

# ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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## Hosur Road Subways Need to Improve Hygiene



Kudlu Gate



As the yellow line's first phase, running from Bommasandra to Central Silk Board is planned to open to the public tentatively in Feb 2023, there might be a surge in the number of pedestrians crossing the roads through Underpasses, Government has to ensure safety, access, and connectivity to the community. The current state of the underpasses is Unhygienic and lacks infrastructure condition, we urge the government to take necessary action to upkeep the tunnels, the most sensible course of action is to look for partnerships for the tunnels that can enhance area drainage, camera surveillance, trash cans, provide advertising, and give the chance to incorporate some art and educational purposes.



**Samartha Bharata**  
Bengaluru Dakshina Vibhaga

## Mahila Sammelana



**"Naari Shakti Sangama"**

Sri Shobhakrit Naama Samvatsara Kartika Shuddha Chaturdashi

**26-Nov-2023, Sunday**

**8 AM to 2 PM**

Venue: BMS Engineering College  
Basavanagudi Road, Bengaluru

### 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.**



"For registration scan the QR code"



## Quick News Bites

01

After six years, Doddamara Road sees asphalt as repair work progresses, delayed by litigation at one junction. Remaining section is expected to be tarred soon.

02

Neeladari Nagar's 4th Cross, Hulimangala: Open sewage crisis endangers residents, plea to BWSSB for immediate action.

03

Neglected road from Electronic City to Omax Circle via Vabasandra Bandenallandara, Kylasanahalli pleads for government attention And repair.

04

Shikaripalya Lake's rescue efforts in vain: no water, rain bypassed, lake drying, garbage dumped. Urgent need for UGD system and STP.

05

New BMTc Route 8C bridges Madavara to Electronic City, utilizing NICE Road for swift commutes, enhancing accessibility for residents and businesses.

06

BBMP eyes monthly garbage fee, starting at Rs 30, linked to electricity consumption for efficient waste collection.

07

CRRC unveils inaugural train for Bangalore Metro Yellow Line (Reach 5), linking RV Road – Electronic City – Bommasandra via 16 stations.

08

Electronic City's AQI at 77 signals moderate air quality for the past two weeks, suggesting acceptable conditions for residents.

## Bengaluru's First Kambala Spectacle: Speed, Stars, Splendor!



**B**engaluru is set to host its inaugural Kambala on 25th and 26th at Palace Grounds, featuring 360 buffaloes racing on a record-breaking lush track. Kambala, a traditional buffalo race from Karnataka, promises a thrilling experience. Open to all, the event expects star-studded attendance, with invites extended to Aishwarya Rai Bachchan, Anushka Shetty, Shilpa Shetty, KL Rahul, Sunil Shetty, Darshan, and other Sandalwood actors. The grand occasion, with the main stage dedicated to the late Puneeth Raj Kumar, anticipates a massive turnout of two lakh spectators. Bengaluru police are ensuring tight security for this much-awaited cultural and sporting spectacle.

## Bangalore - Hosur Interstate Feasibility study kickoff

**O**n November 4, the joint venture between Balaji Railroad Systems (BARSYL) and Habog Consultants was announced as the lowest bidder for the task of generating a detailed feasibility study (DFR) for the construction of a mass transit line between Hosur, Tamil Nadu, and Bommasandra, Bangalore. This approximately 18 km long interstate road on NH-44 will pass through Attibele; Karnataka will be covered for 11.5 km of the route, while Tamil Nadu will cover the remaining 6.5 km.



The feasibility study report's consultant was appointed by Chennai Metro Rail Ltd. (CMRL) will examine and recommend alignment, type of system (Metro, Metrolite, Metro Neo), estimated ridership, location of stations & depot and associated construction costs.



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India's Largest Inter School Creativity contest for the year gives children a platform to explore their creativity and allows them to express their unique thoughts.

The regional finals for the schools of bangalore was held at Nexus Shantiniketan Mall in whitefield on November 5th 2023.

The contest saw incredible talent and creativity from the students. "Our panel of judges had a challenging task in selecting the winners, as each artwork was truly outstanding," said Mr.Salil Arakkal, State Head Globalart Karnataka.



