

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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Green Governance Should Be The New Government's Top Priority

Empowering Government Action for Environmental Change



World Environment Day on June 5th reminds us of our responsibility to protect the planet. It encourages individuals and governments to address environmental challenges, prioritize sustainability, and implement robust policies. Recent Twitter agitation highlights the issues of random garbage disposal and contamination of Shikaripalya Lake in Electronic City.

Lake contamination harms aquatic organisms, disrupts the food chain, reduces water quality, and poses risks to human health. Efforts to mitigate contamination and restore water quality are vital for ecosystem health and community well-being. Improper garbage dumping causes environmental pollution, water contamination, air pollution, spread of diseases, and quality of life issues.

Governments play a crucial role in establishing policies for environmental conservation. They should set targets for reducing carbon emissions, invest in renewable energy, and promote sustainable practices in industries. Incentivizing eco-friendly initiatives, imposing regulations, and investing in environmental research and development can drive significant change. Environmental education and awareness campaigns are also important for fostering a culture of responsibility.

World Environment Day reminds governments of their duty to protect the planet and encourages them to take action.

Quick News Bites

- The smart bus stop in Bengaluru's Ecity is a premier facility that prioritizes sustainability, safety, and security measures.
- Government approves ₹400 crore investment by HCL Technologies to create semiconductor unit in Ecity, generating jobs for 1300 people.
- NICE Road toll prices in Bengaluru hiked by approximately 11% starting July 1, 2023.
- Garbage disposal in Hulimangala poses major health and environmental concerns. Immediate action required.
- Sewage water accumulation in Bengaluru's Neeladri Nagar, Electronic City Phase 1 causes inconvenience to residents of 4th B cross.
- Residents of Doddanagamangala, Neeladri Nagar, Doddathoguru, and Bhovi Palya face transportation challenges, requiring improved mobility and public transport solutions.
- PDO of Shikaripalya vows action against garbage dumping in the area.
- The police should reclaim the footpath and road from shopkeepers, street vendors, and vehicle parkers near Shikaripalya and Golahalli Main Road, next to Wipro Gate Bus Stop @ELCITA_IN and Anantha Nagar.
- Bengaluru Yellow Line metro, Bommasandra to Silkboard, starts December 2023, improving transport for commuters.
- RT&S commissioner Siddaramappa directs RTO to issue notice on cab-aggregator fare after tweet about Ecity to Bengaluru airport pricing.
- This year, the largest Durga Idol will be unveiled at the celebration organized by Rainbow Socio-Cultural Association in Ananth Nagar, Electronic City.
- Orxa Energies expands tenfold with a new manufacturing facility in Bommasandra, boosting its production capacity significantly.
- The Department of Health and Family Welfare plans to establish four human breast milk banks in Karnataka for newborns.
- Bengaluru Plans World's Longest Tunnel Highway Network to Alleviate Urban Traffic Congestion.
- Bengaluru Police Enhances Station Services by Implementing QR Code Technology.
- Absence of Rainwater Harvesting Structures Identified Along Bengaluru's Metro Lines, Report Reveals.

GlobalArt Kolor Champ '23



The 7th Regional Globalart competition for Karnataka 'Kolor Champ '23' was held on 9th July at JNR Convention Hall, Bengaluru, Karnataka. Around 350 students from globalart karnataka participated in this creative art contest to showcase their out of the box thinking skills. The function was felicitated by Chief Guest Dr.Yathindra L Joint Director NIFT Bangalore, Mr.Dinesh Victor Managing Director SIP Academy India PVT LTD and other dignitaries.

Globalart Electronic City had 22 participants for the contest and the children did extremely well with their individual thoughts and creative ideas. Shanvi K, D Sai Eesha, C Varnika bagged Runner Up positions in the contest. The competition was also accompanied by the annual graduation ceremony for the Intermediate and Advanced students of the programme.

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Drainage Water Flowing on Road near Neeladri Road



Residents and commuters are facing a dire situation as drainage water overflows onto the road near the entrance of Orchid Park Layout on Neeladri Road. It is creating a hazardous and impassable path. Urgent attention from authorities is needed to mitigate the risks to public safety and address the underlying drainage issue. Let's come together to raise awareness and push for a swift resolution to this hazardous flooding problem.

