

ELECTRONIC CITY CREDESCENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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The journey of Success

A Documentary By -Ruma Rakshit



Ruma Rakshit
Retired Principal
National Public School, Kolkata

It all started more than 40 years since when a young inexperienced girl stepped nervously inside the National Public School, Kolkata's office room. Nervous yet determined to prove her metal with a vision in her eyes, a vision to grow and do something out of the box. As days passed by, life propelled that young girl through so many steps to the helm as the principle of the institution and enriched her with her magnitude of life's lesson. That young girl, principal, my humble self is ever grateful to life.

During my tenure as a principal of the school after my hectic schedule in a day, after reaching home carrying out the responsibilities of my family while at bed, each and every day I always had a terrific urge to start something of my own. I had the opportunity to meet right people of the right time, which is an absolute prerequisite of entrepreneurship, attending seminars, workshops, conducting various exhibitions on various topics in my and in other institutions came to a great help here. A good education can make a big difference in your small business success. With all these in background post-retirement, I am all prepared to give my dream a full go. Thanks to my daughter for all her help, support. Life has taught me that having good relations, compassion and peace of mind is much more important than any achievements degree or money as no one needs to prove one's potentiality as each one of us are unique in our own way.

My sincere heartfelt thanks to the electronic city credence team who gave me this opportunity to share my experience. I wish them great success ahead.



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CONGRATULATIONS



Priyanshi Porwal

WINNER

Secret Santa Quiz 2023

Quick News Bites

01 Water crisis hits Electronics City Phase-2 Doddanagamangala urgent measures needed to address scarcity in the area.

02 Poor road conditions from Electronic City to Jigani via Kyalasanahalli, Bandenallasandra cause significant business losses and impact the health of the public.

03 Sewage outlets in open fields at multiple Hulimangala Panchayat locations pose unhygienic conditions, promoting mosquitoes. Urgent attention needed.

04 Hebbal to Electronic City lacks efficient Vajra buses; commuters suffer using 2-3 buses. BMTC urged to address, especially during 6-10 am.

05 BBMP launches helpline 9353902092 'Sahas' to guide residents on raw and dry garbage disposal. Utilize the service for waste management.

06 Electronic City Police initiated Crime Prevention Month 2023, raising awareness on crime prevention's vital role among the public.

07 Electronics City prioritizes road safety with smart surveillance to curb traffic violations. Aiming for safer roads.

08 Karnataka's active COVID-19 cases reach 1,000 with 229 new cases; Bengaluru Urban reports highest at 64, says Health Department.

Air Pollution : ECity December 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 (December) have an average of 82, which is satisfactory with air quality.

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

Urban Thirst: Navigating the Challenges of Water Scarcity in Electronics City

Unlike year 2022 wettest year, 2023 is largely deficit in rainfall as it is recorded with more than 50% shortage as with 2022 (1958 mm), Primary rainy season is from June to October when Bengaluru receives rain from South-West Monsoon and Secondary rainy season is from November - December when it receives rain from North-East Monsoon. Figure 1 clearly indicates the shortfall in Bangalore Urban rainfall percentage is low than the expected.

As Bengaluru south majorly rely on groundwater levels, many places in electronics city are seriously affected which has brought most of the borewell dried up and increased the demand for the water suppliers. Urge the government bodies to ensure the supply of water tankers for the crisis areas and BWSSB should increase the piped connection all through south region.

Here are several sustainable strategies to mitigate the impact of reduced rainfall:

Rainwater harvesting

- Implement rainwater harvesting systems to capture and store rainwater for later use. This can be used for non-potable purposes such as irrigation, landscaping, and flushing toilets, reducing the demand on the main water supply.

