

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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Frequent Power Cuts in EC Phase 1 and Phase 2



As the monsoon season has commenced, power outages have become predominant in September, and most of them are unscheduled, lasting 2-3 hours, continuously interrupting the day. Since the state has crossed the surge demand of 15K MW, infrastructure planning and effective use of renewable energy are critical to meet the need. Specifically, Electronic City Phase 1, Neeladri Road, Doddathoguru, Chikkathoguru, Velankini (under 66/11KV Keonic City MUSS), and Electronic City Phase 2, Anantha Nagara, Kammasandra area, of Electronic City Phase-2 are seriously affected by the power cuts. Request BESCOM Electronic City divisions to take appropriate action to ensure that power cuts are well-informed and restore the demand and supply.

Quick News Bites

- 01** Basavanapura Lake sees returning birds, yet water quality concerns remain. The walkpath remains unfinished. @BBMPCOMM, please prioritize clearing diversion channels ahead of the monsoon.
- 02** Doddanagamangala road, high traffic, school buses, flats-urgent need for underpass/flyover to prevent future accidents. Hope authorities act.
- 03** The complex issues plaguing Neotown Road in ElectronicCity, including garbage, parking, and lighting problems, have left residents frustrated, demanding swift BBMP action.
- 04** Urgent action is needed to address the alarming garbage problem near Golaha -lli Junction, outside @ELCITA_IN, and in Hebbagodi to enhance Brand Bengaluru.
- 05** Unsheduled power cuts in Electronic City Phase 1, Neeladri Road, Doddathoguru, Chikkathoguru, Velankini, and Phase 2 call for BESCOM infrastructure upgrades.
- 06** No street light near Abdul Kalam Circle, Bettadasanapura main road, near electronic city 1. @ecitytrfps, please address this issue promptly.
- 07** Bengaluru faces a rising dengue threat with a severe platelet shortage; combat the outbreak by keeping surroundings clean, using mosquito nets, and reporting symptoms promptly.
- 08** Kauvery BEAT's second iteration on September 24, 2023, lets you walk, run, or cycle with family, honoring Bengaluru's sports community for World Heart Day. Register at townscript.com. <https://www.townscript.com/e/kauvery-beat-2023-243013>
- 09** Join Rainbow Socio Cultural Association's Durga Puja 2023 at Prakruthi Vilasa Convention Hall, Electronic City Phase 2. Vibrant celebrations for all!
- 10** Agrani Socio Cultural Association will host a grand Durga Pooja event at Ittina Neela Apartment Ground, Electronic City Phase 2, starting October 20, 2023.

RK Baliga: The Visionary Founder of India's Silicon Valley



Rama Krishna Baliga is indeed recognized as the visionary behind the establishment of Electronics City in Bangalore, India. In the early 1970s, Baliga conceived the idea of transforming Bangalore into India's Silicon Valley. Despite skepticism, Chief Minister D. Devaraj Urs appointed him as Chairman of the Karnataka State Electronics Development Corporation (KEONICS) in 1976. Under Baliga's leadership, KEONICS founded Electronics City in 1978, spanning 332 acres near Bangalore.

Baliga's tenure until 1983 saw the hub's initial growth, attracting several firms. However, Electronics City truly flourished after India's economic liberalization in the 1990s. As per KEONICS' official website, Electronics City now hosts over 100 tech and electronics companies, providing employment to more than 60,000 individuals. RK Baliga's vision and leadership played a pivotal role in establishing Electronics City as a prominent technology hub in India, fulfilling his dream of a Silicon Valley equivalent in Bangalore.

Adopting Special Needs Pets

When wanting to add a new furry friend to their lives, people and families considering the adoption of special needs animals may find it to be a fulfilling and humane decision. If you're considering adopting a pet with special needs, take into account the following factors and advice:

Recognize the Commitment:

Pets with special needs may require more time, energy, and resources than animals in good health. Be ready to devote over a lengthy period of time.

Determine Your Lifestyle:

To make sure you can provide the required care and accommodations, take into account your daily routine, housing circumstances, and financial stability.