World Malala Day



Malala Day is observed on July 12 each year to honor Malala Yousafzai, a Nobel Peace Prize laureate and advocate for women's and children's rights. Born on July 12, 1997, in Mingora, Pakistan, Malala defied the Taliban's ban on girls' education by writing for the BBC Urdu and speaking out for girls' education. In 2012, she survived an assassination attempt by the Taliban and went on to deliver a powerful speech at the UN on her 16th birthday. Malala's bravery and activism gained global recognition, including being named one of TIME Magazine's most important people and receiving the Nobel Peace Prize in 2014. International Malala Day serves as a reminder of the importance of education and the need to advocate for girls' rights worldwide. Malala continues her advocacy work while studying at Oxford University and remains a symbol of courage and resilience.



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New EB Tariff Explained

Government of Karnataka announced the Gruha Jyoti free power programme, numerous news sources mentioned a significant increase in the price of electricity of Rs 2.89 per unit. The claims that rates increased by 50% were forwarded in social media groups, Understanding the various components of your electricity bill is crucial to start with.

Basic Components the Bill

- Fixed charges (FC): No matter how much electricity you use, you must pay a monthly fee depending on your authorised load or capacity. Usually, the fees are expressed in Rs/KW.
- Energy charges (EC): These are the costs associated with how much electricity you use. The typical charge is in rupees per unit, with one unit equaling one kilowatt-hour.
- Fuel adjustment charges (FAC): It makes up for cost differences experienced by electricity providers, such as those brought on by fluctuations in fuel prices.
- Additional Security Deposit (ASD) : Minimum of two months' security deposit, in accordance with the sanctioned load.

Previous Structure

Fixed charges and energy charges were calculated based on four slabs. Before, there was a set fee of *100 and an energy charge of *4.15 per unit for individuals who consumed 0-50 units. The fixed charge for those who consumed 51 to 100 units was 110, and the energy charge was 5.60 per unit. For those who consumed 101-200 units, the fixed fee was *175 and the energy fee was *7.15 per unit.

New Structure

Those who consume 0 - 100 units would have to pay a fixed charge of 110 and energy charge of 4.75 per unit. The fixed fee is 210, and the energy charge is 7 per unit, for those who consume 0-All Units (which could be any amount within the sanctioned load).

However, those who qualify for the Gruha Jyothi scheme would not have to worry about the FPPCA, as the charge for the qualified quantum of power would be taken care of by the government.

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Yoga Day Celebration



We at BVM Global School, celebrated International Yoga Day through special sessions to synchronise body and mind in one line. Yoga sessions were held for specific groups at different places of the school. We started with warm-ups as we stretch our legs and arms. We did a few asanas to energize all parts of our body with the guidance of our teachers. I felt relaxed and relieved from the stresses of the world.

Then we moved on to Surya Namaskar, which is a boon for a healthy body. It felt like I was reborn with enough energy to cross the Sun. That was when I decided that I should integrate this asana and some others into my lifestyle. It was hard at first to get the time, but I started waking up early and now I feel better than ever. I ensure that I do the Surya Namaskar every morning.

After yoga day, I get more sleep, have a bigger appetite, can focus more on studies and I don't get distracted much. Ever since yoga day, my life has changed for the better.

I am very happy that this International Yoga Day exists and I'm grateful to my school for presenting it in such a wonderful way.

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ELECTRONIC CITY, BANGALORE

Benefits of Having a Pet



Owning a pet has numerous benefits that can enhance our physical, mental, and emotional well-being. Pets offer unwavering emotional support, reduce feelings of loneliness and stress, and can be especially helpful for individuals facing challenging circumstances. They promote physical activity, particularly for dog owners who often take their pets for walks. Spending time with pets also reduces stress by lowering cortisol levels and increasing oxytocin production, leading to relaxation. Pets serve as social catalysts, facilitating social interactions and building relationships within communities. For families with children, having a pet teaches responsibility, empathy and important life skills. Overall, pets have a profound impact on our lives, providing companionship, love, and enriching our overall well-being.

Priya Chandrasekar is the Head of Growth and Marketing at Mylopaws, a Pet care platform.

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Say No to Soda



Despite them being sweet and tasty, there are no nutritional benefits to sodas.

- The sugar contained in soda often combines with bacteria present in your mouth to form certain types of acid. These, along with carbolic inherently present in carbonated sodas, work together to have a damaging influence on your teeth, leading to cavities and tooth decay.
- Sodas can also prove to be injurious to your major organs such as kidney and liver.
- Because of the presence of large amounts of high fructose corn syrup, there is a greater risk of obesity.
- Soda consumption also tends to soften bone strength and contributes to lower bone density.

Hearing Aids May Reduce Cognitive Decline in Adults: Lancet Study

The findings are based on the first randomised controlled trial (RCT) of its kind involving nearly 1,000 older adults from multiple locations across the US.

