ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

Volume 1 : Issue 12 26th Nov - 09th Dec 2023 Free Circulation

Empowering Road Safety: Trishul Rally and Drawing Competition by Electronic City Traffic Wardens





Traffic Wardens Meetup and Trishul Rally at Nice Road



On Saturday 02/12/2023 HSR division along with Women wardens of Bangalore City Traffic Police had conducted a Drawing competition for Government Primary School, Parrapanna agrhra, Central Jail.

Sri Srinivas Reddy ACP along with Sri Samuel Henry, Jt CTW2 gave a patient hearing and addressed queries of traffic wardens in HSR division. ACP sir also distributed application forms to those who wanted to join hands with Traffic Warden Organisation.

Later, he inspired children to bring out their creativity to instill road safety.

Sri C V Muralidhara, CTW and Sri Sagaya Raj, Addl CTW had an engaging talk with children and distributed the prizes to them and also flagged off the Trishul rally and graced the guiz conducted at Nice road.

Our events were also graced by Sri Bhavesh DI Electronic City.

Special thanks to the Electronic City Zone ,HSR division team for their support and cooperation.

Indumathi Dilipan, DCTW Women Representative



Drawing competition @ Govt. Primary School, Parrapannaagrhra





Quick News Bites

Worsening road conditions reported on Neeladri-Jigani Link Road via Vabasandra near Electronic City, impacting commuters near Biocon, Infosys, and Wipro.

20 ft. pothole in front of Dream Mart, Golahalli Rd, E.City. Hulimangla Panchayat area. No street lights. Urgent attention required.

Citizens resort to open dumping due to irregular garbage collection, citing unplanned development. Incident at Doddamara Rd, Notredame Academy.

Pathetic road conditions in Kyalasanahalli, Bandenallasandra, Upkar Meadows, Jigani, Bengaluru South; residents, including kids and elderly, suffer despite higher.

Urgent: Hennagara Lake encroachment near Jigani demands a thorough investigation into Karnataka's real estate practices.

BMRCL warns public: Stay clear of the viaduct! Testing 33kV cables & 750V DC Third Rail at E-City stations. Unauthorized entry is dangerous.

Experience comfort and sustainability at ELCITA Township with modern, eco-friendly bus stops featuring convenient vending machines.

Blood Donation Camp, Dec 31, 9:30 AM, ChikkaThogur 08 Gate, Ecity. Your presence matters! Supported by Seva Bharati, Narayana Hospitals.



Bommasandra - Jigani Link Road: **Lacks Infrastructure**

he six kilometre stretch with a major industrial corridor is lacking the basic infrastructure of Roads , street lighting. This area has more than 6000 residents and daily commuting towards these pothole roads becomes a stress for the locals. We urge the Hennagara grama panchayat and other associated government bodies to look into the issue and fix the roads and street lighting issues.

Sidewalks @Neeladri Road Need of the hour!!!



he Neeladri Road of 2011, when I first moved in here, is not the Neeladri Road of today. This street has transformed from itsdesolate avatar with a few shops strewn here and there. to its current buzzing form that reminds me of popular shopping streets. Though this is very much welcome, it also brings with it the caveats of chaos and heavy traffic - both vehicular and people, filling the once-wide street, causing frustrating congestions and traffic jams.

I have often been in awe of the elegant sidewalks in electronic city, all the way from the toll plaza till Wipro gate 16. A few steps beyond gate 16 and we are in for heavy disappointment. The pavements get narrow with a large share of ups and downs, cracks in all sizes and patterns, and sometimes dangerous gaping holes in between. I can imagine what a nightmare it must be for senior citizens to navigate these pavements on one side and the chaotic traffic on the other. A little ahead and there are no usable pavements.



Can't sidewalks be the solution to not just one problem - but many? The obvious is of course, people, especially senior citizens and children can walk at ease safely. But wide and neat sidewalks will also encourage us residents of Neeladri road to walk to the shops rather than use our 2 or

4 wheelers. This can ease out not only the traffic but also the parking woes on this busy street. And with pedestrians out of the way on the roads, I am sure the traffic flow would also be smooth if we exercise minimal driving discipline. I am still hopeful that this will happen one day and the elegant sidewalks just down the street will come to my lane too.



