

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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Quick News Bites

01 Bengaluru's water crisis worsens due to urbanization, pollution, and lake encroachment, requiring immediate action for lake preservation.

02 BWSSB plans Cauvery water expansion to Bengaluru outskirts including Anekal, with a DPR for Stage VI underway.

03 Call for action at Shikaripalya Lake: Residents demand Under-ground Drainage System, STP to prevent sewage mixing and ensure clean water inflow.

04 Government urged to investigate flourishing unauthorized apartments in Hulimangala lacking administrative documents, amid sewage issues and environmental concerns.

05 Bengaluru's first driverless metro coach arrives safely at Hebbagodi depot from Chennai port for yellow line Namma Metro.

06 MP Tejasvi Surya urges BMRC to speed up Yellow Line metro work, and demands public disclosure of the project roadmap.

07 Polio Day on March 3, 2024. Ensure all children under 5 receive polio vaccination. Contact ASHA/ANM/Anganwadi Worker for information.

08 BMTCL plans double-decker buses on three routes: Majestic to Shivajinagar, Majestic to Attibele, and Vijayanagar to Kalasipalya.

Kammasandra Lake



Kammasandra Lake in Bommasandra rejuvenated, Hope sooner it becomes one of the freshwater lakes with natural aqua and bird home.

Borewells gone dry, what next?

Wherever you go around in Bengaluru, you can hear the sound of borewell rig. Right? Every sq km of Bengaluru has at least one ongoing borewell drilling. And yes, no authority cares about it. But why this situation?. None of the authorities know how many borewells exist in Bengaluru city. Official data from BWSSB says around 10000. But can you believe that there are just 10000 borewells?

concretization of our city. Except for last year, the previous 3 years Bengaluru saw over 1500 mm of rains and all the rain water entered drains but did not go to ground. Rain water is the purest form of water which we can ever receive. The rain water running through surfaces should be sent to a Soak Pit/ Recharge well (Shown in picture) for recharging. A recharge well is basically an open well with concrete ring reinforcement and when water enters into it, it creates a standing water column which exerts enormous pressure on cracks in aquifers and water gushes into them. It can be constructed anywhere and preferably near borewells.



Rampant corruption, haphazard planning has led to this help less state of our beautiful city. Historically in the 1970s and 80s, borewells used to be at a depth of 100 ft which over the course of time has increased to 3000 ft. Whatever water is coming out from these depts is known as 'Fossil Water'. This water entered the earth crust over 1000 years ago, so it is called Fossil water. Unfortunately, Fossil Water can't be easily recharged. Also, for insights, everyone drills a borewell, no one even bothers to recharge it. If the borewell dries up, the immediate solution is to drill another one or deepen the existing one, but no thoughts on recharging. This is the harsh reality of our city and its citizens' mentality.

So, what should be done? Unless groundwater is explicitly recharged, the aquifers wont receive water due to rampant



Bengaluru has 40-50 rainy days in a calendar year and these wells work really well for the groundwater recharging. There are few other ways of recharging too, that's for the next article. <https://linktr.ee/ganeshshanhbag>



Contributor,
Ganesh Shanbhag
Software Engineer by Profession
EcoFriend by passion!!

Shikaripalya Lake Lacks Sustainability



Shikaripalya Lake, Maragondanahalli village, Hullimangala panchayat, which is close to Electronics City, has been saved from extinction. A group of 11 citizens formed a conservation committee and petitioned the revenue authorities to save the lake. Though a survey was ordered in 2021, no progress was made till the National Green Tribunal (NGT) took up the matter, on January 2022 the gram panchayat engaged a firm to rejuvenate the lake with CSR funding from a private company and restored later the year, But all of the stories have gone vain in recent times as the residents complain about the sewage/Drainage water is pumping to the lake through rajakaluve; Need for a long term sustainable solution in terms of Water Quality Management, Biodiversity Conservation, Watershed Management (STP's, underground drainage system).

