

ELECTRONIC CITY TIMES

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NAMMA NEIGHBOURHOOD NEWS

Vol:2 Pre issue:13 05 - 18 - March, 2023 8 Pages Free Circulation



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HOLI Festival



Holi is known as the Festival of Colours, the Festival of Love, and the Festival of Spring. Holi symbolizes the victory of good over evil. It's a two-day festival and is celebrated with great joy in India. It is also a festival of unity as it brings people together to celebrate a festival regardless of caste, ethnicity, or religion. It is celebrated every year on the day after the full moon in the Hindu month of Phalguna which is early March. People celebrate "Holika Dahan" on the first day by gathering around and burning piles of wood and cow dung and singing bhajans related to Holi.

It is a special time of year to remember those who are close to our hearts with splashing colours. It's time to celebrate the different colors of beautiful relationships.

The festival is based on a Hindu legend and has a huge cultural significance in India. People see the festival as symbolizing new beginnings, and as a time to mend relationships and start afresh. It opens a new beginning from past errors, serving as the end of the conflict, and a day when people forget and forgive.

In Bangalore, holi events are held in multiple places. There will be paid events and non-paid events in their local communities or apartments or on their own street. Watercolours & Water will be kept in the big tubs near an area allocated for Wild Holi Bash. And these days people play in organic colours. In paid events rain dance with DJ will be held and food will be provided.

Smart Bus Stop at Electronic City



Electronics City Industrial Township Authority (ELCITA) is a non government and non profitable organisation private township authority, they undertake lot of social initiative in and around electronic city, recently launched Smart Bus stop at Eelectronic city, This smart bus stop has a vending machine for snacks and sanitary napkins, charging points for mobile phones and laptops, and smart dustbins that send alerts when it is 70% full. It also has displays for real-time information about bus timings, one that shows the route map. Smt Satyavathi.G., IAS (Managing Director, BMTC), and Dr. M Abdulla Saleem, IPS, Special Commissioner of Police (Traffic), Bengaluru City, inaugurated the first Smart Bus Stop and to add on installed with two CCTV cameras and a two-way SOS system

Credit: @ELCITA_IN







International Women's Day

International women's day is marked annually on March 8th. It's the most important day to celebrate women's achievements, educate and awareness raise for women's equality, call for positive change advancing women, lobby for accelerated gender parity, and fundraise for female focused charities. International Women's Day was marked for the first time in March 1911 – and the date was fixed as 8 March 1913. The UN celebrated it for the first time in 1975 and in 1996 it announced its first annual theme: "Celebrating the past, Planning for the Future". It is essential to note that this year's theme is "DigitALL: Technology and innovation for gender equality". The International Women's Day theme is usually decided by United Nations Women's Organisation. This year's theme's main goal is to raise awareness of women and girls about their rights and raise civic engagement by using a gender-responsive approach to innovation, technology, and digital education. And to reduce the growing disparities between men and women in terms of access to and proficiency with digital technologies, women are falling behind due to this digital gender gap. Women should be supported and encouraged by everyone. The world is moving towards gender equality. It is moving towards a balance between both men and women. A change is required and is also essential. However, this needs a change, as we all are humans and should be treated equally with equal rights and opportunities.

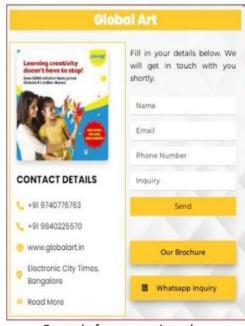
Electronic City Times Digital Rate Card

Social media post boosting promotions rate card	
Duration	Rate card for boosting the post (Rs.)
3 days	2,800
7 days	6,600
15 days	13,500
30 days	25,500

Electronic city Times

Note:-

- Creating the post design charges Rs.1000 additional
- Creating responsive ads charges Rs. 1000 additional.
- Social media promotion services include
 - · Boosting in social media Instagram / Facebook
 - Summary of Impression report from social media post
 - Tagging the post to promote
- The above price is excluding GST (Not applicable)
- 50% payment required to start the work



