Cav-Navy and ASC Royal Enfield. The match was pretty intense, and ASC Royal Enfield, in spite of trying super hard, was unable to come up with any kind of solution for Cav-Navy's aggressive playstyle. Taken aback by such teamwork, ASC Royal Enfield fell prey to them and lost their last league game.

Winners: Cav-Navy (9-5)

SEMI-FINAL 1 Navy-RVC vs Cav-Navy

DATE: 2 NOVEMBER

After a wait of about four days, it was time for the first semi-final game between Navy-RVC and Cav-Navy to take place. Cav-Navy was going on pretty well, but unfortunately, due to unforeseen circumstances of a collision during the third round, the game was called off, and Cav-Navy was given the default win.

Winners: Cav-Navy (7-4)



SEMI-FINAL 2 Achievers vs ASC Royal Enfield

The second semi-final game featured Achievers and ASC Royal Enfield. ASC Royal Enfield looked low on confidence after the previous defeat, but Achievers surprised them and scored a couple of extra goals to stay ahead when the final bell rang and become the second finalist to qualify for the final.

Winners: Achievers (6-4)

FINAL Achievers vs Cav-Navy 3 NOVEMBER

Eyeing for the title, both teams took off on their horses to score as many goals as possible. However, Achievers proved to be much better at executing their plans, which helped them score eight goals. Cav-Navy tried to retaliate but couldn't get past Achievers' defences, which ultimately caused them to score just four goals. Winners:

Achievers (8-4)





Date	Round	Team	Goals	Team	Goals
28 October 2024	League	Cav-Navy	9	Sahgal Stud	6
28 October 2024	League	Achievers	12	Navy-RVC	6.5
29 October 2024	League	ASC Royal Enfield	6	Sahgal Stud	3
30 October 2024	League	Achievers	6	Navy-RVC	4
31 October 2024	League	Cav-Navy	9	ASC Royal Enfield	5
2 November 2024	Semi-Final	Navy-RVC	7	Cav-Navy	4
2 November 2024	Semi-Final	Achievers	6	ASC Royal Enfield	4
3 November 2024	Final	Achievers	8	Cav-Navy	4

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ARGENTINE POLO SEASON 2024

84th ABIERTO DE TORTUGAS C.C.

(31-40 Goal Tournament)

Witnessing the epitome of Polo last week left everyone at a loss for words as the world's best teams battled hard to claim the supremacy of winning the 84th Abierto de Tortugas C.C.

ight teams
participated in this
year's 84th Abierto de
Tortugas C.C. They saw
many high-scoring close
encounters and thundering performances. Below
is the list of these teams
and their matches to help
us relive the best moments from the event.



Participating Teams

POOL-A

LA NATIVIDAD (40)

Facundo Pieres (10)

Camilo Castagnola (10)

Pablo Mac Donough (10)

Bartolome Castagnola Jr. (10)

ELLERSTINA UAE YELLOW ROSE (35)

Lucas Monteverde Jr. (8)

Gonzalo Pieres (9)

Guillermo Caset (9)

Ignatius Du Plessis (9)

CRIA LA DOLFINA (32)

Rufino Bensadon (8)

Bautista Bayugar (8)

Diego Cavanagh (8)

Alejo Taranco (8)

Jacinto Crotto

INDIOS CHAPALEUFU (31)

Antonio Heguy (7)

Victorino Ruiz Jorba (8)

Cruz Heguy (8)

Teodoro Lacau (8)

Ignacio Heguy

Participating Teams

POOL-B

LA DOLFINA SAUDI (40)

Adolfo Cambiaso (10)

David Stirling (10)

Adolfo Cambiaso Jr. (10)

Juan Martin Nero (10)

LA HACHE (36)

Pablo Pieres (9)

Hilario Ulloa (9)

Tomas Panelo (9)

Francisco Elizalde (9)

LA ENSENADA DIETRICH (36)

Juan Britos (9)

Alfredo Bigatti (9)

Juan Martin Zubia (9)

Jeronimo del Carril (9)

Mariano Gonzalez

LA HACHE CRIA & POLO (31)

Benjamin Panelo (7)

Carlos Maria Ulloa (8)

Facundo Sola (8)

Joaquin Pittaluga (8)

матсн 1 La Natividad vs Indios Chapaleufu

DATE: 12 OCTOBER

The first whistle blew, and La Natividad and Indios Chapaleufu were the first ones to sprint towards victory. In this game, La Natividad pushed forward quite hard and scored an astounding more than two dozen goals! Indios Chapaleufu had no response to this aggression and were just witnesses to the supremacy showcased by their opposition.