### Kreative Star 2023

The dedication and artistic skills have truly made this competition a resounding success. Globalart Electronic City branch would like to congratulate the winners of Delhi Public School Electronic City & Samsidh International School Electronic City for striking the stage hard with their excellent creative skills."Hannah Grace Binoey" of DPS Electronic City bagged the Champion Trophy for Grade 4, followed by "Adrit Kumar" of DPS Electronic City 3rd Runner Up Grade 1, "Sri-jha Saravana" of Samsidh International Electronic City 3rd Runner Up Grade 2. Every submission was a testament to the talent present in the school.

### Ideathon '23 INTERSCHOOL CHALLENGE

Brand Bengaluru is a vision of the Government of Karnataka to work on decongesting Bengaluru and help the city become greener and sustainable. It also aims at creating a better quality of life and a greener Bengaluru for the citizens, while protecting the environment is the goal.



Ideathon '23 is an INTERSCHOOL student innovation initiative by Ms. Aishwarya DKS Hegde, a young and charismatic educator from Bengaluru. Her vision is to involve school students in providing solutions to the problems and challenges of the city. A unique way of involving the students in ACTIVE CITIZENSHIP.

For more details visit <https://www.youngleadersofbengaluru.com>

### Children's Day Celebrations at GWH E.City PSAC

Keep the child in you alive always.... Happy Children's Day to all the wonderful and amazing children out there. You bring so much joy, laughter and happiness into our lives. May your day be filled with love, fun and endless opportunities to learn and grow!!!

Abacadabra! Our children were amazed and entertained as they watched a magician perform magic tricks to celebrate Children's Day.



November 14th is celebrated as Children's Day or Bal Diwas in India to commemorate the birth anniversary of Pandit Jawaharlal Nehru. To make it a memorable day for our little ones, Greenwood High Preschool E City celebrated the day with great enthusiasm and excitement. Activities like drawing/colouring, dance and song performances by teachers, popcorn and cotton candy counters were arranged to keep our students busy throughout the day. The children felt very excited, appreciated, and loved every bit of the celebration. All the events of the day brought beautiful smiles on everyone's face.

### Treamis Triumphs: 13th Swimming Championship Win!



The 13th Treamis Swimming Championship witnessed over 350 participants from across the state. The competition was held in eight categories from U6 to U18 and in the areas of butterfly stroke, breaststroke, backstroke, and relay.

The Treamis team won the overall championship with 96 points. Rashtrot-thana Vidya Kendra was the runner-up with 78 points.



**Congratulations to all the winners and the participants.**



## Women Entrepreneur

**H**ello, I'm Ankita, the creative mind behind ABCD (Ankita Bhansali Cookies and Dessert). Prior to COVID, I ventured into chocolates, dessert jars, and snacks, receiving love but not reflective earnings. In September 2022, I rebooted my career by selling cookies in our apartment. Positive reviews poured in, attracting customers via chef groups. Yet, expansion faced hurdles



**Ankita, Home chef**  
(ABCD: Ankita Bhansali Cookies and Dessert)

-until I joined Ecity Rasoi Ghar, thanks to a fortuitous meeting at a birthday party. Though challenging initially, the group's positive feedback catapulted ABCD's growth, now boasting a 4X increase. With the addition of laddus, our venture is thriving, fueled by the immense love and support from this wonderful community. Grateful for the sweet success journey!

Here are the stories of Ecity women who have turned their passion for cooking and baking into successful home-based businesses, thanks to the supportive platform of EcityRasoiGhar.

I was a member of EcityRasoiGhar for quite a few years. When I had to quit my job for my daughter, I always liked to be independent and live with my own identity, so I was looking for a platform, where I can do something along with taking care of my daughter. At that moment EcityRasoiGhar came to my mind to showcase my passion for cooking good food. My USP was to serve working people fresh home made food with less spice and good quality oil at a pocket friendly price. Initially I faced few challenges of delivering food, delivering food in my own society was not allowed from the builder, packaging food because of plastic ban etc. I have overcome all of them in my own way. When I received my first feedback from people regarding food quality and taste, it was more satisfying than any of the above challenges I had faced

and those words actually inspired me and made my determination stronger. I would like to tell my fellow young, dynamic members to follow your own passion where your little contribution can make a difference in people's life. If we contribute a little in each of our lives, then we make a good self sustainable community.