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The Journey of Sacrifice in Motherhood: From Conception to Birth

Any good thing takes a long time to develop, and becoming a mother is no exception. As I mentioned earlier, one must make numerous sacrifices and endure tough phases. The journey of sacrifice begins on the first day of pregnancy. Every action, thought, and behavior directly impacts the growing baby. This truth, rooted in science, is unique and undeniable. Throughout the approximately 10-month duration of pregnancy you cannot live



-according to your own style; you must adapt your life for the growing baby in your womb.

Failing to do so means risking the ability to bring a good or the best human into the world. The responsibility and potential blame persist even beyond one's lifetime. If you're serious about creating an excellent heir, you must control all unwanted activities, food habits, and lifestyle choices. Follow the advice of elders, doctors, and your own wisdom diligently. No training is required after birth if you maintain a perfect, gentle, and decent lifestyle during pregnancy. What you teach your baby in the womb will stay with them until their last breath. **To be continued...**



**Contributor,
Mr. Lt Col A Rajendiran (Retd)**

Principal's Insights: Journey & Vision

Q: Can you share your background and how it has prepared you for the role of Principal at Brightway International Public School?

A: Despite not initially considering a career, my journey toward becoming a teacher and later the Principal at Brightway International Public School began unexpectedly. While providing lunch for my kids, a school principal acknowledged my patience and affection for children, motivating me to pursue teaching. This marked the inception of my 30+ years in education.

Q: Can you highlight recent initiatives at Brightway International Public School?

A: Our focus on dynamic Science Exhibitions, student excellence in prestigious exams, and martial arts achievements exemplifies our dedication to enhancing the educational experience.



Q: How does technology feature in Brightway International Public School's curriculum?

A: We're introducing 'C' batch programs and interdisciplinary approaches to prepare students for future careers in business and medicine, ensuring they're equipped for tomorrow's challenges.

Q: How does technology feature in Brightway International Public School's curriculum?

A: Initiatives like NCC and Scouts instill values of responsibility and leadership, empowering students to apply their learning for the betterment of society.

Q: How does Brightway International Public School engage with parents and the community?

A: Through digital platforms, cultural events, and inclusive activities, we foster collaboration with parents, creating a supportive learning environment that extends beyond the classroom.

Q: What sets Brightway International Public School apart from others?

A: Our commitment to affordability, personalized attention, and inclusive education distinguishes us, ensuring every student, regardless of ability, receives the support they need to excel.

Q: What is the educational vision driving Brightway International Public School's policies?

A: Our holistic policies emphasize practical skills and social responsibility through platforms like knitting, embroidery, and SUPW, nurturing well-rounded individuals.



**Contributor:
Mrs. Vijayalakshmi K. Principal,
Brightway International Public
School, Basapura**

Revitalizing India's Education Landscape: A Call to Transform Government Schools PART - 2

The metamorphosis of education into a profit-driven venture is a malaise that requires immediate attention. It demands a collective introspection on the part of policymakers, educators, and society at large. The focus should shift from the glittering facades of private institutions to the forgotten corridors of government schools. It is imperative to bridge the educational gap and breathe life into institutions that were once the backbone of a flourishing society.

Revitalizing government schools necessitates a multi-pronged approach. Firstly, there must be a concerted effort to address the infrastructural deficit. Adequate funds should be allocated to refurbish existing schools and construct new ones where needed. Ventilation, sanitation, and safety should not be compromised, ensuring that the physical environment is conducive to learning.

Secondly, a paradigm shift in pedagogical methodologies is imperative. Government schools should not be a mere repository of information but rather nurturing grounds for critical thinking, creativity, and holistic development. Quality teacher training programs should be instituted to equip educators with modern teaching techniques, fostering an environment where students can thrive intellectually and emotionally.

Thirdly, extracurricular activities should be integrated into the curriculum to provide a well-rounded education.



Libraries, playgrounds, and spaces for practical learning should be an integral part of every government school. This not only enhances the educational experience but also instills a sense of curiosity and exploration in students.

To be continued in Part 3



**Contributor,
Shubhankar C.
Legal Associate**

Air Pollution : ECity January

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.

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

Electronic City reports for the last month (January) have an average of 93, which is satisfactory with air quality.

