

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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07th - 20th Jan 2024

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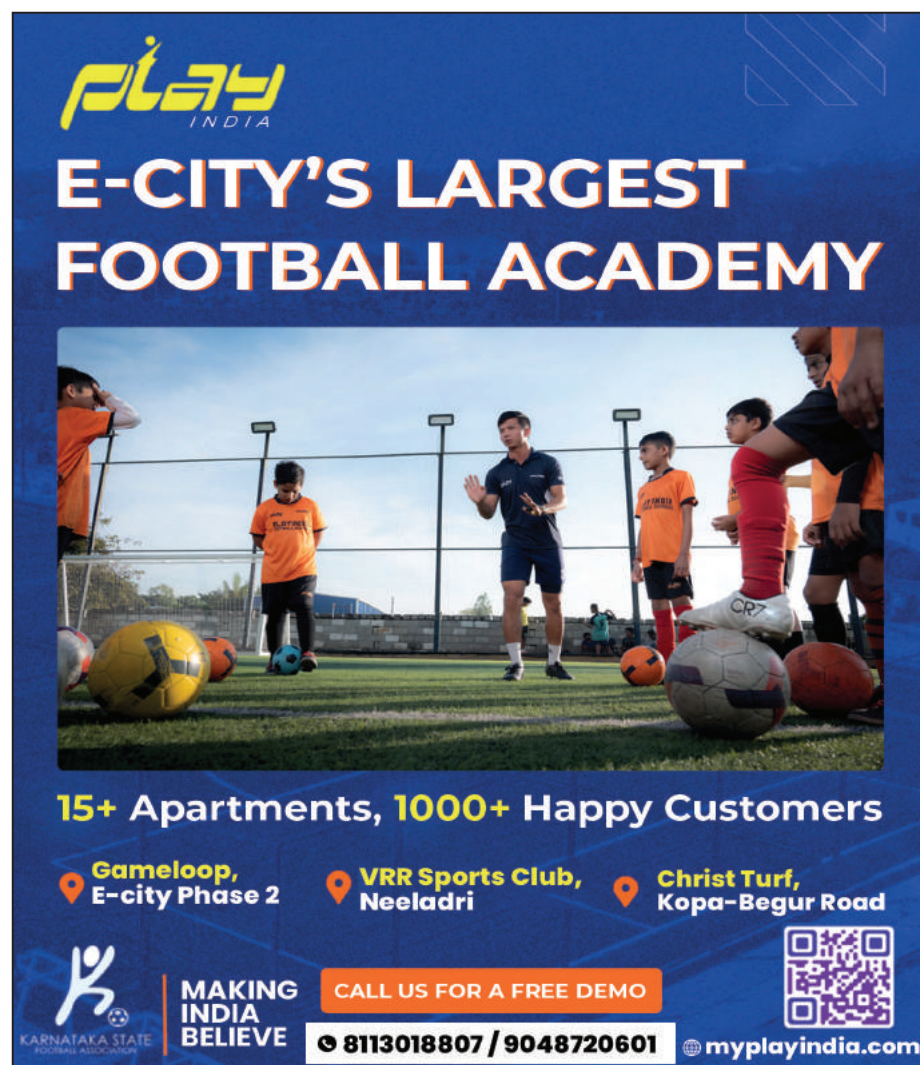
Saluting Our Heroes: A Message on Army Day by Lt Col A Rajendiran (Retd)



“Jai Hind! Wishing you a very Happy Army Day. On this day in 1949, General K.M. Cariappa assumed the role of Chief of the Indian Army, marking the complete transfer of power to our nation.

Since then, our nation has celebrated Army Day on the 15th of January. Our army is among the best in the world. On this auspicious day, I would like to share my thoughts, especially with the senior citizens and veterans of our nation. Kindly spread positive vibrations wherever you are and share stories of our ancestors and valiant leaders like Rana Pratap Singh and Lakshmi Bai. Inject the spirit of nationalism and patriotism into the younger generation. For the youth, after studying in our country, explore the corners of the globe for knowledge. Melt like a candle in search of wisdom, and bring back that knowledge to contribute to our nation's development. I always advise youngsters to engage in sports and games, as they promote cooperation, team spirit, and a never-give-up attitude, contributing to a healthy body and mind. Obey the law and order, respect national and government properties, choose leaders based on merit, and plant more trees to make India a pollution-free nation.