**Shreeradha Sivani**  
(Shree's Kitchen)

**H**ey, it's Aisha Hafeez, a baking enthusiast since 2014! Inspired by my daughter's birthday cake, I delved into the world of baking, launching "Creamy Destination" in 2016. From cakes to French macarons, I love pushing boundaries with sculpted and hyper-realistic creations. Proud to be part of international cake collaborations, and thanks to the Ecity Rasoi Ghar WhatsApp group, my venture has flourished locally. Grateful for this community that connects home chefs and clients in Electronic City. Check out my creations on Facebook and Instagram. Big thanks to Rasoi Ghar for making this sweet journey even

more delightful!



**Aisha Hafeez, Baking Enthusiast**  
(Creamy Destination)

## From Kitchen to Community: The Ecity Rasoi Ghar Chronicle

Ecity Rasoi Ghar, managed by the Shri Krishna Mahila and Bal Vikas Seva Charitable Trust, serves as a collective platform for home chefs, home bakers, and food enthusiasts to connect, support each other, and foster mutual growth. The initiative emphasizes building a sense of community, encouraging collaboration, and developing strong bonds among its members. With a focus on shared interests in cooking and baking, the group aims to create an environment where individuals can exchange knowledge, provide assistance, and collectively enhance their culinary skills. The trust's involvement suggests a commitment to broader social welfare, further enriching the community-oriented goals of Ecity Rasoi Ghar.

**I**'m Sukanya Sarkar, a home chef driven by my passion for cooking. A friend introduced me to a platform where I could showcase my culinary skills and deliver delicious meals. Manisha Ma'am, the founder, played a crucial role in our journey to success. Initially, managing deliveries posed a challenge with customer reluctance to pay extra charges. Now, with my dedicated delivery personnel, it's smoother. The platform empowers women to balance family life and entrepreneurship. I believe in creating a supportive community for women to thrive. Customer satisfaction and ongoing admin

support are our pillars of success. Cheers to culinary dreams!



**Sukanya Sarkar**  
(Home Chef)

**H**i, I'm Aparna Vishwanath - engineer, homemaker, and now a confident home baker. It all started with my daughter's love for doughnuts, sparking my curiosity. After pursuing baking and chocolate making diplomas, I faced the challenge of how to publicize my newfound passion. That's when the Rasoi Ghar group came into



**Aparna Vishwanath**  
Home Baker.

play, landing me my first order for a Christmas party. Overcoming initial nerves, I diversified into healthy baking, learning presentation, stress, time management, and planning from my varied clientele. My family has been my unwavering support. My tip: follow your passion, face challenges, and trust your journey. Cheers to all the ladies!



### Harmony in Lights: ECCA's Grand Celebration of Kali Puja



Electronic City Cultural Association celebrated Kali puja and Diwali at white feathers community hall , with estimated footfall of 2000+ . Free Bhog was distributed to all visitors by the ECCA committee. In house cultural programmes were organized for all visitors to entertain all the devotees.



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**KRISHNA**  
TAILORING INSTITUTE BANGALORE

### Sarees to Social Impact: Vedaprana's Empowering Journey

Growing up in a Bengali household, I always saw my mother and grandmothers gracefully draped in sarees. This cultural influence naturally sparked my love for sarees, and that's how the Facebook Community The Saree Saga was born in 2015.



As I matured, I discovered a passion for creativity, prompting me to leave my job as a digital media editor. I realised I wasn't born to do a 9 to 5 job. I then founded Veda's in 2017, collaborating with a few handloom weavers in India. Over the past six years, this journey has transformed me into both a better person and a businesswoman, making me a lot calmer and wiser.

Recognizing the importance of mental health, I also pursued a master's in psychology in 2021. And now I use this knowledge to support women facing mental health challenges.

Driven by a longstanding interest in social work, I realised my purpose extended beyond personal success. In 2021, I also established the The She Saga Foundation, dedicated to uplifting underprivileged women and children. My journey from a love for sarees to weaving a tapestry of positive change reflects the evolution of not just a businesswoman but a compassionate individual.



Vedaprana Purkayastha  
Catalyst for Change

### KARO YOG RAHO NIROG

I'm delighted to share my incredible experience in Yoga.

Yoga offers a path to wellness and inner peace. It is not just a form of exercise, it is a holistic approach that combines physical postures ( asanas ), breathing techniques ( pranayam) and meditation. you will feel more energised and motivated because yoga is a mind and body practice that can build strength and flexibility.