Water Conservation Programs:

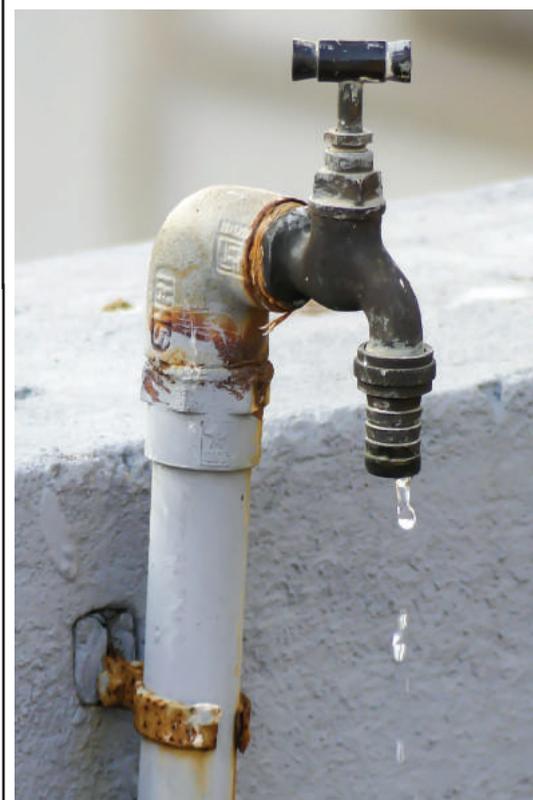
- Promote water conservation through public awareness campaigns and educational initiatives. Encourage residents, businesses, and industries to adopt water-saving technologies, fix leaks promptly, and practise responsible water use.

Greywater Recycling:

- Treat and reuse greywater (wastewater from showers, sinks, and laundry) for non-potable purposes. Greywater recycling systems can significantly reduce the demand for fresh water in households and businesses.

Diversification of Water Sources:

- Explore alternative water sources such as treated wastewater (reclaimed water) for non-potable uses like irrigation. This reduces reliance on traditional water sources and enhances overall water availability.



Electronic City Gujarati Samaj



Date: January 14, 2024 |

Time: 10:00 AM onwards

Venue: Red Bridge International School, E-City 1

Kite Counter, Prizes for Kite Flying, Morning Chai (10 am), Authentic Gujarati Lunch (1 pm), Fun food Counters, Garba, Evening Chai (4 pm)



Donate Your Old Clothes

(Please bring only clean, washed clothes)

Donation boxes on the venue

Clothes will be donated on 21st January 2024

Everyone is welcome to join.

For Booking and Enquiries:

Tejas Vora
9538745509

Kinjalbhai Shah
7567730489

Mehul Parecha
7874337142

Ankur Gada
9841563163

Hardik Thakkar
9731370708

Maulik Vyas
8660805504

Kanubhai
9662039614





Tranquil Mornings at Maragondana-halli Lake

Escape the hustle and bustle of city life with a serene morning walk at Maragondana-halli Lake, nestled along Neotown Road in Electronic City. This hidden gem offers not only a peaceful respite but also a chance to witness a diverse array of birds gracefully gliding over the pristine waters. With its tranquil ambiance and minimal crowds, it's the perfect destination to reconnect with nature and start your day on a refreshing note.

ARDRAM KITCHEN

Authentic Taste of Traditional Tea Time Snacks
Sweets and Savouries

Ingredients (No of Serves):

- White/Dosa Rice - 2 Cups
 - Palayamkodan/Yelakki Banana - 6 pieces
 - Salt - a pinch
 - Black Sesame Seeds - 1 tablespoon
 - Dried Coconut pieces - 2 tablespoons
 - Cardamom Powder - Grinded along with sugar
 - Jaggery Syrup - as required for your taste..
 - Ghee/Coconut Oil - required for frying
- (No. of Serves: One Box has 10 pieces: enough for 2-3 people)



Procedure/Method:

Take 2 cups of white/dosa rice and wash well until it is clean and water becomes clear. Then soak it for 6-8 hours in water. Grind the rice in two three batches in a small mixer jar by adding a very small amount of water (3-4 tablespoons of water each time). The batter should not be too fine. Pour the batter into a container. Take 6-8 small fully ripened Palayamkodan/Yelakki bananas. Peel and grind the bananas into a smooth paste and add to the rice batter. Stir using your hand and mix it well.

