ELECTRONIC CITY CREDENCE



Bommanahalli to Chandapura



Akshaya Nagar to Ananth Nagar

Free Circulation Volume 1: Issue 10 29th Oct - 11th Nov 2023

Yellow Line Update - Bommasandra to Silk Board







HONGASANDRA STATION



KUDLU GATE



HOSA ROAD





KONNAPPANA AGRAHARA









s the yellow line's first phase, running from Bommasandra to Central Silk Board is nearing the proposed opening by February 2024, External work has been fast and accelerated, and Roof truss and sheeting works nearing completion at all the stations of the stretch. Also, the road flyover is almost complete with parapet casting done. Work on the pedestrian bridge to cross the road has also almost been done with steel pillars on the road median as well as near the service road. Most of the construction work, including tracks and stations, has been completed with some final touches remaining.

Providing updates on the yellow line recently on X, Bengaluru South MP Tejasvi Surya said, "After the inspection of the civil works a month ago, I was convinced that the only major impediment to starting services in early 2024 is the availability of rolling stocks and the Train Control Management System (TCMS) software. I also had my own doubts about the February 2024 deadline to sort out these issues and operationalise the yellow line, as was suggested by BMRCL officials. I held a VC with various stakeholders, including CRRC, Titagarh Rail Systems, and BMRCL, to address both of these issues."









Samartha Bharata

Samartha Bharata is a campaign and volunteer platform aimed at addressing social, economic, civic, environmental and other challenges in Karnataka.

Why Mahila Samanvaya?

- For the congregation of like-minded women who are genuinely concerned about the welfare of the society.
- To provide society oriented vision to women pursuing various careers.
- To initiate opportunities for social service in their field of interest

About Mahila Sammelana...

Massive convention witnessing around 2000 women participants

- Brainstorming sessions on Social and National issues.
- Stalls of literature with Nationalistic views.
- Exhibition on the theme "Women achievers of India"
- Stalls on Vanavasi, Indigenous cattle products, and Swadeshi products
- Demonstration of strategies on environment conservation and alike.

What after Mahila Sammelana?

- In the coming days, all Sammelana participants to engage in Social activities based on their field of interest.
- A few hours every week to be dedicated to the chosen cause.
- This noble gesture will ultimately contribute to the upliftment of Bharat.

Come, let us fulfill our social duties.



Quick News Bites

CIVIC

- Shikaripalya main road in deplorable condition; residents lose hope for road improvement, urge government to act.
- Urgent action needed for the perilous road conditions at BJLR, DLF My Town near Electronic City to prevent accidents.
- Bengaluru experiences the wettest November day since 2015, surpassing the monthly average with 95.3mm of rainfall.
- Leopard roaming near Singasandra, close to Bannerghatta National Park, fatally shot during capture attempt.
- Second leopard spotted near AECS layout, Chikkathogur; forest officials on high alert.
- On November 7th, Electronic City hit a record-high AQI of 420(US) around 3.30 to 4.30 p.m, indicating unhealthy air quality conditions.
- Bangalore Metro targets Feb 2024 for Yellow Line launch. 95% of civil work on 15 out of 16 stations complete, remaining 5% by Dec 2023.
- BBMP guidelines: Crackers allowed 8 pm to 10 pm, avoid near hospitals, schools; consider animals, birds, children, and seniors.



Huskur, Heelalige Village Bad Road condition needs Attention





A nekal is a Town and Taluka in Bangalore District with a total area of 530 km², in which 90% comes under rural area covering over 200 villages and 10% Urban coverage.Residents complain the Bad state of roads in Singena Agrahara Road till Huskur Fruit Market, Due to rain, craters have formed, and even four-wheelers find it hard to steer through these stretches, Muthanallur Gram Panchayat has to take initiatives to fix this potholes.

Similar Situations in Heelalige Road till Bommasandra, Bommasandra Grama Panchayat should act swiftly to fix those patches first and plan for asphalting.

