ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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Open sewage crisis endangers Residents





Residents reports a serious critical issue in Neeladri Nagar, since the last year monsoon all the crossroads are critically bad with potholes; frequent electricity cuts; critically 4th Cross, to add further open sewage blocks overflows through entire road with foul-smelling eyesores This long-standing problem poses significant health hazards and sheds light on the city's shortcomings in sustainable development and basic civic amenities.Request the residence to contact Hulimangala Gram Panchayat officer: Krishnapa H.V-9448756425,9945261692 to escalate the issue and get them fix as soon as possi-



Quick News Bites

BegurLake faces controversy as an apartment encroaches on its land, stirring public anger over perceived mismanagement.

CIVIC

Government urged to address dying lakes due to lack of drainage systems and rainwater harvesting, especially Shikaripalya Lake.

MLAspress DKShivakumar for solutions to Bengaluru's issues, including property tax, roads, and water, ahead of BBMP budget.

Bengaluru to bloom with 20 new parks in 2024-25, with focus on outlying areas including Mahadevapura, Yelahanka, Dasarahalli, Bommanahalli, and RR

Electronic City, AQI has remained at a moderate level of 77 for the past 15 days, indicating acceptable air quality.

Bengaluru's 19-km Yellow Line operational by Sept.
2024; first driverless train from China arrives at Chennai port Feb. end.

Yellow Line in Bengaluru awaits coaches for statutory trials; BMRCL requires eight trainsets (48 coaches) for commercial operation.



Hosa Road Govt. School: Struggling with Sewage Woes and Official Neglect



n a distressing situation, Government School (St Thimmaiah Reddy Govt High School) at Pragathi Nagar, Beratena Agrahara, Hosa Road faces a critical sewage problem, with authorities reluctant to address the issue. The lack of proper connections leads to recurrent restroom flooding, posing health risks to students. BBMP and BWSSB blame each other, exacerbating the crisis.

Teachers, out of their own pockets, maintain the school, which lacks basic water facilities. Despite ELCIA sponsorship, government negligence persists. Urgently seeking support to resolve this dire situation, ensuring a safer and healthier environment for the students.

A Comprehensive Guide to Pet Care at Home

Introduction:

In recent years, the bond between humans and their pets has grown stronger, with many individuals choosing to bring a furry friend into their homes. While the joy and companionship pets bring are undeniable, responsible pet ownership also involves providing proper care. In this comprehensive guide, we will explore various aspects of pet care at home, ensuring your four-legged companions lead happy, healthy lives.

Nutrition:

Proper nutrition is the cornerstone of pet health. Research and choose high-quality pet food tailored to your pet's specific needs. Consult your veterinarian to determine the right balance of proteins, fats, and carbohydrates for your pet's age, breed, and health condition. Remember to monitor portion sizes to maintain a healthy weight.

Regular Exercise:

Pets, like humans, need regular exercise to stay fit and mentally stimulated. **Create a routine for walks, playtime, or interactive activities to keep your pet active.** Dogs often benefit

from outdoor adventures, while indoor activities like puzzle toys can engage cats and smaller animals.

Veterinary Care:

Regular veterinary check-ups are crucial for your pet's well-being. **Schedule vaccinations, dental cleanings, and preventive treatments for parasites.** Be vigilant about any signs of illness and seek prompt veterinary attention when needed. Maintaining up-to-date medical records is essential for tracking your pet's boolth.



Contributor,
Dr, Vishaka Sharma MVSc
Lucky Paws Veterinary Hospital
E-city, Ph-1, Bangalore,

GRAM PANCHAYAT NAME	PANCHAYAT DEVELOPMENT OFFICER NAME	OFFICE CONTACT	MOBILE NUMBER	SECRETARY NAME	MOBILE NUMBER	GRAM PANCHAYAT ADDRESS	E MAIL ADDRESS
Hulimangala	Krishnappa M		9448160423	Krishnappa	9448756425	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
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GENERAL

"Divine Motherhood: Nurturing From Womb to World"

"Mother" is the word that serves as your go-to mantra when you hit by problems. Once you pronounce it, all your pain vanishes, you gain energy, enthusiasm, and power. Mother Earth, Mother Nation, Mother Tongue, Mother Land... nothing exists without a mother in this world among creatures. Nothing can replace a mother; a mother cannot be bought or earned. A mother is a selfless soul. A mother is an iconic figure of love, kindness, compassion, sacrifice, and patience. A mother expects nothing from her children; a mother's

Mother comes first in all aspects. You pronounce the word "Amma" without knowing yourself when you are in agony, but one should sacrifice so much to become a mother. A mother has to discharge a tremendous amount of responsibilities and sacrifices throughout her life non-stop towards so many. A mother is specially designed and created by God; there is no need to talk about the importance of a mother. She is the first God. Definitely, all female genders are mothers. Being born in a female gender itself is a blessing. Today's newborn girl baby is a future mother. So invariably we find a divine power in the girl baby to become a grown mother.



