# **ELECTRONIC CITY CREDENCE** NAMMA NEIGHBOURHOOD NEWS

#### **Bommanahalli to Chandapura**

**Akshaya Nagar to Ananth Nagar** 

Volume 1: Issue 13

10th - 23rd Dec 2023

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### Chikka Kammasandra Lake Replenish

he Karnataka govern-ment has filled eleven lakes in Anekal and created a connection between them by repairing stormwater drains, which would allow rainwater to flow freely. The initiative will solve urban flooding during the monsoon and boost groundwater recharge, according to the stakeholders which in-





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#### **ELECTRONIC CITY CREDENCE**

### **Quick News Bites**

CIVIC

Concerns rise as new apartments in Hulimangala Panchayat lack sewage treatment plants and adherence to regulations. Urgent action needed.

Electronic City residents urge MLA for CCTV installation to curb illegal garbage dumping in recent public interaction. Hulimangala Panchayat area concerned.

Shikaripalya and Gollahalli face rainy season chaos. Lack of rainwater harvesting, apartments dump sewage, posing health hazards. Urgent intervention needed.

Jigani Market's newly laid concrete roads deteriorate within months, despite significant spending and promises during 2023 Bhoomi Pooja. Urgent action needed.

Kasavanahalli's footpaths crumble within two months, revealing poor quality. Urgent attention required for lasting infrastructure.

Shikaripalya lake in crisis: Urgent rainwater harvesting needed. Garbage in drains contaminates; main lake cut off, dried. Immediate action required.

Bengaluru's Yellow Line delay: Metro service for Electronics City and South Bangalore postponed until after general elections, missing Feb 2024 deadline.

Residents of MJ Astor Apartment in Chikkanagamangala complain about the random disposal of garbage specially medical waste during unidentified times, this raises an alarm of the environment issue, Call for BBMP Intervention And discuss with truck other garbage vehicles drivers and stage a strong penalty warnings if such incidents happens in future.



Chikkanagamangala's Garbage Woes: Random disposal of medical waste



### **Chandapura Lake - Needs Complete Revival**

he Chandapura Lake is situated in Bengaluru's Chandapura Town (Anekal Taluk). The size of Chandapura Lake as a whole is about 24 acres. Four streams are thought to be the lake's primary sources, and water from the lake's overflow flows into Muthanallur Lake.



**National Green Tribunal** 

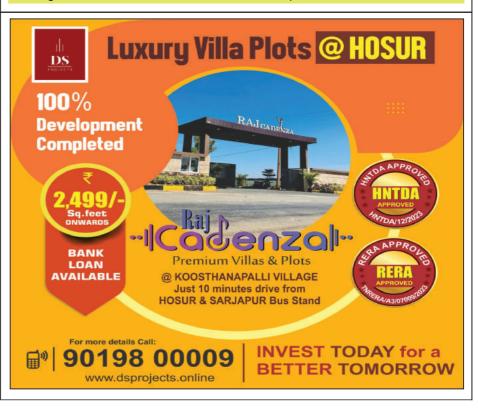
A seven-member joint committee was established by the National Green Tribunal in 2022 to investigate an Express article titled "Lakes of Bengaluru: Industrial effluents, Raw Sewage, and the Stinky Tale of Chandapura Lake."Taking note of the pollution on the lakes, NGT had imposed a 500 Crore fine, As a result, government-issued tender for the sum of 2.5 crores for the primary development of the lake.

#### The cost estimates

The DPRs for building subsurface drainage systems in Hebbagodi City Municipal Council and Bommasandra TMC have been produced and submitted to the government for approval as a long-term solution to maintain the lake clean. The cost estimates are Rs 153 crore and Rs 109 crore, respectively.

The Progress now happening is slow and we urge the government bodies to accelerate and support additional funding and ensure natural treatment arrangements for untreated water, the construction of a bund to the periphery and lagoons, and the planting of trees for natural treatment, the boundary of these lakes and the lake buffer zone need to be fixed. Work also needs to be carried out for the clearance of drains from Chandapura to Muthanallur lake and the desilting of Chandapura lakes should be undertaken as a long term solution.

