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ELECTRONIC CITY, BANGALORE

Vol:2 Pre issue:12

19 Feb - 04 - March, 2023

8 Pages

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Begur Lake - An Overview



Begur lake which spreads across 137 acres, which is one of the oldest lakes in Bengaluru, It's a habitat for various bird species, Begur village and its temples go back to the Chola era, Recently the lake got partial clean up of aquatic weeds, full restoration is not yet received as in 2022 the 200 crore is a part of a fund promised by the government under its Amruth Nagarothana programme. Begur was allotted 10 Crore, further funds will be required to pathway improvements, inlet, development works, strengthening of wetland, trash barriers, main bund seepage correction, maintenance, and monitoring diversion drain by the government.

An Intelligent System to Track Traffic Violation



Notice No.	Reg No.	Notice Generation Date	Violations Date	Violation Time	Point Name	Offence Description	Fine Amount	View Violations
0235161		17-02-2023	15-02-2023	07:40	Dr. M.C. Mod. LMV - USING MOBILE WHILE hospital road	DRIVING/RIDING	3000	View Violations
0285798		17-02-2023	15-02-2023	07:40	Dr. M.C. Mod. FAIL TO USE SAFETY BELTS		500	View Violations

The Bengaluru traffic police have introduced an Intelligent Traffic Management System (ITMS), where artificial intelligence-enabled cameras will detect traffic violations and issue challans through SMSs to mobile phones. Violations like speaking on mobile phones, Jumping Signals, and driving without seat belts. No more cops will stop hi-tech challans will follow you for violations.

The artificial intelligence-enabled solution consists of 250 automatic number plate recognition (ANPR) cameras and 80 red light violation detection (RLVD) cameras. These cameras will automatically detect traffic violations and generate challans which will be then sent to violators via SMS and paper challans. These cameras record violations 24x7x365 and the entire system is completely automated. This system saves a lot of traffic manpower. This initiative also helps the traffic police in enhancing road safety through effective enforcement and ensuring road discipline, providing safer roads to commuters. It has been implemented at 50 important junctions across the city.

Important Contact Information

Ambulance	108
Bescom Helpdesk	1912
Bescom Helpdesk - Whatsapp Number	8277884011
Police Station - Ecity	080- 22943469
Bescom Helpdesk - Whatsapp Number	8277884012
Police Station - Ecity	080-22943470
Traffic Police Station - Ecity	080-22943718
Fire Station _ Ecity	080-22971576/77
Electronic city RTO Office	080-26482851
BBMP - Bommanahalli	080-22660000
BBMP - Begur	080-25745300
Bangalore One - Ecity	080-22955540
Kauvery Hospital - Ecity	080-68016901
Narayana Hrudayalaya Helpline	18003090309
Narayana Hrudayalaya Emergency	7370073700
EPF Office - Singasandra	080-25734590
BWSSB - Bommanahalli	080-22238888
BBMP - Citizens Grievances Redressel Cell, Begur Ward - 192 - Cheluaraju	9480688192
BBMP Citizens Grievances Redressel Mangammanapalya Ward 190 Rajagopala Babu	9480688190
BBMP Citizens Grievances Redressel Cell, Bommanahalli ward 175 Chaitra S	9480688175

SKIN CARE DURING SUMMER



- In summer drink buttermilk, coconut water, and lime juice and consume juices more than more food
- Wash your head at least weekly twice, and tie your hair instead of leaving it freely in summer
- Eat raw vegetables such as carrot, cucumber, tomatoes, and beetroot to get energy and nutrients, Eating more raw vegetables makes the stored calories to get used for digestion at the same time provide you with nutrients
- Do not skin bath with too cold water, use Lukewarm water
- Apply oil and massage your hair at least weekly twice in summer which gives relief o your head and also hair will not go dry
- Consume fruits like watermelon, grapes and fruit juices when you feel thirsty instead of cold drinks and ice creams
- Avoid eating over spicy foods
- Use sunscreen lotions on your face and hands when you go outdoors



