

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

Volume 1 : Issue 7

17th - 30th Sep 2023

8 Pages

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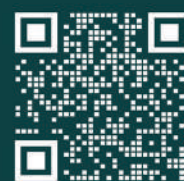
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Location

Quick News Bites

- 01** On September 27th, Electronic City recorded its highest air quality risk, with a 165 AQI (US) reading signaling unhealthy conditions.
- 02** Over 30,000 office goers and 20,000 students affected by dire road conditions in Dommasandra, Muthanallur Cross, Kodathi gate areas.
- 03** Urgent road repairs and traffic management needed to prevent worsening traffic delays and accidents in Electronic City's vicinity.
- 04** Road conditions in Chikkanayakanahalli from Decathlon till Kodathi are deplorable, posing hazards to commuters. Urgent attention needed.
- 05** Massive traffic jam plagues Bengaluru's Outer Ring Road; traffic police issues advisory to IT companies. Commuters frustrated, no change in four months.
- 06** Hosa Road, Hennur Road, Doddakanelli-Chikkakanelli Road, Doddamara Road, and Gatahalli Road demand immediate widening & resurfacing for improved traffic flow to E-City.
- 07** Prototype of Electronics City's driverless Metro train unveiled; trains expected from China by October. Yellow Line set to operate in Q1 2024.
- 08** Kauvery Hospital's 2nd Edition of B.E.A.T Event on Sep 25 for World Heart Day draws 2,500 participants in a 5K marathon.
- 09** Rainbow Socio Cultural Association proudly received the Best Upcoming Pujo Award from Maitree Bandhaan Group - Bangalore 2022.

Anand Malligavad's Remarkable Efforts in Restoring Electronics City Lakes



Anand Malligavad's work as a Lake Conservationist involves restoring and preserving natural water bodies, such as lakes. He has gained recognition for his efforts in reviving over 40 lakes across India in just six years. His efforts likely include activities such as cleaning, desilting, and implementing sustainable management practices to improve the ecological health of these water bodies. His work is not only crucial for conserving biodiversity but also for providing water resources to local communities and maintaining the environmental balance.

By successfully reviving and conserving numerous lakes across the country, Anand Malligavad has contributed significantly to environmental conservation and sustainability efforts in India. His dedication and achievements in this field have earned him the nickname "Lakeman of India" and serve as an inspiration for others interested in similar conservation endeavours. His contribution towards electronics city lakes is humungous. Following are the lakes he has taken over with our electronics city area, Shikaripalya 20+ acres, Margondanahalli 20+ acres, Thirupalya 16+ acres, Hebbagodi 34+ acres (in Progress), Kammasandra 35+ acres, Bommasandra 70+ acres, Heelalige 22+ acres and upcoming Muthanallur 1800+ acres (by 2024) Bidaraguppe 350+ acres (by 2025). Anand Malligavad's story reminds us that the path to environmental stewardship is open to anyone willing to take it, and his legacy will continue to inspire generations to come.

Bommasandra Jigani Link Road: Dark Side of No Street Lights



Residents report no street lights on the Bommasandra Jigani link road the entire stretch of 5 kms covers till APC circle which is a double road, this condition has prevailed last two years and in addition due to garbage disposal by nearby businesses, the road has become very slippery for and dangerous for people to walk or drive. Please request the BESCOM to restore to lights and ensure safety for society.

Doddathoguru Lake needs Revival



Doddathoguru Lake near Green House layout, Sri Lakshmi Narasimha Swamy Main Rd, is once a pristine and thriving ecosystem, has suffered from a cascade of environmental challenges, resulting in its current deplorable state. Needs urgent attention as it's become a dumping ground for garbage and is surrounded by hyacinth. Requesting swift action.

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

Biryani Bonanza: Exploring the Top Biryani Destinations, You Can't Miss

1) Pattikattan Biryani :

Pattikattan Biryani in Electronic City, Bengaluru, serves rich South Indian flavors with perfect chicken and mutton dishes. The standout is their Basket Biryani Combo, and don't miss the delectable mutton varuval biryani.

Address: Konappana Agrahara, Electronic City, Bengaluru-560100. Contact number: 70221 67885



2) Mani's Dum Biryani:

This restaurant offers a unique dining experience with fresh dum cooking. They use aged Basmati rice, aromatic spices, marinated meats, and fresh veggies for flavorful biryanis. Generous portions and value prices make it a great choice. Don't miss their Chicken Kabab biryani!