Support and encourage farmers, and inspire the youth to join the armed forces. Remember, 'Jai Kisan, Jai Jawan'—both are the lifelines of our nation. Don't forget it. Jai Hind!”



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Quick News Bites

01

Open sewage issue in Neeladri Nagar, Electronic City Phase 1, Bengaluru. Urgent action requested from BWSSB.

02

Shikaripalya Lake Rejuvenation Hampered: No Underground Drainage. Urgent need for STP, Buffer Zone maintenance. Residents pollute, seek action.

03

STP water released by @ELCITA_IN diverted by @GodrejProp, damaging roads and creating mosquito breeding ground.

04

Unhygienic conditions outside @ELCITA_IN. Urgent need for Underground Drainage system & STP. SaveElectronic-CityLakes.

05

Neotown Road, Electronic City Phase 1: No dustbin, street-light, or proper roads. Neglected by authorities. Taxpayers deserve better.

06

Preceding Ayodhya Ram temple consecration, RSS and VHP volunteers distributed Akshata in various EC1 apartments, fostering community spirit.

07

Ayodhya Rama Mandira Prana Pratistanna: Special Pooja in Paradise Layout and Chikkathogur Anjaneya Swamy Temple from 10 am on Monday, 22nd Jan.

Delay in Maragondanahalli Road Construction



The road leading to Maragondanahalli Government School, near Crystal cove, VRR, Jhanavi Capetown apartments, has not been laid since November 2023. Road construction started with a Pooja ceremony last November. The work is progressing at a snail's pace, causing inconvenience to residents, school buses, and office-goers.



Sreejith.R
Resident of Janhavi Capetown

The stretch is hardly 1.5 km, which could be completed in 2 days of work. I kindly request the concerned officials to take prompt action in addressing this issue.

Never Ending Garbage Issue in NeoTown



Garbage has been dumped by the side of the road and is frequently burned, which seriously pollutes the air. Garbage has started to stink from the sides of roads in Shikaripalya, Gollahalli, NeoTown Road, and the connecting Saibaba Road near Electronic City Bengaluru. In addition this area misses the basic infrastructure bad road, traffic congestion and lack of street lights.

CMC Hebbagodi, and Karnataka State Pollution Control Board (KSPCB) should work together to sort out the issue and plan for a sustainable solution.



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NATIONAL GIRL CHILD DAY

I am safe in this world

Say "It Loud & Be Proud" Inviting young ladies and women to record an instance about "the person" who made you feel safe in this world apart from your family members. Responses will be featured in the upcoming edition of ECC!

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Shantipura	Basavaraju N		9379462388	Sadashiva	7760269017	Santhipura Grama, Sarjapura Hobali, Anekal Taluku, Bengaluru	shanthipuragp@rediffmail.com
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Konappana Agrahara	N. M.Jagdish		9901219755			Near Ayyappa Swamy Temple, Konappna Agrahara, Bangalore-560100	konappanaagr.bsth.bngu@gmail.com

“A lifestyle change to Succeed in Exams”



Stress and anxiety are often experienced by students during exam periods, which are often high times for them. To help alleviate the discomfort of these symptoms, incorporating essential oils into their daily routine is a great way to make these changes beneficial for their well-being. There has been research indicating that essential oils like lavender, peppermint, and rosemary have a calming effect on the mind and body, which encourages better relaxation and concentration during study hours. With a balanced approach to time management and self-care, such as mindfulness and self-care practices, a student’s mental and emotional well-being can be significantly improved during exams and the busy exam.



- There are many methods to practice these practices—such as
- setting a schedule for studying.
 - taking breaks, and
 - making certain that you give yourself time to take care of yourself, such as
 - exercising
 - meditating
 - getting enough sleep.