Then melt and strain jaggery to make Jaggery Syrup. Pour this luke warm jaggery syrup into the batter and mix well. Roast coconut pieces and black sesame seeds in 2 tbsp of ghee until brown shade. Add the above along with cardamom powder and a pinch of salt to batter and mix well. Taste the batter and adjust the sweetness according to your taste. Close the batter and allow it to ferment for 8-12 hours in a warm place.

Take an unniyappam mould and pour coconut oil/ghee. When it is hot, pour one table spoon of batter into each mould and adjust the flame to medium and flip the unniyappams and fry until it becomes golden brown colour.

Tips: Banana adds more taste and flavour which also helps to ferment well.

@homemade_virgin_coconut_oil

ARDRA PRAVEEN





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BVM GLOBAL @ BENGALURU

General- Inter School Events



REDBRIDGE SCHOOL



An Inter School Football Tournament - 'TACKLE' was conducted by Redbridge School in collaboration with Coach Direct. BVM boys under 11 team made everyone proud by receiving Runner's up place in the tournament. The tournament not only served as a competitive event but also as a means of fostering camaraderie and promoting the spirit of healthy competition among schools.

THE SAMHITA ACADEMY



KALAKRITHI - an annual event in The Samhita Academy attracted students from different schools in droves. BVM Global school participated in art and music competition. Their performance was commended, and certificates distributed.

DPS, ELECTRONIC CITY



In the Cultural and Literary events - IGNIS conducted by DPS for primary classes, active participation with professional aesthetic appearance garnered appreciation and awards. Rabiya Riyaz of grade 3 bagged the second prize in 'Art on Canvas' and Sloka Makam of grade 5 got the third prize in Quilling Craft.

AECS MAGNOLIA SCHOOL



"Multitude of events as part of ENIGMA were conducted by AECS Magnolia School. BVM students won prizes among the 28 teams that participated. Students of grade 9 Maukhtika, Sivpranav and Rakakirtana bagged the second prize in Tamil Extempore JAM Competition.

VIDYA NIKETAN SCHOOL



VidyaNiketan School, Kengeri had organised "PRERANA" - Gita Presentation competition was organised by Vidya Niketan School in Kengeri. Avani Venee of Grade 9 bagged the second prize. A quiz was also conducted on the holy book-' Bhagvad Gita' in which Aarya Kittur and Smriti Srikanth of grade 9 bagged the first prize. Our other students also received special mention out of the 60 teams that participated in the event.

DPS, SOUTH



We are proud to share that Krishna of cl 8 bagged 1st place in Chess competition under sports category of CONFLUENCE event. Ayushman Mohanty & Subhaprada Sahoo of class 9 received second prize in the Literary event. Priyamvada - 8A, Annika - 8A, Aarvi - 9A, and Anjali - 9A secured second prize in a team event. It was a commendable effort by the group to show their innate talents in the external competitions. All the other participants made to the final rounds & received raving feedback from the judges.

DPS, SOUTH



"CONFLUENCE" - an event conducted by DPS South to pick the brains of students in Humanities, Science, Literature and Sports not only provided a novel experience but also helped in applying learnt concepts in real situation.

SKCH, MALLASANDRA



BVM Global boys participated in the BSSCA Interschool Badminton Tournament in three categories U - 14, U - 17, and U - 19. Some of them proceeded the next round and played with the right vigour where 45 teams were playing for the championship.

BVM GLOBAL @ BENGALURU
General- Inter School Events

SKCH, MALLASANDRA



In the BSSCA Inter-school Badminton Tournament for Girls, our BVM Global students competed in two categories U - 14 and U - 17. They showcased their racket power and earned applauses.