National Cabbage Day

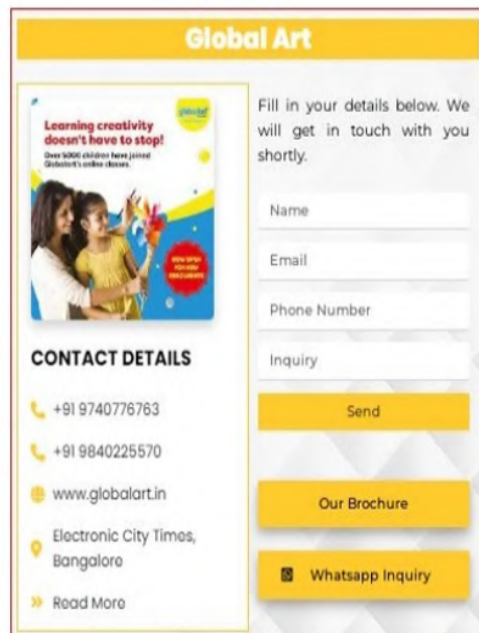
National Cabbage Day is celebrated on February 17 and we are here to give this humble vegetable a makeover. The use of cabbage dates back to 4000 B.C., with origins in Asia, specifically North China, and the Eastern Mediterranean region of Europe.

Today, the world production of cabbage and other species of the same family nears 69 million tons, with China accounting for 48% of the total. Although cabbage is a vegetable that is taken for granted, its production numbers affirm its popularity across the world and its nutritional value makes them an essential part of every kitchen. Cabbage has been around for thousands of years coming in different varieties and flavours. Also, you can enjoy it in a range of ways. You can either eat it raw, steam it, boil it, bake it, braise it, or fry it. You can even ferment it to enjoy it in the future. Cabbage is great for weight loss and beautiful skin. A cup of cooked cabbage has only 33 calories in it, and it is low in fat and high in fibre. Cabbage also helps the skin look healthy because it's rich in antioxidants (including vitamin C and beta-carotene).

Electronic City Times Digital Rate Card

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 - ❖ Creating responsive ads charges Rs. 1000 additional.
 - ❖ Social media promotion services include
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 - Summary of Impression report from social media post
 - Tagging the post to promote
 - ❖ The above price is excluding GST (Not applicable)
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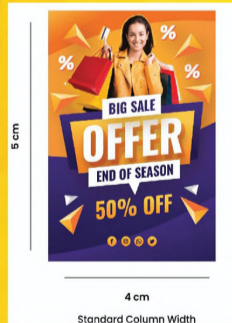
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World NGO Day - Feb 27th



World NGO Day was first proposed in 2010 by the Baltic Sea NGO Forum. The event was accepted by the forum in 2012. Initially, the day was only recognised in countries which were part of the forum like Denmark, Estonia, Finland, Germany, and others. The theme for World NGO Day varies each year, but it typically focuses on a particular aspect of NGO work. Some recent themes include "Together for Impact," "Innovate for Change," and "For a Just and Sustainable World." NGOs are non-profit organizations that are independent of the government and work towards a specific social, environmental, or cultural goal. They can range from small, local organizations to large, international organizations, and they may focus on a wide range of issues, including human rights, education, health, environmental protection, and disaster relief.

Endometriosis Awareness Month - March

SUFFERING FROM

- Extremely painful periods?
- Painful sex/urination/bowel movements?
- Infertility issues?