The most important thing for students to keep in mind is that

- they should prioritize their tasks and not become overburdened
- they should also learn to seek help and support from their friends, family, and other professionals when necessary.

We as parents can prepare our children for exams by creating a calm, focused environment at home. Extracts from plants can enhance concentration or reduce stress. Furthermore, parents should create a safe, open, and honest environment for their children to express their fears and concerns about exams. The most important thing for parents to do is not to compare their child to others or push them to perform well, but rather instill values and motivations that will help their child succeed. The comprehensive approach to preparing for exams involves taking good care of one’s mental and physical health.



Megha Dutta
Founder of Edtech online company

The Chidambaram Natarajar

The Thiruvadira Arudra Darshan is a significant festival celebrated in Shiva temples, particularly in Tamil Nadu. It falls on the day of the Thiruvadira Nakshatra and is marked by the anointing of Lord Nataraja in a grand manner, followed by a procession to give darshan to his devotees. On this day, devotees seek the blessings of Lord Nataraja and witness his procession, which is considered a great achievement. The festival is associated with the legend of Adhi Sesha’s desire to witness the dance of Lord Shiva, leading to the manifestation of Lord Nataraja’s dance in Chidambaram. The Kali prasadam is offered to the Lord in recognition of a devotee’s deep devotion, as per a traditional story. In Kerala, the Thiruvathira star is celebrated as the birthday of Lord Shiva, and it is believed that Goddess Parvathi finally met Shiva on this day after her long penance. The Thiruvathira festival is marked by unique dances and special dishes, such as Thiruvathira Puzhukku, prepared using various ingredients.



The festival holds cultural and religious significance, with various rituals, dances, and culinary traditions associated with it. The stories and traditions surrounding the Thiruvadira Arudra Darshan and the Thiruvathira festival reflect the rich cultural heritage and religious fervor of the region.



Storyteller
Sharada Sampathkumar

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Contributor,
- Hello Kids, Basapura

Festive Delight: A Vibrant Celebration of Makar Sankranti



Makar Sankranti festival signifies the conclusion of winter and the arrival of a fresh harvest. This harvest festival is celebrated in many states of India with different names like Makar Sankranti, Lohri, Pongal etc. Sky on Makar Sankranti is filled with colourful kites. Every region celebrates the festival with their respective customs but the aim of the festival remains the same as to spread togetherness, prosperity. We introduced the festival to our children depicting a few highlights from every state. The play area was decorated with colourful kites, a setup of a traditional village house with Pongal preparations and a beautiful rangoli. Children also learnt about various delicacies that are prepared at home and their significance. Everyone enjoyed dancing to Sankranti specific melodious music.

Contributor,
Little Millennium PreSchool, Doddathoguru



A Stunning Showcase at ArTreamis Art Festival!



Treamis learners showcased their artistic prowess at ArTreamis, the Treamis art festival. Parents were stunned by the children's talent, comparing it to professional artists.

Contributor, Tremis School- Electronic City, Bangalore

Annual Day Splendor: Musical Marvels & Unparalleled Knowledge



Surana Vidyalaya celebrated its Annual Day with two enchanting themes: 'Gandharva Manu - When Words Fail, Music Speaks' for the Kindergarten section, and 'Nahi Jnanena Sadrusham - Knowledge is Unparalleled' for the higher grades. Dr. Archana Surana, Managing Trustee and our Chief Patron, along with Miss Diya Surana, daughter of Archana Surana, graced the occasion as the Chief Guests for this memorable event.

Contributor,
Surana Vidyalaya School, Chandapura



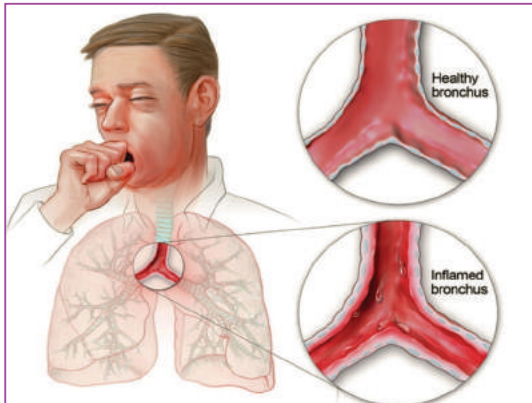
BRONCHITIS



Bronchitis is characterized by **inflammation of the bronchial tubes (bronchi)**, the air passages that extend from the trachea into the small airways and alveoli. It is one of the top conditions for which patients seek medical care.