DPS, SOUTH



MIND MATTERS - An initiative to consider mental health seriously was conducted at DPS, South. Our students set up a stall with informative strategies for Life Skills management. They attended lectures with a new perspective of how to help in enhancing positivity in life.

Dance Excellence: Radhika Sridharan's Award Moment



Radhika Sridharan, an accomplished Bharatanatyam artist and teacher, leads R Dance School in Electronic City, preserving tradition for 14 years. With numerous awards, including Natya Kala Ratna, she imparts her passion, aiming to uphold and pass on the cultural legacy.



Trinote Music Academy Strikes the Right Chord to Unveil its Winter Recital Series!



Trinote, a reputed music school, located at Electronic City Phase 1, kick-started its 2023 winter recital series on the evening of Sunday, December 3rd, within the enchanting confines of the Quaver Box. With an array of talented youngsters, aged 6 to 16, gracing the stage, the audience was treated to a symphony of skills that featured captivating performances on the keyboard, piano, guitar, violin, drums, and vocals. The air was filled with the harmonious notes produced by these budding musicians, creating an atmosphere that was nothing short of magical. Trinote Music Academy extends a warm invitation to the electronic city community for the upcoming recitals set to take place in the weekends of December and January!

Trinote Music Academy: trinotemusicacademy@gmail.com
+91 8861921923

Treamis School Olympiad Achievers 2023 - 24



Nivaan Varshney
International Rank 1, IEO



Sanshray Rath
International Rank 3, IEO
International Rank 4, IGKO



Rohita Reddy
International Rank 3, IEO



Samarth Bhattacharjee
International Rank 4, IEO

IEO: International English Olympiad
IGKO: International General Knowledge Olympiad

Treamis students continue to excel in Olympiads, securing top international ranks across various grades. Congratulations to the accomplished students!



IVF 101: A BEGINNER'S GUIDE TO FERTILITY TREATMENT

Fertility treatment can be overwhelming if you don't know what's going and what to expect. A mini guide to help you understand the course of the treatment.



1. The Evaluation: During the first visit a detailed history will be obtained of both partners to see whether there are any inherited or prior medical conditions that may be contributing to fertility issues. Thus, be sure to notify if you have a family history of health problems or if you have ever undergone surgery for a medical condition. Blood investigations to rule out any disorders that could hamper the fertility in either partner. A semen analysis for the male and an ultrasound scan for the female partner are mandatory for a proper understanding and to plan a proper plan of action.

2. The Plan: The investigations will help in identifying the reason for the infertility and issuing a treatment plan. So, you may be asked to try naturally tracking the ovulation or IUI or IVF can be advised.



3. What to anticipate and the duration of the treatment:

In case of Natural tracking, you will be called in on multiple days of the menstrual cycle to see if the egg is growing naturally and if it is, you will be asked to have a timed intercourse. A maximum of 6 cycles can be tried. IVF, takes average of 10 days of injections in the first half of cycle and then after embryos are formed a break cycle is usually given before Frozen embryo transfer is attempted.

4. The Fertility journey



could be exhausting and there could be certain disappointments on the way so mentally you have to be prepared for the outcomes. Try to keep stress at bay. Exercise regularly, eat nutritious food and avoid junk.