Task Force Setup To Combat Wild's Entry to Urban

The last couple of weeks was a nightmare to residents of Electronic City as Leopard entry to the areas of Chikkathoguru, Singasandra, Kudlu Gate and AECS layout, let's walk through the possible scenarios and reasons why leopards might migrate to urban cities:

Habitat Loss and Fragmentation: Human activities such as deforestation, urbanisation, and agricultural expansion can lead to the fragmentation and loss of natural habitats for leopards. As a consequence, leopards might be forced to migrate to urban areas in search of suitable living conditions.



Prey Availability: Leopards are carnivores and rely on a supply of prey to survive. Urban areas sometimes provide an abundant supply of prey, such as stray dogs, feral cats, and other small animals, which can attract leopards to these areas.

Territorial Disputes: In some cases, territorial disputes with other leopards or dominant predators might force some individuals to seek out new territories, including urban areas, to establish their own space.

Water Sources: Leopards, like other animals, require access to water sources. Urban areas often have water bodies such as ponds, reservoirs, or artificial lakes that can attract leopards in search of water.

Human-Wildlife Conflict: Encounters with humans or livestock in rural areas can lead to conflict, resulting in leopards seeking refuge in less hostile urban environments.

Adaptability: Leopards have demonstrated a remarkable ability to adapt to human-altered environments, making them more likely to survive in urban settings compared to some other wildlife species.

Karnataka Forest Minister Eshwar Khandre has instructed his department to establish a rapid response task force specifically for dealing with leopard sightings. Days have passed since the elusive large cat that was prowling through this residential area was shot and killed during its arrest.

Celebrate Diwali the Eco-Friendly Way



■ info@electroniccitycredence.in ⊕ www.electroniccitycredence.in

As we gear up for the festival of lights, let's make a conscious choice to celebrate Diwali in an eco-friendly manner. Diwali is a time of joy, togetherness, and spreading happiness. Here are some simple yet impactful ways to make this festival more sustainable:

Go Green with Decorations: Opt for natural decorations like flowers, leaves, and rangoli, rather than plastic or non-biodegradable materials. Say no to balloons and plastic banners.

Eco-friendly Diyas: Choose traditional earthen diyas over electric lights. They not only create a warm, welcoming atmosphere but also support local artisans.

Mindful Fireworks: Consider limiting or even avoiding fireworks. If you must have them, go for eco-friendly fireworks that produce less smoke and pollution.

Gift Sustainably: Give gifts that are practical and eco-friendly, reducing unnecessary waste. Handmade or homemade gifts show thought and care.

Easy Steps to Start Your Own Garden



Pick Your Space: Choose a spot, be it a backyard, balcony, or windowsill, with adequate sunlight.

Select Plants Wisely: Begin with low-maintenance herbs, greens, or flowers, perfect for novices.

Basic Tools: Gather essential tools and expand as your garden grows.

Quality Soil: Ensure well-draining soil to prevent waterlogging.

Water Right: Water when the top inch of soil is dry to avoid overwatering.

Use Organic Compost: Boost soil quality and nutrients with organic compost.

Sunlight Matters: Most plants need 6-8 hours of direct sunlight.

Pest Control: Keep an eye out for pests and use organic solutions.

Regular Care: Prune and deadhead for healthy growth.

Learn and Be Patient: Gardening is a learning journey; nurture your garden with care. Enjoy watching it flourish with time and practice.

Creating a Secure Environment for Your Dear Pet in Your Home

A lthough it's wonderful to bring a new pet home, you also have responsibilities, such as ensuring your home is a secure haven for your pet.

Pet-proofing is crucial to shielding your pet from potential dangers and averting mihaps, much like you would child-proof your house for a new infant. Whether you're getting a puppy, kitten, or an adult pet, we'll go over the procedures and things to think about while pet-proofing your house in this post.

Identify Possible Dangers:

To begin, consider frequent hazards in your home, like little objects your pet might eat or poisonous plants, poisons, and electrical cables. Create a thorough list to direct your efforts when pet-proofing.



Safeguard Hazardous Items:

Keep dangerous items, such as medicines and cleaning supplies, in cabinets secured with childproof locks. To avoid choking dangers, keep small objects out of your pet's reach.

