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# ELECTRONIC CITY TIMES

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**WHEY FITNESS AND INDOOR SPORTS**

📞 8792262334

📍 Electronic City, Bangalore

Vol:2 Pre issue:14

19 March - 01 - April, 2023

8 Pages

Free Circulation



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### Services

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FOR MORE INFO

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📍 **Neeladri Road**  
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### Free Health Camps @ Neo Hospital

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**21<sup>ST</sup> MARCH**

**9 AM TO 2 PM**

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**Interactive Session**  
**With Orthopaedic Doctor**

On the account of oral health day , neo hospital at electronic city brought an awareness campaign dedicated to raising awareness of the issues around oral health and the importance of oral hygiene so that governments, health associations and the general public can work together to achieve healthier mouths and happier lives. In these regards they conducted a free oral check up for Kids from 20th to 30th of March 2023.

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### Hosur Road Subways - High time to Restore



Electronic city times (ECT), conducted a survey to know the state of the Underpasses in Hosur road electronic city area Kudlu, Singasandra, Huskur, Kithiganahalli and Hebbagodi. As the yellow line's first phase, running from Bommasandra to Central Silk Board, is planned to open to the public in June 2023, there might be a surge in the number of pedestrians crossing the roads through Underpasses, Government has to ensure safety, access, and connectivity to the community. The current state of the underpasses Unhygienic, lacks infrastructure condition, we urge the government to take necessary action to upkeep the tunnels, the most sensible course of action is to look for partnerships for the tunnels that can enhance area drainage, camera surveillance, trash cans, provide advertising, and give the chance to incorporate someart and educational purposes.

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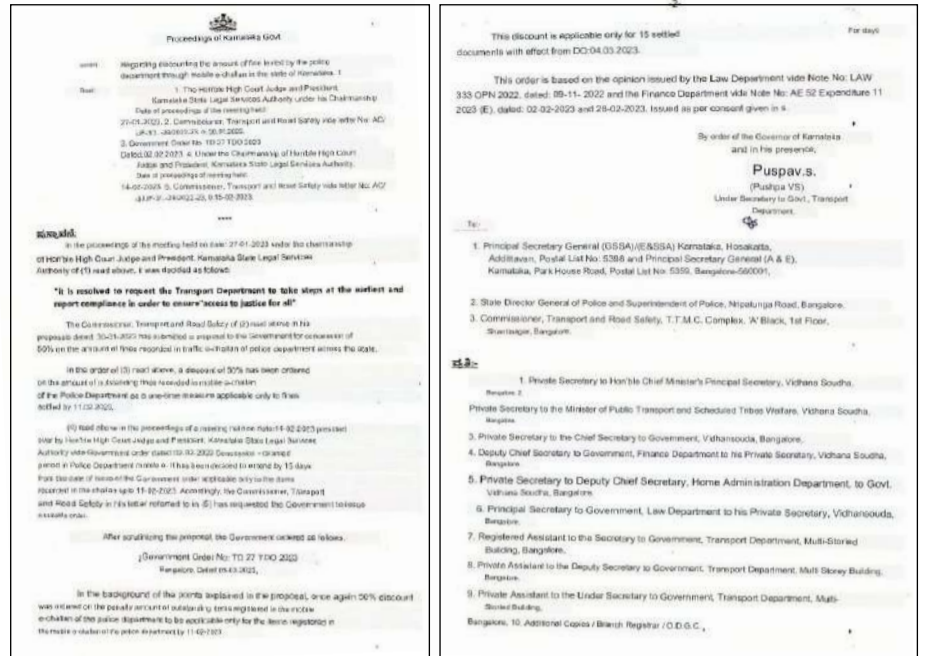
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**Harlur Village, H.S.R. Layout, Bangalore**

**Traffic Fines with Slashed 50% Discount**



The Karnataka government on Friday ( 03-03-2023 ) announced that the 50 per cent discount on pending traffic fines has been extended by another 15 days, starting from March 4. Regarding discounting the amount of fine levied by the police department through mobile e-challan in the state of Karnataka, meeting was held on January and february time frame, a discount of 50% has been ordered on the amount of outstanding fines recorded in mobile e-challan of the Police Department as a one-time measure applicable only to fines settled by 11.02.2023. Please pay through link below



**Holiday Fun**



**Holiday Fun**

With the summer breaks going to begin , parents are hunting too find classes to engage the children during their free time. Here are some best activities that you can engage your kids at home.

**Artventures:**

1. Make some home made clay available for your kids to do some modelling.
2. Get a few bottles of paints, brushes and papers to keep Picasso's live.
3. Encourage your kids to make picture collages by cutting pictures from old school readers or story books.
4. Make a DIY calendar, that the child can do on a everyday basis by looking at videos from the internet.
5. Best out of waste crafts are immense, try to sort out kits with which the child can create their best out of waste products.
6. Shop some cool materials for a room makeover and have fun with kids designing their room.
7. There are many more creative ideas to have fun artistically.