"There are two regional offices coming in the catchment area of Chandapura lake, in which 158 industries come in the jurisdiction of the regional office (Sarjapura). All the industries were monitored and out of 158 industries 13 units are chronic defaulting units causing pollution. 385 industries are coming in the catchment area of the regional office (Anekal). Out of 385 industries five units are found to be defaulting. 14 industries have been issued with closure order and they are not functioning," KSPCB stated in its action taken report.



#### **ELECTRONIC CITY CREDENCE**

### **Traffic warden Enrollment**



Bangalore City Police Traffic Warden Organisation (BCPTWO) is a voluntary organisation and was formed in the year 1985 to assist the Bangalore City Traffic Police in various enforcement andregulation activities. Bangalore City Police Traffic Warden Organisation has been assisting the CityTraffic Police effectively to manage unprecedented increase in vehicle population and the tremendouspressure on the traffic Police is shared by the Traffic Wardens since its inception.



# **Embracing the Timeless Elegance**



orld Saree Day is celebrated across the globe on 21st december. It serves as a reminder of our roots and heritage. The initiative was taken by a few fashion enthusiasts who wanted to display to the world the beauty of this timeless garment. It started small but was widely accepted soon.



Sarees that make moments memorable

### **ECity to Airport Bus Timings:** Plan your ride seamlessly!

KIAS 8 Bus Timings	KIAS 8 Bus Stops	KIAS 8 Bus Route
Starts   At:   02:30,   03:00,     03:30,   04:00,   04:20,   04:40,     05:40,   06:00,   06:20,   06:40,     07:20,   08:00,   08:40,   09:00,     10:20,   12:20,   13:40,   14:00,     14:20,   15:00,   15:20,   15:40,     16:00,   20:50,   22:00,   22:20,	Electronic City ,Konappa- na Agrahara, PES College (Hosur),Hosa Road, Sin- gasandra, Kudlu Gate,Garve- bhavipalya,Bommanahal- li,Central Silk Board (Hosur RD), Jn. Of 14th Main HSR Layout, Agara, Sarjapur Cross Bellandur Gate (ORB)	Electronic City
22:40, 23:00, 23:20 Starts At: 00:00, 01:00, 01:30, 02:00, 03:00, 05:40, 06:00, 06:40, 07:20, 08:20, 08:40, 09:20, 09:40, 10:40, 11:00, 11:20, 12:00, 12:20, 13:00, 18:20, 18:40, 19:00, 19:20, 19:40, 20:00, 20:20, 20:40, 21:00, 21:20, 22:00, 22:20, 22:40, 23:00, 23:20, 23:40	Cross, Bellandur Gate (ORR), City Light Apartments, ECO Space (RMZ), Subbaiah Cir- cle, New Horizion College (ORR), J P Morgan, Maratha- halli Bridge (ORR), Kartik Nagar, Doddanekkundi, Ma- hadevapura, B Narayanapu- ra (ORR), KR Puram Railway Station, Tin Factory, Hennu- ru Jn (ORR), IBM Manyatha Tech Park, Hebbala (ORR), Military Dairy Farm Gate, Kempegowda International Airport (KIA)	Kempegowda International Airport



#### Page 04 HEALTH & FOOD ELECTRO

#### ELECTRONIC CITY CREDENCE

# Healthy Spine for a Happy Living

Are you into professions with prolonged sitting working hours & sedentary lifestyle? Fed up of unsettling chronic back pain/ radiating leg pain/ numbness or tingling/weakness in your lower limbs ? You might be having a lumbar disc prolapse/ herniation. While 90-95% of the cases get better with conservative management and only 5-10% might require surgery.

### Things to do to maintain your spinal health

Are you into professions with prolonged sitting working hours & sedentary lifestyle?

Fed up of unsettling chronic back pain/ radiating leg pain/ numbness or tingling/ weakness in your lower limbs ?

You might be having a lumbar disc prolapse/herniation. While 90-95% of the cases get better with conservative management and only 5-10% might require surgery. Are you worried? Quite depressed?