Look for Toxic Plants: Pets may be poisoned by several common houseplants. Examine the plants in your home, and either relocate or replace any that are toxic in a safe place.

CONTRIBUTOR,

 ${\it Priya Chandra sekar, Pet Care Specialist.}$



♥ NEELADRI NAGAR, 15TH CROSS

ELECTRONIC CITY PHASE 1, BANGALORE

CROHN'S DISEASE: A Disorder on the rise amongst the young and the productive of India.

WHAT IS CROHN'S DISEASE?

rohn's disease is an incurable inflammatory disorder that can affect any part of the gastrointestinal tract. Inflammation (red, swollen, and tender areas) always affects the innermost lining of the gastrointestinal tract, called the mucosa.



WHAT ARE THE SYMPTOMS OF CROHN'S DISEASE?

Crohn's disease can present as abdominal disease, anorectal (anus and rectum) disease, or both. Patients with Crohn's disease are at greater risk of developing a fistula. A fistula is a small tunnel that tracks from one portion of the bowel to either another portion of the bowel, another organ, or the skin. Symptoms vary widely among patients and often come and go over a long period of time. These include:

- Abdominal cramping
- Abdominal pain
- · Ongoing diarrhoea
- · Chronic constipation
- · Bleeding with bowel movements
- · Extreme tiredness
- · Weiaht loss
- · Drainage from the skin around the anus
- · Abscesses (infections) around the anus that come back · Anal fissures

WHOM DOES IT AFFECT?

Any age group may be affected, but the majority of patients are young adults between 16 and 40 years old. Crohn's disease occurs most commonly in people living in northern climates. It affects men more than and appears to be common in some families.

WHAT CAUSES CROHN'S DISEASE?

The exact cause is not known. However, current theories centre on an immunologic (the body's defence system) and/or bacterial cause. Crohn's disease is not contagious, but it does have a slight genetic (inherited) tendency. An X-ray study of the small intestine may be used to diagnose Crohn's disease.

HOW CAN I REDUCE RECURRENCE?

Recurrence is most common in patients who stop taking their medications, so it is vital to follow your physician's advice. Smoking negatively impacts every organ in the body and presents health risks for everyone, so quitting is advised. For patients with Crohn's disease, smoking has been linked to higher recurrence rates, so quitting can reduce this risk.

Medical Expert.

Dr Narasimhaiah Srinivasaiah, Consultant Surgical Oncology



Diwali Embrace: Special Kids Shine Bright



n 7th November Tiny Child Development center and Rehab conducted a psychosocial well being and Diwali celebration among all the children with special needs and their parents. A fun event to engage parents in their own interests and develop their thoughts in handling and cooperation towards coming up together in all ways from social stigmas to special and extraordinary child Development and provide free and encouraging society for all kids in their own needs.

Cultivating Healthy Food Habits for a Vibrant Life

Healthy food habits are the cornerstone of overall well-being and a key factor in preventing chronic diseases, maintaining a healthy weight, and enhancing one's quality of life. In a world where convenience often takes precedence over nutrition, it is essential to understand the importance of healthy eating and how to cultivate sustainable food habits.

The Significance of Healthy Food Habits:

Nutrient-Rich Diet: A healthy diet is one that provides the body with a balanced intake of essential nutrients. Fruits, vegetables, whole grains, lean proteins, and healthy fats should form the foundation of our daily food choices.

Weight Management: Healthy food habits play a crucial role in weight management. By consuming nutritious, lower-calorie foods, individuals can achieve and maintain a healthy weight, reducing the risk of obesity and related health issues.



Disease Prevention: Many chronic diseases, including heart disease, diabetes, and certain types of cancer, are closely linked to poor dietary choices. Healthy food habits can significantly lower the risk of these conditions.

Energy and Vitality: Proper nutrition fuels the body and provides the energy required for daily activities. A nutrient-rich diet can lead to increased vitality, improved mental clarity, and enhanced physical performance.

Digestive Health: A diet rich in fiber, such as whole grains, fruits, and vegetables, supports a healthy digestive system. Adequate fiber intake can prevent constipation and reduce the risk of gastrointestinal disorders.