Hearing aids may protect against cognitive decline in older adults at greater risk of dementia, according to a study published on Tuesday in The Lancet journal. Hearing aids may reduce cognitive decline in adults: Lancet study.

The findings are based on the first randomised controlled trial (RCT) of its kind involving nearly 1,000 older adults from multiple locations across the US. "These results provide compelling evidence that treating hearing loss is a powerful tool to protect cognitive function in later life, and possibly, over the long term, delay a dementia diagnosis," said Professor Frank Lin of Johns Hopkins University School of Medicine and Bloomberg School of Public Health, US.

"But any cognitive benefits of treating age-related hearing loss are likely to vary depending on an individuals' risk of cognitive decline," said Lin.

Age-related hearing loss is extremely common, affecting two-thirds of adults aged over 60 globally, the researchers said.

However, less than 1 in 10 individuals with hearing loss in low- and middle-income countries, and fewer than 3 in 10 in high-income countries, currently use hearing aids, they said.

Untreated hearing loss is associated with greater cognitive decline and was estimated by the 2020 Lancet Commission on Dementia to contribute to around 8 per cent of dementia cases worldwide -- equivalent to 8 lakh of the nearly 10 million new cases of dementia diagnosed every year.

Previous observational research suggests that treating hearing loss may protect against cognitive decline and dementia, the researchers said.

However, these studies may be biased because individuals who have the means and choose to get their hearing loss treated may be healthier and at lower risk of cognitive decline than those who don't, they said.

As a result, the effectiveness of hearing aid use on reducing cognitive decline in cognitively-healthy older adults with hearing loss remained unclear.

To provide more robust evidence, the latest study included 977 adults aged 70-84 years with untreated hearing loss who were free from substantial cognitive impairment in four communities across the US.

Participants were recruited from two populations at each site: older adults participating in a longstanding observational study of cardiovascular health (Atherosclerosis Risk in Communities [ARIC] study), and new volunteers from the same communities who were generally healthier than participants from ARIC.

Participants were randomised to either a hearing intervention (audiological counselling and hearing aids) or the control intervention involving more generalised counselling on healthy ageing and were followed-up twice a year over 3 years.

The primary analysis of the results, combining both the ARIC and volunteer cohorts, found that the hearing intervention did not reduce cognitive decline over time with no significant difference in cognitive change between those receiving the hearing intervention and the health education control over 3 years.

However, in the ARIC cohort, 3-year cognitive change was 48 per cent lower in the hearing intervention group than the control group.

In contrast, in the healthy volunteer cohort (who had fewer risk factors for cognitive decline and a much slower rate of cognitive decline), 3-year cognitive change did not differ significantly between the hearing intervention and control groups.

No significant adverse events were reported in either group.

"Although our primary analysis of the combined ARIC and health volunteer cohorts did not find a difference in cognitive decline for those using hearing aids, when we did sensitivity analyses to test its robustness there was clear evidence indicating a significant benefit for older adults in the ARIC cohort who had more risk factors for cognitive decline," Lin said.

"Despite similar levels of hearing at the start of the study, it's likely that volunteers in the healthier cohort experienced slower rates of cognitive change than ARIC participants because they tended to be younger, had fewer risk factors for cognitive decline, and had better initial cognitive scores," he added.

Data compilation by

Dr. Prabhakar Kulkarni

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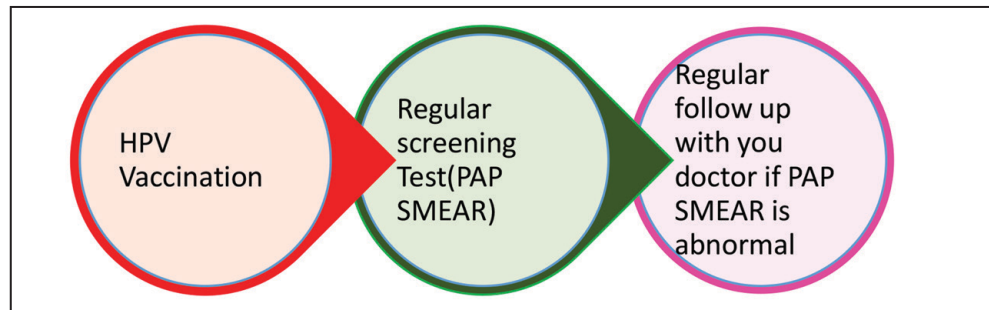
Cervical Cancer Prevention

Cervical cancer is a type of cancer that develops in the cells of cervix (Lower most part of uterus). It is the second most common cause of cancer mortality in India. It is a huge public health crisis for India, as 1 Indian woman loses her life to cervical cancer every 8 minutes. This suffering is unacceptable particularly as cervical cancer is largely preventable.