**Homeventures:**

Children who have household chores perform better in their adult life, according to scientists. These chores can even improve kids' mental health since they get to be involved and feel important.

Come up with a everyday work routine and reward points based on their efforts.

1. Cleaning up toys and books, putting laundry into a hamper, making their beds, and cleaning plates after eating
2. Helping with meal preparation, helping with grocery shopping, setting the table, feeding pets, and watering plants.
3. Organizing their things, folding & putting away laundry, unloading the dishwasher, & putting away cutlery & crockery.
4. Making breakfast, emptying trash cans, taking out the trash, dusting, vacuuming.
5. Car washing, laundry, yard work, cleaning, mowing the lawn, changing their sheets, ironing, sewing buttons, and washing windows

**Paper Flowers**



Kids can make these paper flowers to spruce up different parts of the house. Have them fold dyed cupcake liners in half and cut out petal and fringe shapes. Then fold a piece of floral wire in half and twist around the faux flower stamen. Poke the wire through the center of three to four paper liners. Finish it off by wrapping floral tape around the base of the liners and bringing it all the way down the stem.

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## Ramadan



Ramadan is celebrated by Muslims all over the world. According to the Islamic Calendar, Ramadan is the ninth month, which is the holy month of Ramzan. During the month of Ramadan, Muslims observe fasting and refrain from eating or drinking from dawn to dusk. Observing Ramadan is one of the five 'pillars' of Islam.

The Qur'an is the Islamic holy book, and this holy book was first revealed to Prophet Muhammad in this month. The Prophet Muhammad and his followers would fast to show thanks to God, like what Muslims follow now.

The fast is usually opened with dates and water at first and then followed by healthier meals. Dates are also particularly beneficial during Ramadan because they are high in sugar and vitamins such as potassium and magnesium as well as an excellent source of fiber and carbohydrates.

Ramadan is a time for Muslims to fast for the sake of God and to offer more prayer than usual. During Ramadan, Muslims ask forgiveness for past sins, pray for guidance, and try to purify themselves through self-restraint and good deeds.

According to Islam, fasting is not just to be hungry all day but to learn self-control, patience, sacrifice, and helping others. By fasting, you can feel the pain of needy people. And Ramadan cannot be completed without helping others. Everyone tries to help their needy brother so they can also enjoy the happiness of 'Eid which is the end of Ramadan.

## Ugadi Festival



The words "Yuga" (age) and "Adi" are combined to form the word "Ugadi" (beginning). The day is honoured as a lucky occasion and is observed with a lot of fanfare. Every segment of society celebrates the day by donning new attire and indulging in mouthwatering treats. When people clean their homes and decorate them with Rangolis, a traditional way to beautify floors by creating various patterns with coloured rice or flower petals, prayers are said at temples to welcome the new year. Special delicacies are prepared to celebrate the occasion, including Pachhadi, a type of chutney that's prepared by incorporating six different flavours. It's prepared by mixing neem flowers, chilli powder, tamarind, mango, jaggery, and salt. All the ingredients used reflect the various facets of life. Pachhadi is a customary dish that's prepared in most households. Other than Pachhadi, dishes like Holige and Puliogure are also prepared, especially in the state of Karnataka.

**Kid's Yoga**  
ANIMAL POSES

- Turtle pose
- Cow pose
- Frog pose
- Camel pose
- Cat pose
- Lion pose

Download from Dreamstime.com

## Benefits of Yoga for Young Kids

1. Yoga helps children manage their anxiety.
2. Yoga improves children's emotional regulation.
3. Yoga boosts children's self-esteem.
4. Yoga increases children's body awareness and mindfulness.
5. Yoga enhances children's concentration and memory.
6. Yoga develops children's strength and flexibility.
7. Yoga teaches discipline and reduces impulsivity.

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## Reel to Real BVM



The most influential woman in my life is – MY MOTHER, she is the pillar of my strength.

- always marvel at the fact that she is selfless and shows unconditional love towards the family.
- My Mother is supportive, humble, empathetic and loving.
- She teaches me how to overcome difficulties and be a good person.

She is the very definition who leads me to perfection in various qualities. Of all the special joys in life, the big ones and the small ones, A mother's love and tenderness is the greatest of them all...

**Alisha Naz, 8B**  
In India, women have been taking the online world by storm with topics ranging from cooking to comedy. One of the most famous Indian female influencers is Prajakta Koli, otherwise known as MostlySane.

She is a YouTuber, actress and comedian with a large fan following on Instagram. She has also been a part of many social initiatives, her appointment as a Youth Climate Champion by UNDP India and covering the World Economic Forum in Davos, Switzerland, where she discussed themes like climate action, social justice, and global healthcare.

