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Vol:2 Pre issue:11

05 - 18 - Feb, 2023

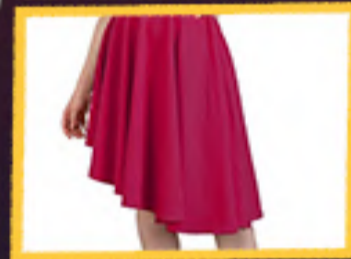
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New Laid Road at Neeladri Road Pleases Commuters !



Last September, the ECT team pleaded with the civic authorities to build new roads because the existing ones made it impossible for commuters and residents to get about. The new paved road was officially launched for the entire stretch in the last week of January 2023. We sincerely thank the locals, activists, and ruling government bodies who helped with the project.




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Gas Authority of India Ltd (GAIL)



Gas Authority of India Ltd (GAIL) is busy laying pipelines across the city to provide piped natural gas to households in Bengaluru as a part of its City Gas Distribution (CGD) project. However, many people are unaware of what is going on – as we see roads dug up, trenches and warning signage in front of homes. City Gas Distribution Project is a network for supplying Liquefied Natural Gas (LNG) to domestic, commercial, industrial and transport sectors. It intends to replace the expensive liquid petroleum gas with comparatively cheaper natural gas. GAIL Gas Ltd, a subsidiary of GAIL (India) Ltd, a central public sector undertaking, has won the bid from Petroleum and Natural Gas Regulatory Board (PNGRB), to implement the city gas distribution project in Bengaluru. Cylinders will be replaced by natural gas through direct pipe connections to households. Houses will be fitted with smart meters and the consumer has to pay the bill based on the quantity consumed.

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Contact Information:

Bengaluru Zonal Office
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Sahakar Nagar, Bengaluru – 560092 080-46244120
ZOIC: Mr. S. Mowar, ED (O&M- SR) & Zonal ED
E-mail ID: SM02287[at]gail[dot]co[dot]in
Contact Person: Mr. Atul Singhal, Dy. General Manager
E-mail ID: bzo[dot]pc[at]gail[dot]co[dot]in

To Register for GAIL:

- Contact our DMA at their respective site offices.
- The application form may be downloaded from our website or as available with DMA/ Site Office.
<https://gailcgd.gail.co.in/CGD/pdf/AppilicationForm.pdf?AspxAutoDetectCookieSupport=1>
 - Fill the registration form
 - Submit duly filled and signed registration form
 - Submit it along with the following documents
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📍 KONAPPANA AGRAHARA, ELECTRONIC CITY, BANGALORE





BODY SHAPING AND HEALTHCARE



Very few people like to do exercises regularly. But exercise is a tonic to maintain beauty as well as to defeat one's age. Shape maintenance is very important in a woman's life. A charming personality is always appreciated everywhere. Many people are overweight and most of them are out of proportion as they carry excess fat due to overeating or wrong choice of food and lack of adequate regular exercise. Medical research indicates that people who are overweight often suffer from health problems. These people can normalize their weight safely and permanently by following the natural ways of which nutritional research has proven medically. Normal weight reduction over an extended period is safe. Starving can't help in weight reduction, it causes loss of essential nourishment and gets weaknesses. Simple exercises can be performed at home

Globalart Art Exhibition



On February 12, Globalart Electronic City sponsored the annual art exhibition for its pupils. Children are given the chance to display one of their best pieces of art and be recognised for it. On this day, a wide range of activities were carried out. The activity began with parent voting for the top images in each category, which was followed by a parent and kid mask-making competition. Children had the chance to produce works of art that spoke to them personally and display them for sale. Each piece of art cost fifty rupees. In order to support a good cause, parents were glad to select one of the pieces of art. The money generated was donated to a good cause. Kids enjoyed the event's draw of producing pottery.

Thogur Cross - Bettadasanapura Main Road Closed to Lay Concrete Roads



The Road from thogur cross Bettadasanapura Main and stops towards Velankani Tech Park have been re-asphalt by civic bodies with concrete roads, these are cemented to ensure longevity and maintenance free for a longer run. Commuters and residents are requested to take an alternate route towards neeladri road.



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PREMENSTRUAL SYNDROME!



Premenstrual syndrome (PMS) in the olden days was often neglected. Some women were even kept outcasts in the name of the weakness of womanhood. "Everybody goes through it, it's okay!" is an underrated statement. From physical disturbances like acne, bloating, constipation, diarrhoea, breast pain to emotional instability symptoms such as depression, mood swings, anxiety, etc, PMS can present with varied intensities. 2 weeks of symptom-free period followed by another 2 weeks of bothersome emotions with physical imbalances is a classical presentation of PMS. Some women even experience the exaggerated intensity of an existing condition during this period. Family and friends creating a benevolent environment, encouraging her to self care routine of mental and physical wellbeing and evaluation and considering those disturbing symptoms will make her life much easier to live!

- **Neo Hospital**
Electronic City Phase 1
080 4848 4789

World Cancer Day - Feb 4th



On World Cancer Day, we demonstrate to the world the value of teamwork and teach ourselves that every single person, no matter how tiny or large, can make a difference in the fight against cancer.

Every year on February 4th, we observe World Cancer Day to increase public awareness of cancer prevention, detection, and treatment.

Awareness about Cancer

A disorder known as cancer occurs when the body's cells keep multiplying uncontrollably. And over time, these unchecked cells develop into cancer.