Residents Demand Speed Breakers on Doddathogur Road

The white-topped Doddathogur Road has become a lifeline for many commuters, but it's turning into a danger zone. With no speed breakers in sight, water tankers and big vehicles race through, posing a threat to other vehicles and pedestrians. It's high time authorities take action to ensure safety. Install speed breakers immediately to prevent accidents and make our roads safer for everyone.



**Contributor,
Neha Jindal
Resident of Ajmera Infinity**

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SCAN TO ENQUIRE



When evaluating schools for your child consider the following factors:

1. Academic Programs: Look for a curriculum that aligns with your child's needs and interests. Consider whether the school offers advanced courses, enrichment programs, or specialized tracks in areas such as STEM, Arts, Robotics or humanities. A hybrid curriculum builds a strong foundation for a child to learn and retain concepts.

2. Teacher Quality: Look up qualifications and experience of the teaching staff. Consider factors such as teacher-student ratio, teacher attrition and most importantly passion in teachers.

3. Extracurricular Activities: Evaluate the availability and variety of extracurricular activities, such as Art, Craft, Music, Dance, Drama, Pottery, Sports, clubs, programs, and community service opportunities. These activities can enhance your child's social, emotional, mental and physical development.

4. Facilities and Resources: Assess the preschool's facilities, including classrooms, libraries, laboratories, sports facilities, and technology resources. Ensure that the school has adequate resources to support your child's learning and development.

5. Tools used : In addition to quality of teachers, you should see if the school uses Audio Visuals, Labs, Concept learning, hands on approach over rote learning.

Gone are the days when bookish education was in vogue.

6. School Culture and Values: Consider the school's culture, values, and approach to discipline and character development. Look for a school community that aligns with your family's values and promotes a positive and inclusive learning environment.



7. Support Services: Inquire about support services available to students, such as counseling, special education programs, English language learner support, and accommodations for students with disabilities or learning differences.

8. Parental Involvement: Consider the level of parental involvement encouraged or required by the school. Look for opportunities to engage with teachers, administrators, and other parents to support your child's education.

Steps to take for Admission to schools

- 1. Research Schools:** Start by researching schools in your area or the area where you plan to live. Consider factors such as right curriculum, academic reputation, extracurricular activities, facilities, location, budget and values. Research on what is important to you & your child – Academics, Extra Curricular, Sports, Infra structure, Individual Attention, Competition, Concept etc.
- 2. Attend Open Houses:** Many schools host open houses or information sessions for prospective parents. Attending these events can give you a better understanding of the school's culture, curriculum,
- 3. Consider Your Child's Needs:** Think about your child's learning style, interests, and any specific needs they may have. Look for schools that can accommodate those needs and offer programs or resources to support your child's development.
- 4. Talk to Other Parents:** Reach out to other parents whose children attend the schools you're considering. They can provide valuable insights into their experiences and help you make an informed decision.
- 5. Talk to Consultants:** Get in touch with Educational Consultants who can suggest schools as per your requirements and also

- be instrumental in getting admissions into schools and answer your doubts.
- 6. Schedule Visits:** Once you've narrowed down your choices, schedule visits to the schools you're interested in. This will give you an opportunity to tour the campus, meet with administrators and teachers, and see firsthand what the school has to offer.
- 7. Review Admission Requirements:** Make sure you understand the admission requirements for each school, including deadlines, application materials, and any entrance exams or interviews that may be required.
- 8. Prepare Application Materials:** Gather all necessary documents and information required for the application process. This may include transcripts, standardized test scores, letters of recommendation, and a personal statement or essay.
- 9. Submit Applications:** Complete and submit the applications for the schools you're interested in by the specified deadlines. Double-check to ensure that all required materials are included and that you've followed the application instructions carefully.
- 10. Follow Up:** After submitting your applications, follow up with the schools as needed to confirm receipt of your materials and to inquire about the status of your child's application.
- 11. Consider Multiple Options:** Keep an open mind and consider applying to multiple schools to increase your chances of acceptance. Be prepared to weigh the pros and cons of each option carefully before making a decision.



- 9. Safety and Security:** Evaluate the school's safety measures, including protocols for emergency situations, campus security, and supervision during school hours and extracurricular activities.
- 10. Location and Transportation:** Consider the school's location in relation to your home or workplace and the availability of transportation options. Factor in commute time and logistics when making your decision.
- 11. Cost and Financial Aid:** Assess the cost of tuition, fees, and other expenses associated with attending the school. Inquire about financial aid options, schol-

arships, and tuition assistance programs that may be available to help offset costs.