Naga Vydyanathan Residence of Neeladri Nagar

| GRAM PANCHAYAT NAME | PANCHAYAT DEVELOPMENT OFFICER NAME | OFFICE CONTACT | MOBILE NUMBER | SECRETARY NAME | MOBILE NUMBER | GRAM PANCHAYAT ADDRESS | E MAIL ADDRESS |
|------------------------|--|----------------|---------------|-------------------|---------------|--|--------------------------------------|
| Hulimangala | Krishnappa M | 9880226977 | 9448160423 | Syed Sadiq | 9945261692 | Hulimangala Grama, Jigani Hobali, Anekal Taluku, Bengaluru | hulimangalagp @rediffmail.com |
| Huskuru | Gopala | 9480852208 | 9008885516 | Shilpa | 9902021193 | Huskuru Grama, Sarjapura Hobali, Anekal Taluku. Bengaluru | huskuru.ank.bngu @gmail.com |
| Shantipura | Basavaraju N | | 9379462388 | Sadashiva | 7760269017 | Santhipura Grama, Sarjapu- ra Hobali, Anekal Taluku, Bengaluru | shanthipuragp @rediff mail.com |
| Huskuru | Rajesh H.R | | 9743125987 | S.R.Gopal | 9035552607 | Huskuru Grama, Dasanapura Hobali, Bengaluru North | huskoor.bnrth.bngu @gmail.com |
| Doddathoguru | Shambegowda | 9945724456 | 9916012345 | Nomesh | 8722699999 | Doddathoguru Grama, E.city Post, Beguru Hobali, Bengaluru South | pdogpdoddathogru @gmail.com |
| Konappana Agrahara | N. M.Jagdish | | 9901219755 | | | Near Ayyappa Swamy Temple, Konappna Agraha- ra, Bangalore-560100 | konappanaagr.bsth. bngu@gmail.com |

The Kumari

GENERAL

A brightly hued rag covered Kanmani's eyes as she hopped daintily over the grid of numbered squares drawn hurriedly on the stone floor. "Right-a?" she asked, pausing on one leg. "Right-u", came the response, confirming that Kanmani was within the boundaries of a square. This "Right-a/Right-u" exchange continued a few more times, until Kanmani stepped on a line and lost her chance. It was Kaveri's turn now. Kaveri removed Kanmani's blindfold, placed her gently on a chair nearby, and proceeded to tie the rag over her own eyes. She ensured that her blindfold was loose enough to allow her to catch little peeks through the cracks. Closing her eyes tight, she hopped to what she thought was the first square and paused, balancing gingerly on one foot. "Right-a?", she asked, opening her eyes wide enough to peek at the floor, checking whether her foot was within the square. "Right-u", answered Kanmani. Kaveri smiled, closed her eyes and hopped to the next square. She loved playing this game called "Paandi", with Kanmani.

There was a polite knock on the door. Removing her blindfold, Kaveri glanced at the quaint clock in her room. Her face showed a mix of disappointment and childish sulkiness, but only for a moment. Squaring her shoulders, she quickly put away Kanmani, rubbed away the chalk marks and walked towards the door, a beatific smile on her face. It was, as if, a little, playful, carefree girl had morphed into a divine and blissful woman. "Devi - I have come to help you prepare for the evening puja and darshan.", said Kaatyaayani, the care-taker, as she glided into the room.



The Goddess, in all her splendor, looked on, as the chief priest raised the sacred lamp, making gentle circular motions in tandem with the booming bells. Her face shone with the dazzling brilliance of the light from the hundred and eight "deepams" on the lamp. The dual play of light and sounds lent an air of mysticism, transporting the staunch devotees to a state of spiritual bliss.

Kaveri stood next to the chief priest; her head bowed in prayer. Taking some flowers, she offered her salutations to the Goddess and proceeded to take her seat for the "darshan". The devotees conglomerated

- around her - some, just content to soak in the tranquility she seemed to exude, others, impatient for her counsel, but all, intently watching her face for every single expression that flitted through it. For Kumari Devi, as Kaveri was revered, was but an incarnation of the Goddess. And so, she will be worshipped until she reaches her puberty.

shaken Kaatyaayani, as she ran towards Kaveri, bearing her daughter in her arms. The young girl, who had lost consciousness, was bleeding profusely from the head.