So, I started practising yoga and I experienced like initially there's a inch loss in a week, quality sleep, stress management, mental and health, regular menstrual, gastric issues and so on.

Yoga is the perfect practice for cultivating your passion. Becoming more aware of what we are passionate about may come from exploring a variety of interests, which might bring us joy.

I picked my journey in Yoga, so I did certification on Yoga teacher training under Mahila Patanjali yog Samidhi , Recognition of prior learning ( RPL ) under central government, Pranayam and meditation under the ministry of Ayush.

After that I started giving online yoga sessions for women and kids. So, my students are very happy to attend my yoga sessions

without getting bored ,because we will do different sets of asanas , different sets of pranayam with mudras in each session. My students are attending from India and also outside of India like USA and Sydney ( Australia), they are attending like weekly 3 sessions they have noticed their impact on cardiovascular health, lower blood pressure, reduces cholesterol levels and improves blood circulation and metabolism, digestion issues like gastric and obesity, knee pain, lower back pain, Varicose vein, frozen shoulders, asthma and migraine , even they stopped intake of pills for these problems.



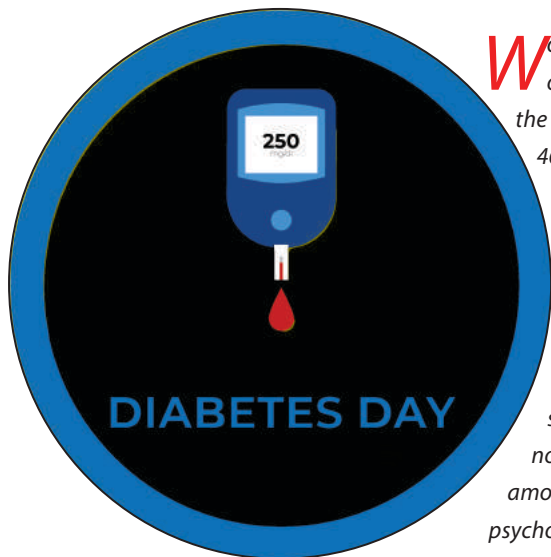
Vishnu Priya  
Certified Yoga Trainer

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**“Empowering Lives on World Diabetes Day”**



**W**orld Diabetes Day, observed annually on November 14th, calls attention to the global impact of diabetes, affecting 463 million adults worldwide. This day serves as a reminder of the urgent need for awareness, prevention, and support for those living with diabetes. Diabetes, encompassing Type 1 and Type 2, demands daily vigilance. With complications like cardiovascular issues and vision impairment, early diagnosis and effective management are paramount. World Diabetes Day highlights the psychological toll, emphasizing the necessity

Prevention hinges on lifestyle changes: promoting physical activity, encouraging balanced diets, and raising awareness about the dangers of excessive sugar consumption. Technological advancements in continuous glucose monitoring and health-tracking apps empower individuals to manage their health actively.

Communities play a crucial role in fostering understanding and empathy, breaking down stigmas, and creating supportive environments for those affected. As we commemorate this day, let us unite in raising awareness, promoting prevention, and supporting those living with diabetes. Together, we can make strides toward a healthier, more informed world, where the impact of diabetes is minimised, and individuals lead empowered lives.

**Diabetes Diet Tips /Nutritional Strategy to Manage Diabetes**

**5 Foods that Will Help Manage Diabetes:**

**Superfoods:**

Moringa, chia seeds, nuts - packed with nutrients, support diabetes management. Incorporate creatively: blend into powder, mix in batters, make flavorful chutneys, or enjoy as a roasted snack.

**Millet Magic:**

Diverse millets offer a nutritional boost. Integrate into meals: try foxtail millet, ragi, pearl millet, buckwheat, or jowar. Cook them as a staple or use in snacks to benefit from essential amino acids.

**Vegetable Magic:**

High-fiber foods regulate blood sugar effectively. Include in daily meals: salads, stir-fries, or soups. Enhance your diet to control and prevent lifestyle-related diseases.

**Magic Fruits:**

Pomegranate, a vitamin C-rich gem, boosts immunity. Opt for whole fruits over juices to harness heart-friendly benefits. Make it a daily addition to your diet.

**Cinnamon:**

The fragrant spice controls sugar, cholesterol, and triglycerides in Type 2 Diabetes. Sprinkle it on tea, coffee, oatmeal, or smoothies. Prioritize Sri Lankan rolled cinnamon for enhanced nutrient benefits.