Winners:

La Natividad (25-4)

MATCH 2

Cria La Dolfina vs Ellerstina UAE Yellow Rose

This one got interesting towards the end and kept people guessing. In the first half of the game, the latter team scored better, which kept them in the lead. However, Cria La Dolfina bounced back hard and scored four goals in the fifth chukker, which later became the game's deciding factor.

Winners:

Cria La Dolfina (18-17)

to two by La Ensenar beating all odds. Winners: La Hache (13-10)

MATCH 3

La Dolfina Saudi vs La Hache Cria & Pol

DATE: 13 OCTOBE

La Dolfina Saudi was off to a great start. They not only scored ten goals in the first half but also kept their opponents down to just five points. The team of La Hache Cria & Polo bounced back in the second half, scoring at an improved pace, but La Dolfina Saudi was not ready to back down and kept scoring goals in response to almost every single goal scored by the opponents.

Winners:

La Dolfina Saudi (17-13)

MATCH 4 La Hache vs La Ensenada Dietrich

The next afternoon's game was contested between La Hache and La Ensenada Dietrich. The latter team scored four goals to completely put La Hache on the back foot in the first round, but slowly and steadily, they could cope with the lead and catch up to them until the fifth round. After that, they didn't look back and scored five goals in response to two by La Ensenada Dietrich to win the game, heating all odds.

MATCH 5 Indios Chapaleufu vs Cria La Dolfina

DATE: 19 OCTOBER

After a few days' break, the competition continued, and Indios Chapaleufu and Cria La Dolfina faced each other in the day's first game. Both teams were almost neck to neck for every corner round in this match. In the last two rounds, Cria La Dolfina lost their focus and was able to score just a single point, which cost them this game.

Winners:

Indios Chapaleufu (14-13)

MATCH 6 Ellerstina UAE Yellow Rose vs La Natividad

After a dominating first-game performance, La Natividad had a reputation to keep, but Ellerstina UAE Yellow Rose was ready for the challenge. Despite their various efforts to fly off with the game, La Natividad could not build up a huge lead and was brilliantly kept under check by Ellerstina UAE Yellow Rose. In the last round, La Natividad went pointless, capitalised beautifully by the opponents scoring the deciding blow to end up a couple of goals in the lead

Winners:

Ellerstina UAE Yellow Rose (16-14)



MATCH 7 La Hache vs La Hache Cria & Polo

DATE: 20 OCTOBER

While La Hache kept scoring at a regular pace in every round, the opposite team of La Hache Cria & Polo still wanted to score their first goal by the end of the first few rounds. They scored their first and only goal in their round, and by then, they were already five points behind. Trying to cope with the lead, they scored twelve goals but were a little late at the scoring party.

Winners:

La Hache (16-12)

MATCH 8 La Ensenada Dietrich vs La Dolfina Saudi

The next game was more intriguing and intense, between the La Ensenada Dietrich and La Dolfina Saudi teams. Both teams were so evenly matched that they were tied by the end of all eight chukker rounds. The game eventually went into overtime, and the golden goal was scored by the La Ensenada Dietrich team, winning this edge-of-the-seat thriller.

Winners:

La Ensenada Dietrich (14-13)



MATCH 9 La Ensenada Dietrich vs La Hache Cria & Polo

DATE: 26 OCTOBER

After a five-day break, La Ensenada Dietrich and La Hache Cria & Polo descended onto the field for a high-scoring encounter. With 39 goals, the game was the highest-scoring in this year's tournament. The teams were going at one another with all aggression, and by the end of the second last chukker, they were tied at 16 points each. It was all down to the last round, in which La Ensenada Dietrich scored four goals, one extra from La Hache Cria & Polo, to win this high-scoring battle of goals.

Winners:

La Ensenada Dietrich (20-19)

MATCH 10 Ellerstina UAE Yellow Rose vs Indios Chapaleufu

Indios Chapaleufu had a tough campaign this season, but they put up a great fight in this game. The first half went great for them, and they were in the lead for most of the rounds, but their drought period started from the fourth to the seventh round, in which they couldn't score even a single point, which cost them the game.

Winners: Ellerstina UAE Yellow Rose (12-10)

MATCH 11

La Natividad vs Cria La Dolfina

DATE: 27 OCTOBER

La Natividad and Cria La Dolfina played the second-last qualifier game. La Natividad dominated the match. Cria La Dolfina was able to keep up until the third round only. After that, La Natividad flew away with the game, scoring 21 points, more than twice the number of goals scored by Cria La Dolfina

Winners:

La Natividad (21-9)

MATCH 12 La Dolfina Saudi vs La Hache

The last qualifier game was a formality contested between La Dolfina Saudi and La Hache. The game was pretty even, with La Hache one point ahead of La Dolfina Saudi by the end of the seventh chukker. However, in the last round, they somehow lost their focus and could only score a single point, whereas their opposition scored three points to win the game with a one-point lead.