Things to do to maintain your spinal health

\* Improve and maintain your posture with chair modification

\* Keep your body activated, motivated and mobile - periodic movement breaks for every 30 minutes.

\* Work on Core abdominal and paraspinal muscles strengthening

\*We all work for wealth, and you must know "health is wealth"! . 30 minutes of Aerobic exercises everyday is mandatory.

\*Smoking, badly injures your spine, reduces the blood circulation to the neural and bony elements of spine- so avoid it.

\*Reducing body weight reduces your back pain. Avoid sedentary lifestyle and follow good food habits avoiding junks . Drink plenty of water.

\* Back Pain causes may be numerous including wear and tear , sprains, acute paraspinal muscle spasm, Degenerative disc disorders, vertebral fractures due to osteoporosis, facet joint arthritis, malignancies, scoliosis etc.

So consulting an knowledgeable accredited spine specialist is at most recommended for accurate and timely diagnosis of your issues for better outcome and good prognosis.



Dr. Prajwal N. MBBS, MS- Orthopedics, DNB Ortho, MNAMS, FNB-spine surgery, Narayana Health City, Bangalore

# Is COVID really back?

C ovid is back in air and word of mouth is too immune to share the covid affect. We might get those tremors and rumours which will only affect your brain and Heart.

We should rather focus on our Body and its immune Systems.



For immune System,

We need to focus on Healthy eating habits with Rainbow Foods on your plate. Don't skip meals, so your body stays well-fuelled. Aim for five to nine servings of vegetables and fruits daily to provide those immune-boosting vitamins, minerals and antioxidants. A serving of fruit is one medium piece of fresh fruit, 1 cup of berries or melon, or 1/2 cup of canned fruit packed in its own juice. A serving of vegetables is 1/2 cup cooked or 1 cup raw. Getting these nutrients from foods versus vitamin or mineral supplements is always best. Many herbal remedies are marketed to help colds or shorten their duration, but check with a health care professional before taking any supplements or medications. And don't forget fluids. Remember to drink adequate fluids throughout the day. Plain water is best. Good hygiene and hand-washing help prevent the spread of germs. Remember to wash produce before eating or using it in recipes. Clean glasses, forks,

spoons and other utensils to reduce the spread and growth of bacteria. Getting adequate sleep and managing stress can be just as important as healthy eating to prevent the flu.

You can always be healthy right from your Heart and Mind.

Dr. Parul Sinha International Health Coach and Nutritionist Ekana Hospital



**Contributor** 

Storyteller Sharada Sampathkumar

Deep Fried Legacy of 100 Years

Let me tell you an interesting story behind the MaddurVade and how it got its name! Once upon a time, it was in 1917. There was a Vegetarian Tiffin Room (VTR) in Maddur's only railway station. In VTR, there was a man called Ramchandra Budhya, who was originally from Kundapura. He used to run the VTR.

Ramachandra was a bornentrepreneur and he was very skilled. So, heused to tempt the passengers to buy his hot and tasty food. Everyone used to

wait to go to the VTR to eat his special dishes!

One day, it was a very busy day and he was running late. He realised that he was late for the evening snacks which were usually pakoras. So, he quickly just mixed up some ingredients that he had and instead of making them in the shape of pakoras, which would take longer to cook, he flattened the mixture into flat discs and fried them. The result? It was a super new and tasty snack that was christened as popular as Maddur vada !

It became extremely popular among the local people and also with the British passengers who used to travel between Mysore and Bangalore.

Lets enjoy making this Maddur Vada at home for our dear familymembers ! Here are the steps:

Maddur Vada Recipe :

Ingredients :



2 onions

A handful of finely chopped coriander leaves

- Finely chopped curry leaves2 green chillies 1/2 inch ginger
  - Salt to taste
  - 1/2 cup rice flour
  - 1/4 cup all purpose flour1/4 cup
  - semolina ( chiroti rawapreferrable)
  - 1 tablespoon oil
  - 1/2 teaspoon cumin
  - 1 teaspoon sesame

1/4 cup water for kneading oil for frying Method :

Chop the onions finely.
Grind green chillies and chopped ginger together.