Consult with specialists or veterinarians:

Consult with veterinarians or other experts who are knowledgeable about the particular condition of the animal you're thinking about adopting. They can offer useful details regarding the requirements and potential expenses for the pet.

Modify Your Home As Necessary:

You might need to make adjustments to your home, such as adding ramps, creating a secure environment, or changing the living space to suit the needs of the pet, depending on their impairment.

Be understanding and patient:

Individual needs As they adjust to their new environment, pets may need more time and consideration. Be ready for possible behavioral issues, and focus on socialization and training.

Ensure life quality:

Your pet's quality of life should be your top priority when it comes to special requirements. This includes offering a loving environment, emotional support, and physical care.

Raising Awareness

Adopting a pet with unique needs not only benefits that particular animal but also promotes awareness of the value of caring for animals who have special needs. Share your knowledge and inform others about the advantages of adopting pets with special needs. To create a happy and healthy life together, you must be well prepared and devoted to satisfying their specific needs. Special needs pets give the same amount of love or even more.

Priya Chandrasekar, Head of Growth and Marketing at Mylopaws,

A Pet care platform. | priya@mylopaws.com | Whatsapp: 9036608453

Shikaripalya Main Road in Disarray Condition



Residents near shikaripalya agitated about the bad state of the Road between wipro gate towards Maragondanahalli .Hulimangala Panchayat should asphalte the road to avoid traffic congestion, accidents, vehicle damage, increased travel times, and decreased road safety.

Important contact information

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

Trekking On Weekends



Skandagiri is Located in Coorg, Karnataka

The peak is at an altitude of about 1450 meters

Trek Distance: 8 km trek, Best time to visit from September - December.



Bandaje Falls is Located in Charmadi Ghats area of the western ghats, Karnataka

A moderate trek of 6-7 km takes about 7-8 hours for a return visit. Best time to visit is from September to february.



Kurinjal is Located in Kudremukh National Park of Chikmagalur district, Karnataka

Altitude : 5,751 ft above sea level. Trek Distance:14 Km (To & Fro). Best travel time to visit September to March.



Dudhsagar Trek & Dandeli Rafting is located in Mandovi River in Goa, which is 60 km away from Panaji by road

Altitude : 310m. Trek Distance: 14 km long trek (one side) that takes around 6-7 hours. Best travel time: july - december.

Celebrating Ganesha Chaturthi with Modaks



Let's celebrate Ganesha Chaturthi by preparing Lord Ganesha's favorite snack, Modak. Here we go!

Ingredients:

For Outer Shell:

1 cup rice flour

1 cup water

Pinch of salt

1 tsp ghee

For Sweet Filling:

1 cup grated coconut

1 cup jaggery (or sugar)

1/2 tsp cardamom powder

Pinch of salt

Instructions:

- Cook coconut and jaggery until melted and combined (5-7 mins). Add cardamom and salt.

Let it cool.

- Boil water with salt and ghee. Mix in rice flour to make a dough. Allow it to cool.
- Flatten dough into discs. Add sweet filling in the center. Shape into dumplings.
- Steam for 10-12 mins until translucent and glossy.

Offer these Modaks to Lord Ganesha, seek His blessings, and wish you and your family a joyful and Happy Ganesha Chaturthi!!!

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How colorectal cancer (CRC) risks can be kept at bay

Introduction/Background: Colorectal cancer one of the leading cause of cancer death in the western world *. India is not lagging behind.

Cancer risks: Environmental factors contribute to 95% of all the colorectal cancers seen. Risk factors include Sedentary lifestyle, Stress, Obesity, lack of exercise, smoking, Alcohol, fast food, excess red meat, lack of fibre. Food, water and Air pollution play a role. The genetic cancers account to 5%.

Prevention and Treatment: Prevention is better than cure. While CRC is not entirely preventable, Risk reduction with Awareness, a healthy lifestyle, regular exercise, and balanced diet with fruit, vegetables, whole grains and foods containing fibre can be done. Screening has its role.

Lifestyle changes: Get a daily dose of exercise and keep your weight in check. Avoid being overweight.