10

Winners:

LLa Dolfina Saudi (12-11)

ARGENTINE POLO SEASON 2024



Date	Round	Team	Goals	Team	Goals
12 October	Qualy	La Natividad	25	Indios Chapaleufu	4
12 October	Qualy	Cria La Dolfina	18	Ellerstina UAE Yellow Rose	17
13 October	Qualy	La Dolfina Saudi	17	La Hache Cria & Polo	13
13 October	Qualy	La Hache	13	La Ensenada Dietrich	10
19 October	Qualy	Indios Chapaleufu	14	Cria La Dolfina	13
19 October	Qualy	Ellerstina UAE Yellow Rose	16	La Natividad	14
20 October	Qualy	La Hache	16	La Hache Cria & Polo	12
20 October	Qualy	La Ensenada Dietrich	14	La Dolfina Saudi	13
26 October	Qualy	La Ensenada Dietrich	20	La Hache Cria & Polo	19
26 October	Qualy	Ellerstina UAE Yellow Rose	12	Indios Chapaleufu	10
27 October	Qualy	La Natividad	21	Cria La Dolfina	9
27 October	Qualy	La Dolfina Saudi	12	La Hache	11
1 November	Final	La Hache	14	Ellerstina UAE Yellow Rose	13

FINAL La Hache vs Ellerstina UAE Yellow Rose

After many hard-fought battles and turmoil, we had our finalists for the 2024 version of 84° Abierto De Tortugas C.C., La Hache, and Ellerstina UAE Yellow Rose. These teams complement each other in scoring beautifully to end up with the same number of points by the end of one or two rounds. After the sixth chukker, La Hache pulled up their socks and scored consistently in the remaining two rounds to end up with a one-point lead, becoming the highly anticipated 84° Abierto de Tortugas C.C winners.

Winners:

La Hache (14-13)



POLO EVENTS

Several international events made headlines across the globe with an abundance of action.

THIS WEEK

LA FIJA HALLOWEEN CUP

Date: 27 October - 1 November Location: La Fija Polo Club, Argentina

GOAL LEVEL: 10 Winner:

La Fija/Juaica (7.5) vs **Polothanda (9)**



SPRING TROPHY (6 GOAL)

 Date: 28 October - 3 November Location: Garangula Polo Club, Australia

GOAL LEVEL: 6

Winner:

Garangula K.O. Angus (5) vs CBW La Boscosa (6)



SPRING TROPHY (12 GOAL)

Date: 25 October - 3 November Location: Garangula Polo Club, Australia

GOAL LEVEL: 12

Winner:

Ellerston White (14) vs Larapinta (6)



UPCOMING WEEK



1 COPA CAMPANA DEL DESIERTO

Date: 15 October - 4 November Location: Asociación Argentina de Polo, Argentina GOAL LEVEL: 24



COPA LA HACHE

Date: 19 October - 6 November Location: Argentina GOAL LEVEL: 20



LA FIJA LADIES CUP

Date: 3 - 9 November Location: La Fija Polo Club, Argentina GOAL LEVEL: 16



COPA CAMARA DE DIPUTADOS

Date: 29 October - 27 November Location: Asociación Argentina de Polo, Argentina

GOAL LEVEL: 31-27



COPA MILES

Date: 21 October - 28 November Location: Asociación Argentina de Polo, Argentina

GOAL LEVEL: 31-27



REST ASSURED: SLEEP HACKS FOR WELLNESS

Sleep optimisation is more than just a health target; it is an act of dedication to your well-being. In today's fast-paced life, few things beat waking up refreshed and ready to face the day.

o you often find yourself feeling tired in the middle of the day? Or do you struggle with concentration, mood swings, or irritability that seem to come out of nowhere? Chances are, you're suffering from sleep deprivation. Sleep has shifted from a natural routine to a luxury in today's fast-paced world. With sleep deprivation at an all-time high, understanding the science

of rest and implementing ways to improve sleep has become critical, particularly for individuals who recognise its tremendous influence on health, productivity, and general well-being. Here, we delve into premium sleep optimisation tactics, such as personalised bedroom surroundings and sleep technology, all to turn nightly sleep into a daily wellness ritual.



