

ELECTRONIC CITY CREDENCE

NAMMMA NEIGHBOURHOOD NEWS



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BVM Global students embark on a life-changing adventure in the Himalayas.









BVM Global Group of Schools In South India, proudly announces 75 students from its 5 CBSE schools participated in the Himalaya Outdoor Leadership Education (HOLP) program during the summer of 2023. Under the guidence of experienced mentors, the HOLP program empowered BVM students to develop essential leadership skills while exploring the majestic And awe-inspiring landscapes of the Himalayas. This unique initiative offered participants a transformative jourrney, blending outdoor adventure, cultural immersion, and leadership development in one unforgettable experience.





Hosur Road Subways - High Time To Restore



Electronic City Credence (ECC) conducted a survey to assess the condition of the underpasses in the Hosur Road Electronic City areas, including Kudlu, Singasandra, Huskur, Kithiganahalli, and Hebbagodi. With the first phase of the yellow line, running from Bommasandra to Central Silk Board, planned to open to the public in December 2023, there might be a surge in the number of pedestrians crossing the roads through the underpases. Therefore, the government must ensure safety, access, and connectivity for the community. The current state of the underpasses is unhygienic and lacks proper infrastructure. We strongly urge the government to take necessary actions to maintain the tunnels. The most sensible course of action would be to seek partnerships for the tunnels, which can improve area drainage, install camera surveillance, provide trash cans, allow advertising, and offer the opportunity to incorporate art and educational elements..

Power Shortage Hits Bad @Electronic City



Power outages are becoming increasingly predominant, with most of them being unscheduled, lasting 2-3 hours and continuously intermittent throughout the day. As the state's electricity demand has exceeded 15K MW, it is crucial to plan and effectively utilize renewable energy resources to meet the needs. Specifically Electronic City Phase 2, sub division - S13, Neeladri Road, Karuna Nagar, Doddathoguru, Ananth nagar, Kammasandra area, of Electronic city Phase-2 are seriously hit by the power cuts. Request BESCOM electronic city divisions to take appropriate action to ensure the Power Cuts are well informed and restore the balance between demand and supply.

Shikaripalya Lake Situation Is Deteriorating Every Passing Day

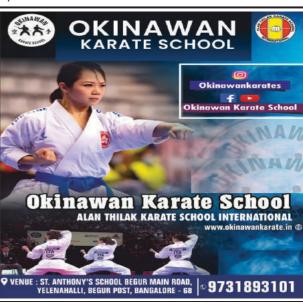




Shikaripalya Lake, situated close to Electronics City, has been saved from extinction. However, lake rejuvenation efforts have been in vain due to the Filtration lake being dismantled by Hulimangala Panchayat. The residents are struggling with a lack of proper drainage facilities, as the open drainage system leads to Rajakalve, ultimately flowing into Shikaripalya Lake. Unfortunately, the lake has significantly deteriorated, emitting a foul smell and remaining poorly maintained. Garbage and drainage are entering the lake, along with sewage. An Underground Drainage System is urgently required. It is high time to prevent garbage from entering the lake and request government authorities to take necessary actions to ensure the protection of water bodies.



