ELECTRONIC CITY CREDENCE

AMMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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Urge to Create a Pristine Surrounding





Concerned by the challenges faced, Electronic City Phase 1 residents emphasize the need for urgent action to tackle issues like widespread garbage dumping, inadequate lighting, and drainage problems in a bid to enhance the development of brand Bengaluru. The areas affected, including Gollahalli, Shikaripalya main roads, Zee School road, and Newton School road, require focused attention. The prevailing practice of relocating trash by the Hulimangala panchayat only exacerbates the situation. Local businesses' contribution to roadside dumping compounds the problem. Absence of efficient door-todoor collection has led to unsightly blackspots, while poor drainage seriously contaminates Shikaripalya lake, tarnishing the city's image. We urge the panchayat to take decisive steps towards effective waste management and sustainable development, thus contributing to a cleaner and more vibrant Bengaluru.



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Quick News Bites

- ECity Residents Demand Effective Waste Management for a Greener, Cleaner Future on Golahalli Main Road.
- Anekal Taluk's road condition near Chikkanayakanahalli, vital for schools and residents, remains neglected for over 8 years. Urgent infrastructure attention needed.
- Hosaroad's neglected state demands urgent repairs, posing a challenge for the crucial IT Corridor link between Bommanahalli & Sarjapur Road/ORR. Over 100 school buses struggling during the morning peak, impacting Brand Bengaluru.
- On Aug 10th, occupants near Saibaba Temple, Hulimavu BDA 80ft road, under Hulimavu Traffic Police, were cleared for pedestrian convenience.
- BMTC enhances commuter benefits: Adds 2 trips to NICE routes Summanahalli to Electronic City Wipro Gate (No.5A) and Nelamangala to Electronic City Wipro Gate (No.8).
- The first trains for Bengaluru's Electronics City Metro Corridor are set to be delivered by September, according to Umesh Chowdhary, MD, and CEO of Titagarh Rail.
- Attention Home Buyers: RERA Karnataka mandates transferring Common Areas to Allottee Associations. Form associations under section 10 of KOFA 1972, as Co-Operative Societies or a Company.
- Lack of bus stops forces students/public to wait on @NHAl_Official road in Chandapur.
 Urgent consideration needed for Bengaluru's brand development and commuter safety.
- Urgent government intervention required for Electronic City Phase 1 Neeladari Nagar. P.G. owners damaging infrastructure unchecked, necessitating immediate action.
- ELCITA surveyed with a tool to prevent underground utility damage, ensuring safety during road excavation in Electroniccity.
- EC Metro extension 2023, EC-1 & EC-2 stations. Surveying eco-friendly last-mile options: bus, BMTC, ELCITA shuttle, company transport, reducing pollution, congestion.
- Nationwide Celebrations Mark India's 77th Independence Day on August 15, Uniting Citizens in Patriotic Joy and Remembrance.



Air Pollution : Taking a deep Breath Shouldn't Come with Worries

The Air Quality Index (AQI) is a standardised system used to communicate the quality of the air in a specific area to the general public. It provides information about how clean or polluted the air is and what potential health effects might be associated with different levels of air pollution. The AQI is typically reported on a scale from 0 to 500, with higher values indicating worse air quality.

Range (AQI)	Impact	
0 - 50	Satisfactory	
51 - 100	Moderate	
101 - 150	Unhealthy (Sensitive Groups)	
151 -200	Unhealthy	
201 -300	Very Unhealthy	
301 - 500	Hazardous	

Electronic City reports last two weeks (till 16 August) are and with the average of 84.5 which is Moderate with Air quality is acceptable; however, there may be a slight concern for some individuals who are unusually sensitive to air pollution. "Revamp transit, promote E-bikes, plant green, curb emissions."

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77th Independence Day Celebration at Shriram Signiaa, Electronic City, Bengaluru





The vibrant community of Shriram Signiaa in ECity united patriotically to celebrate India's 77th Independence Day. The event featured a dynamic "Tiranga Yatra" procession led by volunteers, along with vibrant cultural performances and eloquent speeches by both children and adults. The community's commitment to unity, diversity, and patriotism was evident. President Jagannath Hirekodi emphasized the importance of preserving heritage and fostering collaboration. The celebration epitomized the fusion of tradition and modernity, reinforcing India's identity. The event united residents in upholding the nation's values and aspirations as the sun set on the commemorative day.

Independence day - IIHMR Hulimangala Rd



The IIHMR Institute of Health Management Research in Bangalore celebrated the 77th Independence Day with enthusiasm at its Electronic City campus. The event showcased patriotic fervor through various activities and honored India's freedom with pride.