BUILDING THE ULTIMATE RETREAT FOR OPTIMAL REST

The first step to ensuring a good night's rest is to ensure your spaces are designed to provide high-quality sleep. From bedding and lighting to scents and sounds, the key to unlocking a luxury sleeping experience lies in the details.

• Luxurious Bedding Essentials: A top priority is upgrading your bedding to premium materials. High-thread-count sheets, cotton pillowcases, and hypoallergenic down comforters add softness while improving temperature control. Natural textiles, such as linen and organic cotton, offer breathability and aid in moisture-wicking, minimising night sweats and eliminating discomfort.

• Temperature and Lighting Control: Ideally, your bedroom settings should reflect your body's natural circadian rhythms. How do you ensure this is achieved? By investing in smart climate control systems that allow personalised settings and help in maintaining an ideal sleep temperature of 65°F (18°C).

• Aromatherapy and Sound Therapy: Scent and sound play a huge role in creating a conducive environment for well-rested sleep. Diffusing essential oils like lavender and chamomile, known for their sleep-inducing characteristics, is an option. Relaxing playlists to drown out distracting exterior sounds is a great way to enhance your sleeping environment.

SLEEP HYGIENE

Creating a restful environment is essential, but good sleep hygiene habits are just as important for ensuring quality rest.

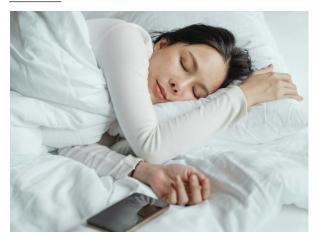
• Eliminating Digital:

Blue light exposure is one of the main reasons for poor sleeping patterns. Creating tech-free zones or using blue-light-blocking glasses and red-light emitting lamps before bed helps ease the strain on your eyes. Alternatively, switching your gadgets to journals and books can help you gain a calmness that promotes better sleep health.

• Pre-Sleep Rituals:

Creating a routine before bed to

LIFESTYLE





help you unwind after a long day is a great way to attain optimal sleep. Whether it's a warm bath with soothing bath salts, meditation, or practising deep breathing, these techniques help the brain relax.

EMBRACING TECHNOLOGY FOR RESTFUL NIGHTS

While most technology can hinder restful sleep, cutting-edge sleeping devices and apps can help track sleeping patterns to identify disturbances and provide insights on how to improve sleep health.

• Wearable Tech for Sleep Tracking:

Devices like Oura rings and Whoop bands monitor metrics, including heart rate variability (HRV), REM sleep, and deep sleep periods. These insights enable users to track their sleep quality and adjust their routines for improved recovery and efficiency.

Smart Mattresses and Pillows:

Looking to elevate your sleeping experience a notch? Invest in smart mattresses and pillows from brands like The Sleep Company, and more. With special features that adjust firmness and temperature according to individual requirements, these accessories are tailor-made to ensure

a restful night.

• Sleep Tracking Apps and Al-Driven Meditation:

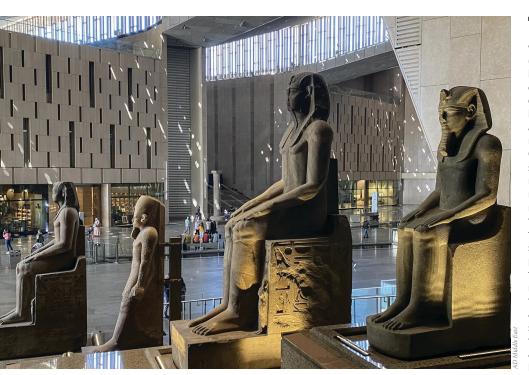
If you're looking for apps centred around meditation, Calm and Headspace are ideal picks, with their soothing stories and ambient sounds to induce deep slumber.

•Sleep is more than just a nightly habit;

it's vital for long-term health and fitness. As sleep optimisation techniques grow more accurate, they have the potential to improve health, sharpen thinking, and increase contentment.

THE GRAND EGYPTIAN MUSEUM: ANCIENT MAJESTY MEETS MODERN AESTHETIC

In the shadow of the Great Pyramids, the Museum seamlessly blends ancient heritage with cutting-edge design, offering an unparalleled journey through Egypt's rich history.



he Grand Egyptian Museum (GEM)—otherwise called the Giza Museum (al-Mathaf al-Masriyy al-Kabīr)—with its elegant Egyptian edifice offers an ode to the opulence of the country's history and heritage. Standing as a modern marvel—just minutes off the gargantuan Giza Plateau—in the seductive shadow of the Great Pyramids, it is not just any other museum but an architectural masterpiece: a gateway to the grandeur of ancient Egypt that has drawn droves to its sandy shores. For centuries. poets have offered paeans to the pharaohs of Egypt, but none of them can compare to the Grand Egyptian Museum's architectural poetry. With a sophisticated, state-of-the-art technology twist, the museum accentuates the allure of Egyptian antiquity.