Kaveri lay on her back, gazing at the sky above, clutching Kanmani tight to her bosom, squeezing out whatever comfort she could get. It was a beautiful, dark night, the clouds like blotches of mud on the satin indigo sky. The waters of the nearby river lapped gently against the banks, making a silent soothing noise, periodic and calming, like a mother's lullaby.

This river bank near the temple, was like a mother's lap to Kaveri. She sought refuge in them, whenever troubled, and tonight was one such night. Kaveri closed her eyes, trying to calm her mind, but her thoughts kept meandering to Kaatyaayani's daughter. "Kanmani - will I let down the people who believe in me?".

Kaveri's mind went back to the time when she was a little girl, just like all other little girls. But somewhere, as she grew up, she was perceived to be different - more sure, strong-willed, intuitive and empathetic, than her peers. She was thought to have paranormal abilities - a few happenings in her neighbourhood, where she rightly predicted the future, only strengthened this belief. And before she knew it, she was elevated to the status of a goddess - the temple became her new abode, the devotees her family. Kaveri embraced her new life with grace. Though she yearned to live the life of a little girl, she also felt a deep satisfaction and joy in helping others. However, there was always a guilty fear in her - was she worthy of her godly status?

Kaveri's mind was in a turmoil, weighed down by the unreasonable expectations of her devotees. Feeling vulnerable, she yearned for her puberty, when she could be the little girl again, reunited with her family. The little girl and the Goddess were in a tussle. Hugging Kanmani tight, Kaveri finally managed to drift off to sleep.

- Naga Vydyanathan, Creative Writer

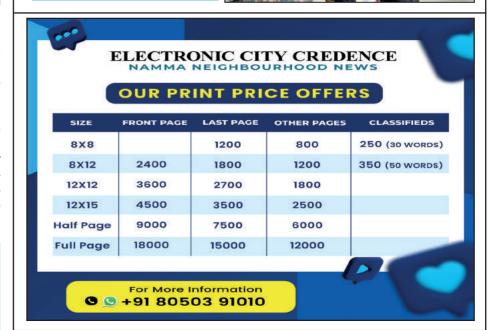
Brave Soldier MV Pranjal Shradhanjali



A large number of people poured to pay last respect to Captain MV Pranjal, who was killed during an encounter with terrorists in Jammu and Kashmir.Mortal remains was brought to his resident in officer's residence, Nandanavana Layout, Anekal.

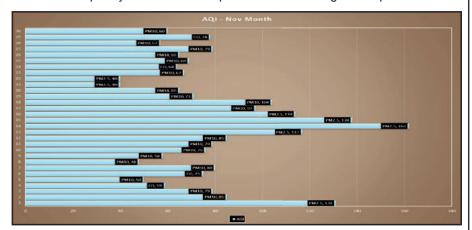
On Nov 25th procession through electronic city areas about 15 km stretch to a Somasundarapalya crematorium near kudlu happened. State police and leaders paid their last respect. The ECITY Traffic Wardens team took part in the special duty during the final journey and funeral.





Air Pollution : ECity November Summary

The Air Quality Index (AQI) is a standardised system used to communicate the quality of the air in a specific area to the general public.



Electronic City reports for the last month (November) have an average of 80, which is satisfactory with air quality; a high spike was noted due to fire crackers during Diwali celebrations.

| AQI | Remark | | |
|---------|--------------|--|--|
| 0-50 | Good | | |
| 51-100 | Satisfactory | | |
| 101-200 | Moderate | | |
| 201-300 | Poor | | |
| 301-400 | Very Poor | | |
| 401-500 | Severe | | |

Cancer: The Next Epidemic - Time to Conquer?

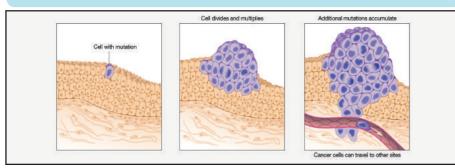
Health is a state of complete well-being, not just the absence of disease. Non-communicable diseases (NCDs) like cancers account for over 60% of morbidity and mortality in India (WHO Report - Sept 2017). Cancer, a significant burden among NCDs, demands attention.