DR. MAHALAKSHMI PENDURTHI
MBBS, DNB (OBG)
Consultant Obstetrician & Gynecologist

March is Endometriosis Awareness Month. Endometriosis is an inflammatory condition where endometrial tissue (tissue similar to the lining of the uterus) grows outside of the uterus. It is estimated that 1 in 10 women have endometriosis, Neo Hospital in Electronic City Ph 1 is bringing up the video awareness program, and community people can benefit through it. Here are the schedules by Dr Mahalakshmi Pendurthi, Consultant Obstetrician & Gynecologist

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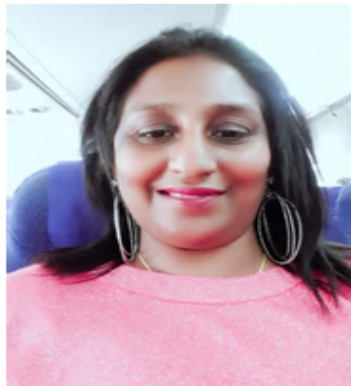
More information call us

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KONNAPPANA AGRAHARA, ELECTRONIC CITY BANGALORE

Health Awareness 2023



Dr. Archana Bodhi,
Family Physician and Global
Homoeopathic Consultant
[Dr Bodhi's international
homoeopathy, Bangalore

Health awareness is an essential aspect of living a healthy lifestyle. Being aware of your health means being mindful of your body, and taking steps to keep it healthy and functioning optimally. Developing health awareness can have significant benefits in the long term, both physically and mentally. Health is defined as wellbeing of mind and physical thing. It means our physical health and mental health both are important for our quality of life is to be healthy & active. We always do things on awareness of some disease and remembering one day as a ovarian cancer day or women's health day, Raynaud's awareness, heart day, self-esteem day, national children's oral care day, eating disorder day – no junk food day, caring day, rare diseases day, self-injury or self-harm awareness day, brain tumour day, deep vein thrombosis awareness, national nutrition day endometrioses awareness day, STD, AIDS awareness day or health week we started celebrating, to realise and to prevent. But I feel holistic healing start from the roots of life begins. right nutrition and healthy habits not for new life but also for parents, grand- parents, all family members too. For 28-29 years as health practitioner and being global consultant noticed few things, we aware or giving impertinence when things are getting complicated. Homoeopathy says, "prevention is always better than cure". We must do change every day & work elegantly. 10% cases are running hereditary genetically more than thing we can control by good habits and habitat. Only 1-2 % are rare diseases. We must plan our routine for being healthy wellbeing.

Physical benefits of health awareness:

1. Disease prevention: Being aware of your health and taking proactive measures to maintain it can help prevent various chronic diseases, such as diabetes, hypertension, and heart disease.
2. Better immune system: A healthy lifestyle can help boost your immune system, reducing your risk of contracting infectious diseases and improving your overall well-being.
3. Increased longevity: By adopting healthy habits and taking care of your body, you can increase your chances of living a longer, healthier life.
4. Improved quality of life: Maintaining good health can help you avoid chronic pain, improve your mobility, and increase your overall quality of life.

Mental benefits of health awareness:

1. Reduced stress: Being aware of your health and taking steps to maintain it can help reduce stress and anxiety, leading to better mental health.
2. Improved mood: Exercise and a healthy diet have been shown to improve mood and reduce the risk of depression.
3. Better cognitive function: A healthy lifestyle can help improve cognitive function, leading to better memory, focus, and overall brain health.
4. Increased self-esteem: Taking care of your body and mind can improve your self-esteem and overall confidence.

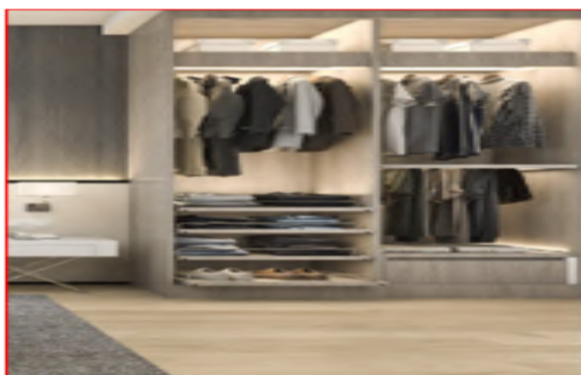
Developing health awareness:

1. Developing health awareness requires making a commitment to your overall well-being. Here are some ways to get started:
2. Exercise regularly: Aim for at least 30 minutes of moderate exercise most days of the week to help maintain your physical and mental health.
3. Eat a healthy diet: Focus on consuming a balanced diet rich in whole grains, fruits, vegetables, lean proteins, and healthy fats.
4. Get enough sleep: Aim for 7-9 hours of sleep each night to help your body rest and recover.
5. Manage stress: Engage in stress-reducing activities such as yoga, meditation, or deep breathing exercises.
6. Regular health check-ups: Get regular check-ups with your doctor to monitor your health and catch any potential health problems early on.

