

# ELECTRONIC CITY TIMES

POSITIVE
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ELECTRONIC CLIV 2ND BNASE BANGLORE-100

TIMINGS: NG: 10.30 AM TO 7.45 PM SUNDAY : 10.00 AM TO 2.00 PM HOLIDAYS : TUESDAY & SUNDAY

Dr.D K.Nagajyothi DENTAL SURGEON M.D.A MOB: 9964074095

Dr.D.V.Kiran

MOB: 9964202410

NAMMA NEIGHBOURHOOD NEWS

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## OKINAWAN OKINAWANKARATES OKINAWAN KARATE SCHOOL FOR MORE DETAILS OKINAWAN KARATE SCHOOL #257/9, 2ND FLOOR, OPP DLF NEW TOWN AKSHAYANAGAR, BANGLORE- 68





- She represented Karnataka in the ALL INDIA G V MAVALANKAR SHOOTING CHAMPIONSHIP Pistol (NR) events which happened in Trivandrum
- won BRONZE MEDAL in the 10m Junior category at the ALL INDIA G V MAVALANKAR SHOOTING CHAMPIONSHIP Pistol (NR) events.
- Practicing shooting for the past 2 years with Hawkeye Shooting Academy @ Electronic City
- Only Girl from Karnataka to get a medal @ ALL INDIA G V MAVALANKAR SHOOTING CHAMPIONSHIP



## OMEN'S HEALTH CLINIC Health is everyone's birthright and every woman on the planet deserves to experience it. Happy tyfe women's health clinic on a mission to impact e million women for better health and add lue to their precious life! VE OFFER SERVICES BASED ON YOUR NEED! omen's General Health Checkup **Obstetrics & Gynecology!** Infertility Evaluation & Counseling! ntraception Family Plans STD ( Sexual Transmitted Disease) Diagnosis & Treatment! ysiotherapy - General & Pregr Clinic Timings 4 - 8 PM +919739153897 For Appointment & more health tips visit us happylyfeclinic.com

## **MLA Krishnappa Smart Street Lights** Inauguration



On the occasion of Diwali, Honourable BJP MLA Krishnappa inaugurated Timer based street light on Neeladri Road, Electronic city Phase 1, while addressing the gathering, He conveyed diwali wishes to all the residents of neladri nagar and encouraged the society to celebrate the festival with green crackers to save the environme -nt and reduce the carbon footprint..



### **Print Copy Ads**

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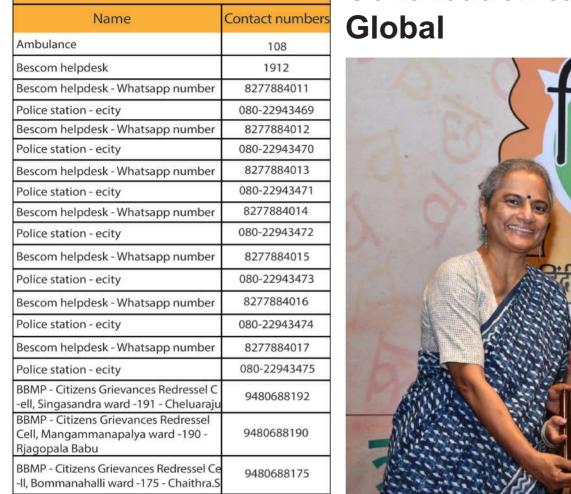
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# Name Contact numbers nce 108 Contact numbers nce 108 Contact numbers





Madhuban Publications, a well-known establishment in bringing out standard textbooks for Hindi language has always intended on motivating children and teachers for their involvement and contribution in the field of Hindi Literature. We take pride in announcing that our

student M P Harshitha has been awarded by them with a medal and certificate for scoring the highest marks in her class X CBSE board exam among BVM group of schools. An award ceremony was also organised by them in New Delhi where teachers from across the coun-

try were awarded for their efforts and contributions in Hindi literature. We are proud to share that Ms. Ruchi Thukral, our Vice Principal was felicitated in the prestigious event. The event was held in the presence of renowned Hindi poets and writers. A special assembly was held at the school

campus where beloved Principal felicitated the awardees amidst a cheering crowd.These accolades boost up the spirits of the children and teachers in putting whole-hearted effort into learning and gaining knowledge

## **MR Badminton Academy**





## **ELECTRONIC CITY TIMES**

## 

Solve the puzzle and share the answers by e-n info@electroniccitytimes.in

GARDENING

· IRONING

PAINTING

. UTENSILS

WASHING

First 5 early birds gets the prize

. BED MAKING

· COOKING

. CLEANING

. DECORATING

#### Solution of Puzzle #4

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Winners of Puzzle #4 Shiza Harshada Kavin Jathin Pranav

## **Smash Badminton Tournment Leaague 2022 Winners**



### **Polycystic Ovary Syndrome (PCOS)**

PCOS is one of the common gynaecological problems among the adolescent age group and childbearing age group in which a hormone imbalance causes irregular periods or no periods at all, increased facial or body hair, acne, overweight or rapid increase in weight or difficulty in losing weight and may affect fertility.