Important contact information

FOOD & GENERAL

Name	Contact Numbers
Ambulance	108
Bescom helpdesk	1912
Bescom helpdesk - Whatsapp No	8277884011
Police station - ecity	080-22943469
Taffic 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
Kauvery hospital - ecity	080-68016901
Narayana Hrudayalaya helpline	18003090309
Narayana Hrudayalaya emergency	7370073700
EPF office - Singasandra	080-25734590
BWSSB - Bammanahalli	080-22238888
BBMP - Citizens Grievances Redressel Cell, Begur ward 192 - Cheluaraju	9480688192
BBMp Citizens Grievnces Redressel Cell, Mangammanapalya ward 190 - Rajagopala Babu	9480688190
BBMp Citizens Grievnces Redressel Cell, Bommanahalli ward 175 - Chaitra S	9480688175

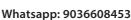
Pet Adoption vs. Buying: Making an Ethical Choice

When deciding between pet adoption and purchasing, ethical considerations should guide your choice. Adopting from shelters saves lives, aids animal welfare efforts, and addresses overpopulation. Shelter animals offer companionship, loyalty, and appreciation, making them gratifying additions to your life. A diverse range of



pets, including specific breeds, can be found, each with a unique personality fit for various lifestyles. This choice contributes to responsible pet ownership and brings joy while knowing you've provided a home to a pet in need.On the other hand, buying pets from puppy mills and backyard breeders perpetuates cruel practices. Puppy mills prioritize profit over animal welfare, leading to health and behavioral problems in their poorly cared-for animals. Backyard breeders lack ethical standards and understanding, contributing to overpopulation and neglect. Pets from these sources often suffer from genetic defects, infections, and developmental issues. Supporting such practices inadvertently endorses animal abuse. Before deciding, assess your readiness for a lifelong commitment and consider adopting from shelters to offer a loving home to an animal in need. Remember, every purchase from mills or breeders denies a shelter animal a chance at a home. Your ethical choice can make a significant impact.

Priya Chandrasekar Head of Growth and Marketing at Mylopaws, A Pet care platform. priya@mylopaws.com Mylopaws







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Managing Premenstrual Syndrome (PMS)

Key points

PMS is the name given to the physical and emotional symptoms affecting your daily life in the 2 weeks before you have your periods and these symptoms usually get better once your periods starts.

You should record your symptoms in a diary over two menstrual cycles in a row to help your doctor to make a diagnosis.

There are wide range of options to help manage your symptoms and allow you to get on with daily life and whatever option you choose ,continue to keep a symtoms diary for atleast 2-3 months as this helps to see whether a particular treatment is working.

What is PMS?

Nearly all women have some premenstrual symptoms before the periods. PMS is name given to physical and emotional symptoms affecting your daily life in the 2 weeks before you have your periods and usually gets better when periods starts. Each woman's symtoms are different, but most common include mood swings, feeling depressed, irritable or bad tempered, feeling upset ,anxious or emotional, tiredness or having trouble sleeping, headache ,change in appetite or cravings, feeling clumsy, fluid retention and feeling bloated, changes to skin or hair, sore or tender breasts.

Symptoms can vary month to month, but tend to form a pattern over time .Between 2-4 in 100 women gets PMS sever enough to prevent them from getting on with their daily activates.

What causes PMS?

The exact cause of PMS is not known. It could be linked to the changes in the level of your hormones during your menstrual cycle. and body chemicals and neurotransmitters such serotonin and gamma-aminobutyric acid.

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Rainbow Socio-Cultural Association



Gone are those days when people used to miss the festivals of hometown. Bengalees in Bangalore can now enjoy the extravagance and traditions of Durga Puja in Bangalore itself. Rainbow socio cultural Association this year brings in the largest Durga idol in electronic city, reminding Bengalees of the spectacular display of Kolkata. The flea market will add on to the festive carnival flavour of the event. Gala celebrity programmes will entertain local Bengalees away from home. To add on to the spectacle of the event, Rainbow socio cultural Association is organising the first-ever pet friendly Durga Puja in Bangalore, where people can enjoy the gala events as a whole family. Arrangements will be made for all, whether they have pets or not. If you are in Bangalore this Puja, Rainbow socio cultural Association's Durga Puja event is the place to go.

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MapleBear Canadian Pre-school



The COO of Maple Bear Global Schools, Canada Mr. Sunil Sudhakar visited the Maple Bear Canadian Pre-school, Singasandra, Bengaluru today, 11th August 2023.

Mr. Sunil told E-city News that it's a routine visit to schools to interact with kids, Staff, Teachers, and management committees of the schools to understand the ground reality to ensure the best learning experience for the kids

He added that Maple Bear Global Schools currently serves in 39 countries with 580+ plus schools having 55,000 students worldwide & counting to serve beyond the borders https://www.maplebearsouthasia.com/singasandra/https://www.facebook.com/maplebearsingasandra/

Mr. Shivaprasad S B, Centre Director of Maple Bear Canadian Pre-school Singasandra thanked Mr. Sunil Sudhakar and the Maple Bear Global schools for extending international Pre-schooling with high standards to India

BVM - Radio Show



I was quite ecstatic when I was selected for the radio show. It was a unique program as a part of the Literary Club. The radio show was a wonderful experience for my teammates Manasvi, Ekambir, Narayan and Adithi. Our teacher Madhuparna mam guided us in the intonation and pronunciation.

