NAMMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura Akshaya Nagar to Ananth Nagar 20th Aug - 02nd Sep 2023 **Free Circulation** Volume 1 : Issue 5 8 Pages Chikkanagamangala Lake Contamination **KANJIRA AYURVEDA & BEAUTY CLINIC** ANJIRA ESTD.1982 (An ISO 9001:2008 Certified Company) 40 Years Of Tradition, Experienced Ayurvedic Doctors **Traditional Healers & Therapists** Ayurvedic Massage & Treatments **Beauty Therapies** Postnatal Care Body massages, Pain Relief, Body Shaping, Skin Glow Detoxification, Weight Loss, Body Shaping, Body Strength Boosting, Rejuvenation, De-Stress, Hair Care, Women He -alth, Body Care, Sexual Health, PostnatalCare, Doctor Consultation & Counselling. Fish kill at Chikkanagamangala lake in Anekal taluk raised concerns as residents claim **Q** Branch: No 112, Ramareddy Layout, Doddathugur, contamination from a waste management plant. Leachate diversion by Bengaluru Solid Electronic City, Bangalore-560100 Waste Management Limited is alleged, but the plant denies the charge, emphasizing residents' opposition to the plant's presence. www.kanjiraayurvedic.com Leachate management is an important aspect of landfill operations to prevent contam-Mob: 8592858304 / 8592943128 ination of groundwater and surrounding soil. Proper containment, collection, and treat-Kerala | Karnataka | Tamil Nadu ment of leachate are essential to minimize the environmental impact of landfills. Maharashtra | Kuwait | Singapore Credit:@kirantn FOR APPOINTMENT SBMV GIFT SPRIT 080 4589 5800 LY BEAUTY SAL 96069 46613 BFF BEAUTY BASH: 15% off for groups of 2 or **VISIT OUR STORE** more! To buy exclusive gifting products SCAN QR TO FOLLOW OUR INSTAGRAM PAGE **OUR SERVICES CUT & STYLE** TREATMENTS • KIDS TOYS FLAT • HOME DECOR & % **O**E **FURNISHING** CUSTOMISED GIFTS COLOR SERVICES NAIL BAR CORPORATE GIFTS • RETURN GIFTS 9 1023, GEETHA ARCADE, 1st Phase Ananthanagar, Kammasandra 2nd Floor, Geetha Arcade, opposite Reliance Bangalore-560100 Smart, 1st Cross Rd, Ananth Nagar, Electronic City, Phase 2, Bengaluru, Karnataka - 560100 **Opposite to Reliance Smart point**

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20th Aug - 02nd Sep 2023

Quick News Bites							
01	Dead fish at Chikkanagamanga Lake alarm locals. Suspected SWM plant leachate. Urgent investigation for ecosystem protection.						
02	Hazardous Neeladri Road situation continues in Electronic City Phase I, with wires on pathways; BESCOM intervention urgently needed.						
03	Konappana Agrahara, Doddanagamangala turning into dump site alarms. BBMP action needed urgently for effective resolution.						
04	Bengaluru taxpayers face bus commuter hardships: no shelters at Electronic City, Silk Board, Madiwala. BBMP neglects urgent needs.						
05	KERC drafts rules for mandatory installation of prepaid smart meters, ensuring fair charges and accurate billing based on actual electricity usage.						
06	BMTC Adds 2 trips to NICE routes - Summanahalli to Electronic City Wipro Gate (No.5A) and Nelamangala to Electronic City Wipro Gate (No.8).						
07	EPFO Bengaluru (Ecity) hosted "NIDHI AAP KE NIKAT" on Aug 28, facilitating interaction with EPF members, employers, and EPS pensioners.						
08	BMTC Launches Four New AC Bus Services on Brigade Road to Electronics City Wipro Gate Route (V G-3) via Adugodi, Madiwala, and Bommanahalli.						
09	Join Durga Puja 2023 at Prakruthi Vilasa Convention Hall by Rainbow Socio Cultural Association. Vibrant decor, parking, cultural programs; all welcome!						
10	Bongodol Bengaluru presents Durga Puja 2023 from Oct 20th to 24th at 27th Cross, Ananthnagar, Electronic City Phase 2, Bengaluru. Join the festivities!						
	AC Bus Service: Brigade Road to Electronics City route V G-3						

GENERAL

The Bangalore Metropolitan Transport Corporation (BMTC) has recently introduced four new air-conditioned bus services operating on the Brigade Road to Electronics City Wipro Gate route, designated as route number V G-3. This route encompasses the areas of Adugodi, Madiwala, and Bommanahalli. The schedule for departure timings on route V G-3 is outlined as follows: From Brigade Road:

• 7:05 am

Page 02

- 7:35 am
- 8:05 am
- 8:35 am
- 10:30 am
- 11:00 am
- 11:30 am
- 12:00 pm (noon)
- 5:30 pm
- 6:00 pm
- 6:30 pm
- 7:00 pm
- 8:40 pm
- 9:10 pm
- 9:40 pm

• 10:10,pm

From Electronics City, Wipro Gate:

- 5:20 am
- 5:50 am
- 6:20 am
- 6:50 am
- 9:30 am

- 8:00 pm
- 8:30 pm

These air-conditioned buses provide commuters with a comfortable and efficient transportation option between Brigade Road and Electronics City Wipro Gate, passing through key locations like Adugodi, Madiwala, and Bommanahalli.

Bengaluru Metro's E-City Extension Faces Delay



The launch of the RV Road-Bommasandra Line (Yellow Line) extension for Bengaluru Metro's Reach-5 has been delayed due to the deferment of the first batch of six-car train sets until mid-October. Titagarh Wagons and China Railway Rolling Stock Corporation are supplying coaches for the line, facing delays in components supply. This affects the proposed December launch. All trains expected by July 2024.

No Bus Shelters



Neglected Bengaluru taxpayers endure daily hardships at Electronic City, Silk Board, and Madiwala. Inter-state travelers lack basic bus shelters, left standing in dire conditions. Urgent attention needed from Bangalore administration BBMP for improved facilities and commuter well-being.

Credit:@BengaluruWoes



Neeladri Road, Electronic City Phase I in Bengaluru is hazardous due to unattended internet fibernet wires strewn along sidewalks. Urgent attention is needed from @Namma-BESCOM, @BescomHelpline, and @ACTFibernet to address this safety concern and clear the area.

Credit:@SathyaMKarthik

- 9:00 am
- 4:05 pm
- 4:35 pm
- 5:05 pm
- 7:00 pm

• 10:00 am • 10:30 am • 3:35 pm

- 7:30 pm

Important contact information

Name	Contact Numbers	
BESCOM	1912	
BWSSB	1916	
BMRC	080 2519109 / 180042512345	
BMTC	080 22483777	
BBMP	1533	
Police	100	
Fire Control Room	101	
Ambulance	102	
National Emergency Number	112	
Traffic Police	103	
Women Helpline	181/1091	
Medical Helpline	109	
Railway Enquiry	139	
Anti Corruption Helpline	1031	
Cyber crime	1930	
Road Accident Emergency Service	1073	
LPG Emergency Helpline number	1906	
Blood Bank Information	1910	
Senior Citizen Helpline	1091/1291	
Auto Rickshaw Complaint	08022868444 /08022868550	

Making a Difference Without Adopting a Pet Through Passive Adoption

Passive adoption offers a way to support animal welfare and conservation without adopting a pet directly. This concept holds importance for those who can't adopt due to various reasons. It involves:



Financial Support: Shelters and organizations rely on funds. Passive adopters provide financial aid for animal care, aiding those awaiting permanent homes.

Education and Awareness: Passive adopters often become advocates, raising awareness about adoption, spaying/neutering, and responsible ownership.

Overcrowding Relief: By sponsoring shelters and adoption campaigns, passive adopters indirectly help reduce euthanasia due to resource constraints. Wildlife Protection: Passive adoption supports conservation, habitat preservation, and research, aiding endangered species.

Key Points:

Passive adoption, or "virtual adoption," involves financially supporting shelters, sanctuaries, or conservation groups. Engagement involves monetary contributions for animal needs.

Sponsorship programs offer updates on sponsored animals. Wildlife conservation is also supported through passive adoption.

Emotional Connection:

Despite not housing the animals, passive adopters form emotional bonds through updates and pictures. It's a way to actively contribute to animal welfare and bridge the gap between non-adopters and animals in need. Priya Chandrasekar is the Head of Growth and Marketing at **Mylopaws, a Pet care platform.**

priya@mylopaws.com

Mylopaws Whatsapp: 9036608453

Onam Celebrations at Concorde Manhattans



Concorde Manhattans celebrated the much-awaited Onam celebration on August 19. For this year, the event was titled - "Onnich Oru Onam" or "An Onam Together", signifying the bond shared between everyone.

The celebrations started with a giant pookkalam (floral decoration) set up by the residents reminiscent of the classic pookkalam laid out by the members of a family in Kerala on the Thiruvonam day. A traditional procession followed, in which the residents decked in traditional garb and accompanied by the King Mahabali, mesmerised the onlookers. A series of traditional games followed of which the highlight was the tug of war between various groups. A sumptuous feast was arranged with a traditional Onam Sadya that was graced by a record number of residents.