12. Benchmark: Education now has become expensive. Consider the expense as investment in the Child's future. Benchmark and compare the facilities that you would attribute to the well being and overall development of your child. Short list those schools and them compare.

By considering these factors and prioritizing what matters most to your family, you can make an informed decision when selecting a school for your child.

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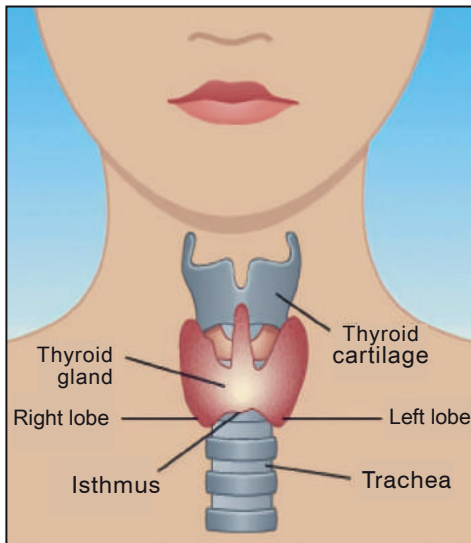
Understanding & Managing Hypothyroidism

Hypothyroidism is a condition in which there is deficiency of thyroxine T4 and insufficient effects of T3 leading to slowing of metabolic processes leading to the development of tissue and muscle swelling.

Types

1) **PRIMARY** - Chronic autoimmune or Hashimotos Thyroiditis. Most common Others - patients who have undergone thyroid surgery or treatment with radioiodine or with antithyroid drugs, environmental iodine deficiency, congenital / by birth.

2) **CENTRAL**- Due to reduced thyroid stimulating hormone secretion from the pituitary gland. TSH should be measured in all children with lethargy, slow growth, attention deficit etc.



SUBCLINICAL HYPOTHYROIDISM
-There is elevated TSH but normal FreeT4. In 70% there are no symptoms.

People may have mood and memory disturbances, fatigue, high cholesterol. **SYMPTOMS OF HYPOTHYROIDISM** weight gain, fatigue, sleepiness, mental and physical slowdown, cold intolerance, dry skin, thinning of hairs, swelling of the body.

High blood pressure, decrease pulse rate, rough voice, constipation, tingling sensation over the body, muscle cramps. Menstrual dysfunction and infertility. Coma can develop in extreme cases.

DIAGNOSIS- There is elevation of TSH and reduced freeT4.

TREATMENT - Long term treatment with Thyroxine .It should be taken 1 hour before the breakfast.

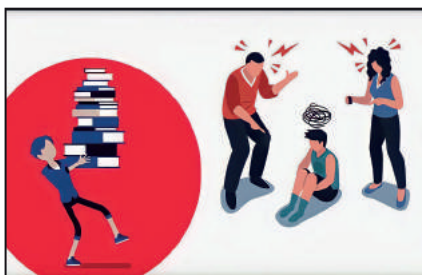
Other supplement like iron, calcium, antacids, some diabetic medications should not be taken along with it. The TSH level should be monitored after 6 weeks of the 1st dose and then every 6 - 12 months. There is no evidence that eating or avoiding certain foods will help the thyroid work better.



Contributor
Dr. Huzefa, Consultant Physician
Pulmonologist & Diabetologist

EXAMINATION MARCH

It's that time of the year again when students and more so parents start taking the exam pressure. The evening before an exam is like a time before Christmas. You can't sleep and yet hope for a miracle too!



In fact counsellors would agree that more than the kids it's the parents who approach them to understand how can they make their ward score well or reduce anxiety issues.

Why not ease up the exam time by having light laughs. It will make the child feel less stressful and will help them focus better on their performance. Exams and assessments are a part of life, whether we like it or not. So don't let the temporary failures take a toll on their life. Sharing a few tips for parents to make it an easy trip for your kids, while it lasts:

1. Avoid comparisons. No child is same.
2. Take a walk with a talk; they need someone to listen to them without too much analysis.
3. Let them take a break, if they feel exhausted.
4. Help them prepare well ahead.
5. Love and support: Remind them that their worth is not defined by the results of an examination.