Conclusion:

Developing health awareness can have numerous benefits in the long term, both physically and mentally. By making a commitment to your overall well-being and adopting healthy habits, you can prevent chronic diseases, boost your immune system, improve cognitive function, reduce stress, and increase your self-esteem. So, take the time to focus on your health, and enjoy the long-term benefits that come with it.

USEFUL TIPS - MAINTENANCE OF THE HOUSE IN MONSOON SEASON



- During monsoon keep camphor pills or cloves between clothes to absorb moisture.
- Install inverters to handle frequent power cuts, and keep the torch handy.
- Tips to save power- use low-wattage bulbs wherever possible, you can switch to low-wattage bulbs or CFLS and LEDs.
- Let every family members learn how to turn on / off electrical switches and MCB's.
- Hang the paintings and frames to hide sore spots on the wall.
- Ensure proper ventilation is provided to save power consumption.
- All the external doors on the ground floor should be at a higher level than the roads to avoid water flow into the house during heavy rain.
- Keep electrical appliances in dry places for safety reasons.
- Keep important documents such as insurance policies, birth certificates and passports in an easily accessible water proof box, or at least inside plastic sheet protectors.

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Electronics City, Bangalore

Chandapura Lake Needs Complete Revival



The Chandapura Lake is situated in Bengaluru's Chandapura Town (Anekal Taluk). The size of Chandapura Lake as a whole is about 24 acres. Four streams are thought to be the lake's primary sources, and water from the lake's overflow flows into Muthanallur Lake. A seven-member joint committee was established by the National Green Tribunal in 2022 to investigate an Express article titled "Lakes of Bengaluru: Industrial effluents, Raw Sewage, and the Stinky Tale of Chandapura Lake." Taking note of the pollution on the lakes, NGT had imposed a 500 Crore fine. As a result, government-issued tender for the sum of 2.5 crores for the primary development of the lake.

The DPRs for building subsurface drainage systems in Hebbagodi City Municipal Council and Bommasandra TMC have been produced and submitted to the government for approval as a long-term solution to maintain the lake clean. The cost estimates are Rs 153 crore and Rs 109 crore, respectively. The Progress now happening is slow and we urge the government bodies to accelerate and support additional funding and ensure natural treatment arrangements for untreated water, the construction of a bund to the periphery and lagoons, and the planting of trees for natural treatment, the boundary of these lakes and the lake buffer zone need to be fixed. Work also needs to be carried out for the clearance of drains from Chandapura to Muthanallur lake and the desilting of Chandapura lakes should be undertaken as a long term solution.

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The Black Day



The Black Day – It’s been four years since we encountered the trepidation of the Pulwama attack, but to date, February 14th is observed as a Black Day, in memory of the brave CRPF personnel who lost their lives in the attack. The feeling of patriotism, the love for motherland should be instilled in the heart and mind of the students from the grassroot level. The students should get the opportunity to perceive that they have a purpose in society. It helps to build the students’ character development. They should realise that there lies a deep sense of pride in being identified by their nationality. Triumph World School has taken this notion forward to pay tribute to the 40 soldiers who had laid down their lives for the country, by paying homage and planting saplings in their honor. It is the duty of a responsible citizen to sow the seed of patriotism in the students today, as they are the nation – builders of tomorrow.

#PulwamaAttack #pulwamaterrorattack #TributeToMartyrs #Pulwama

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Hawkeye school



Avanthika secured the silver medal for the Under 14 Air Pistol CBSE Rifle shooting competition, the National level that was held at sapphire international school, Ranchi Dec'23.

Okinawan School

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