Example for responsive ads

Print Copy Ads

Front Page: Rs 300 PCC (cms)
Last Page: Rs 250 PCC (cms)
Other Pages: Rs 225 PCC (cms)

Ear Panel: Rs 2,500

CLASSIFIEDS

30 Words: Rs 250 s 50 Words: Rs 350



Standard Column Widt

*Size of column width = 4cms

*The above rate card is excluding GST 18%

Digital Ads Web Charges

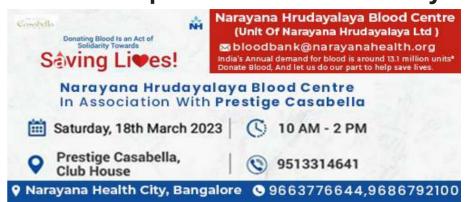
Home Page Top: Rs 1200 Home Page Side: Rs 1000

Basapura Main Road Needs Attention



L&T water pipeline work is carried out in Basapura main road from Elite Greenwoods Apartment through Global Villas and till BMart Market store, The road is not restored for over 6 months, annoying nearby residents and the general public. L&T has not responded favourably in accelerating and setting the deadline for the road work completion. We urge the government bodies to take necessary steps to follow up and enable the public with a peaceful ride.

Blood Donation Camp @ Prestige Casabella Apartment Electronic City



The Second Blood Donation camp in PCB Saturday , 18th March 2023 after 6 months of the first successful camp with 35+ donors. Request you all regular and new donors please come forward and help in saving lives ⊠.

What will you get when you donate with Narayana Hrudayalaya Blood Bank? You will get a certificate of appreciation.

In case of emergency, You or your relative can get 1 unit of blood against one certificate in Narayana Hrudayalaya Blood Bank.

What do you get personally?

- Free health checkup
- Demotes possibility of Cancer
- Reduces the risk of heart disease
- Boosts Immunity
- Weight loss
- Elates Mental Health

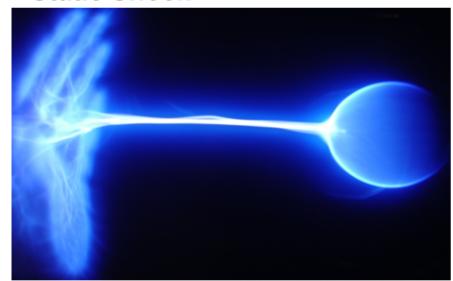
Let's make it once again successful.

POC - 9986038073 (Amar - PCB

Register your participation through below link



Static Shock



Why is Bengaluru experiencing Static shock?

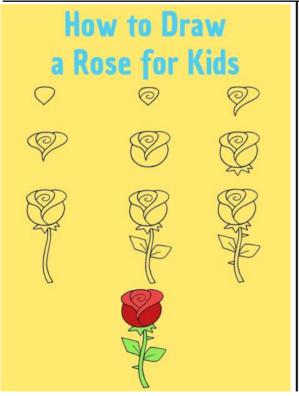
Static shock often happens when the air is dry, especially during winter, and during the transition period between winter and summer when the atmosphere lacks moisture. Meteorologists have gauged that Bengaluru is going through an uncharacteristically dry period, averaging a relative humidity between 30-40% and 60-70% at the lowest and highest respectively.

The reason you might be feeling a shock when touching something like a table or a door is that drier air starts building up charges on your body, with nowhere to go. When you finally touch something else the current can flow to it. This may also be common in offices or spaces with carpeting since that also deters the dissipation of charge. However, static shocks aren't particularly harmful, and you need not worry too much. Since dry air seems to be a primary driver of the phenomenon for a few more days.

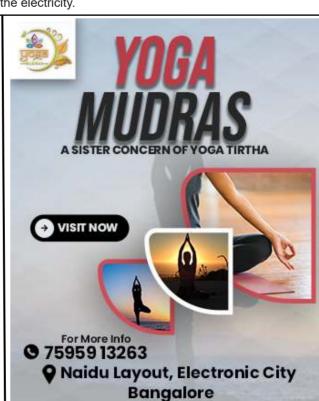
Do we have measures to prevent Static shock?