There are more than 200 different varieties of cancer, and we can divide them into groups based on where in the body they first manifest, such as breast cancer or lung cancer.

Cancers can also be categorised based on the sort of cell they first appear in. The primary group number is 5. These are Carcinoma, sarcoma leukaemia, lymphoma and myeloma, and brain and spinal cord cancers.

To prevent cancer

We need to consume less highly processed foods in fruits and vegetables if we want to prevent cancer. Aside from this, World Cancer Day 2023 Awareness Day requires a minimum level of alcohol and tobacco use. Additionally, one needs to keep up a healthy weight and engage in frequent exercise. In order to prevent cancer, we must safeguard ourselves against environmental exposure to dangerous chemicals as well. Use decent sunscreen, be mindful of UV radiation, and wear protective clothing.

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ELECTRONIC CITY, BANGALORE

M.A.D Dance Studio



The M.A.D. Dance Studio in Neeladri Road, Electronic City Ph I provides dance instruction for all age groups in Bollywood, Freestyle, Hip Hop, Breaking, and Zumba. Recently, the team performed for A-tech in The Den Hotel in White Field and Ottera Hotel for their annual day. The studio also hosted a dance party for all locals in and around Bangalore.

Asquare Event Planer



Snn Raj Serenity Apartment Begur 11th Feb 2023

Adarsh palm Retreat apartment Salarpuriya Greenage apartment

Blood Donation Camp BVM Global @ Bengaluru



The 6th Annual blood donation camp was conducted at BVM Global @ Bengaluru in association with Indian Red Cross Society, Karnataka state branch on Republic Day as per general practice. Students from Grade 8 and above campaigned in each class and in their apartments and neighbourhoods to bring awareness of blood donation. This event provided an easy platform for various parents and adults to donate their blood as part of their civic responsibilities. On behalf of the BVM family, we wish to help patients with the need of blood transfusions through this small gesture. We are happy to thank all the staff for the extended support rendered for arranging such a sacred and valuable event in our school. The gift of blood is a gift to someone's life. So, if you have a chance to donate blood, create this as an opportunity to save someone's life.

J.D Maukthika Shre, Class 8B
BVM Global @ Bengaluru

Shishu Nivas Bvm School @ Bengaluru



As part of initiative of Karuna Club, volunteer students of class 9 were taken to 'Amruta Shishu Nivas'-an organization helping needy children, on January 8th 2023. Earlier during the Project Day, children from grades 4 - 11 have drawn on different themes and were sold to public with the help of parentvolunteers. The collection was given to the orphanage as a gesture of helping the needy and being a responsible citizen. Students engaged the children with various activities and distributed gifts. Some children have recollected their novel experience below. Adithya K finds the place very well maintained with facilities like library, sand park, computer lab and industrial washing machines. Kaushik Srivatsa opines that the children were cheerful, energetic and showed interest in learning new things. Anagha is awestruck at the cleanliness of the place and the organised way of running the institution. Tejaswi Bhat is amazed at the peaceful atmosphere of the place within the city limits and the well-nourished children. Nivedita enjoyed interacting with the kids over there who took them on a tour and participated in the planned activities enthusiastically. Over all everyone had a glimpse of life outside their home learning to value what they have and cherish it for their life time.

BVM Global @ Bengaluru.

Students and Examinations



The examination is the opportunity given to the student to show their capability. Examinations are just like barriers to carry us to the next step and to examine as how much we are through in the subject, so never be tensed about the exams

Tips for Studying

- Be studying from day one of your school or college so that you need not prepare yourself for the exams separately
 - If you are up to date with your portion of studies and understand the subject/problems clearly, you just need to revise the lessons during exams so that you can be ready for surprise exams
 - When your exam dates are nearing prepare a scheduled timetable allotting equal time to all subjects
 - Especially in the subject in which you are weak, you can increase your study hours and at the same time be sure that you are not being tensed by the burden of studies
 - Prepare keynotes for your quick glance and grasping, the day before the exams you must be cool and never be tensed
 - The day before the exams you should just glance over the points and keynotes do not go on studying all night and get tired so that you will never be fresh on the exam day and with that stress, you cannot concentrate on your exams
- All the best to all the kids appearing for exams!!

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Valentine's Day



Valentine's Day is observed worldwide every year with extraordinary fervour, joy, and love. So why not? This day serves as a reminder to treasure and honour the most lovely feeling we encounter: love. Have you ever wondered why the day is observed on February 14th, despite the fact that so much about it is previously known?

Valentine's Day is believed to have been named in honour of Saint Valentine, a Roman Catholic priest who passed away on February 14 in 270 AD. Valentine lived in the third century. Others claim that the festivities got their start as the Church tried to "Christianize" the Lupercalia holiday. Romulus and Remus, the Roman founders, as well as Faunus, the agricultural god, were honoured throughout the festivities. Men would choose women's names from a box, and through the event, they would form a couple. In some circumstances this could even result in marriage. At the end of the fifth century, Pope Gelasius chose the time of the Lupercalia celebrations as the day to commemorate Saint Valentine, leading to the link of Valentine's Day with love and romance.

The Valentine's Week.

Valentine's week begins on Feb 7th and ends on Feb 14th. Each day is marked with an idea of celebration, Rose day heads the festival on Feb 7th, followed by Propose day on Feb 8th, the Chocolate day on Feb 9th, Teddy day on Feb 10th, Promise Day on Feb 11th, Hug day on Feb 12th, Kiss day on Feb 13th and Valentine's Day on Feb 14th.

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