

**ELECTRONIC CITY  
TIMES**  
TITLE CHANGED  
TO  
**ELECTRONIC CITY  
CREDENCE**

**APPROVED TITLE**

## Electoral Day karnataka 2023



There are 224 constituencies in Karnataka and the polling is conducted in a single phase. The EC has already declared a holiday and large turnout of 72.67 per cent, active participation observed in Electronic City and surrounding constituencies

1. Anekal Assembly constituency (Assembly constituency no: 177)
2. Bangalore South Assembly constituency (Assembly constituency no: 176)
3. Bommanahalli Assembly constituency (Assembly constituency no: 175)

The total number of voters in the aforementioned constituencies is 1,550,958. On May 13, 2023, the votes will be tallied, and the results will be announced. The Karnataka Legislative Assembly's term is set to expire on May 24, 2023.



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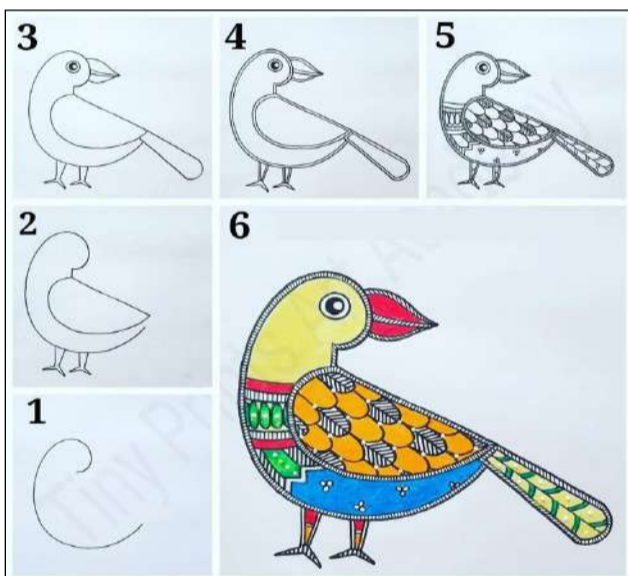
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**Madhubani art**



Madhubani art — also known as Mithila art is a traditional Indian art form noted for its use of local plants for colors, cow dung to treat the paper and bamboo sticks that serve as brushes, not to mention the beauty and simplicity of the paintings themselves. It is named after the Madhubani district of Bihar, India, which is where it originated. It is said that the Mithila paintings were commissioned by the king to commemorate the marriage of his daughter to Lord Rama of Ayodhya. It was recognised as kulin art or

art of the pure castes. Traditionally these paintings were done by Brahmin and Kayastha women. Let us try a Madhubani painting this summer

**Materials Required**

1. Handmade paper
2. Acrylic paint bottles
3. Paint brushes
4. Pencil to draw the sketch
5. Black markers to give details



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May Day



May Day, also known as International Workers' Day or Labour Day, is a holiday celebrated on 1st of May every year in many countries around the world. The holiday has its origins in the labour movement and commemorates the Haymarket affair, which occurred in Chicago on May 4, 1886. On that day, a labour protest rally turned violent, with a bomb exploding and killing several people, including police officers. The incident led to the trial and execution of several labour leaders, and the event became a rallying cry for the labour movement. In many countries, May Day is a public holiday and a day of protest, with workers and labour

unions organizing marches and rallies to demand better working conditions, higher wages, and other rights for workers. The holiday is also a time for celebrating the contributions of workers to society and for raising awareness about issues affecting the labour force. May Day is often associated with the colours red and white, with red symbolizing the struggle for workers' rights and white symbolizing the hope for a peaceful resolution to Labour disputes. In some countries, it is customary to give flowers, particularly lilies of the valley, to loved ones on May Day as a symbol of spring and new beginnings.

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## ELECTRONIC CITY CREDENCE

Namma Neighbourhood News

NEWS | CLASSIFIEDS | ADS

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### “Raise of Colorectal Cancer among young adults” – Causes and Symptoms.



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**Introduction/Background:** Colorectal cancer one of the leading cause of cancer death among people under 50 in the western world. India is not lagging behind. Mr. Mithul 22 years, Ms. Farida 23 years, Mrs. Uma 30 years, Mrs. Neethi 31years and Mr. Ameer 32 years are just a few from the recent past. All of them have had colo-rectal cancers. They ignored the early symptoms ...I am young, nothing can be wrong, I think it is piles...Delay in diagnosis led to disease and in some early death.

**Causes of Colorectal Cancer in Young Adults:**  
**Environmental factors:** Environmental factors contribute to 95% of all the colorectal cancers seen. Sedentary lifestyle (more time sitting and less time being active), Physiological stress, Obesity, lack of exercise, smoking, Alcohol, fast food, excess red meat, lack of fibre all are playing a role. Food, water and Air pollution play a role. Even the so called organic diet – the source of which is questionable.  
**Chemicals in the Environment:** Fertilisers, chemicals & pesticides used to augment the productivity of food produce may be playing a silent role. The above damage DNA, potentially leading to harmful mutations in cells causing cancer. Chemical mixtures can disrupt the body’s metabolism, leading to obesity. Water and air pollution are compounding the problem.  
**Toileting:** Toileting habits and positions have a role to play is our belief. The longer the stools stay in the gut, more the damage to the lining of the Gut and carcinogenesis.

**Dr. Narasimhaiah Srinivasaiah**  
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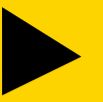
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 Pets have to be taken utmost care during summers, here are a few tips and solutions to take care of your pets during this unbearable summer. It's important to recognize the signs of heat exhaustion in pets, such as excessive panting, difficulty breathing, increased heart and respiratory rate, drooling, mild weakness, collapse, seizures, bloody diarrhea, and vomiting.  
**Signs of overheating**  
 Excessive Panting  
 Dry or brightly colored gums  
 Thick saliva  
 Vomiting  
 Diarrhea  
 Unstable or unsteady legs  
 To identify dehydration in your dog, you can check the elasticity of its skin. Simply pull a small amount of skin on your dog's back and release it. If the skin takes too long to snap back to its original position, it may indicate dehydration.

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