Here are some effective tips to make sure that risks caused by static shock are minimized:

- Keep skin moisturized: If your skin is dry, it has a higher likelihood of developing static electricity. You may apply lotion or moisturizer on your hands and skin.
- Avoid wearing rubber-soled footwear: Rubber is an excellent insulator, so wearing rubber soled shoes may create a significant amount of static in the body.
- Ground yourself: If you think you may be carrying some static electricity, touch an inert metal object to discharge the electricity.







Ankuram Annual Fest @ Maple Bear Electronic City



Senior K.G kids performed one mock session of the G20 summit in "Ankuram: an annual fest of Maple Bear Canadian Preschool, Singasandra, The mock session got an overwhelming response and appreciation from parents for the speaking skills of Maple Bear kids. 20 kids represented the PM, President, and Chancellor of the respective G20 countries and 4 kids represented as delegates of the G20 countries & presented the speech very effectively Toddler, Nursery, Junior KG, Senior KG kids. Parents and Teachers performed different forms of dance and it was a wonderful event...





Yoga Mudras - An Authentic Yoga Learning Center

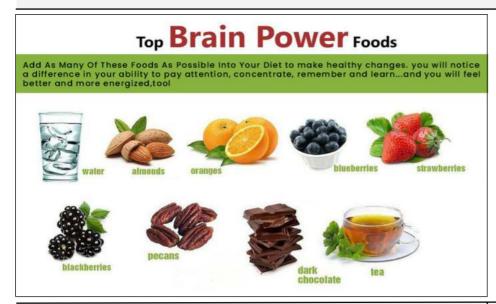
Truly authentic & traditional Hatha Yoga is taught in offline / online mode by highly skilled coach; we address and give assured relief from all kind critical ailments like Diabetes (reversal / complete control), Uric Acid & Gout Arthritis, High BP, Irregular Menstrual Cycle & PCOD / Fibroid, Hypo & Hyper Thyroid, High Cholesterol, Stress and Anxiety Disorder, Weight Management issue etc. through Yoga & dedicated Meditation sessions. Free Yoga Demo classes happening at electronic city phase 1

Contact: 7595913263









Brain Health

Protein-rich foods like **Nuts**, **cottage cheese**, **figs**, **dried fruits**, **oatmeal**, **eggs**, **and yogurt** have been proven to improve memory retention, mental alertness, and increase energy levels. The food students eat directly influences their body's functioning in various ways. During the examination season, students study for longer than normal. A balanced diet is vital for improved concentration.

Few rules which students must follow to attain and live a healthy lifestyle around exam time.

- 1. Avoid skipping the meal.
- 2. Regular intervals for snacks to improve brain functioning.
- 3. Take a balanced diet.
- 4. Drink plenty of water.





BANGALORE







PARAPPANA AGRAHARA BANGALORE



P NEELADRI ROAD, ELECTRONIC CITY

BANGALORE



International Women's Day



Dr. Archana Bodhi. **Family Physician and Global** HomoeopathicConsultant [Dr Bodhi's international homoeopathy, Bangalore

For an appointment Whats text or SMS -+918971359806 Dr. Bodhi's International Homoeopathy Clinic is organizing the following nodes.

International Women's Day is a great opportunity for all women to celebrate their achievements, recognize their struggles, and inspire each other to continue pushing boundaries and breaking barriers. Here are some ideas for a Women's International Day Celebration Challenges:

- 1. Start a women's networking group: Create a group of like-minded women who can support and inspire each other personally and professionally.
- 2. Host a panel discussion: Bring together successful women from different industries to share their stories and offer advice to others.
- 3. Start a mentorship program: Connect young women with experienced professionals who can guide them through their careers.
- 4. Organize a fundraiser for a women's charity: Raise money for a charity that supports women's rights, education, or health.
- 5. Host a self-care day: Encourage women to prioritize their mental and physical health by hosting a day of yoga, meditation, and wellness workshops.
- 6. Organize a march or rally: Gather women together to demand change and raise awareness for important issues affecting women.
- 7. Start a book club: Choose books written by women or about women's experiences, and engage in meaningful discussions.
- 8. Host a movie screening: Screen films directed by women or that highlight women's stories and experiences.
- 9. Volunteer in your community: Find ways to give back to your community and help other women in need.
- 10. Create a social media campaign: Use social media to raise awareness and inspire change by sharing stories, facts, and calls to action