A mother is an inevitable and incredible relationship for one's life, so in our nation, we name all the holy rivers after a female gender because rivers or water are the lifeline for all creatures on Earth. A well-groomed daughter of a family can make strong heirs in another family. The strength and weakness of a family depend on the mother. So the duties of a mother are infinite, which commence right from the day she carries her baby in the womb.

To be continued..



Contributor, Mr. Lt Col A Rajendiran (Retd)

Revitalizing India's Education Landscape:

A Call to Transform Government Schools PART -1

In the vast expanse of India's diverse educational panorama, a disconcerting reality looms large – education, once revered as a beacon of enlightenment, has metamorphosed into a commercial enterprise, leaving the foundational government schools languishing in neglect. The symbiotic relationship between politics, business, and education has birthed a system where private institutions thrive, while government schools struggle for survival. This transformation not only jeopardizes the future of millions but also underscores a societal shift where education becomes a privilege rather than a fundamental right.

At the heart of this educational conundrum lies a stark contrast between privately-run institutions and government schools. The former, often spearheaded by politicians and businessmen, exude opulence, with sprawling campuses, state-of-the-art facilities, and a pedagogical approach that caters to the holistic development of students. On the flip side, government schools, the bedrock of education for the masses, find themselves in a lamentable state, grappling with inadequate resources, dilapidated infrastructure, and a dearth of visionary leadership.

In a nation where the importance of education cannot be overstated, the alarming proliferation of private schools as profit-making ventures raises profound questions about the moral fabric of our society. **The commodification of education has created a chasm between the haves and the have-nots,** where students attending government schools are left to contend with substandard facilities, lackluster teaching methodologies, and a dearth of extracurricular opportunities.

What exacerbates this educational divide is the emergence of pint-sized private schools mushrooming in residential enclaves, reminiscent of education's reduced stature. These institutions, often confined to mere 1800 square feet, paint a grim picture of the erosion of educational standards. With classes up to the eighth grade, these miniature schools lack not only the basic amenities but also a conducive environment for learning. The absence of proper ventilation, playgrounds, libraries, and facilities for practical learning casts a dark shadow on the future of those who seek knowledge within their walls.

The educational landscape should be a level playing field, where every child, regardless of their socio-economic background, can nurture their dreams and aspirations. The lamentable state of government schools not only obstructs this vision but also perpetuates a cycle of poverty and inequality. As the privileged few revel in the luxuries of private education, a substantial portion of our population is left grappling with the inadequacies of a system that has betrayed its inherent promise.

To be continued in PART - 2



U12 Semi-Finalist at Junior Badminton Championship

On January 21st, A&D Sports conducted the Junior Badminton Championship at Yelenahalli. Aarnav B from Net Kill Badminton Academy was selected as a U12 semi-finalist. He was awarded a trophy and certificate for his achievement.

Contributor, Net Kill @JP sports Badminton Academy





NGGO'S COLONY, BAGALUR ROAD, HOSUR - 635109

EDUCATION

Principal's Corner: A Glimpse into Spark School's Vision & Practices

Spark schools?

tion, I could figure out that preschools the parents. are a sensitive area falling in insensitive 5. Do you feel keeping a preschooler hands at times. Keeping commercial busy the whole day is necessary? motives aside and taking up the pure In my opinion, I feel a child that is exservice motive and a well-fortified pas- periencing his/her play years shouldn't sion for kids is the key factor while han- be held captive by busy schedules and dling a preschool. We've come a long extra classes. They should be free to way with Spark as not only parents but explore their surroundings and environeven corporate MNC's such as Conti- ment while taking in as much as they nental, Siemens, TCS and many more can. More than keeping the kids busy have shown faith to extend our child i feel parents should come out of from care facilities to their employees by their busy schedule to spend quality having formal tie-ups with Spark.