Medical Practitioner

Dr Sabiha Anjum,

MBBS, DGO, FRM, (MRCOG UK)

Consultant Fertility and women's health specialist, Raya healthcare, E city



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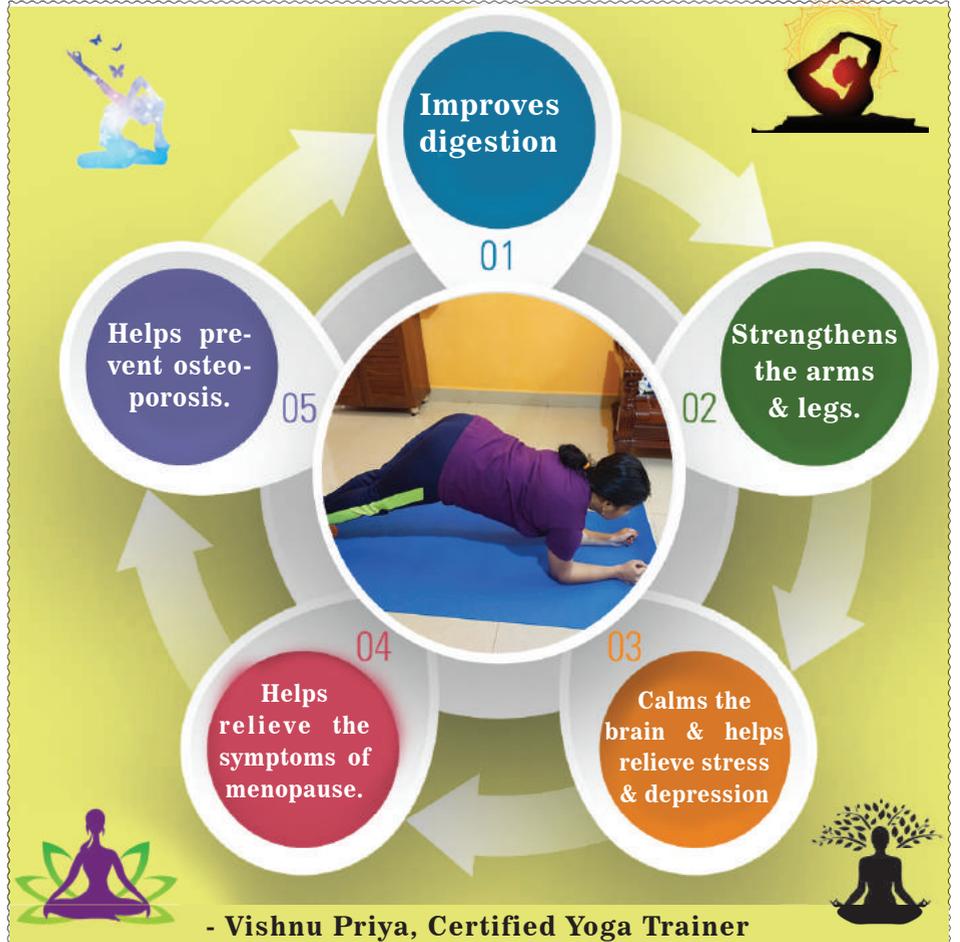
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Benefits of Dolphin Pose



- Vishnu Priya, Certified Yoga Trainer

Childhood Obesity? Let's Take It Head On

Obesity in children has increased exponentially over the last few decades. In the United States at least 20% of children and adolescents are considered overweight or obese.

In India also, there has been an alarming increase in the weight of children, with many researchers reaching similar figures among affluent urban children.

What has caused this rise?

The alarming increase has been fuelled by the current environment of decreased physical activity and intake of calorie dense, often low in nutritive value foods. There has been a growing "Fast Food" culture with higher trend of eating out, bigger portion size and consumption of ready to eat packed foods. No wonder, international fast food chains are betting on India as their next growth driver. Marketing strategies typically target children to get them on these so called snacks, carbonated beverages from a young age.

Go to any supermarket store, candies and chocolates are always placed near the cash counters to increase the sale of these stuff- so called impulse purchases by the customers. This coupled with a sedentary lifestyle and decreased physical activity make a potentially deadly cocktail. Modes of transportation have become better and better and as a result more and more drive rather than walk and cycle for not so long distances. Central Board of Secondary education (CBSE) reported



in 2007 that only 30% of adolescents play an hour or more. Typically kids spend more time watching TV, sitting in front of computer or playing video games rather than outdoor games.

