

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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01st - 14th Oct 2023

8 Pages

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Quick News Bites

- 01** On October 1st, Honorable ACP of Electronic City Sub-Division joins SwachhBharat campaign, planting saplings at Electronic City Police Station.
- 02** Oct 9 Commute Nightmare: Waterlogged Roopena Agrahara, Hosur Road Ecity Corridor Snarl Traffic; Police at Work.
- 03** Neeladri Nagar, Electronic City residents demand urgent road repairs amid recurring rain-related issues and safety concerns.
- 04** Traffic nightmare in Bengaluru spurs calls for IT firms and government to explore WFH options and traffic mitigation solutions.
- 05** Bengaluru's traffic woes persist as inadequate public transport and crumbling infrastructure leave residents with no safe path to the bus stop.
- 06** Karnataka govt: 100-day deadline for Bengaluru's IT corridor - Ban heavy vehicles, tackle illegal parking, and prioritize pothole repairs.
- 07** MP Tejasvi Surya urges Union Minister for visa support, ensuring timely delivery of Yellow Line Metro coach prototype with CRRC engineers.
- 08** Feb 2024 deadline for Bengaluru's Yellow Line congestion relief demands critical coordination efforts to ensure timely completion.
- 09** Over two months since the promised Gattahalli road work commencement no progress. Crucial for Ecity Phase 2 and Sarjapura Road connectivity, easing outer ring road congestion.

POP Idol Submersion: Balancing Tradition and Sustainability



Kodige Singasandra Lake in the Bommanahalli zone got the Ganesha idols collected after the celebration. The manufacture and sale of Ganesha idols made of Plaster of Paris (PoP) has been banned by the Karnataka State Pollution Control Board (KSPCB) since 2016 to prevent pollution of lakes. Yet, they remain the choice of the people due to its size and decorativeness, which cannot be reproduced in Clay or Mud idols. The government has the authority to either completely ban or regulate the dimensions of Ganesha idols, charge a fee for immersion, and clean the lake immediately when the celebration is complete.

ELECTRONIC CITY CREDESCENCE NAMMA NEIGHBOURHOOD NEWS



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Resolve Garbage Problems Outside Oxford College



Persistent garbage troubles are casting a shadow over the environs of Oxford College. The time is ripe for immediate action to rectify this situation and guarantee a pristine and hygienic environment for all. The ramifications of unchecked garbage accumulation surrounding our academic institutions are profound and extend far beyond what meets the eye. It is of utmost importance that authorities, communities, and individuals unite to take resolute measures in order to manage and mitigate this far-reaching environmental impact. By implementing sound waste disposal methods, promoting recycling, and adopting sustainable practices, we can usher in a cleaner, healthier future for our community.

CHILD SAFETY, A COMMUNITY RESPONSIBILITY

Siri Hustvedt, an American novelist, rightly quotes "Children are not in a position to assess risk and safety; it must be done for them, and it must be done carefully."

We at BVM Global, Bengaluru, consider it a moral responsibility to create a child-centric safe environment for our students. Every year, the school organises mandatory POCSO sessions for its teaching staff as well as sub-staff to make them aware of this heinous crime and of the steps that can be taken in order to prevent it from happening. This year also, an informative and interactive POCSO session was conducted in school by Ms Malini who works with the NGO - ENFOLD.

Ms Malini spoke in detail about the various kinds of child sexual abuses. She made the audience aware of the fact that in most cases the abuser is the child's own family member, relative or a family friend. She focussed on the fact that one should never be ignorant if one observes a significant behavioural change in a child. She insisted that child safety is an adult and community responsibility. She introduced three important Apps, namely-

