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Karnataka Legislative Assembly Election Results 2023

The Legislative Assembly election was held in Karnataka on 10 May 2023 to elect all 224 members of the Karnataka Legislative Assembly. The votes were counted, and the results were declared on 13 May 2023.

The election saw a voter turnout of 73.19%, the highest ever recorded in the history of Legislative Assembly elections in Karnataka. The Indian National Congress won the election in a landslide by getting 135 seats, making it their biggest win by seats and vote share. The Bharatiya Janata Party and the Janata Dal conceded defeat, finishing second and third, respectively.

The demography of "ELECTRONIC CITY CREDENCE" comes under three assembly 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 assembly election 2023 results of the above three constituencies are as follows:

1. Anekal Assembly constituency (Assembly constituency no: 177):

Anekal Assembly constituency is one of the 224 constituencies in the Karnataka Legislative Assembly of Karnataka, a south state of India. It is also part of Bangalore Rural Lok Sabha constituency. It is in Bangalore Urban district and is reserved for candidates belonging to the Scheduled Castes.

In 2023 B. Shivanna of the Indian National Congress won the seat by defeating Hullalli Srinivas of the Bharatiya Janata Party with a margin of 31325 votes. INC's B. Shivanna has won with over 135000 votes. BJP's Hullalli Srinivas is in second place with over 103000 votes. While the JD(S)'s K.P. Raju came in third.

In the 2023 Karnataka Assembly elections, the total percentage of voters in the Anekal Assembly Constituency was recorded at 61.85 percent.

Total Voters: 348,106

Male: 184,799

Female: 163,228

Transgender: 79

More Information In Page No.7

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PILES N' PREGNANCY: What's The Connect?

What are haemorrhoids?

Haemorrhoids are also known as piles. They are enlarged blood vessels placed inside of the anal canal (back passage). They are also called as anal cushions. Entirely normal and physiological to have haemorrhoids. These are an integral part of body and contribute significantly to our continence. They prevent us from leaking liquid stools or wind. Haemorrhoids sometimes can swell and cause discomfort. These lumps can cause series of unpleasant symptoms. The symptoms include swelling, bleeding, leakage, itching and inability to keep the back passage clean. Occasionally there can be a blood clot within these causing pain. This is called as thrombosed haemorrhoid.

What are the causes of piles?

There are several causes for swollen piles. Constipation, straining, sitting for long hours, Heavy lifting and strenuous exercises are a few. Prostatic and liver problems can cause swollen piles. Pregnancy can also cause symptoms from swollen piles. Old age leads to weak pelvic floor and hence piles are more likely.

What are haemorrhoids symptoms?

Bleeding whilst evacuating, itching, mucus discharge, lumps around the back passage, lumps prolapsing in and out, feeling of fullness in the back passage are some of the common symptoms. Pain is usually not a symptom in the vast majority except with those with a blood clot within

This is called as thrombosed haemorrhoid. Large bulky haemorrhoids associated with loose lining of the rectum and back passage, can cause evacuatory difficulties.

Can women have haemorrhoids during pregnancy?

Pregnancy can drive troublesome haemorrhoids. Raised intra-abdominal pressure, hormonal changes and labour are other precipitating factors. They can worsen during third trimester and post pregnancy. Prolonged labour can have an adverse impact on haemorrhoids. In the bulk majority they do resolve post pregnancy.

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Autism and Gross Motor Skills

Children with autism undergo sensory issues among 5 senses visual, auditory, tactile, vestibular and proprioception. Those senses become an obstacle for the child with autism to develop or attain the normal milestone. they may have issues in running, jumping, sitting, walking and need to satisfy the senses. In this we focus on 2 primary senses that are proprioception and vestibular and where gross motor development plays the main role. child development depends on motor development into 2 (gross and fine motor skills).

Gross motor skills plays a larger role from the initial period to end of life, where the development begins from 2 months of birth (head control) to 4 years (independent stair climbing). Those skills enhance balance, coordination, body awarness, motor planning, posture and gravitational security.

The child who can attain those skills like standing, walking, running, jumping from the birth inculcated and made challenging with other advanced skills like hopping, one leg standing, obstacle crossing are taught and used in different ways to balance the sensory issues which sense is more important for gross motor.

Therefore, there will be lack or over performance of particular gross motor skill which the child does in need to compensate for the sensory need. involving gross motor skills in autism will make a better improvement in balancing the sensory needs and along with that engaged children in further learning of other gross motor skills, where the child was lagging.

Dr Tamilrasan
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Health Tips – Eyes



It is important to have regular eye exams to maintain good eye health. Eye exams can detect any potential vision problems or eye conditions early on, allowing for timely treatment and prevention of further damage.