Colon Cancer in Women

Early Stage Symptoms

- Changes in bowel habits
- Bloody stools
- Pain or cramping in the abdomen
- Unintended weight loss

Advanced Stage Symptoms

- Cancer spreading to lymph nodes
- Cancer spreading to liver and other organs
- Bowel obstructions

Awareness: Creating awareness is half job done. Spreading symptom awareness of early warning signs of colo-rectal cancer is paramount.

Dietary changes: Stick to the traditional home-cooked food rich in balanced nutrients and greens. Fresh, lean meat which is cooked slowly at moderate temperature is preferable when opting for a non-vegetarian meal. Furthermore, a diet rich in fibre, fruit, vegetables, folate, calcium and vitamin D can help reduce your risk of colorectal cancer.

Toileting changes: As important as eating healthy is evacuation of the waste. An unhealthy toilet habit and toileting positions can lead to stools rich in toxic metabolites such as ammonia. This causes damage to the lining of the colon and rectum. The damage triggers a change in the cells which are precursors for cancers. This is very true of the Western system of toilets where the evacuation can be incomplete. Indian toilets or Squatty potties are recommended.

Screening: Colonoscopy is the gold standard. A routine check after the age of 40 years can be useful in high risk or symptomatic patients.

References:

*National Cancer Institute

Dr. Narasimhaiah Srinivasaiah

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Combat Dengue: Protect YourCity, Protect Yourself



In Bengaluru, dengue cases are on the rise, and the city is facing a critical shortage of platelets. It's crucial for every Bangalorean to take action to combat dengue:

Maintain Clean Surroundings: Dispose of stagnant water, old tires, and other potential mosquito breeding sites around your home. Preventing mosquito breeding is the first line of defense.

Dispose of Garbage Properly: Use covered bins for garbage disposal to avoid attracting mosquitoes.

Know the Symptoms: Be aware of dengue symptoms like high fever, severe headache, joint pain, and rash. Early detection is key.

Stay Hydrated: Drink plenty of fluids and eat hydrating foods like water-rich fruits to prevent dehydration.

Seek Immediate Healthcare: If you suspect dengue, consult a healthcare professional promptly. Timely medical care can prevent complications.

World Ozone Day – 16th September

The ozone layer sits in the stratosphere between 15 km and 30 km above the earth and shields us and other living things from the sun's harmful ultraviolet radiation. Ozone layer depletion could have serious effects on human health and the environment.

In 1994, the United Nations General Assembly proclaimed 16 September the International Day for the Preservation of the Ozone Layer.

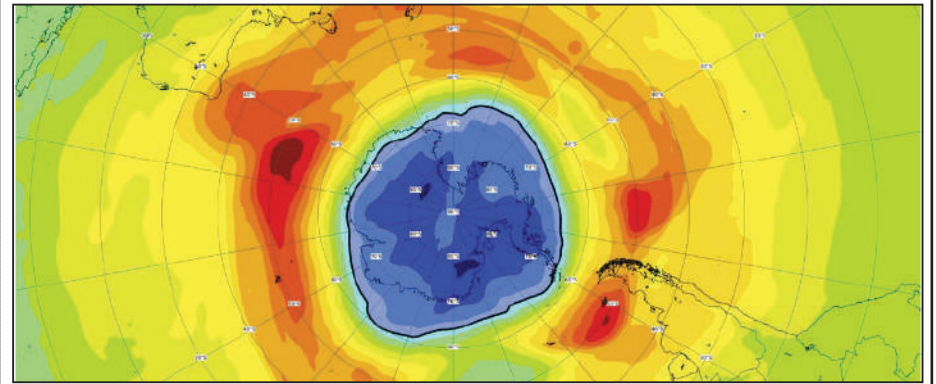
The theme for the 2023 International Day for the Preservation of the Ozone Layer, to be marked on 16 September, is Montreal Protocol: fixing the ozone layer and reducing climate change.



Scientists have discovered a hole in the ozone layer over the Antarctic. This has focused their concern on various environmental issues and steps to control them. The main reasons for the ozone hole are chlorofluorocarbons, carbon tetrachloride, methyl bromide and hydrochlorofluorocarbons.