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Sidewalks @Neeladri Road - Need of the hour!!!

NEELADRI NAGAR ELECTRONIC CITY AT NIGHT

The Neeladri road of 2011, when I first moved in here, is not the Neeladri Road of today. This street has transformed from its desolate quiet with a few shops strewn here and there, to its current buzzing form that reminds me of popular shopping streets.

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.

Neel Vigneshan
Residence of Neeladri Nagar

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To Like and Be Liked

Radhika was busy as usual, flitting about the house, doing little chores here and there. The mundanity of it all got to her sometimes, making her weary, like a deep sigh and hurried about her task, eager to get done with it. From the corner of her eye, she saw her cute little daughter, Anika, darting from one room to another, obviously engrossed in one of her plays. Radhika, by nature, distracted, but today, she decided wise. She caught hold of her little girl, placed her on her lap, and gave her a bear hug. Anika looked at her mom in love, loved this blatant display of affection. She hugged her mom back and kissed her with kisses all over her face. Radhika felt much lighter. She looked out of the window, a content smile on her lips.



The alarm rang at 6, its shrill cry piercing through the silence of dawn. Rithvik awoke with a start. On most days, he would have snoozed the alarm and gone back to sleep. But today, he felt a sense of urgency created by a mix of excitement and anxiety. It was the first day of his new school. And he was having jitters about so many things. Would this school be similar to his old school? Will he find another best friend like Sandeep? And a kind teacher like Pramila ma'am, to whom he was the favourite? What if everyone else already had their friends and he was ignored? With a nervous smile, Rithvik entered his class. He scoured the faces of his classmates, hoping for a friendly smile somewhere. His eyes met those of a short boy with a naughty twinkle. The boy grinned at him and Rithvik grinned back. At seven, Rithvik had his first experience of the feeling of elation and relief that comes with acceptance.

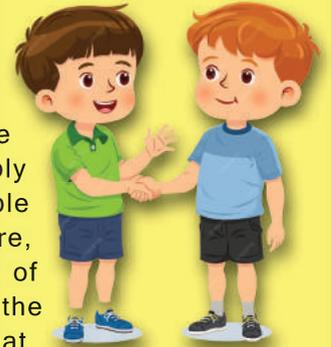
Renu was getting ready for her IIT coaching classes, a smile on her lips, a slight dance in her gait. Of late, life seemed much more colourful and magical, like a vibrant rainbow appearing against the blue sky or a hibiscus bud blossoming into a beautiful pink flower. It all began the day she took note of Anand, the new boy in her class. His bespectacled geeky look caught her fancy. And since then, every waking moment has been one of nervous excitement for Renu.

Renu sat in her class, furtively looking around for Anand, her face red with the exhilaration of anticipation. Would Anand reciprocate with a nod, a look, a smile, today? Oh! The magic, innocence and sheer beauty of the first crush!

Ramakrishnan went about his morning routine - waking up at 6, bath and prayers, followed by a breakfast of two idlis with coconut chutney at 8. At 84, he was still a stickler for discipline, probably one of the prime reasons for his enviable good health. Though usually calm and sure, today he felt a nervous flutter in the pit of his stomach - he often felt this way on the days his son was due to visit him. Not that Ramakrishnan felt neglected at the senior citizen's home. In fact, he loved the independence, the high of living life on your own terms ... something that he could never hope to have achieved, had he stayed on with his son, daughter in law and grand kids. He was also an extrovert, easily making friends, and was quite popular at the home for his inexhaustible joie di vivre.

In spite of all this, Ramakrishnan could not escape from the desperate urge to love and be loved by his kin. But then, isn't the feeling of "liking and being liked" a fundamental part of human existence? Isn't this the raw desire that goads man into action, giving him the hope and the spark to sail along life? There should be a reason behind Aristotle calling man a social animal.

Contributor, Naga Vydyanathan



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