PCOS is associated with obesity and increased insulin resistance and therefore increases the risk of developing diabetes, blood pressure, heart disease and other conditions later in life.

Women with PCOS can reduce the risk of long-term health problems by having a healthy lifestyle and maintaining normal body weight.

### **SOME OF FAQS..**

IS PCOS(polycystic ovary syndrome) AND PCO (polycystic ovary) IS SAME? Having a polycystic ovary in ultrasound(slightly bigger ovary and twice the number of follicles)does not necessarily mean that you have PCOS.

Women with PCOS will have the symptoms as well as Polycystic ovaries.

#### WHAT COULD PCOS MEAN FOR MY LONG-TERM HEALTH?

**Insulin resistance and diabetes** -1 to 2 in every 10 PCOS Women go to diabetes at some point. The risk is increased if you are more than 40, family history of diabetes, developed diabetes during pregnancy and are obese(BMI more than 30)

**High blood pressure and heart disease.**-likely related to insulin resistance and obese rather than PCOS itself.

**CANCER-** If you have fewer than three periods in a year, the lining of the uterus can thicken and can lead to endometrial cancer in a small number of women. IT does not increase the chance of breast or ovarian cancer.

#### **DEPRESSION AND MOOD SWINGS.**

#### WHAT CAN I DO TO REDUCE LONG TERM HEALTH RISK?

There are many ways to reduce the overall risk of long-term health risk.

**Having a healthy lifestyle** - means eating a healthy balanced diet that includes fruits and vegetables and cutting down on sugar, salt and caffeine. Eat meals regularly, especially breakfast. Take exercise regularly (30 minutes at least 3 times a week). All to maintain ideal body weight.

**Have regular health checkups-** to monitor diabetes, cancer of the endometrium, high blood pressure and depression and psychological problems.

#### Is that a cure for PCOS?

There is no cure for PCOS. Medical treatments aim to manage and reduce the symptoms or consequences of having PCOS. Medications alone have not been shown to be any better than healthy lifestyle changes.

Sources from RCOG patient information leaflet.

## **Dr. Gayathri Meganathan**

OBGYN | MBBS | MRCOG (UK) MD (OG) FMAS | DMAS | FART FERTILITY SPECIALIST EMBRYOLOGIST

FOR MORE INFO +91 9611000460







## **Health Tips**



#### Papaya

rich in a variety of antioxidants, vitamins, and minerals that may help to improve skin elasticity and minimize the appearance of fine lines and wrinkles.

## **Bingipura Lake Overview**



The lake is located in Bettadasanapura, S Bingipura and was last year restored ecologic -ally by Allergan and Green Yatra Trust (initiative from Anand Mallikawad). The lake can hold 4.5 to 4.75 lakh cubic metres of water. After its rejuvenation, it has recharged abou -t 200 to 300 bore wells within a radius of 4 to 5 km around the lake.

Continuous improvements on pathway improvements (concrete pathways), fencing, in let, development works, strengthening of wetland, trash barriers, main bund seepage rectification, upkeep and monitor diversion drain by the government would be needed.



## **ELECTRONIC CITY TIMES**

Namma Neighbourhood News

NEWS | CLASSIFIEDS | ADS Mob : +918050391010



## **ENHANCE**

EYE CARE
FOR MORE DETAILS CONTACT

09008218006

SINGASANDRA BENGALURU

## **CSR Activity**



Electronic city times team has kick-started its small steps to contribute to the community. The first Corporate Social Responsibility activity was identified as the Government lower primary school, Basapura, which has around 60 kids Including classes 1-5. Based on the need identified, the students were given steel water bottles to ensure the kids would bring hygienic water daily and speeches by the corporate team to motivate the kids to concentrate on their studies. The team will continue to make an impact in the community, by active participation in the public life of a community in an informed, committed, and constructive manner, with a focus on the common good welfare in the local community.