1. Surakshit App for 6-18-year-olds' safety.
2. Bal Suraksha prevents child abuse.

3. Stri Suraksha reports violence against women.

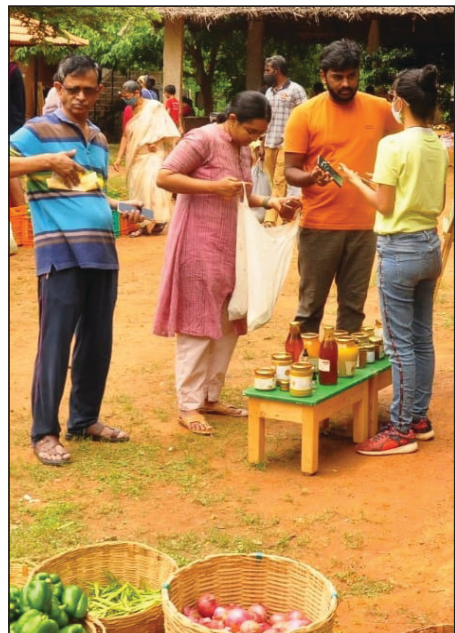
Protecting our children is vital. As Nelson Mandela once suitably said, "The true character of a society is revealed in how it treats its children."



Poonam Sharma
PGT English
BVM Global, Bengaluru

Experience Exquisite Natural Treasures At Bhoomi Santhe

For those in search of nature's finest, Bhoomi Santhe awaits. This bi-monthly farmers' market, nestled within Bangalore's Bhoomi Campus, invites you to savor the essence of tradition and sustainability.



At Bhoomi Santhe, uncover a cornucopia of delights. Freshly picked vegetables, luscious fruits, organic grains, aromatic spices, and delectable snacks beckon. But the offerings extend beyond edibles. Dive into a world of opulent bath and body care, eco-friendly detergents, and more.

In the spirit of sustainability, patrons are encouraged to bring their reusable containers and bags.

Bhoomi Santhe bridges the gap between discerning patrons and organic cultivators from the region. Mark your calendar for the first and third Saturdays, from 9 AM to 1 PM. Immerse yourself in engaging activities like workshops, discussions, and movie screenings.

Discover the epitome of natural treasures at Bhoomi Santhe, where tradition meets excellence.

Phone : 6364646123

BRIDAL SEASON: MAKEUP TIPS

1. START WITH SKINCARE

Begin your bridal makeup routine with a good skincare regimen. Well-moisturized and hydrated skin provides a smoother canvas for makeup application. Consider a hydrating mask a few days before the wedding for that extra glow.

2. CHOOSE LONG-LASTING FORMULAS

Opt for long-lasting makeup products, especially foundation and lipstick, to ensure your makeup stays fresh throughout the day. Look for products labeled as "long-wear" or "smudge-proof."

3. NATURAL-LOOKING FOUNDATION

Choose a foundation that matches your skin tone perfectly. Avoid heavy or overly matte formulas; a natural finish will look better in photos. Blend well, especially around the jawline and neck.

4. WATERPROOF EVERYTHING

Whether it's mascara, eyeliner, or eyeshadow, go for waterproof options to prevent makeup from smudging, especially if you expect tears of joy.

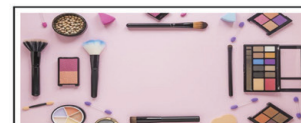
5. ENHANCE YOUR EYES

Play up your eyes with neutral or soft shades that complement your dress. False lashes can add drama without looking too heavy, and don't forget to define your brows.



6. SUBTLE CONTOURING

Contour your face to add dimension but keep it subtle. Harsh lines can look unnatural in photos. Blend well, and choose a matte bronzer that's just a shade or two darker than your skin tone.



7. BLUSH WISELY

Apply blush to the apples of your cheeks for a natural flush. Peachy or rosy tones usually work well for brides. Avoid anything too shimmery.

8. LIPS THAT LAST

Use a lip liner - A brown liner works well to contour the lip and give definition it also prevents lipstick from feathering. Opt for long-lasting lipstick or liquid lipstick in a shade that complements your overall look.



9. TOUCH-UP KIT

Prepare a touch-up kit with a small powder compact, lipstick, and blotting papers to keep your makeup looking fresh throughout the day.

Harsha Chopra Agarwal
Professional Makeup And Hair Artist
Makeoverbyharsha

Samsidh International School Electronic City



On September 23, 2023, Samsidh E-City hosted a delightful cooking competition for Grade 4-7 parents and students, fostering unity through food. Around 50 participants showcased diverse cuisines, strengthening bonds.