Address: #78/1/14, Bettadasanapura main road, ECity Phase 1, Bengaluru-560114. Contact number: 93802 35139

3) Meghana foods Hyderabadi Biryani:

Meghana Foods' Hyderabadi Biryani is a flavor explosion. The unique blend of Andhra-style spices in this classic dish creates a true culinary delight. The rich aroma, perfectly cooked rice, and tender, flavorful meat make it a must-try for biryani lovers.

Address: #1066, AECS Layout, 'A' Block, Hosur Main Road, Singasandra, Bengaluru-560068

Contact: 080 43774999/ 43778999



World Tourism Day



Ecotourism, "Responsible travel to natural areas that conserve the environment, sustains the well-being of the local people, and involves interpretation and education. This World Tourism Day 2023, the UNWTO, under the theme "Tourism and green investment" highlights the need for more and better-targeted investments for the Sustainable Development Goals, the UN roadmap for a better world by 2030.

Let us make it the "New Normal"

1. Go green - reusable water bottles, travel mugs, a cloth shopping bag for the groceries, and containers for leftovers, all the while, avoiding single-use disposables. Turn off the air conditioning, heater and electronic gadgets when you leave your room.
2. Spread awareness & experience on sustainable tourism amongst your friends and community through various channels.
3. Walk or cycle where possible, reducing the carbon print on the place.
4. Say no to plastics and do not litter.
5. Respect the practices of local peoples and eat / buy from the local community thereby supporting small scale business

Vacation Destinations for the Season



Experience the grandeur of Dussehra at Himachal - Kullu Dussehra

Where : Himachal Pradesh

The Kullu Dussehra is slightly different from the Dussehra celebrated in other parts of the country. The Festival commences on the tenth day of the rising moon, that is, Vijaya Dashmi

Who Started : Jagat Singh, installed an idol of Lord Raghunath on his throne .

First Day Ritual : A huge statue of the deity is now installed on a beautifully designed chariot, on the first day of the Festival, in the presence of other village gods and goddesses.

Kala Kendra Festival : Subsequently vibrant cultural activities allure massive crowds and offer you the chance to experience the power of faith and community in the laps of the mighty Himalayas.

The last day : The festival is marked by sacrificing a fish, crab, rooster, buffalo and lamb, following which, a huge bonfire is lit on the last day. The celebrations are concluded with a bonfire that signifies the burning of Lanka.



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9. PAIN MANAGEMENT
10. MENTAL WELLBEING



Dr Tamarasan.N
Occupational Therapist
B.O.T (Certified Bailey
4 Practitioner)

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5TH CROSS, C.K.NAGAR, HOSA ROAD,
ELECTRONIC CITY, BENGALURU, KARNATAKA-560100.

BRANCH-2
#301, 10TH CROSS,
CELEBRITY PARADISE, ELECTRONIC CITY,
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DR. ARUNKUMAR ULLEGADDI

MBBS. MD (GENERAL MEDICINE) DM (CARDIOLOGY)

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BRANCH -1

1428, 13th Cross, Near Aakruti amity gate, Sri Ananth Nagar, Phase 2, Huskur Gate, Hosur Rd, Electronic City Bengaluru Karnataka - 560100

BRANCH -2

Iggalur, Chandapura

WORLD RHINO DAY 2023



World Rhino Day is an opportunity to take action for giant mammals of the earth. World Wildlife Fund, South Africa announced World Rhino Day to create awareness about the crisis and the importance of saving different types of Rhinoceros.

Facts about Rhino:

Rhinoceros : rhino- "nose"& keras, "horn" horn on the nose
Origin of living : 14.2 million years ago
Habitat : Africa & Asia



Species: Black Rhinos , White rhinos, One-horned Rhino, Sumatran Rhino, Javan rhinos
Weight: 1 tonne in adulthood
Communication: Array of noises
Speed of motion: 55 km/hr

Diet: Herbivores

Lifespan: Average 35 - 50 years (depends on the species)
Highly poached place : Africa
Rhino's under threat : It is hard to know that there are no real predators in the wild, other than humans.



Rhino horn consists of the protein keratin which is believed to cure diseases and used as a traditional medicine and also in ornamental carvings. There were 561 rhinos killed in Africa during 2022. In India and Nepal, numbers of the Greater one horned rhino show a marginal rise from 4,014 in 2021 to 4,018.