Triggers of bronchitis may be infectious agents, such as viruses or bacteria, or noninfectious agents, such as **smoking or inhalation of chemical pollutants or dust**. Bronchitis typically occurs in the setting of an upper respiratory illness; thus, it is observed more frequently in the winter months. Bronchitis may be **acute or chronic**. Chronic bronchitis is seen in **smokers & persons exposed to air pollution**. The symptoms are **cough with sputum production, fever, weakness, breathing difficulty, stuffy or runny nose, sore throat, etc.**

It may be accompanied by **allergic rhinitis** which is **itchy eyes, runny nose, sneezing, ear ache, headache etc.**



Treatment

● Therapy is generally focused on **alleviation of symptoms**. Toward this goal, a doctor may prescribe a combination of medications that open obstructed bronchial airways and thin obstructive mucus so that it can be coughed up more easily. **Antiallergic medications may also be given.**

- Care for acute bronchitis is primarily **supportive and should ensure that the patient is oxygenating adequately. Bed rest is recommended.**
- **Avoid smoking and secondhand smoke.**
- **Live in a clean environment.**
- Receive the **influenza vaccine yearly between October and December.**
- Receive the **pneumonia vaccine every 5-10 years if aged 65 years or older or with chronic disease.**

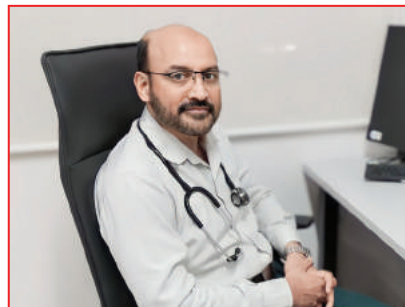


Medical Expert

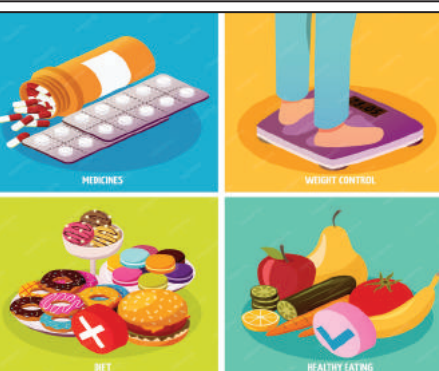
Dr. Huzefa

Consultant Physician

Pulmonologist and Diabetologist



By Dr. Archana Bodhi,
Family Physician and Global
Homoeopathic Consultant



That's because the body breaks them down into sugar, which raises blood sugar levels. **Some carbs are better for you than others. For example, fruits, vegetables and whole grains are full of nutrients.** They have fibre that helps keep blood sugar levels more stable too. **Eat fewer refined, highly processed carbs. These include white bread, white rice, sugary cereal, cakes, cookies, candy and chips.**

- **Get to know the plate method.** This type of meal planning is simpler than counting carbs. The plate method helps you eat a healthy balance of foods and control portion sizes. Use a 9-inch plate. Fill half of the plate with **no starchy vegetables. Examples include lettuce, cucumbers, broccoli, tomatoes and green beans.**



Contributor
Dr. Parul Sinha
International Health
Coach & Nutritionist
Ekana Hospital