Protect your eyes from the sun: Prolonged exposure to ultraviolet (UV) rays can increase the risk of eye diseases such as cataracts and macular degeneration. When outdoors, wear sunglasses that block 100% of both UVA and UVB rays. Additionally, wearing a wide-brimmed hat can provide extra protection for your eyes.

Take breaks from digital screens: Extended periods of staring at computer screens, smartphones, or other digital devices can cause eye strain, dryness, and discomfort. Follow the 20-20-20 rule, which suggests taking a 20-second break every 20 minutes to look at something 20 feet away.

This helps reduce eye fatigue and strain.

Practice good hygiene and avoid touching your eyes: Washing your hands regularly and avoiding touching your eyes with dirty hands can help prevent eye infections. If you wear contact lenses, follow proper hygiene practices for insertion, removal, and cleaning to avoid eye irritation or infections.

Maintain a healthy lifestyle: A balanced diet rich in vitamins and minerals, such as omega-3 fatty acids, lutein, zinc, and vitamins C and E, can promote good eye health. Include foods like leafy green vegetables, fish, nuts, citrus fruits, and carrots in your diet. Regular exercise and maintaining a healthy weight also contribute to overall eye health.

Morning when you wake up, wash your face and pour cold water over your eyes which is good exercise for your eye.



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World Hypertension Day - May 17



Every year on May 17th, World Hypertension Day is commemorated to encourage hypertension prevention, identification, and control (the date has been postponed to October 17, 2020 owing to the COVID-19 pandemic). The primary risk factor for developing cardiovascular disease is high blood pressure.

The Global Hearts Initiative was launched in 2016 by the WHO & the US Centres for Disease Control and Prevention in order to reach the global goal of reducing the prevalence of hypertension by 25% by 2025. The Initiative aims to enhance heart health globally through its five technological packages, HEARTS (manage cardiovascular illnesses) MPOWER (control tobacco), Active (promote physical activity), SH-AKE (lower salt consumption), and REPLACE (remove trans fat)

Anekal Assembly Election Results (2023)

CANDIDATE'S NAME	PARTY	LEVEL	VOTES	VOTE RATE %	MARGIN
B. SHIVANNA	INC	WINNER	134,797	54.00%	31,325
HULLALLI SRINIVAS	BJP	RUNNER UP	103,472	41.00%	
K.P. RAJU	JD(S)	3RD	6,415	3.00%	
NOTA	NONE OF THE ABOVE	4TH	2,354	1.00%	
DR. CHINNAPPA Y. CHIKKAHAGADE	BSP	5TH	1,285	1.00%	
ANBURAJ	KRS	6TH	851	0.00%	
MUNESH M	AAP	7TH	818	0.00%	
G. NAGARAJU	IND	8TH	758	0.00%	
BYATARAJU. N	REPUBLICAN PARTY OF INDIA (ATHAWALE)	9TH	322	0.00%	
GOWRAMMA. J	IND	10TH	277	0.00%	
MUNIKRISHNAPPA MURUGA	IND	11TH	190	0.00%	
M. RAMESH	IND	12TH	163	0.00%	

2. Bangalore South Assembly Constituency (Assembly Constituency No: 176)

Bangalore South Assembly seat is one of the seats in Karnataka state assembly in India. It is part of the Bangalore Rural Lok Sabha seat.

Bangalore South Assembly seat was created when the delimitation of seats was carried out in 2008. While there are four Lok Sabha seats with the name of the city 'Bangalore' in their title, Bangalore South is the only Assembly seat among dozens in the city boundary which has the word 'Bangalore' in its title.

In 2023, M Krishnappa of the Bharatiya Janata Party won the seat by defeating R K. Ramesh of the Indian National Congress with a margin of 49699 votes. BJP's M Krishnappa has won with over 196000 votes. INC's R K. Ramesh is in second place with over 147000 votes. While the JD(S)'s Rajagopala Reddy came in third.

In the 2023 Karnataka Assembly elections, the total percentage of voters in the Bangalore South Assembly Constituency was recorded at 51.6 percent.

Total Voters: 581,422

Male: 311,437

Female: 269,882

Transgender: 103

Bangalore South Assembly Election Results (2023)

CANDIDATE'S NAME	PARTY	LEVEL	VOTES	VOTE RATE %	MARGIN
M KRISHNAPPA	BJP	WINNER	196,220	51.00%	49,699
R K. RAMESH	INC	RUNNER UP	146,521	38.00%	
RAJAGOPALA REDDY	JD(S)	3RD	24,612	6.00%	
MANU M M	UTTAMA PRAJAAKEEYA PARTY	4TH	4,360	1.00%	
NOTA	NONE OF THE ABOVE	5TH	4,006	1.00%	
ASHOK MRUTHYUNJAYA	AAP	6TH	2,585	1.00%	
VIJAYARAGHAVA MARATHE	KRS	7TH	856	0.00%	
KIRAN V	BSP	8TH	775	0.00%	
A RAVI KUMAR	REPUBLICAN PARTY OF INDIA (ATHAWALE)	9TH	417	0.00%	
R RAJESH	IND	10TH	409	0.00%	
SHIVAKUMAR	IND	11TH	394	0.00%	
G SRINIVASA	IND	12TH	286	0.00%	
NISHANT KOTE	IND	13TH	271	0.00%	
RAJU	IND	14TH	217	0.00%	
ALTIN ANTHONY RAJ	IND	15TH	183	0.00%	