I admire her for her impressive contribution to women empowerment, as well as her commitment to social causes that need attention. She has become a role model for other women to pursue a career on social media.

**Aarya Kittur, 8B**  
Awake, Arise and Educate, Smash Traditions – Liberate!"

A quote by my inspiration, Smt. Savitribai Phule, to whom the world forever is obliged for her immense contribution to women's education. Savitribai Phule, was actually an illiterate girl. Her husband educated her and together they established the first modern school for girls. She maintained her grit amidst the opposition from upper caste men. She also proved her mettle as a social reformist by helping victims at the time of the plague epidemic during which she lost her life. From this Women's Day, let us all pledge to pay her back by engaging ourselves in women empowerment.

**Smriti Srikanth, 8B**



## WHEY FITNESS AND INDOOR SPORTS

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**World Water Day - March 22**

Every year on March 22, the United Nations (UN) observes World Water Day to raise awareness of the value of fresh water. The purpose of the day is to promote the responsible management of freshwater resources. [1] In keeping with the objectives of Sustainable Development Goal 6, each year's theme focuses on issues related to clean water, sanitation, and hygiene (WASH). [2] Every year, around World Water Day, the UN releases the World Water Development Report (WWDR). World Water Day is organised by UN-Water, which chooses the theme each year in conjunction with UN agencies that are interested in the year's focus.

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## ANNUAL DAY at BVM School



BVM Global Bengaluru held the most awaited event, Annual Day after 2 years due to the COVID-19 pandemic in two batches. Primary classes KG – class 4 had several colourful and coordinated dances from different continents in the morning presided by the renowned singer Mr. Vinay Nadig. Evening program for classes 5 – 11 was graced by Mr. Vikas Vashistha, a prominent singer and music director who with his mellifluous voice enchanted the audience with a few songs in Kannada.

Lastly it ended with an energetic and enthralling dance performance, the dance combined the two worlds of Western and Indian classical dances in an elegant storm of movements. All the way from costume selection, choreography, and prop preparation were done completely in-house. This challenging feat was done due to teamwork and co-operation among our teachers as well as the students.

The Annual Day was truly memorable, where we learnt different cultural aspects of India and also the world and how it came to impact the modern age.

Pranav Jagannath, 11A  
BVM Global @ Bengaluru

## BS School ANNUAL DAY



BS International School celebrated its 5th Annual Day - PRATHIBHOTSAV on February 11th 2023. The programme commenced with the auspicious light of the ceremonial lamp by Honourable Chief guests - MR SC. KALASAD, PROF.DR.MADHU KRISHAN, the guests of honour Wing Commander Jasbir Singh, Chairman (Vali Group of Companies), Dr Jayaprakash (CEO- Holistic Life Care and Ayurvedic Centre) and all the other the dignitaries of the day.

The emcee of the Annual Day Ms Mildred welcomed the esteemed dignitaries and presented inaugural address and highlighted that the school is committed to inculcate the seven necessities of human life in the students. The vision of the school is "Nurturing leaders through holistic education".

The Annual report of the school was presented by the School Principal - Mrs Jayanthi N accentuating the progress of the school throughout the year.

Students of all grades were awarded for their best performance in Academic Excellence for the year 2022-23.

## Down Syndrome

**Down syndrome**

**What are the Factors that Causes Down Syndrome?**  
Researchers know that Down syndrome is caused by an extra chromosome, but no one knows for sure why Down syndrome occurs or how many different factors play a role. One factor that increases the risk for having a baby with Down syndrome is the mother's age. Women who are 35 years or older when they become pregnant are more likely to have a baby with Down syndrome.

There are tests that doctors can run during a pregnancy to determine if the baby will have Down syndrome. No type of test can predict the full impact of Down syndrome on a baby.

**Treatments**  
Down syndrome is a lifelong condition. Services early in life will often help babies and children with Down syndrome to improve their physical and intellectual abilities. These services include speech, occupational, and physical therapy, and they are typically offered through early intervention programs in each state. Children with Down syndrome may also need extra help or attention in school, although many children are included in regular classes.

**A Person's A Person**

Instead of "a Down syndrome child," say "a child with Down syndrome."

People with Down syndrome should always be referred to as **PEOPLE FIRST**.

### What are the Factors that Causes Down Syndrome?

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Treating Down syndrome is a lifelong condition. Services early in life will often help babies and children with Down syndrome to improve their physical and intellectual abilities. These services include speech, occupational, and physical therapy, and they are typically offered through early intervention programs in each state. Children with Down syndrome may also need extra help or attention in school, although many children are included in regular classes.

TINY Child Development Centre , Electronic City  
8667868173