3. Chop coriander and curry leaves.4. In a wide bowl, add onion, ginger chilli paste, the finely chopped coriander leaves and curry leaves along with salt and leave it aside for ten minutes.

5. Add rice flour, semolina and all purpose flour to it. Mix well with your hands (Did you know that mixing ingredients with your hands lends a special taste to your dishes?). 6. Use little water to make a stiff dough. Heat a tablespoon of oil and smear it on the mixed dough.7. Keep it covered for fifteen minutes so that the ingredients soak well in the dough.

8. Take a silicon mat. Make small balls of the dough and pat them intocircles of medium thickness.9. Heat oil in a pan. Once it is hot, slowly slide in one or two, depending on the size of the wok.10. Deep fry on sim to medium flame to a golden colour. 11. Remove and put it aside. Repeat for the rest of the dough.

Now serve this hot and tasty Maddur Vada, with freshly madecoconut white chutney. And ..... Do share your experiences with me too !!

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#### Page 05 EDUCATION & ARTS

#### **ELECTRONIC CITY CREDENCE**

10th - 23rd Dec 2023

### A kaleidoscope of culture & emotions at BVM Bengaluru



The anticipation for the Annual Day of BVM Global School had been building for weeks, like a crescendo in a symphony of excitement. The theme of Junior Annual Day was Ritam - The essence of Life relating to numbers 1 - 10 and Tarangini - The Odyssey of Rivers for the Senior Annual Day. The sense of amity and the shared goal of delivering a stellar performance bonded the children of all grades in a way that classrooms never could.

As the sun dipped below the horizon, the school grounds came alive with twinkling lights and an air of festivity. Families and friends filled the seats, eagerly waiting for the spectacle to begin. As we waited for our turn to step onto the stage, the mix of nerves and adrenaline created a palpable energy. Backstage camaraderie turned anxiety into shared laughter.

The Annual Day wasn't just an event; it was a kaleidoscope of emotions. From the initial chaos of preparation to the euphoria of a successful performance, the experience left an indelible mark on my school life. I realized that sometimes, the most valuable lessons are learned not within the confines of a classroom but on the grand stage of life itself.

AaraviAgrawal, Class 9 BVM Global@Bengaluru.

### Greenwood's Melodic Marvel: Rhyme and Rhythm



hyme and Rhythm is a fantastic way to boost coordination, groove to the beats and ignite your creativity! It's all about the joy of learning while having fun! The little musicians of Greenwood High Pre-school E- City dedicated their inspirational lyrics and took us on a soulful and magical journey of HEAL !!The little music makers participated in the musical event Rhyme and Rhythm on 2nd December 2023 to celebrate the power of Music. Unraveling the highlights of the day!!!



# Electronics Prodigy: Ayushmaan's Brightway Brilliance



This is a very interesting story of a boy, Ayushmaan, studying at BRIGHT-WAY INTERNA-TIONAL SCHOOL IN BASAPURA. An electronic prodigy, he innovates new mini electronic circuits from electronic scrap. The latest one is a Bluetooth speaker that can

connect to various devices such as mobile phones or any other voice generator. The device adjusts itself automatically to various output current levels and plays out the music. The earlier invention is an alarm that automatically alerts with a sound when the water level reaches a predefined level. This device can be customized to any requirement. Kudos to Ayushmaan, and wishing him good luck for his future endeavors.

### **Annual Sports Day 2023-24**

Maple Bear Canadian Pre-school, Singasandra



Maple Bear Canadian Preschool, Singasandra Centre celebrated "Annual Sports Day 2023-24" at Decathlon, Bommasandra on Saturday, 16th December 2023 The sports event was commenced by installing a flame torch by Mr. Shivaprasad S B, President of ShampurEduserve Foundation, and Mrs. VanithaSomanna, Managing Trustee of ShampurEduserv Foundation It was an exhilarating day as we inaugurated our Annual Sports Meet 2023 with much enthusiasm and energy! Welcome kit was given to all the parents.