Conclusion: Healthy food habits are not just a means to an end; they are a lifelong commitment to your well-being. Cultivating healthy food habits is an investment in a vibrant, energetic, and long-lasting future.

> CONTRIBUTOR Dt. Smriti S (Dietician)

AAROGYAVE BHAGYA - BVM MINI WALKATHON

n 29th October 2023, BVM Global school @ Bengaluru hosted the Arogyave Bhagya - Mini Walkathon in the Akshay Nagar area. The program was to inspire parents to spend quality time with their children and embrace physical fitness. The overwhelming response reiterated the fact that familial bonds need more time together.

"Arogyave Bhagya", which literally means "Health is Wealth" in Kannada was chosen in view of upcoming KannadaRajyotsava that can be dedicated to maintaining a healthy lifestyle. The participants and conductors were dressed in yellow and red to reflect the



The chief guest, Mr. Sumit Chadha – Scrum Master and an enthusiastic marathon runner,uplifted the tempo of the participants with his energetic words and vast knowledge about running. The event had two formats- the 2km and the 4km walkathon. Teachers and parent volunteers encouraged actively by holding placards consisting of inspirational quotes.

At the finishing line, teachers welcomed everyone with cheerful claps and congratulated us for participating with family. Certificates and goodie bag with light refreshments were presented to all rejuvenating the body and mind.



Family photos were taken to capture the joy and pride in every face and genuine feedback of the child and the parent regarding the novel experience recorded instantly. Overall, it indeed was a great initiative taken by our school that helped in extending parent - child bond to the next level.

I hope to continue the walk with family and generally nudge all my friends to work on their health as well as develop family relationship further. My sincere gratitude to the school management for providing this unique opportunity.

Aarav P, Class IX BVM Global @ Bengaluru.



he journey with Little Millennium started 8 years back. Around 1500 + students have learnt at our center and successfully transitioned to main stream schools. I was always passionate about early childhood education and got introduced to LM's curriculum and teaching methodologies when my daughter was learning at one of the LM's centers. I loved everything about LM as a parent and I witnessed an impressive improvement in my child hence when I was planning for my own school LM was an obvious choice.

How different you see Little Millennium from the other preschools and what are the different actions you take to achieve it. At Little Millennium, we focus on holistic and all-round development of the child. Activity based curriculum is something which is completely different from any other school. Use of modern gadgets is strictly prohibited and children are motivated to interact and to express themselves. The curriculum is designed keeping in mind, VARK- all learning styles. (V- Visual, A- Auditory, R- Reading, K - Kinesthetic). We believe in a constructive playand children learn the best when they are playing. The age group that we cater to, that is 2 to 6, which has a very short attention span, so in order to get an undivided attention its very important to engage children in activities and games that they love. Each and every concept is taught through a play way method. We believe in hands on experience and use sensorial activities to stimulate cognitive development.



Mrs. Nootan Bhisey **Principal & Chief Learning Officer** Little Millennium **Electronic City**

As the principal of Little Millennium, What message of inspiration or guidance would you like to convey to the community?

Promoting social and emotional well-being of the child is the need of the hour. Its important to spend quality time with children and help them to become sensitive and responsible adults. Recognize and celebrate your child's unique strengths, interests, and abilities. Encourage them to be the best versions of themselves. Last but not the least, limit the use of gadgets.



Educator's Award-2022 Outstand Contribution towards brand building

We teach yoga to our children through stories to improve their focus and flexibility of the body.

Few more unique initiatives by Little Millennium are Kids Marathon and Kickers club. This is to inculcate love for sports and to teach children working with a team. This also ensures gross motor development and a positive engagement.

We also have a tie up with Chitrakala Parishad, The most reputed art center of Bangalore. We conduct drawing competitions for all LM and Non-LM students on the occasion of Children's Day. Winners of this competition are invited for a workshop by Chitrakala parishad and drawings are exhibited in their art gallery.