I played the role of R.K Narayan who was one of the greatest writers. He has authored many novels and stories. My experience of representing him in the interview format with Ekambir was quite enriching in nature. I learnt to change my voice and pause after every word and to be relaxed throughout the program. My friends read one of his stories "A Snake in the Grass" to bring out the subtle humour in life.

I also read the stories of R.K Narayan written in a simple yet touching manner. The learning outcome from this experience was the understanding of the lifestyle of R.K Narayan and his down-to-earth stories, striking an instant chord. Overall, this gave me a clear view of how a radio show is being done in reality and the factors controlling its success.

Dheenadayalan, VII C

BVM Global School

Bengaluru

Greenwood Pre-school



Show and Tell - LKG and UKG

Presentation skills are important in the Kindergarten, as it helps in vocabulary building and instill confidence in a child. A Talk-Show activity had been organized for our preschoolers in school. They completely floored us with their superb performance. LKG put up a presentation on 5 senses, while UKG spoke interesting facts on their families. The day culminated with some family games with our UKG parents.

Here are some of the pictures captured during the day!!

one of the pictures captured during the day:

BVM - French Day



The French Day was commemorated by organizing a special assembly. I was part of a group selected for singing a beautiful French song called á la Claire Fontaine. It was a wonderful experience learning this French song to recite in co-ordination. Everything about the song, the lilting music, melodious tune, perfect pitchinspired

us to render it flawlessly. When we rehearsed with the musical instrument, it came out well to our satisfaction. All of us were very enthusiastic to perform and garnered appreciation for the same.

There was a skit about Joan of Arc by class 9 students who brought the emotions of bravery, kindness and helplessness beautifully. The cast comprised a batch of students who glided through the scenes effortlessly. The story motivated students to develop patriotic feelings for the country.

Charts about famous French personalities were exhibited to help widen the knowledge about French.Overall, it was an amazing experience in terms of learning more about French day.

Siri Sathish, VII C BVM Global School, Bengaluru.

Trinidad and Tobago Hosts 2023 Commonwealth Youth Games

The Islands of Trinidad and Tobago successfully hosted the seventh Commonwealth Youth Games from August 4 to 11, 2023. Over 1000 athletes and para athletes aged 14-18 participated in seven sports, guided by 500+ officials. This event serves as a crucial platform for nurturing young talents and future leaders in sports across the Commonwealth. Originally awarded for 2021, the Games were rescheduled due to the global pandemic's impact on the international sport calendar. The diverse sporting events were spread across both islands, offering a vibrant showcase of the country's culture and

Commonwealth Youth Games 2023: Indian medallists



Athlete	Sport	Event	Medal
Shoan Ganguly	Swimming	Men's 400m individual medly	Silver
Asha Kiran Barla	Athletics	Women's 800m	Silver
Anupriya Valliyot Sasi	Athletics	Women's shot put	Bronze
Pooja	Athletics	Women's high jump	Bronze
Arjun	Athletics	Men's javelin throw	Bronze

Thrilling Victory for 9 Star Cricket Academy on Independence Day U13 Match



In a thrilling U13 Independence Day League match at TCG Ground, Bengaluru, 9 Star Cricket Academy emerged victorious, defeating NSVSOC by 15 runs. Batting first, 9 Star set a competitive total of 153/7 in their 20 overs, thanks to stellar performances from Nishchay and Ayush Kumar, who were named the Most Valuable Players. NSVSOC fought hard but managed 138/8 in their 20 overs, falling short by 15 runs. The match showcased young talent, determination, and a true spirit of cricket on this special day. The players' exceptional skills and teamwork highlighted the significance of sportsmanship and friendly competition.

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Duo City Layout, Basapura, Electronic City Celebration of Independence Day



An event driven by the residents to show their unity. Independence day celebrations began with a rally by the kids with Cycles & Skates. The slogans "Vande mataram" and "Bolo Bharat Mata ki jai" were called out loud during the rally to bring out the country spirit within the younger community.

March Past Parade, Flag hoisting by the senior citizens of the community followed by Speech ,Dance, Singing and Instrumental performances by the children made the event entertaining. This was followed by a community breakfast. The residents felt happy and looked forward for more such community gatherings.

Cultural Co-ordinator,

Uma Muthu

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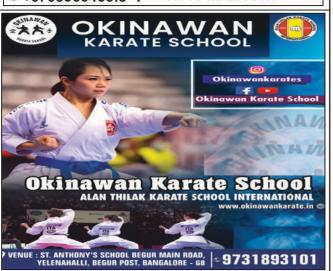




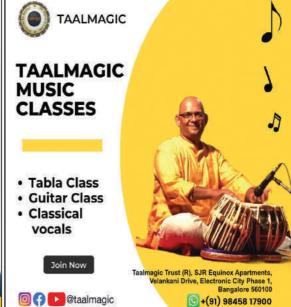
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