## 13TH SOUTH ZONE SHOOTING CHAMPIONSHIP Rifle NR EVENTS



Leno Caroline

- 1. She represented karnataka in the 13TH SOUTH ZONE SHOOTING CHAMPIONSHIP Rifle NR EVENTS which was held @ Trichy
- 2. Qualified for National level
- 4. 6th rank in the individual Women 10m Peep Sight AirRifle
- 5. 4th rank in the 10M SUB YOUTH & DUTH WOMEN INDIVIDUAL
- 6. 5th rank in the 10M JUNIOR WOMEN INDIVIDUAL
- 7. She has been practicing shooting with Hawkeye Rifle Shooting Academy for the past 1 year under the guidance and coaching of Sharanendra KY



GARDEN RESTO BAR
FOR MORE DETAILS CONTACT

9980626699

JIGANI ROAD, ELECTRONICITY

## CLASSIFIEDS

## **Properties**

### **REAL ESTATE**

• WANTED 1 ground to above land - Ind.house flat, S A Realty buying & selling & Rental: 9840015106 R.E. BUYING

#### **R.E. BUYING**

- WE buy properties that are under litigation or pledged to and are banks involved in legal **Properties** issues. under pin falling codes Ch - 28, Ch - 4, Ch - 41, Ch - 20, Ch -14. Immediate settle-Contact: ment. 9940234238
- WANTED land 1 to 3 grounds, Alwarpet, R.A.Puram, Abhiramapuram, TTK Road, MRC Nagar, Electronic Gopalapuram.-Genuine buyers call n У 9677267659,9841213
- SELL your vacant plot at Kottivakkam, Palavakkam, Neelangarai, Injambakkam, Uthandi, Sholinganallur, Madipakkam, Medavakkam, Ullagaram, Nanganallur, Guduvanchery, Urapakkam, Koyambedu, Kannivakkam, immediate settlement. Contact M. Subramanian -9840032784

## **REAL ESTATE SELLING**

 R.A. PURAM Bishop Gardens 3BHK flat 1300sf, UDS 540 sf, 8 years old, 2nd floor, north facing, lift,1 covered car park, 1 crores 80 lakhs. Ct: 8939936055

Road 1663 land, built up area 3000. G+1, Suitable for Residential and mansion, any commercial Iso. Price 3 Crores. K.Gopalakrishnan: 9380964793.

- FLAT for sale 2BHK with car park, apartment near Vivekananda College. Contact Rajesh: 9884131913
- KOTTIVAKKAM Kannapan Nagar, 40?60. One ground, land with building, Garden, carved car parking. Price 3.25 Crores. K.Gopalakrishnan: 9380964793.
- R.A.PURAM 1300sf, 3BHK, 2flr, lift, UDS 540 CCP, 8year old, 1.8c. R.A. Puram. -1175sf 3BHK, 1flr, lift, UDS700, CP, 1.6c. nego. 900sf, 2BHK. G flr, UDS 500, CCP. 1.35c. Ct: 9940567474 RESALE 2BHKflat,mandaveli 769 Sqft, third floor, south facing, bike parking, no lift, 30 years, 55 lakhs. Contact: 7010190009
- ABHIRAMAPURAMindependent house 600 sfT, East facing, 1 crores 25 lakhs. Ct: 9444268171
- •MANDAVELI near St Johns School, 450 sft land, g+2 floor, 10-year old, clear title, 70 lakhs. Owners only calling: 9677267659, 9841213222
- flOOr flat, Abhiramapuram, CC park, modular kitchen, genset, lift. Contact: 94446 81182.
- MYLAPORE Two Bedroom Flat, 1043sqft, 2nd floor, Lift, OCP,

90lakhs. 1050sqft 1cr. 65lakhs. 750saft, Royapettah 900sqft, CCP.

90lakhs. J. Sivakumar 8779123038. J.

- Shankar: 8248730643 ADYARGandhi Nagar,1st flr, 1678sft, 3BHK, North Facing, UDS, 1037sft,
- 1CCP, 15yr old, Rate 2.20Cr. Call: Agent 9962126962
- THIRUVANMIYUR In , Thiruvalluvar Nagar main junction, 1150 sq.ft., 3 bed flat, third floor, no lift, no car park, 15 years, UDS 288,renovated, 24 hrs water, ventilation, Rs. 5000/per sq.ft. Owner: 8939990777
- R. A. PURAM, 2.25 grounds, residence bungalow, Rs. crore, brand new flat, 2400 sq.ft., 3 BHK, 1.5 ground Rs. 9 crore. Mandaveli, 4050 sq.ft., North facing, 40 feet road, Rs. 9.5 crore. ELECTRONIC, CITY Colony,
- 2 ground, Rs. 12 crore. Cell: 9884710256

ELECTRONIC, CITY In

- Colony, 3 BHK, 2100 sq.ft., East facing, 2nd floor, lift, power backup, 2 CCP, Rs. 4.5 crore. Ph: 9884825993 MANDAVELI, 1000 sq.ft., 2 BHK, CCP, 2nd floor, 10 years old, Rs.
- 1.10 crore. 910 sq.ft., 2 BHK, 1st floor, lift, Rs. SALE 1120 sft, first 85 lakhs. 760 sq.ft., 2 BHK, Rs. 60 lakhs. 400 sq.ft., 1 BHK, 1st floor, Rs. 25 lakhs.