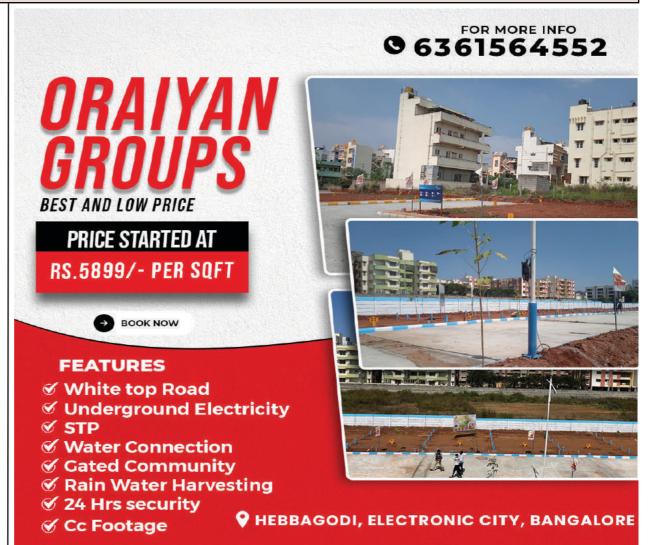








Important contact information Name Contact Numbers Ambulance 108 Bescom helpdesk 1912 Bescom helpdesk - Whatsapp number 8277884011 Police station - ecity 080-22943469 Bescom helpdesk - Whatsapp number 8277884012 Police station - ecity 080-22943470 Traffic Police Station - ecity 080-22943718 Fire station - ecity 080-22971576 / 77 Electronic city RTO office 080-26482851 BBMP - Bommanahalli 080-22660000 BBMP - Begur 080-25745300 Bangalore one - ecity 080-22955540 080-68016901 Kauvery hospital - ecity Narayana Hrudayalaya helpline 18003090309 Narayana Hrudayalaya emergency 7370073700 EPF office - Singasandra 080-25734590 BWSSB - Bommanahalli 080-22238888 BBMP - Citizens Grievances Redresse 9480688192 Cell, Begur ward - 192 - Cheluaraju BBMP Citizens Grievances Redressel Cell, Mangammanapalya ward 190 9480688190 Rajaaopala Babu - Citizens Grievances Redressel 9480688175 Cell, Bommanahalli ward 175 Chaitra S



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.

Priya Chandrasekar is the Head of Growth and Markeing at Mylopaws, At Pet care platform. Along with phone number and email ID priya@mylopaws.com

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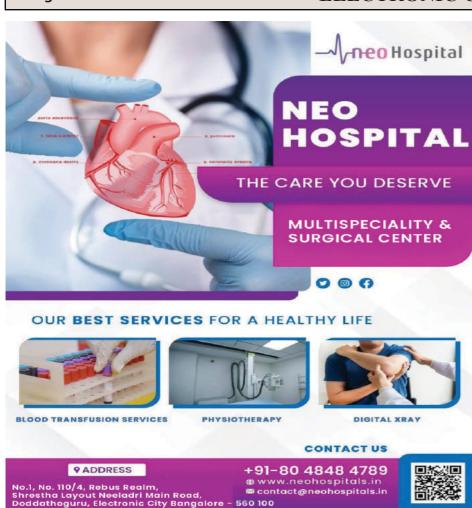
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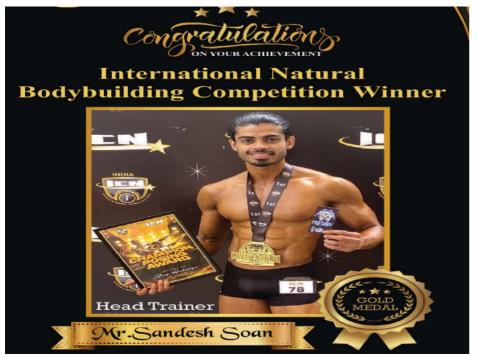
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Trainer At Hawk Fitness Won Gold



Mr. Sandesh Soan, a trainer at Hawk Fitness Electronic City Phase 1, has won a Gold Medal in the International Natural Bodybuilding competition. Congratulations

Sangeet Baithak at Taalmagic



On June 25, 2023 at SJR Equinox, Electronic City Phase 1,Mesmerising Sangeet Baithak, featuring the extraordinary talent of Smt. Durga Sharma Krishnan, Bengaluru's only female "A" grade Hindustani Classical Violinist! Hosted by TAALMAGIC TRUST, this enchanting evening promises to be a musical journey like no other.



Yoga Day At Yoga Mudra



On the occasion of International Yoga Day 2023, Yoga Mudras joyfully began their day by conducting yoga sessions for their offline practitioners in the studio premise of Wisdom Bees Pre-School. Also incorporated the practitioners of their Online studio Yoga Tirtha to experi -ence the bliss of Yoga. They had around 21 practitioners joining them to celebrate this year's global theme 'vasudaiva kutumbakam'.

They practised asanas, pranayama, mudras and a relaxation technique called Antar Mouna which was specially formulated on the global theme of "one earth, one family."

Connect with Yoga Mudras to experience more of the true essence of Yoga for a better and brighter tomorrow



Yoga Day Celebration @BS School



In a bid to promote health and well-being BSIS celebrated International Yoga Day with an invigorating yoga session. A trained yoga instructor of HLC Ayurveda and Nature Cure led the session, guiding the students through various yoga postures and breathing exercises.

Students stretched their bodies, practiced balancing poses, and focused on deep breathing techniques. The soothing music playing in the background added to the tranquil atmosphere. The event served as a reminder of the importance of physical and mental wellness, leaving everyone feeling refreshed and rejuvenated.