**5 Lifestyle Changes Needed to Manage Diabetes:**

Start with simple relaxation practices like 5 minutes of pranayama/deep breathing before bedtime.

Engage all your senses while eating.

Keep aside your gadgets 30 minutes before you go to sleep.

Vitamin D-Sunlight is the best and free source - walk for 45 minutes daily for 6 days a week in open air on grass bare feet.

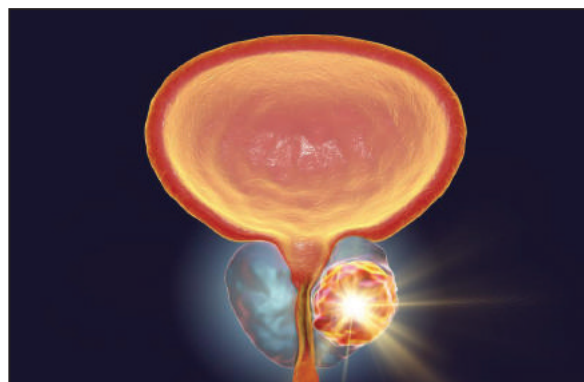
**Water intake at least - 3 liters/day.**

Implementing these dietary and lifestyle changes can contribute significantly to managing and improving the overall health of individuals with prediabetes or Type 2 diabetes. It's crucial for individuals to work closely with healthcare professionals, including dietitians, to tailor these recommendations to their specific needs and monitor progress over time.



**Contributor,**  
**Dt.Priyanka Khandelwal**  
**Speciality Dietician | Nutritionist**

**No Shave November and Men's health**



**N**o-Shave November is a month-long campaign that encourages men to avoid shaving and grooming to raise awareness about cancer. The campaign also aims to promote men's health and wellness, including prostate cancer, testicular cancer, and mental health.

Some warning signs of prostate cancer include:

- A painful or burning sensation during urination or ejaculation
- Frequent urination, particularly at night
- Difficulty stopping or starting urination
- Sudden erectile dysfunction
- Blood in urine or semen



Early Symptoms of testicular cancer can be -A lump or swelling in either testicle.  
-A feeling of heaviness in the scrotum.  
-A dull ache in the lower belly or groin.  
-Sudden swelling in the scrotum.  
-Pain or discomfort in a testicle or the scrotum.  
-Enlargement or tenderness of the breast tissue

All these symptoms may not be present in all patients, but it's always advisable to consult a doctor to rule out with simple tests like USG and other blood tests.

**Contributor,**  
**Dr JAVED HUSSAIN,**  
**Expert Surgeon**

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Globalart centre in Neeladri Road is available for tuition classes during weekdays Monday - Thursday. Anyone interested to conduct tuitions can avail the space. For more details Contact -9740776763

### Rental Properties

3bhk flat for rent. Balaji serinity apartmet E-city Phase I. For More Info Contact: 95357 41095

2.5 BHK Semifurnished Flat for rent at Shriram Summitt, Vegetarians preferred. Contact: 99720 39659

3 BHK, fully furnished, in a gated community is available for rent in the Concorde Wind Rush Apartment in Electronic City Phase 2. For More Info Contact: 8898705777.

Spacious 3-BHK, 1548 sqft Flat along with covered car parking, available for Immediate rent Opposite to Biocon on Bommasandra Jigani Doube Road near Neotown Electronic City, Bangalore in Gated Community. For More Info Contact: 09945605112

### SALE

2bhk flat for sale in Concorde Manhattan. 1300 sq ft. Contact: 99729 87161  
DETAILS : Bathroom- 1  
Carpet area- 635, Flat on 3rd floor (total floor in building is 4). Amenities 24 hour lift, Power back up, Gym, 24 hour water supply, Party hall, Covered parking, For More Info Contact: 97420 48327

2 BHK fully furnished flat for sale near Godrej E city, **Manya Hi Living**. DETAILS: Bedrooms- 2, Bathroom- 2, Balcony- 1 plus separate Utility Size -928 sqft, Facing - North, Flat on 4th floor (total floor in

-building is 4), Amenities 24 hour lift, Power back up, Gym, Indoor game center, Swimming pool, Kids play area, Visitor car parking, 24 hour water supply, Party hall, Covered parking, For More Information Contact: 99167 77737

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