HUMAN BRAIN IS MOST OUTSTANDING OBJECT IN THE WORD! IT WORKS 24 HOURS, 365 DAYS A YEAR. IT FUNCTIONS RIGHT FROM THE TIME WE ARE BORN AND STOPS WHEN WE ENTER THE EXAMINATION HALL!



Contributor,
Kalpana Kalra
Ajmera Infinity Apartment

"THE SPELL FOR HEALTHY BONES"

Bones are not only a sign of strength in the body, but also a protecting shield for vital organs and a storehouse for calcium. The general thought is that the nurturing and nourishment of bones is confined to the young and adolescent age group. On the contrary the maintenance of bone health is all along the journey. With growing age and changing needs of the body there are modifications to lifestyle which needs to be inculcated to ensure strong healthy bones. I am Dr Neel Patel, and would like to briefly discuss about healthy lifestyle for healthy bones.



Main factors affecting bone health are age, body weight, female sex, physical activity, dietary calcium, medications, hormones, tobacco and alcohol use. As we age bone loss increases as compared to gain. Females have relative to less bone mass with hormonal imbalance (estrogen) and menopause making them more prone to osteoporosis. less activity and lean individuals have more tendency to develop osteoporosis (weak bones). People with thyroid disorders, long term steroids, cancer therapy are also at high risk.

There is dynamic bone turnover with new bone formation and remodeling happening profoundly until adolescence. By age 30 peak bone mass is attained. Thereafter the scale of turn over shifts towards more bone loss and little bone gain.

20 to 30 years

This is the age during which maximum bone density is reached. Therefore, have at least 800 mg-1000 mg calcium each day and vitamin D 600-800 IU supplementation. Consider a minimum of 30 minutes of weight bearing exercises like brisk walking 4-5 times a week and at least 2 times a week of muscle strengthening exercises.

30 to 50 years

Now after attaining maximum bone mass,

the body starts the process of remodeling. Initially the losses are replaced equally but after 40 years the replacement slows down. Continue calcium of 800 mg-1000mg with vitamin D 800-1000 IU. Bone and muscle strengthening exercises should be part of routine. This helps in strengthening bone, maintaining muscle mass and preventing falls.

50 and above

The women who have attained menopause and men > 70 years should increase their calcium supplementation to 1200mg. They are the vulnerable population, with high risk for falls and fractures. They have a high rate of bone turnover with loss holding the upper hand. Physical activity and exercises to be curtailed to age and need hereafter.

Special

Pregnant and nursing mothers are special. They need adequate calcium resources to cater the needs of little ones. The baby's skeletal strength is built on calcium derived from the mother. These women have exaggerated bone loss. Nevertheless, if they abide by daily calcium supplementation as per recommended daily allowance they can still balance the turnover.



The bone lost during this period can be easily regained back with adequate nutritional supplementation and exercises in subsequent months.



Contributor
DR NEEL PATEL, ORTHOPEDICIAN

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The Eternal Search

Whoosh....something grazed past the clown's tomato-nose at supersonic speed. He blinked, freezing mid-act, as if someone had pressed the pause button. Nano-seconds later, a scream of terror filled the air ... first, one...then, more...until the bustling energy, giggles and laughter of a few seconds before was slowly replaced by panic and mayhem. Volleys of bullets fell on the unsuspecting crowd of babies and toddlers, boys and girls, mothers and fathers, nephews and nieces, uncles and aunts, grandmothers and grandfathers – all, who had come to have some fun and frolic, little knowing that they would be running for their lives just a moment later. A young mother ran blindly with all her might, clasping her little girl's hand, with the single-minded focus of getting her child to safety.