Blood Donors Day @BVM School



Special Assembly was conducted on 14th June to commemorate Blood Donors Day. Class 9 students created badges to educate their family about blood donation. As part of Karuna Club activity, class 7 students of BVM Global School went for a campaignto various locations to create awareness about why we need to donate blood to the public. Students held the school banner along with placards and boards raising slogans "Give blood, Save lives".

Our teachers Sindhu Mam and Shivarudra Sir guided us throughout the novel experence to make sure everything ran smoothly. People in cars and motor bikes stopped at regular intervals to look at us and our signboards.

We were able to explain the importance of blood donation to the passersby who were curious about what these children were up to. In the end, we sat in the bus talking to each other about blood donation and how exciting the campaign was. I would like to thank the school and our teachers for organising such an event and giving us a wonderful experience.

Arhan Chakraborty, 7A, BVM Global School, Bengaluru.

Gallstones By Dr. Javed



What is the gallbladder?

The gallbladder is a small, pear-shaped organ that is tucked under your liver. It stores bile, a fluid that helps the body break down fat. What are gallstones (#cholelithiasis)?

Gallstones are small stones that form inside the gallbladder.

What are the symptoms of gallstones?

- Belly pain Often on the right side just under the rib cage or in the middle top portion of the belly.
- Pain in the back or right shoulder
- Nausea and vomiting

Are gallstones serious?

Not usually. In some cases, they can lead to serious problems, including:

- Jaundice, a condition that turns your skin and eyes yellow (CHOLANGITIS)
- Infection of the gallbladder(MUCOCELE/PYOCELE)
- Gangrene in the gallbladder
- Inflammation of the pancreas (#Pancreatitis)

Is there a test for gallstones?

Yes, we can find out if you have gallstones by doing an imaging test, such as an ultrasound.

Author - Dr Javed Hussain, is a highly trained Laparoscopic and minimally invasive surgeon in Electronic City

You can follow/consult him @drjaved_best_gastrosurgeon or WhatsApp on 91007-56859





Breast Cancer Awareness

Breast cancer become the most common cancer in Indian women and has overtaken cervical cancer. And the most alarming is that it is being increasingly diagnosed at younger age in India compared to other western countries.

A women loses her life to breast cancer every 8 minutes in the nation.

What is Breast cancer?

A Cancer that forms in the cells of breasts. Mostly develop in women over the age of 50 but can occur in younger age group also. Most common in females but can occur in males also.

What are signs and symptoms of Breast cancer?



Note: All breast lumps are not cancer. Most of the lumps are fluid filled cysts or fibro adenoma (non-cancerous). You should always see a doctor for evaluation if any breast lump develops. Also normally breast shape and size alters during pregnancy and breast feeding.



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The Vedam School Inauguration @ ECity Phase 1





SASI Group has been imparting quality education across AP for 43 years now. They have created sensation in the field of education by winning several state and national awards. With their rich experience and strong roots in the field of education, they are setting foot in KARNATAKA with new brand "The VEDAM School", meeting the international standards of excellence in Education. The inauguration was led by Shri B Venu Gopalakrishna, Founder chairman, SASI group.

The Vedam School S.Bingipura Village, Bettadasanapura Bypass Rd, Electronic City,

Bengaluru - 560 105 Contact: 70369 00007 ELECTRONIC CITY CREDENCE
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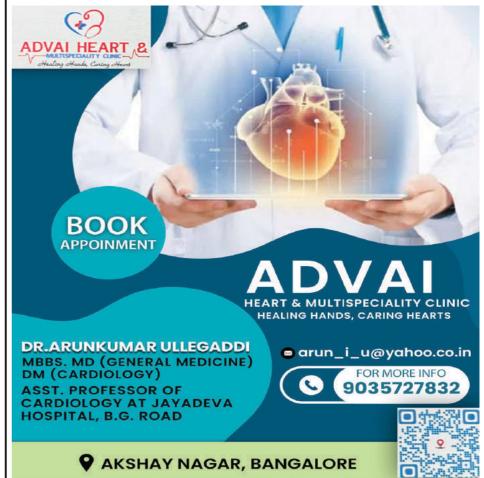
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Governor House Invitation To The Rainbow Socio Cultural Association



On the occasion of Bongo Dibos, the Rainbow Socio-Cultural Association of Ananth Nagar, Electronic City,was invited to the Governor's residence on 20th June 2023. The Honourable Governor of Karnataka, Shri. Thawar Chand Gehlot, met with the members of the association. Out of the 140 registered associations in Bengaluru, only 4 were selected, and the Rainbow Socio-Cultural Association is the sole representation from Electronic City.