ELECTRONIC CITY CRENDENCE

NAMMA NEIGHBOURHOOD NEWS

OUR OFFERS

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Autism and Gross motor skills

Children with autism often grapple with sensory challenges affecting their five senses: visual, auditory, tactile, vestibular, and proprioception. These sensory hurdles hinder their developmental milestones, impacting activities like running, jumping, sitting, and walking, essential for addressing their sensory needs. Proprioception and vestibular senses, central to gross motor development, become focal points.



Gross motor skills, integral from two months (head control) to four years (independent stair climbing), bolster balance, coordination, body awareness, motor planning, posture, and gravitational security. Acquiring foundational skills—standing, walking, running, and jumping—facilitates advanced abilities such as hopping, one-leg standing, and obstacle crossing, addressing and balancing sensory challenges.

Varying gross motor skill performance arises as autistic children adapt to meet sensory needs. Incorporating gross motor skills into autism therapy improves sensory equilibrium, aiding further development. Occupational therapists guide this process, making children functional by addressing sensory imbalances, enabling effective participation in daily tasks. This comprehensive approach fosters holistic development in children with autism.

DR.TAMILARASAN N

OCCUPATIONAL THERAPIST

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IVF MADE EASY

WHAT IS IVF?

IVF aka In Vitro Fertilisation, in simple terms is the process of making an embryo (the future baby) in the lab.

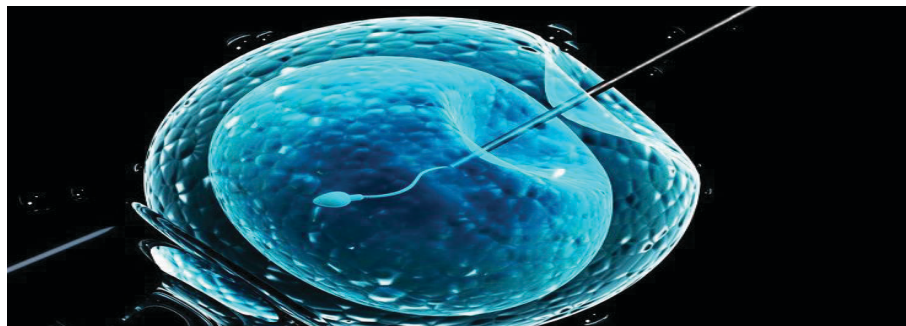
Who need IVF?

Couples who have either male factor issues like severe sperm abnormalities or female factors like fallopian tube blockade, ovulation disorders, endometriosis, underwent tubal ligation previously and now seek fertility are some of the indications.

In a few cases when both the partners have normal parameters, but still experience infertility, called as unexplained infertility, IVF has given very good results.

What exactly is done in IVF?

So, for the fertilization to happen, we need male and female gametes. These are collected from both the partners and under strictly monitored conditions, they are fertilized in the lab to make an Embryo.



How are the gametes collected?

The male partner has to give his semen sample. In cases where the sperms are less in number or even nil in the semen sample, they might need a tiny painless surgery to collect the sperms.

In case of a female, she will be given injections to stimulate her ovaries for the eggs to grow for about 12 days and a tiny surgery is done under anesthesia to collect her eggs.

Why do we need multiple embryos, when we need just one baby?

Well, it isn't compulsory that just because we deposited one embryo, it gets implanted instantly.

The quality of the sperms, eggs and their product has to be good to get a good result.

Plus, if one cycle fails, it adds lots of physical, emotional and financial burden on the couple to undergo the entire process again.

Say, we got pregnant in the first instance, what will happen to the embryos?

The embryos will be frozen in the lab and they can be kept like that for 10 years. If in the future you wish to go for a second child, these embryos can be used again.

If you don't wish to preserve them, they will be discarded after your consent is taken.

Is it expensive?

Well, it's a process where you have to recreate something that happens naturally inside the human body in a lab, so it requires quite some machinery to collect, fertilise the microscopic gametes, grow them and freeze them.

But, it has become quite affordable these days due to the latest advances that have come up in the past decade.

When to consult a doctor?

If you have been trying to get pregnant for over an year, or your age is more than 30 and you have been trying for 6 months already, or you have a family history of fertility issues or you already have a baby but not able to conceive for the second time, you need to consult a Fertility specialist at the earliest.

You will be evaluated with basic tests and will be guided towards the best possible treatment.

Any advice?

Be patient, take care of your health, treat your body right with regular exercise, good food and no stress.