ARCHITECTURE

THE ARCHITECTURE

Commissioned by the Egyptian Ministry of Culture, preparation for the museum began nearly 30 years ago, but construction continued to get postponed due to socio-political upheavals in the country. For instance, the 2008 Financial Crisis and the Arab Spring derailed development. In 2011. Architecture studio Heneghan Peng was given the commission. Completed late last year, the museum's architectural design coalesces conventional and contemporary elements of Egyptian civilisation. The edifice is a textured, translucent sandy stone wall that is an extension of the adjacent Great Pyramid of Giza, but the sleek shine of it lends a luscious glow.

The museum's structure, inspired by ancient Egyptian architecture, features a chamfered triangle design with pyramid-like slices of glass and stone. Triangle motifs dominate, particularly on the limestone-panel facades, with very few right angles. The color palette includes shades of brown and grey, from amber onyx at the entrance to Egyptian granite and Trieste limestone, reminiscent of the materials used for

Rameses and the Giza pyramids. David Rogers of Global Construction Review notes a similar scheme in the New Administrative Capital buildings, suggesting a national aesthetic.

Inside, the Grand Staircase, flanked by colossal statues of ancient Egyptian pharaohs, greets visitors. Its scale and hieroglyphic-covered panels set the tone for the museum's grandeur.





THE ARTEFACTS

Initiated by former President Hosni Mubarak, the Grand Egyptian Museum will house over 100,000 artefacts, including the complete Tutankhamun collection, displayed together for the first time since their discovery by Howard Carter. The museum will also feature the 36-foot statue of Rameses II, the "Khufu ship" from 2000 BC, and relics spanning Egypt's prehistoric, Greek, Roman, and Arab periods.

The exhibition spaces of the Grand Egyptian Museum (GEM) are meticulously curated to showcase the richness of ancient Egyptian civilization. Artefacts are displayed to highlight their historical significance, with each piece narrating its own story. The galleries are arranged thematically. offering visitors a deep dive into various aspects of ancient Egyptian culture. Besides key artefacts from the Egyptian Museum in Cairo, the collection will feature pieces from museums in Luxor, Minya, Sohag, Assiut, Beni Suef, Fayoum, the Delta, and Alexandria.

The museum also boasts a comprehensive library and research centre, making it a global hub for Egyptology. For newcomers to archaeology,



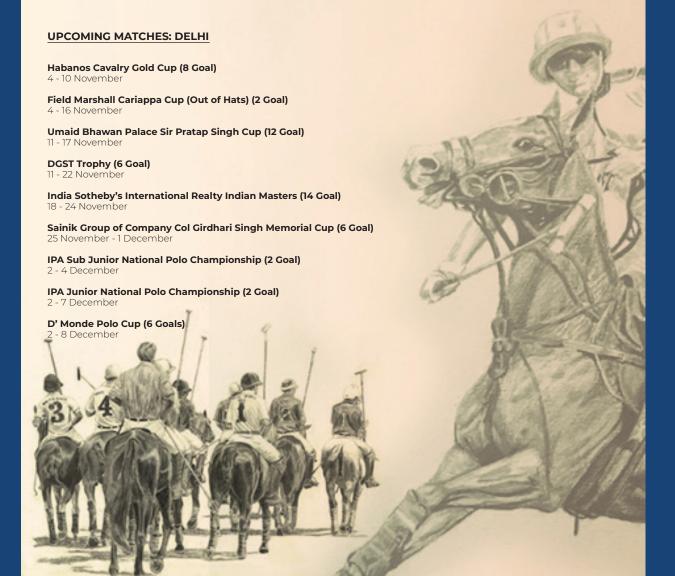
GEM will offer lectures on art and exhibitions.

SIGNIFICANCE TO EGYPT

The GEM stands as a symbol of Egypt's commitment to preserving its heritage. As the world's largest archaeological museum, it reclaims the narrative of Egypt's ancient civilisation, shifting from Western interpretations to an authentically Egyptian voice. It serves as a bridge between

the past and present, providing a deeper understanding of the socio-cultural practices of ancient Egypt.

Deeply embedded in Egypt's identity, the museum is a source of national pride, celebrating a civilisation that shaped human history. Beyond being a treasure trove of relics, GEM is a cornerstone of cultural tourism, ensuring Egypt's rich legacy continues to inspire and educate future generations worldwide





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