8667066894 Colony, 3 BHK, 2100 sq.ft., East facing, 2nd floor, lift, power

Ph: 9382323877,

## ECR Thiruvanmiyur on road, 4 ground land + 13000 sq.ft., fully furnished, new commercial building

for sale. Star Realty:

9940572899

- ABHIRAMAPURAM, new flat, 1650 sq.ft., 3 BHK, 2 CCP, East facing, 3rd floor, Prices 3 crores. R. A. Puram, 1745 sq.ft., 3 BHK, 2 CP, gym, 2nd floor, Prices 3.15 crores nego.
- Ph: 7299141164, 6380844247
- R. A. PUAM,2000sqft, 3 BHK, 3 bathroom, UDS - 900sqft, Lift, Genset, 2

## **Home Needs/** Services

### **CIVIL WORK**

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Abhiramapuram, Mandaveli, Royapettah, Teynampet, Alwarpet, Electronic city, T T K Road, Adyar, Nandanam. All over Chennai 24/7, best offers,



## CLASSIFIEDS

## Rental

## **ACCOMMODATION WANTED**

- WANTED 1/2 BHK flat, 1/2 floor at
- Electronic city, Mandaveli, R.A.Puram, R.K.Salai
- with private terrace preferable, no brokers, Owners contact: 9444444884
- WANTED 2, 3 and 4 BHK Flats, Individual house, Plots in and around R. A. Puram, Alwarpet, Abiramapuram, Electronic city, Mandaveli, MRC Nagar. Ct: 9092688899 • WANTED 2 or 3BHK Rental house around 900 to 1500 sqft., ground floor prefera-
- higher floors with lift bus terminus, ground CCP, lift, power 45K. Rs. backup, Teynampet, 3 BHK, 2000 sq.ft., Rs. 40K. R. A. Puram, 2000 sq.ft., 4 BHK, Rs. 60K. Ph: 9382323877,86670668 94

## **RENTAL**

- · MANDAVELI, Chettinad school P.S School very near; L&T Ragamalika gated community
- flat, 1BHK, 540 SF, 3rd floor, East facing, lift, power backup, Gym, play area, party hall, no car park, Rent 23000. Ct: 8939596955
- 125 sq ft, Consultaroom with tion common
- waiting area (270sqft) available for doctors / office purpose for immediate occupation at
- Abhiramapuram. Contact: 9884114009

- NAGESWARA Rao Park Opp., 1280 Sqft, 3BHK, 1Fl – 45K, 2nd FI – 38K, Ind house, CCP, Resident / Commercial, East Facing. Ph: 7358578840
- UPSTAIRS of independent house for rent in Royapettah High Road, 850 Sq feet, nearold Ajantha Hotel, Contact: 9444167383.
- Mandaveli, Norton road, near St.Johns School, 2BHK, 1st floor, 750 Sq ft, for veg only, Rent 22,000. brokers excuse. Con-9739903473, tact: 9444482696
- MANDAVELI, R.K.Mutt Road near bus terminus, ground floor, 850 square feet, for veg only, Rent 25000. **Brokers** excuse.
- Contact 9444482696, 9739903473
- R.A. PURAM Srinivasa Avenue Road, 800 sqft, 2 BHK apart, 3rd floor, no lift, 2-wheel-Modular park, Family / kitchen, Bachelors, Rent Rs.21000. Ph: 9840299423
- MANDAVELI 3BHK, Independent house, 2000sft, 1st floor, CCP, nearby schools. Veg only. Rent 35000. Contact: 9841034952, 044-24939094.
- **ABIRAMAPURAM** 1000 sq ft, 2 bedroom, 2 bathroom, 1 floor, lift, 25000, 3BHK, 1flr, 1600sqft, 45000. 9003186674, 7200352080
- 2 BHK Apartment in Appu St, Mylapore. Vegetarians