"C'mon Amy! On your feet. It is time to feed Tarzan and Lily and get them ready for today's opening act". Eliza walked towards the animal cages, a bucket of meat in either hand, waving to Amy to join her. As always, her heart fluttered with nervous excitement and hope. It always did, without exception, whenever the carnival opened up in a new town. She knew that though her body and mind would be focused on guiding Tarzan and Lily through their routine, her eyes would steal glances at the audience, scouring through the mesmerized faces, looking for that one familiar face, the face of a young woman, etched deep in her mind! Eliza imagined how that face would have aged over the years, just as she had. Oh! What a happy reunion it would be! Amy would finally get to meet her grandma! As Eliza opened the cages, Tarzan and Lily greeted their mistress with a roar and a grunt.

A little girl walked aimlessly, her little, achy feet, sub-consciously, guiding her away from the chaos all around. She was too young to understand any of it. Where was her mom? She had been watching the funny clown's antics – thinking of it, the little girl chuckled. But where was her mom, now? The girl looked around. Ah! There were some tiny sheds on wheels not far away. Those look like toy houses. Maybe mommy will be in one of those. Dragging her sore, weary feet up the steps of the nearest caravan, she peeked inside. Ah! There was a nice, fluffy bed, just like the one in her room. Crawling her way under the bed, she lay down and was soon fast asleep.

A young mother lay on the ground, wounded. Blood gushed out of the bullet hole in her stomach, making the brown earth around her, a crimson red. Her breathing was slow and laboured, the unbearable pain making it much worse. She struggled hard to keep her eyes open she can't go to sleep she HAD to find her little girl. She craned her neck, her terror-filled eyes scanning the pairs of legs running around her could she spot Eliza's pink stockinged dainty legs? until they couldn't keep open anymore.



Contributor,
Naga Vydyanathan,
Freelance technical & content
writer, creative writer

BIKERS GROUP CELEBRATE VALENTINES BY CLEANING UP ANTARAGANGE.

A CAMPAIGN ORGANIZED BY -- BIKERSTROOP BENGALURU (BTB)

Valentine special cleanup campaign ride was organized by Bikerstroop Bengaluru to Antaragange mountain situated 60 kms from Bengaluru. This ride focused on spreading knowledge, awareness among the visitors and minimizing plastic usage for creating an enabling environment for the living creatures in this area. 40+ volunteers from all generations (40+ years Men/Woman to 14-year-old boy) came together on Sunday 11th Feb to clean the surroundings of Antaragange mountain.



200+ KG WASTE ACCUMULATED

This troop trekked 3 kms at a height of 1712 meters through rocky and tricky paths to dig waste from the caves and temple surroundings. Total of 200+ kgs of plastic waste was collected by the Troop digging around the corners of rocky paths and caves. It was alarming and unsafe for the living creatures present on the mountains. "We saw hundreds of monkeys and birds around the mountain, and I am sure there are other creatures too. It is insane of us (Humans) to litter someone else's home and mother nature with all kinds of wastes" a statement by Harshith B K (Volunteer and founder of Bikerstroop Bengaluru (BTB).

AWARENESS PRESERVE NATURE FOR NEXT GEN

Bikers have explored and created spectacular memories around nature. He (Harshith) says it's our turn now. He requests tourists and visitors to carry their own individual waste along with them and throw it at designated places/dustbins. The waste, especially plastics, are harmful to the environment and the living creatures impacting their health. Also, urges to teach and pass this message to your family, friends and relatives and help nature to preserve its beauty for life and next generations.

Contributor,
@bikerstroop_bengaluru @cars_troop

Little Stars Shine: Annual Day Celebrations

The Annual Day event must have been filled with joy, excitement, and a lot of proud parents. Hello Kids Pre School, Basapura has celebrated its 14th Annual Day event. It's heart-warming to hear that the Play Group, Nursery, LKG, and UKG kids had the opportunity to showcase their talents through dance performances on stage. These events not only bring the school community together but also provide a platform for the little ones to build confidence and express themselves. It's great to know that parents were pleased to see their children performing and enjoying the moment.

perience for both the children and their families.



Celebrations like Annual Day contribute significantly to a child's overall development by fostering creativity, social skills, and self-expression. It's a memorable ex-

I hope the success of this event continues to inspire more engaging activities and events at Hello Kids Pre School, creating a positive and nurturing environment for the children's growth and development.

Contributor,
Hello Kids Pre School,
Basapura.

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