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What experts have to say



"Globalart is an excellent attitude building exercise and I see many of these children going on to become thought leaders for building this nation."
Prof. Pradyumna Vyas
National Institute of Design (NID), Ahmedabad



"Creativity helps children growing to be more confident and successful in diverse fields. Increasingly parents are appreciating the importance of creativity."
Dr. Anitha Manohar
Director,
National Institute of Fashion Technology, Chennai

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Kalavathi's Mysore Dasara Triumph: Record-Breaking Performance



Congratulations to Ms. Kalavathi, the PE Teacher at BS International School, for her outstanding achievement at the Mysore Dasara Games, where she set a new record in the discus throw event. Her remarkable performance not only highlighted her exceptional skill and unwavering determination but also left an indelible mark on the competition, serving as a true inspiration to budding athletes.

MLZS _ IIMM cooking competition



On September 23, 2023, Samsidh E-City united Grade 4-7 parents and students in a cooking competition, joined by around 50 participants. Students presented starters and desserts, while parents crafted main courses, representing various regional cuisines. Judges from IIMM, Bangalore, evaluated each dish, fostering community spirit and connection.

Antonia Clara: Karate Silver Medalist Inspires



Antonia Clara of Okinawan Karate School has clinched the silver medal at the renowned KIO Nationals in karate. Her dedication and effort have yielded success, inspiring fellow students. Congratulations, Antonia!

Heart-Healthy Extravaganza: Kauvery Hospital's 2nd B.E.A.T Event

Kauvery Hospital's 2nd Edition of the Kauvery B.E.A.T Event on sep 24th marked World Heart Day in Bengaluru, with 2,500 participants engaging in a 5K Walkathon, Marathon, and Cyclothon at Wipro Gate 9, Electronic City. The event's theme, "Use Heart, Know Heart," aligns with World Heart Day, promoting cardiovascular health awareness.

Dr. S. Vijayabaskaran, Executive Director of Kauvery Hospitals Bangalore, stressed the Walk-Run-Cycle approach to maintain heart health and combat sedentary lifestyles. Key partners included ELCITA, WIPRO, Cycool, and Kauvery Meds.



Highlighting the significance of heart wellness, the event featured Zumba, warm-ups, and expert Cardio Health Talks. Chief Guest Shwetha Maurya, "FIT INDIA AMBASSADOR" and Mrs. India 2019 Worldwide Ambassador, emphasized the importance of cardio exercise for a healthy heart.

Kauvery Hospital Group, accredited by NABH, operates across Southern India, excelling in various medical fields. Founded in 1999, it offers advanced care, academic programs, and a patient-centered approach, including services for the economically challenged.

Rainbow Socio Cultural Association with title sponsor Titan presents

Durga Puja 2023

Puja Schedule (Nirghonto)

MAHA SHASHTHI	20th Oct. Friday
PUJA - 08:30 AM PUSHPANJALI - 10:30 AM AMANTRON & ADHIBASH (GHOT UPSTHAPANA) - 06:30 - 08:00 PM	
MAHA SHAPTAMI	21st Oct. Saturday
NABAPATRIKA - 08:00 AM PUJA - 09:30 AM - 12:30 PM BHOG - 11:30 AM PUSHPANJALI - 12:30 - 01:30 PM EVENING PUJA & ARATI - 06:30 - 07:30 PM	
MAHA ASHTAMI	22nd Oct. Sunday
PUJA - 08:30 AM - 11:30 AM BHOG - 10:30 AM PUSHPANJALI - 11:30 AM - 01:30 PM SANDHI PUJA - 04:00 - 05:54 PM SANDHI PUJA ANALI - 05:50 - 06:30 PM EVENING PUJA & ARATI - 06:30 - 07:30 PM	
MAHA NAVAMI	23rd Oct. Monday
PUJA - 08:30 - 11:30 AM BHOG - 10:00 AM PUSHPANJALI - 11:00 - 11:30 AM BALI DAAN - 11:30 AM - 12:30 PM EVENING PUJA & ARATI - 06:30 - 07:00 PM	
MAHA DASHAMI	24th Oct. Tuesday
PUJA - 08:00 - 09:30 AM BORON & SINDOOR KHELA - 10:30 AM - 12:30 PM VISARJAN & BHASAN - 02:00 PM	

Venue:
Prakruthi Vilasa, Bommasandra, E-City Phase 2, Bangalore

For details, contact: 973871267 / 8861982725

In association with: LIC, IIMR, Marudhara, Kauvery, Electronic City Credence, TV9, nextdoorVets

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NAMMA NEIGHBOURHOOD NEWS

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8X12	2400	1800	1200	
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“Ganeshotsav” - witness massive public celebrations creating festive atmosphere across various communities in the city



Photo Courtesy - Duo City & South County Associations, Ajanta Prime.



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