The next set of events were scheduled in the evening where the residents showcased their artistic talent on stage with a number of dances, songs, and even original compositions made by the little ones. Skits and a twist on the traditional Thiruvathirakali dance were the icing on the cake. The frolic didn't stop with the day's celebrations. Thiruvonam fell on August 29, and the residents marked it with another pookalam, truly welcoming Onam to the apartment complex.

Onam Celebration At The Vedam School Ecity



Vedam School at Ecity, Bengaluru, came alive with festive spirit as students and teachers joyfully celebrated Onam together.

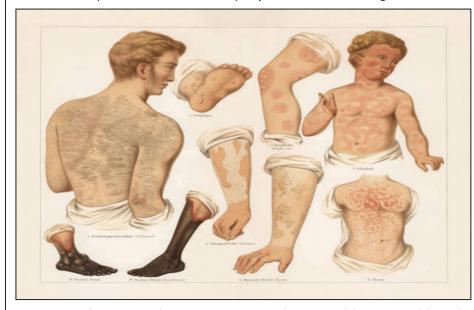
HEALTH

ELECTRONIC CITY CREDENCE

Health Awareness 2023

Psoriasis and Homeopathy: Understanding the Effects of Monsoon, & Winter Introduction:

Psoriasis is a chronic skin condition characterized by the rapid buildup of skin cells, resulting in thick, red, and scaly patches on the skin's surface. It is an autoimmune disease, meaning the immune system mistakenly attacks healthy skin cells. While conventional treatments for psoriasis include topical creams, light therapy, and systemic medications, some individuals seek alternative therapies like homeopathy. Homeopathy is a natural, holistic system of medicine that aims to stimulate the body's healing response. In this article, we explore the effects of summer, monsoon, and winter on psoriasis and how homeopathy can offer relief during these seasons.



Monsoon and Psoriasis: The monsoon season, characterized by increased humidity and occasional rain, can impact psoriasis differently in various individuals. Some patients may notice an improvement in their symptoms as the moisture in the air hy-



September 1 - 7

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drates the skin, leading to reduced scaling and itching. However, others might experience flare-ups due to fungal infections, which are common during this season. Homeopathy and Monsoon: Homeopathic treatment considers the changing symptoms and the patient's response to weather fluctuations. Medicines like Sulphur and Rhus toxicodendron may be prescribed based on the presentation of symptoms during the monsoon. Sulphur can help with dry, itchy skin worsened by humidity, while Rhus toxicodendron may be beneficial for joint pains or aggravated skin lesions due to damp weather. Winter and Psoriasis: Winter poses several challenges for individuals with psoriasis. The cold weather can lead to dryness, causing increased skin flaking and discomfort. Additionally, spending more time indoors with heaters can further dehydrate the skin. Furthermore, lack of sunlight during winter can lead to reduced natural UV therapy, which may exacerbate symptoms for some patients. Homeopathy and Winter: Homeopathic remedies for psoriasis during winter aim to alleviate dryness, itching, and other winter-induced symptoms. Medicines like Petroleum and Sepia may be prescribed based on the individual's specific symptoms. Petroleum can help with cracked, bleeding skin worsened by cold, while Sepia may be beneficial for psoriasis associated with hormonal imbalances, which can be influenced by seasonal changes. Conclusion: Psoriasis is a complex condition that can be influenced by seasonal changes, including summer, monsoon, and winter. Homeopathy offers a holistic approach to address the underlying imbalances contributing to psoriasis and can help manage symptoms during different seasons. However, it is essential to consult a qualified homeopathic practitioner for personalized treatment and guidance. As with any medical condition, individuals with psoriasis should also work closely with their dermatologist to ensure comprehensive care and effective management throughout the year.

Dr. Archana Bodhi,

Family Physician and Global Homoeopathic Consultant

[Dr Bodhi's international homoeopathy, Singasandra, Bangalore 560068]

Laser Surgery Excellence: Dr. Javed Hussain

Laser in general surgery Laser surgery is a type of surgery that uses laser energy to

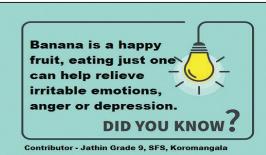
perform various procedures. It has many advantages over conventional surgery, such as:

Less bleeding, pain
Less scarring
Less infection
Useful for
Varicose veins
Hemorrhoids(piles)
Fissure in ano
Fistula
-circumcision
Pilonidal sinus
Hydrocele
-Cosmetic gynecology(vaginal tightening)
-Cosmetic dermatology procedures

-Gynecological procedures



Dr Javed Hussain is a laser general surgeon in Bangalore,India.He has more than 10 years of experience in performing laser surgeries and is committed to providing high-quality care and patient satisfaction.He is available for consultation at Laser Cure, a unit of RAYA health care in Electronic city, 9100756859



20th Aug - 02nd Sep 2023

Kreative Star 2023 A rewarding exercise and learning experience

Explore and Express KREATIVE STAR 23 INDIA'S LEADING CREATIVITY CONTEST



Kreative Star '23, an annual creativity contest - is now in its 8th year. With every passing year the contest is getting bigger and more prestigious.

