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ELECTRONIC CITY TIMES

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9742635872
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8 Pages

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Okinawan Karate School Students Listed in National Level Competition

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Under 18 (-68kg)





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under 21 (-50kg)



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Under 14(-50kg)

Okinawan Karate School is a Karate training Centre. Recognised by Ministry Of youth affairs & Sports, Govt. of India and International Olympic Committee (IOC) and they are members of Sportacord & International World Games Association (IWGA), Akhila Karnataka Sports Association (AKSKA), World Karate Federation (WKF). Students from the school have won places in state selection and 3 of them selected for the National level which is going to be held on 2,3&4 December at New Delhi 13th State Level Karate Championship

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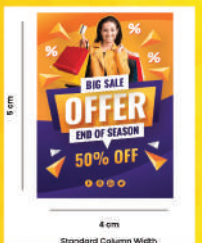
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BVM Swaralaya to Expose the Talent



BVM Global @ Bengaluru had launched a talent show called BVM Swaralaya four years back and continues to host it on International Music Day. It is a platform for budding students to showcase their expertise.

but it encourages the students to pursue their interest. The performances range from classical music, like Bhajans, Devar namas, Kritis and instruments like flute, guitar, keyboard to classical dances like Bharatnatyam. Be it the audience or the performer, the enjoyment experienced is too vivid to describe in words.

year 2019 and each year it has been a grand success. Even though, due to the pandemic we had to shift to online classes, our school continued this tradition through the online platform. This year it resumed offline, as the 4th edition and was a blast.

prove their mettle and hone their skills. This will enhance their confidence and prepare them to perform in front of a bigger audience in future. I can tell by my own experience how enjoyable it is performing and planning for the event.

Students from classes 4 to 11 are invited to participate to perform in front of the audience comprising parents, friends and teachers. It was held for about four days from June 21 - 24. It is definitely not a competition

Students put their whole-hearted effort into their preparation and impress everyone including the respected chief guests. It started in the

This great platform gives opportunities to plenty of students to overcome their stage fear and improve their execution skills. It is an avenue for the young stalwarts to come up on stage to

Smriti Srikanth
Class 8B

BVM Global @ Bengaluru
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	8	3			6

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.

Wish you all a Happy Children’s Day.



Happy Children Day

Children spread joy and happiness in every season, As they are most beautiful creation of God They spread fragrance of love wherever they go

Children’s Day in India is celebrated every year on 14th November. This day is celebrated in honour of the birth anniversary of our first Prime Minister Jawaharlal Nehru who was fondly called “Chacha Nehru” or “Chachaji” by children, he had a special connection with them and was always affectionate in their company. Pandit Jawaharlal Nehru was born on 14th November 1889

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Health Tips

Triglycerides

<p>Myth</p> <p>Fats</p> <p>High fat diets alone are responsible for high triglyceride levels</p>	<p>Truth</p> <p>Simple Sugars</p> <p>Excess sugar converts first to fatty acids and then to triglycerides</p>
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If you didn’t hear about triglycerides from your doctor, then you may have first heard about it from a TV ad extolling the virtues of “trans-fat-free” cooking oil, and the actor was probably stressing over his high triglyceride levels! Many would immediately consider .

Yelenahalli Lake Needs Constant Monitoring



The Yelenahalli Lake is a small independent upstream of Akshayanagara Lake in the Bommanhalli zone. It is about 4.5 acres large and is 911m above sea level. After the rejuvenation it has got all basic civic needs and amenities

The water quality in the Yelenahalli Lake has deteriorated for two reasons – untreated water has entered the lake and secondly as harvested plants lying on the bund area have slipped to water. More matter in the lake waters contributes to an increase in Biochemicals Oxygen Demand (BOD) as it gets decomposed, thereby reducing the oxygen levels in the Lake waters. BBMP should clear all the matters lying in the lake waters and monitor catch drains.

Source Credit : Bangalore Mirror , Sited on Oct 26th 2022

Sri sai platedecor and dolldecor



Barbie doll plays an important role in children's toys. When we think about Barbie, we think about western culture, brown hair, skirt, pant and shirt. Here some of the Barbie dolls are modified according to the Indian tradition. Long braid, sindhura, flowers and Indian dress. It's a joy to see these dolls. These decorative dolls can be decorated for any occasion's like baby shower, half saree function, naming ceremony, wedding etc. These dolls further enhance the glamor of your ceremony.

For these decorative dolls please contact Sri sai platedecor and dolldecor Electronic city Bangalore Ph:9036216168 Follow me in Instagram Sri_sai_platedecor_dolldecor.



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- 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 preferable, higher floors with lift bus terminus, ground 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: 9382323877,8667066894

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, Consultation room with 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 Fl – 38K, Ind house, CCP, Resident / Commercial, East Facing. Ph: 7358578840

• UPSTAIRS of independent house for rent in Royapettah High Road, 850 Sq feet, near old 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. Contact: 9739903473, 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-wheeler park, Modular kitchen, Family / Bachelors, Rent Rs.21000. Ph: 9840299423

• MANDAVELI 3BHK, Independent house, 2000sft, 1st floor, CCP, nearby schools. Veg only. Rent 35000. Contact: 9841034952, 044-24939094.

• ABIRAMPURAM 1000 sq ft, 2 bedroom, 2 bathroom, 1 floor, lift, 25000, 3BHK, 1flr, 1600sqft, 45000. Ct: 9003186674, 7200352080

• 2 BHK Apartment in Appu St, Mylapore. Vegetarians

preferred. Inspection on Sunday.

Contact: 9445811138

• ONE BHK apartment in R.A. Puram 550sqft, 3rd floor near Harish Vidyalaya Rs. 11500 rent. Ph: 9 8 4 0 7 1 2 7 2 5 , 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

• ABHIRAMPURAM 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: 8 2 4 8 7 3 0 6 4 3 , 8778123038

• FOR rent available for bachelors in Judge Jambulingam Street, outhouse - a single room with attached toilet and a small pantry. For details Contact: 8838522091

• 10/A Raja Street, Mandaveli, 2BHK, verandah, attached toilet, 2nd floor, no lift. Ct: 9791145900

• 3 BHK Apartment, 1300 sq.ft., 24 hrs water, 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: 9382323877,8667066894

• ABHIRAMPURAM, 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, Rent 19000. Ph: 9884170553,9789921678

• R A PURAM, Krishnapuri, GF, 3 BHK, 1200 sq.ft., with car parking available for rent, for vegetarians only, brokers excuse. Con-



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#258 6TH CROSS SIRAJ LAYOUT ELECTRONIC CITY PHASE 1 BANGALORE 560 100

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 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., approximate, ground floor, South facing flat in Trustpakkam North Street, Mandaveli, off Devanathan Road, for vegetarians, Rs. 25000 negotiable, no car park. Ph: 9445987321

• ABHIRAMPURAM, Fourth Street, 725 sq.ft., 2 bedroom, kitchen, service, third floor, no lift, Rs. 17000/-m, two wheeler parking, veg only. Contact:04424996485,



DR. JYOTHI
(GOLD MEDALIST)
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