A woman is the Goddess of beauty and a talented genius gift to the world. We must respect her by all means. A woman is not only gifted to be a mother, daughter, sister, wife, friend, and beloved but at the same time, she can be a professional, and a businesswoman and motivate lives around her with her passionate success. Email- Doctorbodhi@gmail.com Though the worldwide vision of women is changing, but challenges for women are never-ending.

> Without women, both genders are incomplete. Let's celebrate this women's day with awareness & happiness in all homes with no more neonatal mortality femicide, rape, dowry death, mental sickness, suicide, and acid attacks. Being a woman physical and mental well-being is in our hands.

Dr. Narasimhaiah Srinivasaiah

Senior Consultant Colorectal & Robotic Surgery Appolo Hospital, Bangalore

MBBS, MD, MRCS (Eng, Ed, Glas, FRCS (CCST), FEBS (Europe), PGDMLE (NLSIU).

Associate Professor of Surgery, Apollo

Hospitals Head of colorectal services, Karnataka region, Senior Consultant Colorectal surgeon (Colorectal, Peritoneal & Pelvic

Laparoscopic & Robotic Surgeon - Apollo Institute of Colorectal Surgery (AICRS)
Director, Health Sciences Park (HSP) – Bangalore

FOR MORE INFO >

- **81970 88434**
- bangalorebowelcare.com
- bangalorebowelcare@gmail.com
- Hosur Road, Bangalore



PLAY ACCORDING TO AGE

Play is purposeful activity Children learn through play and play to learn

0-12 Months

sensory and exploratory Play

Provide Opportunities for sensory awareness body positions like tummy time, manipulation of objects with their hands and moths Toys: Activity

Cauuse and Effect, Object Play Familiar Themes In Play, Parallel Play

Provide Opportunities To play with real and toy objects for cause and effect or with familiar themes like eating, drinking bed and both time. Toys: hammer toys, shape sorters, blocks 12-24 Months

24 -36 Months

Imagine Play, Associative Play, **Active Play And simple craft**

Provide opportunites for imaginary play to include extended themes construction to represent familiar or imagined places like home or a farm

Toys: dress ups with accessories like bags and hats,

Co-Operative imaginary play includes unfamiliar themes and objects substitution

Play includes peer corperation in pretend play and simple board games. imagination extends beyond familiar themes and more materials like blankets

3 - 5 Years



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VIRTUE INFRA BUILDERS PVT LTD

We are Launching a Well Planned Residential Project *VIRTUE SKYWAY* located off Bommasandra Main Road, *near Hebbagodi and very near to Narayana Hrudalaya Hospital*.

Digital Marketing Business Website Social Media Marketing Branding design(Logo, Brouchure, Letterhead etc..) Ph: 8618715052 *PROJECT FEATURES:

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Up to 70% Bank Loan **Available**

Ready for Registration Ready for Construction

PRICE: Rs. 3650 per Cardiac sqft **DIMENSIONS:**

- * $30 \times 40 = 1200 \text{ Sqft}$
- * $20 \times 40 = 800 \text{ Sqft}$
- * Odd sites

AMENITIES Black top Road Electricity **STP**

CMC Water Connection

Gated Community EDUCATIONAL INSTI-TUTIONS

Narayana P U College BTS Institute of Technology & Management Swamy Vivekananda

ICSE School. PES College of Engi-

neering **SHOPPING CENTRES**

Reliance Fresh D- Mart

The Big market **HOSPITALS**

Nararayan Hrudayalaya Hospital Narayana Institute of

Sciences Bommasandra

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Payment Can be made by Cheque,-Cash, Card & Online Hurry!! Book your earliest.