3. Bommanahalli Assembly Constituency (Assembly Constituency No: 175)

Bommanahalli (Gen) is a State Assembly/Vidhan Sabha constituency in the Bengaluru Urban district and Bengaluru region of Karnataka and is a part of the Bangalore South Parliamentary/Lok Sabha constituency.

In 2023, Sathish Reddy of the Bharatiya Janata Party won the seat by defeating Umapathi Srinivas Gowda of the Indian National Congress with a margin of 24215 votes.

BJP's Sathish Reddy has won with over 114000 votes. INC's Umapathi Srinivas Gowda is in second place with over 89000 votes. While the JD(S)'s Narayan Raju came in third.

In the 2023 Karnataka Assembly elections, the total percentage of voters in the Bommanahalli Assembly Constituency was recorded at 49.5 percent.

Total Voters: 405,039

Male: 219,337

Female: 185,633

Transgender: 69

Bommanahalli Assembly Election Results (2023)

CANDIDATE'S NAME	PARTY	LEVEL	VOTES	VOTE RATE %	MARGIN
SATHISH REDDY	BJP	WINNER	113,574	53.00%	24,215
UMAPATHI SRINIVAS GOWDA	INC	RUNNER UP	89,359	42.00%	
NARAYAN RAJU	JD(S)	3RD	3,445	2.00%	
NOTA	NONE OF THE ABOVE	4TH	2,456	1.00%	
SITARAM GUNDAPPA	AAP	5TH	1,989	1.00%	
MAMATHA .R	UTTAMA PRAJAAKEEYA PARTY	6TH	1,819	1.00%	
UMAPATHI BABU .N	BSP	7TH	610	0.00%	
SATHISH REDDY .M	IND	8TH	465	0.00%	
SATHISH REDDY	IND	9TH	359	0.00%	
NANDA REDDY	KRS	10TH	313	0.00%	
NIJAMUDDIN	IND	11TH	200	0.00%	
ANTHONY RAJ .J	IND	12TH	158	0.00%	
SIVARAMA KOTEGOWDA	NAVABHARATH SENA	13TH	100	0.00%	
ADIL PASHA .S	IND	14TH	96	0.00%	
ABDUL KHADAR G. S. Y	IND	15TH	94	0.00%	



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Mother's Day



The second Sunday in May is celebrated as Mother's Day. This year we celebrated it on May 14th, 2023. The idea of celebrating Mother's Day in India originated in the United States and was first celebrated in 1914.

Mother's Day is a special occasion celebrated worldwide to honour and appreciate the contributions and sacrifices made by mothers for their kids. This day is also known as Mothering Sunday dedicated to all loving Mothers.

It is said that the lap of a mother is heaven on earth. Mother is the one who is filled with Kindness, Tender care, and Selfless love for her children. She is the one who forgets her own Dreams, listens to us carefully, and always motivates us. Every mother is devoted to her child throughout her life. Measuring the depth of a mother's sacrifice is not possible for anyone nor can we repay the priceless favors and love of our mothers. Mother is the one who is probably endowed with all the power. No creature in this Universe can be as powerful as a mother!! No one can replace her at any cost.

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How To Travel With Your Pets In A Car!



Traveling with pets in a cab can be a convenient and safe way to get around, but it requires some preparation and consideration for your pet's well-being. Here are some tips to help you travel with your pets in a cab.

Prepare your pet for the ride: take your pet for a short car ride or two before the cab trip to help them become more accustomed to the experience. If your pet experiences anxiety or motion sickness, consult with a veterinarian about possible remedies or medications.

Secure your pet in the cab: Once inside the cab, secure the carrier on the seat or on the floor to prevent it from sliding or tipping over. If your pet is not in a carrier, make sure they are safely secured using a harness or leash to prevent them from jumping around.

Provide comfort and familiar items: Bring along your pet's favorite blanket, toy, or treats to help them feel more comfortable during the ride. Familiar scents and objects can provide a sense of security and reduce anxiety.

Be mindful of the temperature: Ensure the cab has appropriate temperature control for your pet. Avoid extreme heat or cold, and if needed, ask the driver to adjust the temperature accordingly.

Priya Chandrasekar is the Head of Growth and Marketing at Mylopaws, a Pet care platform. Along with phone number and email ID priya@mylopaws.com Mylopaws Whatsapp: 9036608453

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