Ozone layer depletion is the gradual thinning of the earth's ozone layer in the upper

atmosphere caused due to the release of chemical compounds containing gaseous bromine or chlorine from industries or other human activities.



Here are some habits and actions we can take to contribute to ozone layer protection:

- Replace old appliances like refrigerators and air conditioners that use CFCs with more ozone-friendly alternatives.
- Look for products labeled as ozone-friendly, which often use alternatives that are less harmful to the ozone layer.
- By doing carpooling
- Try using public transport.
- Drive electric car.

Kids can play a significant role in protecting the ozone layer by learning about the issue and taking simple actions in their daily lives. Learn about the ozone layer, its importance, and the causes of ozone depletion. Understand how human activities, such as the use of certain chemicals, contribute to the problem.

Remember that even small actions can have a big impact when many people come together to protect the environment. Kids have a powerful voice and can influence positive change in their families and communities by promoting ozone layer protection and environmental awareness.

Meraki - BVM Global



BVM Global Bengaluru, the school which aims at bringing about the psychological, social and cultural growth of the student through a holistic approach. They believe in simplicity and growth which are much appreciated by the parent community.

BVM Global Bengaluru organised the much awaited second edition of BVM Meraki, an exhibition of artwork done by the students.

The chief Guest Mr. Shailesh BO, resident artist Cholamandalam artist village Chennai appreciated and enjoyed viewing the creatives of the students.

The Parents Teachers Association of BVM Global Bengaluru along with parent volunteers handled this event during the project day 2023. This is an initiative to create awareness on social responsibility in our children by supporting a social cause through their own work of art. However, this will not be possible without the support of parents and teachers whose voluntary contributions through the purchase of the art work will be donated to an orphanage.

Eco-friendly Ganesha Idol-Making Activity At Samsidh E-City



Eco-friendly Ganesha idols are encouraged at Samsidh to raise awareness about the harmful impact of Ganesha idols made with POP and other chemicals and to promote eco-friendly practices. Through this activity, students learned how to make Ganesha idols using natural and biodegradable material, such as clay which will not harm the environment while immersed in water. For our pre-primary tiny tots Ganesha Idol making was conducted as a parent connect activity, where they made the eco-friendly idols along with their parents, grandparents, and siblings as well. We were proud to see our students of Grades 1 to 10 participating in the Ganesha Idol-making activity irrespective of religion with loads of enthusiasm and zeal.

We are extremely happy to ignite the spirit of growing beyond religion in our students and spread happiness by gifting the Ganesha Idols to their friends and neighbors.

Net Kill Sports @ JP Sports Academy Shines!



RUNNERUP



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Recent Junior Badminton Tournament on September 3rd: Saanvi secured runner-up, Anshika reached semi-finals, both from Net Kill Sports @ JP Sports Academy (Chikkakamma Halli). Congratulations on their outstanding performances!

India Wins Hockey 5s Asia Cup 2023



India's men's hockey team clinched victory in the Hockey 5s Asia Cup 2023 in Salalah, Oman, defeating Pakistan in a thrilling penalty shootout. This marks India's second hockey triumph in Salalah, following the Junior Asia Cup Gold in June. Their exceptional performance secures their spot at the Hockey5s World Cup in Oman next year, a testament to the players' unwavering dedication and inspiring determination. Congratulations to the champions!

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Kauvery_BEAT_Isback



The second iteration of Kauvery BEAT is back . On September 24, 2023, Kauvery hospitals is holding an event where you and your family can walk, run, or cycle together in honour of the beating heart of the Bengaluru sports community. So join forces with the rest of Bengaluru for a fun-filled event to honour World Heart Day, which falls on September 29 every year.

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Electronic City Cultural Association



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ECCA initiated its Sarvajanan Durgotsav in 2012 in Electronic City, aiming to rekindle cherished memories. Held at White Feathers annually for the past 11 years, it has become a prominent fixture on Bangalore's Durga Puja circuit, attracting thousands of daily visitors. It stands as one of Bangalore's largest and most diverse Durga Puja celebrations, uniting communities and backgrounds.