Note: 10% extra will be charged on corner plots.

Note: We Provide Area 41.53 sqmtrs Fully Sanitized Cab to Customers to Visit the Site With Their Family

Asquire event planner

Asquire event plan-Hi all Urgently looking for hair accessories, toys, stationary churan, pickle, holi related products Stall vendor for 4th March Mantri tranquil apart-Kanakapura ment road and

5th March at Ajmera

Infinity Apartment

E-city phase 1 looking for Stationary item, holi product, churan, men's wear, unique products, favoured plot at the wear,etc. For Booking Call 9742572285

Godrej Nurture

 Godrej Properties 1 BHK Tower G Flat 205 Godrej Nurture For Sale 45 Lakhs Negotiable Contact: 9448206130

Tution Center Service

 Online German A1, level training contact starting on 5th Jan Fully Furnished 1800 Sqft Office Space Available for Rent/Sale Electronic City, Bangalore for Rs. 1.2 L/1.55 Cr only.



🕈 Chandapura, Bengaluru

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

@signaturedwellings.in

ABIRAMAPURAM 1000 sq ft, 2 bedroom, 2 bathroom, 1 floor, lift, 25000, 3BHK, 1flr,

lakhs. Sriram Nagar CCP Rs. 4000. Ct: 8248730643, 8778123038 FOR rent available for bachelors in Judge Jambulingam Street,

outhouse - a single

room with attached

For details Contact:

8838522091

toilet and a small pantry.

House Lease 8

SAMRIDDHI - An early Brain Stimulating Programme





A unique LEARNING program designed for children. It's not pre-schooling, it's just learning in a CHILD FRIENDLY environment. Based on everyday observations by educators, learning and stimulation is transparent and flexible according to an individual child's capacity and capabilities. Let the child play, explore the tiny world and experience the joy of learning and growing like never before!.a child who arrives at school with an inner core of social, emotional and basic skills will be ready to learn with joy without being overburdened. Contact: Doddathogur, Phase-1 Electronic City, 9741599110, 9986999110



SAPTAGIRI LAYOUT, ELECTRONIC CITY

BANGALORE





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SERVICES

- Classroom Training
- Online Training
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COURSES BIG DATA GCP RPA

Prathibhotsav 2023 Annual Day



BS International School in electronic city phase 1 celebrated 5th Annual Day on Feb 11th 2023, at Vistar Pavithra Vivaha Convention Hall Inauguration Ceremony with the Name "Prathibhotsav", Dr. Madhu Krishan, The Chairman Cum Chief Rector Of The American University USA (AUGP USA) and The United Nation University For Global Peace USA and MR SC Kalidas IAS Secretary, Dept of Agriculture, Govt of karnataka were invited as the Chief Guest and Parents of all the students were invited to the Annual function. The program was inaugurated by lighting the lamp with the hands of the Chief Guests. There was a signature performance from the students. After this, the Principal of the School addressed all the students and their parents, congratulating each and every one from the school, for every effort taken to make this function successful. The Principal also thanked all the Chief Guests for giving their valuable time for the School function.

A Trip To AIR



Our school was invited to do a program for 30 minutes on All India Radio. The performance had to be in Kannada, for which fifteen of my fellow schoolmates from 8th and 9th grades were selected. Our music teacher Ms. Shashikala and our Kannada teacher Mr. Shivarudra were responsible to script the programme and guide us through this event. Our programme included a prayer song, a skit on tax collection during the pre-independence era, shloka reciting and a patriotic song. The programme was aptly named as 'Hakkiya balaga' (meaning Flock of birds). Date for recording had been fixed as 30th Jan. We practiced the same during school hours and during leisure time after school hours via online. This went on for a couple of days until the final day arrived. On that day, we were taken to the room which had two parts – one for recording and the other for editing. The whole studio was soundproof. The staff instructed us to stay calm while we were performing to avoid any commotion getting recorded. It took us about an hour to get our programme recorded. We thanked all the staff and enjoyed every moment of this trip.

Samrath B R, 8B