We at Globalart believe that every child is special and should be given an opportunity to express themselves.

Kreative Star gives children a platform to explore their creativity and express their unique thoughts. Over the 8 years more than 275 prestigious schools have associated with us and encouraged their students to participate. The scale of the contest ensures that participating students earn recognition.

Over 3 Lakh cash prize and 1300 trophies to be won at the Regional and National l evel

Vegan Ganesha Contest 2023



Calling for the biggest community connect contest. Electronic City Credence, takes pleasure and pride in inviting participants for the "Vegan Ganesha Contest 2023", creating an opportunity for fellow residents to use their creative minds and showcase their artistic talents.

How to register :

1. Scan code and fill up the registration form.

2. Click a selfie with your ganesha idol and upload it to the ECC website.

3. Send a short video on the making of the Ganesha.

Rules to participate:

1. A team of 05 people can participate for the contest. This include all ages.

2. More than one team can participate from the same community.

3. Minimum size of the vegan idol 1.5 ft.

4. External decorative items to be avoided, all decorations

to be done using fruits & vegetables.

5. Winners will be selected based on the most creative idea.

Winners will be announced on the ECC whatsapp

community group on Sep 19th, 5PM IST.



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Your inspiration, motivation and encouragement inspire us to work hard and more effort to reach to the goal and find the true success.

NEWS | ADS | CLASSIFIEDS

Calling all students! On the occasion of Teachers' Day!!!

Celebrate Teachers' Day with Us!

Share Your Favorite Teacher & Reason

Let's honor our amazing teachers! Tell us who your favorite teacher is and why. Your messages along with your photo will be featured in our next issue. Don't miss this chance to express your gratitude and appreciation!

Say "ThankYou" to your favourite teacher! & Win Exciting Prizes

Healthy Foods

Healthy Snacks

Honey, Jaggery, Spices

Ghee, Cold Pressed Oils

Tribute to Teacher' Contest 2023 ion Deadine: 13.9

Traditional Rices, Millet / Rice Flakes Millet Ready to Cook Recipes, Natural

Sweetsmade of Jaggery, Snacks made

Bio enzyme-based household cleaners

Eco-friendly scrubs,Cast iron products

Bio enzyme-based products,Hair

Skin, Oral and Body care products

of Millets using Groundnut oil.

Home Care Products

Personal Care Products

with natural ingredients

Glass Containers

Send your entries to: info@electroniccitycredence.in

Submission Deadline: 13th Sep(Wednesday)



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SPORTS

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20th Aug - 02nd Sep 2023

"Khelo Samsidh"- Samsidh Interschool Football Tournament



Coach me and I will learn, Challenge me and I will grow, Believe in me and I will win. Sports teaches you character, It teaches you to play by rules. It teaches you to know what it feels like to win and lose-it. Teaches about life. It was one such day at Samsidh today.

Samsidh HSR, hosted " Khelo Samsidh" an Interschool Football Tournament as a part of the celebrations of National Sports Day.

We had participants from the Samsidh Bangalore schools, from categories under 11 to under 18. The children were enthusiastic from the registrations to the playing field.

As the saying goes, its not the team with the best players that win, it's the players with the best team that wins!! We were able to witness the team spirit and sportsmanship by every team. It was inspiring to see the children in the playground giving the best to their teams. It was a great success and kudos to all the participants and winners. Here are the glimpses of the day.

Congratulations to Praggnanandhaa: FIDE World Cup 2023 Runner-Up!



Indian chess grandmaster Praggnanandhaa secures the runner-up position in the FIDE World Cup 2023. Congratulations to him for a fantastic run that has filled our nation with pride! Throughout the tournament, Praggnanandhaa showcased remarkable skill and unwavering determination. His outstanding performance in the Chess World Cup 2023 stands as a testament to his exceptional talent.

Neeraj Chopra Wins Gold at 2023 World Athletics Championships



Neeraj Chopra secures historic gold at 2023 World Athletics Championships in Budapest with a throw of 88.17m, a first for India. Completing his set of major titles, he adds to his Olympic, Asian Games, Commonwealth Games, and Diamond League victories.

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