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Antonia Clara

Contributor,
Okinawan Karate School

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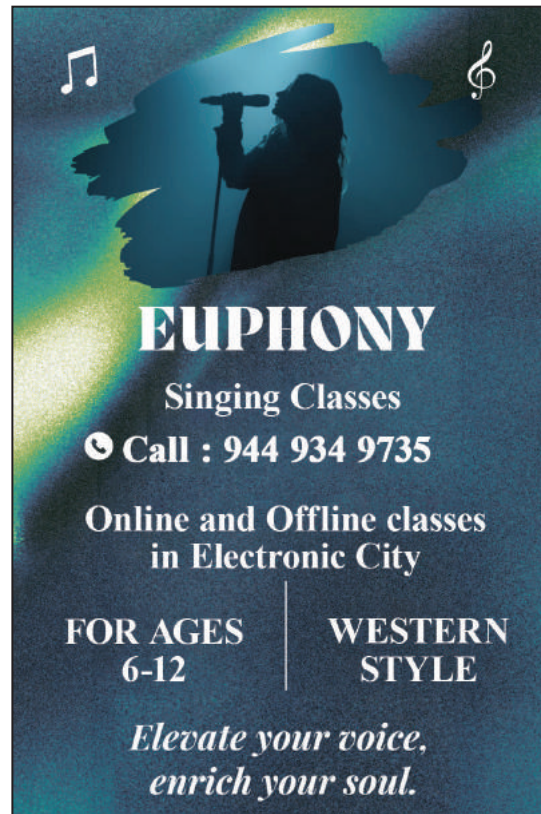
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Email : info@electroniccitycredence.in

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| Publisher | — Shivakumari Dharmaraj |
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Electronic City Credence takes pride in celebrating National Youth Day by encouraging young minds who wish to inspire changes in the society by their thoughts and actions.



Empowering Voices Inspiring Change

Rise a voice, not just in volume

Rise a voice, not just in volume, but in resonance—an unwavering call to empower our nation. Let our words be the catalyst for change, stirring minds, igniting passion, and fostering unity. In the symphony of diverse voices, we find strength; in the articulation of shared dreams, we forge a collective destiny.

This is more than speech; it's a commitment to amplify the pulse of progress, transcending boundaries, and crafting a legacy of empowerment.

As we articulate the voice to empower, we pave the way for a nation's ascent, fueled by the fervor of conviction and the power of words.



Contributor
S SAIVASU SHYAM, Student



Contributor
Kavya shree N
Junior Architect

Let's transform our mindset and prioritize women's rights. It's time for action

Responsibility of each and every Indian

Empowerment starts with sexual equality at first, however there are so many laws for empowering women however none are effective and followed by people. There should be some effective and tight laws which can be followed by everyone. It is not the responsibility of our government only, it is the responsibility of each and every Indian.

Every Indian need to change their mind towards women and strictly follow all the rules made for women empowerment.

Create a space for diverse perspectives

The power of our collective voice is like a beacon that can illuminate the path to a stronger and more empowered nation. By speaking up, we create a space for diverse perspectives to be heard, fostering understanding and unity. Whether it's advocating for positive change, sharing knowledge, or celebrating our cultural richness, our voices have the potential to shape the destiny of our community. Through inclusive dialogue, active political participation, and a commitment to supporting one another, we can build a society where every individual feels valued and empowered. Let our voices echo the spirit of collaboration, resilience, and progress, lighting the way towards a brighter future for our nation.



Contributor
Rakshitha, Student

Start living our life with ethics & values more than money.

People in India were not majorly disciplined after our Independence except for those who were part of the freedom struggle. Most of the major economies had adults to serve in the military at least for 1 year which disciplined them, which we lack in India. This doesn't mean the military needs to be made mandatory but instead schools can start concentrating more on discipline. Discipline in maintaining time, discipline in driving, respecting everyone as equal irrespective of their profession, and above all start living our life with ethics and values more than money. Change begins in our mind, If our mindset can be changed in our homes it in turn changes our nation. The State of a nation can be seen by the way people behave in their Roads, so let's start disciplining ourselves. I being part of a NGO named Bhumi, I'm really happy to say that volunteering in an NGO gives you peace and happiness. Let's start promoting this culture of serving our society & nature.



Contributor
Prabhu, Software Engineer

Improve the basic necessities of healthy living

We need basic amenities like proper garbage management, Underground drainage system, rain water harvesting to recharge our lakes, 24x7 police patrolling, etc. Emergence of more local representatives for each area to monitor and hear the voices of the local residents and address location specific issues should be encouraged.



Contributor
Ishan Singh, Sr. Scientist



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