And most importantly, Trust your doctor.

Dr Sabiha Anjum,

MBBS, DGO, FRM, (MRCOG UK)

Consultant Fertility and women's health specialist,

Raya healthcare,

E city



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Dr. Hari Babu
& Dr. Ekta Bagadiya
Directors of
Hello Kids Champs
Basapura, Bengaluru

Handling the pre & post pandemic

Dr. Ekta Bagadiya mentioned that the educational community faced many challenges during COVID, including educating teachers to teach online with adequate technical aids, developing teaching modules for the online sessions to make them engaging and interactive for the students, and many other things. The first year of the online session, gave parents the faith and confidence in the online sessions. They were overjoyed with how much their children had progressed, as well as other children who weren't enrolled in the online lessons.

PRESCHOOL IS THE FIRST STAGE OF ORGANISED EDUCATION. INTRODUCING THE PRINCIPAL COLUMN, WHICH WILL DISCUSS PRESCHOOL PHILOSOPHIES AND DISTINCTIVE IDEAS

Hello Kids Champs - Basapura

"HelloKids one of the Largest Preschool Chain of India with over 900+ Centres Across India and Bangladesh. Dr. Hari Babu & Dr. Ekta Bagadiya, the directors of Hello Kids Champs has been running this school from last 14 years in this locality. Dr Hari Babu was drawn from the IT industry to the field of education by his enthusiasm for early childhood and preschool education.

Preschool establishes the solid groundwork for a child's mainstream education, therefore during the course of this start-up's 14-year history, many creative concepts have been implemented.

What sets Hello Kids apart from other preschools?

Researched, Age Appropriate Curriculum, NCERT Curriculum (One of the Best in the world for Pre-Primary years does for MHRD, Government of India) - which is aligned to any CBSE, ICSE, State Boards, IGCSE and IB Boards curriculum. Life Skill and Experiential Learning, Montessori Methodology, Verified, Friendly, Trained Teachers and Caretakers, Stage Exposure, Safe and Secured Environment, Student transfer facility between branches."

Striking a balance between technology and conventional methods of educating

Dr. Hari Babu takes pride in supporting the young learners with his technical knowledge through his team's innovative product "My Talking Tree and MagikMat".

My Talking Tree is an interactive robotic teacher that encourages creative learning and is called Mr. Dudu. It has a huge knowledge base and offers content, lessons, and tests to promote cognitive and intellectual development. It supports teachers by capturing students' attention and making learning enjoyable.

Magik Mat is an innovative interactive, engaging product that helps in kids' immersive learning. It helps teachers and parents by providing a unified collection of thoughtfully designed animated games and kid-friendly controls.

Magik Mat and My Talking Tree are recognized & awarded "The Most Innovative Education Product of the Year-2023" award for the second consecutive year at Brainfeed's 10th National Conference on 4th & 5th January - 2023 at HITEX Exhibition Center, Hyderabad. Their team's dedication to providing children with an engaging and successful educational experience is recognized with this honour. The Edutech products were chosen for this prestigious award due to their creative approach to children's learning and capacity to boost their educational experience considerably.



Message to the parents, faculty and to the community.

Early childhood education is essential because it has a significant impact on how a child's IQ develops between the ages of zero and six. In fact, within these years, 80% of a child's IQ will develop. Hence, I request all the parents to concentrate more at this age and to input as much as information to the kid so that the kid will develop and process a lot of creative ideas at the young years. Also, I would like to extend my thankfulness to the parents of Hello Kids Basapura for entrusting our teaching methodologies and staying associated. A big thanks to all the teachers and non-teaching faculty of the school for working together to make our vision a success."

VENUE LOCATION

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JP Sports tournament



JP Sports have conducted a tournament between two apartments in the Men's Double Category between Radiant Redwood, Begur Road and Hirnan-dani Apartment, Bannerghatta Road, 08-Oct-2023. The winner is Hirnandani Apartment.

Wipro Marathon



The 10th Wipro Bangalore Marathon, held on October 8, saw 25,000 participants. Notably, 18 disabled individuals used Assistive Technology for a 5k run, joined by CXO professionals as buddy runners. Deepa Malik, President of the Paralympic Committee of India, flagged off the race at Kanteerava Stadium.

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