History:

The oldest human cancer description dates back to Egyptian papyri (3000-1500 BC). Hippocrates coined the term "karkinos" (Greek for crab), later translated to carcinoma or cancer. Longevity, awareness, early diagnostics, and evolving treatments make cancer a challenging field.

Molecular Basis:

Genetic material disruption due to chromatin damage leads to abnormal cell growth - the basis of cancer. Causation is multifactorial.



Risk Factors:

95% of cancers are sporadic; 5% are genetic. Lifestyle, carcinogen exposure, diet, and habits contribute. Smoking, obesity, lack of fiber, and more play roles.

ICMR reports increasing cancer incidence, especially in urban areas. Breast cancer is prevalent; lung cancer in females and colon cancer in males are rising. **Decision Making in Cancer:**

Surgeons, robotics, and Al tools like IBM Watson aid decisions. Yet, the art of decision-making involves experience and understanding patient factors. Nothing can replace the human mind for it is the mind which created the machines and the artificial intelligence.

Making a Difference:

Joint efforts of people, professionals, and policymakers are crucial. Context-specificinterventions, lifestyle awareness, and preventive measures can curb cancer. Early awareness is vital, as late-stage diagnoses hinder treatment completion.

Medical Expert.

Dr Narasimhaiah Srinivasaiah, Oncologist, Senior Consultant Apollo Hospitals, BANGALORE BOWEL CARE,

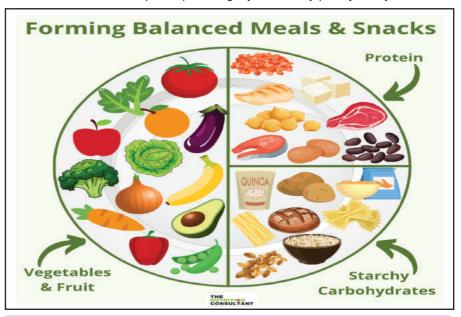
Singasandra, Hosur Road.





Small changes! Big Impact!

very common piece of nutrition advice around the world is to 'eat a balanced diet.' This seems like quite an easy idea but we may be wondering how to start. Here are some simple steps to begin your healthy plate journey.



The 3 Portion Meal

Using the principles of $\frac{1}{4} + \frac{1}{4} + \frac{1}{2}$, any meal can nourish your wellbeing. It's much easier and healthier than restrictive diets and unbalanced fads.

Despite cultural variations, food is always grouped according to the main functions of its key nutrients. Keeping it simple, most foodstuffs are put to one of three uses: energy, growth and repair, or maintaining healthy metabolic function. Choose a meal with vegetables & Fruits that are rich sources of vitamins and minerals covering half of the plate. A quarter of the plate with sources of protein for growth and repair and the last quarter with starchy food that gives energy.



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Highlights from the 7th Annual Athletic Meet (2023-24) at Greenwood High

The Middle and High School pulsated with pride and energy on the 25th of November, 2023 as they celebrated their 7th Annual Athletic Meet on the theme; Aikyam- or Unity is Strength.

Mrs. NiruAggarwal, Managing Trustee, graced the occasion with her esteemed-presence. Without Niru ma'am, any event at Greenwood High feels incomplete. The presence of our distinguished Guest of Honour, Shri Vadiraj elevated the overall atmosphere of the Athletic meet. His genuine enthusiasm and inspiring words for our students added a touch of magnificence to the event.





The meet commenced with a long drumroll introducing the marching contingents, followed by the innovative drill display by the students.

The Yoga display by the Grade 6 students was a captivating showcase of physical and mental prowess. Our dear students seamlessly flowed through a series of poses, demonstrating strength, flexibility, and balance. The synchronised movements reflected not only their dedication to yoga, but also highlighted the artistry involved in this ancient practice.