- preferred. Inspection on Sunday.
- Contact: 9445811138 ONE BHK apartment in R.A. Puram
- 550saft, 3rd floor near Harish Vidyalaya Rs. 11500 rent. Ph: 9840712725, 8939152090.
- R.A. PURAM brand new 4 BHK flat, 1900 sf, 3rd floor, East facing, lift, 2 covered car park, Rent 60000. Ct: 9884984545.
- 1 BHK 1st floor with open car park available for rent. Near Nageshwara Rao Park. Contact: 9791032292.
- ALWARPET 1350sft, 3BHK flat, woodwork, covered car park, 1st floor, no lift, 38K. For veg. Ct: 9840588336
- ABHIRAMAPURAM Three Bedroom Flat, Rs 40000. Electronic city, Two Bedroom Flat, Rs.18000. Bachelors - Rs. 7000. Commercial. Rs. 40000. House Lease 8 lakhs. Sriram Nagar CCP Rs. 4000. Ct: 8248730643,
- FOR rent available bachelors Judge Jambulingam Street, outhouse - a single room with attached toilet and a small pantry. For details Contact:

8778123038

8838522091

- 10/A Raja Street, Mandaveli, 2BHK, verandah, attached toilet, 2nd floor, no lift. Ct: 9791145900
- 3 BHK Apartment, 1300 sq.ft., 24 hrswater, ground floor, fully furnished, inverter -attached bedroom

- Electronic city, 1 BHK flat, lift, 24 hrs water, CCTV, near M. K. Amman Koil, for veg. only. Ph: 9677010975, 9841060050
- 2 BHK, 1 study room, separate entrance.
- 2 covered car park, Rent 31000 negotiable, 24 hours water supply. Contact: 9840041368
- 2 BHK, 900 sq.ft., Rent 20000, only vegetarians @ Kutchery Road, Mylapore.
- Ph: 9003173272
- NEW Flat Mandaveli, 1500 sq.ft., 3 BHK, CCP, lift, power backup, Rs. 45K. Teynampet, 3 BHK, 2000 sq.ft., Rs. 40K. R. A. Puram, 2000 sq.ft., 4 BHK, Rs. 60K. Ph:

9382323877,86670668

- •ABHIRAMAPURAM, 1500 sq.ft., 3 BHK, 4 ac, lift, power backup, Rs. 45K. 1300 sq.ft., 3 BHK, GF, Rs. 30K. 2 BHK, Rs. 20K. 1 BHK, Rs. 16K, 11K, office lease, bachelor. Ph: 9382323877, 8667066894
- MANDAVELI, brand new flat, 1450 sq.ft., 3 BHK, lift, covered car parking, Rs. 45000. R. A. Puram, 1250 sq.ft., 2 BHK, 1 study room, Rs. 27000. Ph: 9380063177
- ALWARPET, near TTK Road, 850 sq.ft., 2 BHK, 2nd floor, no lift, opp to Corporation School, 19000. Ph: Rent 9884170553,97899216
- R A PURAM, Krishnapuri, GF, 3 BHK, 1200 sq.ft., with car parking available for rent, for vegetarians only, brokers excuse. Con-

## Admissions Open **PRESCHOOLS** Pre Nursery • Nursery • Jr. KG • Sr. KG Daycare • Activity Hub • After School www.gurukulamacademy.org GURUKULAM Preschool, #79, 1st Main, 1st Cross, Kidwai Colony, Akshayanagar, Bengaluru - 560068

**🍤 🕓** 8296887853

### RENTAL COMMERCIAL

- OFFICE space available 900 sq. ft, GF, Opp R.R. Sabha, ideal for area office, auditor's, clinic, godown etc. Ct: 9840059061.
- OFFICE space available 810 sq. ft, each on GF, FF & SF. Total approximate, ground 2430 sqft in St.Marys Road, V C Garden 3rd Street, suitable for office of mutual fund, marketing, auditor, clinic / stockist offices. Call: 9443631262, 9884304336. Parking on road only, deadend street.
- ELECTRONIC CITY available ground floor, 1200 sq.ft., near Kutchery Road bus stand, 2

## **RENTAL RESIDENTIAL**

- Electronic city 1320 sq ft, 4th floor, 2CCP, Lift, 3BHK, Rs. 40000 plus maintenance. Rs.2500. Only vegetarians, Agent no: 9840482559
- 2 BHK, 900 sq.ft., floor, South facing flat in Trustpakkam North Street, Mandaveli, off Devanathan Road, for vegetarians, Rs. 25000 negotiable, no car park. Ph: 9445987321
- ABHIRAMAPURAM, Fourth Street, 725 sq.ft., 2 bedroom, kitchen, service, third floor, no lift, 17000/-m, two wheeler parking, veg only. Contact:04424996485,



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