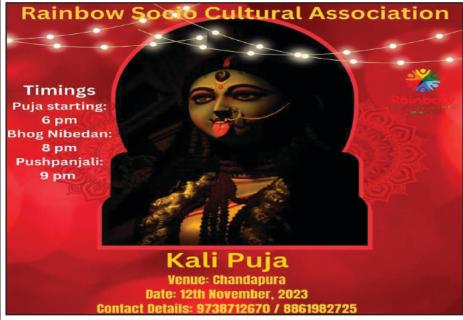
Can you share a few best practices followed in the school?

Disengagement from the digital gadgets is one of the best practices that we follow in school. The gen alpha children are born with gadgets in their hand. Excessive use of gadgets intervenes the early childhood development. Little Millennium plays a crucial role by providing a gadget free environment and fostering a structured growth at a right age.

Could you share any success stories of Little Millennium students that showcase the school's impact on their lives?

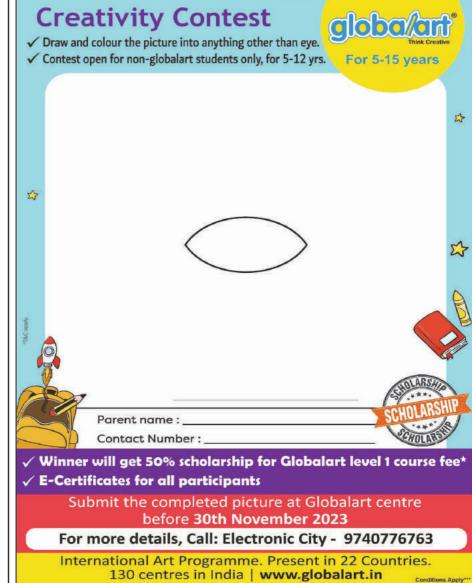
At Little Millennium we create life long learners. We have seen children evolving emotionally, socially, doing exceptionally well in academics and other fields.

Rainbow Socio Cultural Association



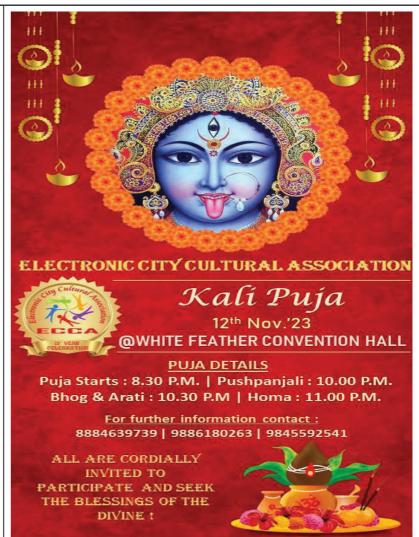


We are delighted to announce that Rainbow Socio Cultural Association-Ecity has been honored with the Best Pujo Venue and Best Crowd Management awards at Eventex Sharod Samman Award 2023.



Karnataka Rajyotsava: Commemorating Rich Heritage





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Job Vacancy

Looking for part time sales Boy/Girl for ice cream shop. [Stick N' Ice] in neeladri 2nd cross Contact 9606966845

Kumon Job Opening

Position:-Assistan structor /Marking structor Full time /offline Excellent written spoken English, Should be able to multiple tasks Qualification: BA/MA in English, BSC / MSC in Mathematics, BE / MCA. Freshers/ 0-1 year experience/ women looking for come back after break. Timings Monday to Friday 11am - 7pm Saturday 9am -1pm Wednesday 3 - 7pm Sunday holiday . There will be a written test followed by interview Interested call: 8217556620 Name: Sheethal, Kumon

School Receptionist

Required School Receptionist For More Info-Contact: 78292 94357

Silver Medal Triumph: Master Jonathan's Achievement



Congratulations to Master Jonathan from BS International School for achieving the Silver Medal at the CBSE South Zone Shooting Championship 2023. His dedication and skill shine brightly, reflecting the support of coaches, teachers, and the school community. Best wishes for his future endeavors!

ELECTRONIC CITY CREDENCE NAMMA NEIGHBOURHOOD NEWS

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We are looking for "Office Boy" in Electronic City, Bangalore for immediate joining. People living in and around Electronic City preferred. Salary 10-15k per month. Interested may call/ WhatsApp us at 9945605112.

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