you take to achieve it?

curriculum. Spark aims at focusing on useful for a lifetime value building rather than the tradition- 6. As the principal of Spark school, al theoretical learning while keeping a What message of inspiration or guidpure transparency with parents by shar- ance would you like to convey to the ing live streaming on their child's prog-community? ress. In this Gen z kids need emotional Kids are by choice gifts of god, they are necessary education.

followed in the school?

love such as dance, yoga, sports, read- as their friend, teacher and as a parent. ing, drawing and many more, and spark goes the extra mile and professionally helps kids excel in extra curricular activities by collaborating with reputed fitness organizations. Spaced out and subjected timetables, adequate time for both academics and extracurriculars, unforgettable events for both kids and parents are some of the many best practices SPARK follows.

4. Could you share any success stories of Spark students that showcase the school's impact on their lives?

At SPARK not only 1 but all kids are successful and triumphant in their ways

1. How did your journey begin with possible. Parents have shared positive and beneficial feedback of their child's It all started when I became a mother learning sensitivity towards the environ $m{I}$ and with enrolling my daughter in var- ment and the people around them, their ious preschools I could understand that kids are now willing to participate in upbringing does not limit only till par- public events and unveil their areas of ents but also majorly lies with schools. forte such as dance, speaking, singing Schools parent must walk the path to- without fearing the audience and their gether to develop better citizens of to- emotions. And this itself is a biggest morrow. During this journey of explora- success story in itself for both me and

time with their child and that whenev-2.How different do you see spark er they spend time they should closely school from the other preschools observe the kid and realize what potenand what are the different actions tial their child truly holds, and parents shouldn't be worried of their little one SPARK is different from other pre getting bored it's when a child has nothschools by inculcating Indian culture ing to do they often explore, create and with a perfect mixture of international foster new skills and habits that will be

knowledge and intelligence more than the true masterpiece of creation, these bookish language and academics and founding years are the ones which crespark focuses on the advanced level of ate a base for a lifetime. We always tend multiple intelligence that is the stage to catch kids only when they are wrong of emotional intelligence where every but it's even more necessary to notice child learns handling emotions with the when the child is doing right and good. Positive feedback, praising and reas-3. Can you share a few best practices surance reinforces the right behavior in the child. We should realize that we are At SPARK a child has a complete plat- the child's first to do everything so we form to showcase their talents and have to hold their hands and show them prove themselves worthy in fields they the right and virtuous path to everything



Contributor Mrs. Varsha N, Founder Director, Spark International Prep school,

Melodic Success: Students Shine at Sur Sangam 2024



nthusiastic students of BVM Global@ Bengaluru participated in the Inter BVM Music Carnival 2024- Sur Sangam, held at Coimbatore. The bus journey followed by train kept all of us in an expectant state about the forthcoming competition.

We settled down andthen moved to our respective venues earmarked for Solo Singing, Sloka Chanting and Solo Instrumental. 6 Students were chosen for finals amidst great applause.Soon came the Bhajan, Group Song and Battle of Bands. The judges were knowledgeable and considerate in treating the contestants.

Suddenly it was time for the results! We bagged 2nd and 3rd prize in Solo Singing, 1st and 3rd prize in Sloka Chanting, 2nd prize in Solo Instrumental, 2nd prize in Group Song, 1st prize in Bhajan, special prize for a performance, 2nd and 3rd prizes in Music in Technology and 2nd prize in Battle of Bands.

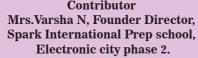
It was a wonderful moment for all of us as the hours of practice really paid off. We were so happy and then heard the announcement for Overall Championship. BVM Global @ Bengaluru had won it and our pride knew no bounds. We talked about it endlessly throughout the train journey.

We are thankful for the care and support extended to us by the host school and innumerable snacks served inbetween the competition to keep us energetic throughout the day.

For me, rather than a competition, it was a platform for knowing and interacting with students and teachers. Yes, it was difficult to adjust in a new place for the entire team, but we nailed it! Let's work hard to achieve our goals all the

Contributor, Aadyasha Pattanaik, Class 8 BVM Global@ Bengaluru.







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Whom should I consult for my back pain

HEALTH

Orthopaedic surgeon, Neurologist, Physiotherapist or Chiropractor?