This was followed by the Unity dance display, performed aesthetically by the students of Grades 9, 10 and 11. Through synchronised movements, rhythmic beats and colourful props, the dancers embodied the essence of collaboration and cooperation, fostering a sense of community and belonging. The Lotus display, thereafter, performed with finesse by the Grade 7 and 8 students was indeed a visual treat! It was a mesmerizing expression that drew inspiration from the symbolism of the lotus flower.

In conclusion, the entire school community contributed to making this spectacular event a memorable experience for years to come!

Whenever you see a successful business, someone once made a courageous decision

Shark Tank is a popular reality show in which wealthy investors evaluate startups to pitch in for funding. Our school conducted the Shark Tank event recently where 20 teams participated. It was more than a competition for all of us. A learning where you get to go beyond textbooks and get to implement your idea practically. It was not an easy task to find a solution for a specific problem and translate the ideas into concrete solutions in the slides.



I have heard that success or failure doesn't really matter if you learn something from that experience. Sharks mostly give out valuable advice on the way forward, on what went wrong and what can be done, especially, when there is no offer. It was indeed a unique experience to learn from the stalwarts of the industry Mr. Prateek Madhav, CEO of Assis Tech Foundation, Mr. Jeyakrishnan, Chief Platform Architect from Kyndryl and Mr. Thiagarajan Rajagopalan, Vice President, Navan Products.

Ten teams were selected for the final round conducted on October 28th 2023. Meticulous planning and coordination coupled with innovative solutions resulted in three teams of Sparta Corp, Sattva Millet Cafe and Hearty Nibbles grabbing the first three positions respectively. The short stint in the business world with refreshing support from the teachers has thrown open a lot of career opportunities before us to choose correctly. I am thankful as well as energised by the novel experience.

R S Diya, Class IX BVM Global @ Bengaluru.

Little Athletes, Big Achievements!



ello Kids Champs, Basapura celebrated its 14th Annual Sports on 2nd December. 190+ Kids (2 to 6 years of age) participated in the event in different sports like Monkey & Banana Race, Lemon & Spoon Race, Hurdle race, Butterfly race, Hula Hoop race, Relay race etc.. All the parents were so happy to see their younger ones performing on the field with a lot of interest and sporting spirit. Hello Kids champs director Dr. Ektha Bagadiya says that every participant is a winner and they are all the champions of tomorrow. She mentioned a special thanks to all the Parents, Teachers & supporting staff for making the event a grand success. We were able to witness the team spirit and sportsmanship by every individual. It was inspiring to see the children in the playground giving their best.

Hoax Email sent to schools: Panic gripped parents



n December 1st, Parents were put in an uneasy situation when the school notified them that their children had to leave early because of an email containing a bomb threat that was received to over 15 schools in the Bangalore area. As a precaution, all staff members and children were evaluated. An anti-sabotage team was sent to search every school property that had received a threat; the matter was resolved through the search and sanitization process. Police were sent in by the government to look into the matter.

Empowering Women: 'Naari Shakti Sangama' Highlights



Samartha Bharata Bengaluru Dakshina Vibhaga celebrated 'Naari Shakti Sangama' at BMS Engineering College on Nov 26. The Mahila Sammelana, themed 'Women Achievers of India,' saw 2000 participants engaging in discussions on social and national issues. Stalls showcased diverse themes, including Vanavasi, Indigenous Cattle Products, and Swadeshi Products, fostering awareness and support for indigenous and self-sustaining initiatives.

The event aims to unite women for societal welfare and inspire social service in their respective fields. Participants are encouraged to dedicate a few hours weekly to chosen causes, contributing to the upliftment of Bharat. Let's join hands in fulfilling our social duties for a better tomorrow.



South India Martial Arts Championship Dec 3, 2023





On Dec 3, the South India Level Karate and Kung-Fu Open Championship unfolded at Sri Sai Ram Suites, Konappana Agrahara, organized by Kyoshi M. Kannan. Congratulations to all the winners and participants for their outstanding performances.



Sanabil Shuttlers Triumph at JP SPORTS





On December 2, at JP SPORTS, Sanabil Shuttlers secured a victory against Vedant Shuttlers in an exciting Doubles Badminton tournament. Congratulations to all the winners and players for a fantastic day of thrilling matches.



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