Various games were organized for Toddlers, Nursery, Junior kindergarten, and Senior Kindergarten students. Little bears impressed everyone with their energy and zest.

The wow moment was our "Mystery Box" where parents actively participated and were able to recall the information and able to ask all possible questions and finally able to guess the correct object name. A big shoutout to our dear parents who stayed with us till the last performance and actively participated in the games arranged for parents, our teachers, and staff who put in tireless efforts to make this day a grand success!

#### ELECTRONIC CITY CREDENCE

10th - 23rd Dec 2023

#### **Unnati Kids library**

**EVENTS & SPORTS** 



C hildren have an innate love for stories. Stories create magic. A good story telling session can do wonders to a child's imagination and can really work at enhancing their expression.

One such nice story session was conducted by Unnati book and toy library, ECity phase 1 on Sunday 17th Dec.

The story session was conducted by Priya Muthukumar, founder of storytelling company "Storipur " and was attended by kids in groups 4 to 10 yrs with their parents. As Priya began her narration of 'Sleep time Story', a story about a young princess whose favourite blanket is missing she soon had everyone in the audience engrossed in the story.

The children found it a beautiful heart-warming story. They enjoyed the impersonations of different characters by the storyteller. The session lasted for about an hour with a short christmas story, singing of Christmas Carols & colouring activity. Their feedback soon after the session was 'brilliant, epic, fantastic, amazing and......fabulous'!

## **Rainbow Association Excels in Puja Awards!**





Rainbow Socio-Cultural Association embraced everyone, all living beings alike, in the worship of the Goddess Durga, overcoming the dogmatic narrowness of differences...

The association received the Best Pet Friendly Pujo award from Bongio Samaj and also won the Best Crowd Management and Best Venue in the Micro Puja category from Eventex.



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#### **ELECTRONIC CITY CREDENCE**

# ELECTRONIC CITY CREDENCE GOOGLE REVIEWS

# Google +++++

### Naga Vydyanathan

E lectronic city credence is a lovely venture by a small team of motivated individuals to provide the ecity folks with relevant and timely news of the happenings in their area. It is also an apt forum to raise concerns, create public awareness and advertise local businesses. Great job ecity credence team.

### Maple Bear Canadian Pre-school Singasandra

Electronic City Credence is now the best medium to express concerns about our electronic city area. Covering all aspects nicely.

### Rajesh Kumar Yadav

I have good experience with Electronic City Credence. They posted my tournament and badminton business ad very nice for the first time.

### Cartoon bandha

Best Bi-weekly newspaper. Which gives me clear news about electronic city.

### **Tiny Child Development**

Ecity credence is now developing their service to knowing the people about public events in the Electronic City. And the way of their approaching and creating the original content related to the article was appreciated. Thank you for your support Ecity credence.

#### Dec 24,Sun, 8:45 – 10:00 am -Free yoga session by TriyangaYogaShala Venue : Cubbon park

Sun, 31 Dec, 12:30–2:00 pm Free Art class demo Venue : Bini Art Classes Bommanahalli





LOADING ...

Sun, 24 Dec, 9:30 pm Christmas Cookie Decorating Workshop Venue : Dialogues Cafe - Koromangala

Dec 27th, 10 am - 1 pm 3D Acrylic Workshop Venue : Globalart Electronic City

Thu, 21 Dec, 3–5 pm Vinterfest, the Christmas recipe workshop! Venue : Ikea Neelamangala

### **Travel wonders in every Corner**



E scape to the enchanting Muthyala Maduvu also known as Pearl Valley, just 25 km from Electronic City. Named for the glistening water droplets, it's a serene spot with a mini waterfall, nature trails, and peaceful rocks for meditation. Though there's no entry fee, parking is ₹40.



The valley offers a green retreat, away from city noise. There's a Mayura restaurant for simple meals. Enjoy a boat ride (cash only) or unwind in the ample parking space. Perfect for families and nature lovers, this green haven captures the heart with its simplicity and tranquility. A short drive from Anekal, it's a monsoon must-visit.



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