It is a cancer which is curable & preventable with early detection and proper treatment.

As per a study conducted in India 41% of women are not aware of cervical screening test (PAP SMEAR – Test, for more information can refer to previous article written by me).

The most important thing you can do to prevent cervical cancer



What is HPV Vaccination?

As per WHO most of the cervical cancer is caused by Human Papilloma Virus (HPV). HPV transmission is influenced by sexual activity and age. Almost 75% of all sexually active adults are likely to be infected with at least 1 HPV type. However, Majority of them resolves spontaneously and minority <1% HPV infection progress to cancer.



2 Types of vaccines (Gardasil, Cervarix) against HPV licensed globally and available in India. If the vaccine is given to the girls before sexual exposure between 9-14 years it is more than 99% effective in preventing cervical cancer and also genital warts and other cancers caused by the same virus.

This is given by intra muscular injection given in three doses with interval depending upon the vaccine types.

It can be simultaneously given along with other vaccines. At present no data on booster doses.

Side Effects:

No serious vaccine related adverse events have been reported, as the vaccine does not contain live virus. Most common side effects can be local pain, swelling and redness in the injection site.

Vaccine should be deferred in any acute illness.

Not recommended in pregnancy

Vaccine can be given in breast feeding women.

Should we continue cervical screening (PAP SMEAR) even after vaccination?

Vaccines are not 100% protective against the cervical cancer and not a replacement for periodical screening.

Whom should we vaccinate? What is the ideal time?

Vaccination can be given to the females as young as 9 years as well as in those aged 13 -26 years Ideally before the sexual exposure.

We all work together to prevent cervical cancer by primary prevention (HPV vaccination) and by secondary prevention (PAP SMEAR) and spread the

information to create more awareness.

Dr. Gayathri Meganathan
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📍 **Electronic City, Bengaluru**

The RSCA is a non-profit organization that promotes cultural activities and festivals for people of all backgrounds. They are organizing their annual Durga Puja from October 20 to 24, 2023, and welcome participation and donations. This year's event will be the first-ever pet-friendly Durga Puja in Bengaluru, aimed at challenging stereotypes and seeking support from "paw-partners" for its success.

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Passing the Torch of Leadership: BS International School Hosts Memorable Investiture Ceremony



In a remarkable display of leadership and commitment, BS International School conducted its highly anticipated Investiture Ceremony, appointing the new batch of Student Council leaders who will guide and represent the student body in Academic Year 2023-2024.

The ceremony was attended by Squadron Leader N Praveen Kumar Co-Founder and Chief Operations Officer at iDreamCareer as the chief guest.

The program commenced with welcoming and escorting the chief guest Squadron Mr. Leader N Praveen Kumar, Vice Chairman Mr. Shahid Vali, Dr. Jayaprakash, CEO OF HLC Ayurveda & Nature cure, Mr. Kalyan Biradar, CEO of BS International School by the School Principal Ms. Mildred Tauro and College Principal Ms. Jyothi. The Investiture Ceremony, held with great solemnity and pride, symbolized the passing of the torch from the outgoing student council members to the newly elected leaders. The event celebrated the values of integrity, responsibility, and service, which are deeply ingrained in the school's ethos.

The newly appointed student council members were then presented with their respective badges and took the oath of office, solemnly pledging to uphold the values of the school and serve as the voice of their peers. The oath taking ceremony was led by Mrs. Mildred Tauro, Principal of BS International School. The audience applauded as each leader proudly accepted their responsibilities.

In his address, the chief guest, Mr. N Praveen Kumar appreciated the efforts by the school for providing opportunities to the students.

The Investiture Ceremony at BS International School left an indelible mark on all those in attendance, inspiring students to embrace their roles as leaders, and fostering a sense of pride and unity within the school community.

The event concluded with the vote of thanks followed by the singing of the national anthem.

Encroachment of Footpaths and Roads



The encroachment of footpaths and roads near Shikaripalya and Golahalli Main Road, next to Wipro Gate Bus Stop @ ELCITA_IN and Anantha Nagar, is a significant problem. It results in pedestrian congestion, traffic jams, and safety hazards. Regrettably, this road has been poorly maintained and has worsened over the past three years. We urgently require the intervention of the Bengaluru (BLR) traffic police to address this issue. The footpath encroachment is causing numerous problems, and we kindly request the traffic police to take immediate action in clearing the road of encroachments. Restoring smooth traffic flow and ensuring pedestrian safety are of utmost importance.

Credit: @Namma_ECity , @MyblrmcityA.

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