Back pain is a common problem where everyone suffers with it at least once in their lifetime. It may be a simple muscle soreness or joint sprain or severe disc injury. Upto 95% patients can be treated with conservative treatment. Often people get confused and end up in consulting different specialists and spending so much of money, even though sometimes not getting proper

Neurologists have a major role in surgery were patients with severe involvement of spinal cord or nerve root.

Orthopaedic surgeon helps to several ways

- prescribing medication
- advising epidural injections
- performing surgeries in the worst cases.

Chiropractor is a part of physiotherapy treatment, we say it as a modern version of physiotherapy where they focus majorly on correcting bone alignment so the results are temporary.





Physiotherapists help in so many ways.

- Reducing pain and muscle spasms by electrotherapy
- Reducing muscle stiffness by muscle release techniques (trigger point release/ dry needling etc)

Corrects the bone alignment with manual mobilisation/chiropractic techniques, Strengthening the muscle to maintain the alignment and avoid further injury Correcting the posture with ergonomic adjustment.

So, we can say physiotherapist will help you to get rid of the problem rather than just reducing the pain temporarily.

Contributor Dr. Karthikeyan, (PT) JAK REHAB Clinic, Senior sports physiotherapist, BPT, Dip. In fitness and yoga, Certified chiropractor, Certified dry needling therapist(UK)



Mental Health in older adults

are several ways to achieve this.

Socializing regularly can help prevent trating. It's important to pay attention loneliness.

Physical activity is beneficial for men- help if needed. tal health, as it can help reduce symp- Family members and caregivers can and boost mood.

such as reading, writing, and playing its, and seeking help when needed. games, can enhance memory function, reduce stress, and promote better sleep.

Seeking support from friends and family and staying connected with them is important, as social support is associated with a reduced risk of mental illness.

Eating right, getting enough sleep, and following a daily routine are also important for good mental health.

Some signs that an older adult may be struggling with mental health issues include changes in appearance

Maintaining good mental health is or hygiene, mood swings, sleep probcrucial for older adults today. There lems, social withdrawal, increased worry or stress, and difficulty concento these signs and seek professional

toms of depression, alleviate anxiety, also play a role in supporting the mental health of older adults by staying Engaging in mental stimulation, connected, encouraging healthy hab-



By Storyteller Sharada Sampathkumar

Children Health & On Guard plant extract

A recent study found that essential oils can boost children's immunity and have potential therapeutic benefits. On Guard is one oil that has gained popularity among parents.

1. Immune Support

To enhance children's defenses against foreign invaders, On Guard essential oil includes cinnamon, clove, eucalyptus, rosemary, and thyme. This prevents them from getting sick and increases white blood cell production.

3. Topical Application

As an antimicrobial, On Guard essential oil can treat acne and eczema in children. Apply it directly to the skin or mix with carrier oil to moisturize and soothe it. Adding On Guard essential oil to homemade skin care products can also have beneficial effects.



4. Natural Insect Repellent

It is especially beneficial for outdoor activities because Of Guard essential oil is naturally insect repellent. With its lemon eucalyptus and peppermint blend, On Guard essential oil deters mosquitoes and other bugs. Apply to skin or diffuse On Guard essential oil to keep mosquitoes away.

2. Respiratory Support

Inhaling On Guard essential oil or applying it to the chest helps children with respiratory problems. Eucalyptus and rosemary are antibacterial and anti-inflammatory, so they can soothe irritated airways, relieve nasal congestion, and improve breathing.

5. Detoxification

In urban areas, pollution can adversely affect children. Added to its detoxification properties, On Guard essential oil reduces toxic pollution in the home or cleaning products by diffusing its antioxidants and cleanser prop-

In addition, essential oils can boost immunity, promote breathing, help repel insects, and detoxify children. Use essential oils with care and under a healthcare professional's supervision.

Contributor - Megha Dutta, Connect @6364237526 - to discuss on healthy lifestyle



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Mandir Punar Prathistapana





ai Sriram, JaiJai Sriram J Kidz Planet, Electronic City celebrated Sri Ram Deepotsava on occasion of Sri Ram Mandir Punar Prathistapan at Ayodhya on 22nd January 2024 evening very grandly. Kids lighted lamps, sang Devotional songs, Narrated Sri Ram stories & Finally Sri RamPrasad was distributed to everyone.

Contributor, **Kidz Planet, Electronic City**



Contributor, Ecity Residents







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