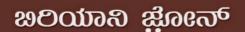
# **ELECTRONIC CITY CREDENCE**

NAMMA NEIGHBOURHOOD NEWS

**Bommanahalli to Chandapura** 

**Akshaya Nagar to Ananth Nagar** 

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# **Quick News Bites**

CIVIC

Bengaluru witnesses water tanker prices surpassing ₹2,000; Government mandates citywide registration by March 7 to regulate the industry.

Open sewage issue persists in Neeladri Nagar, Electronic City Phase 1. Pressing plea to government: hold P.G. owners accountable for infrastructure damage.

Addressing Shikaripalya Lake concerns: Residents push for rainwater harvesting, STPs, and underground drainage in Electronic City.

Hulimangala Panchayat faces open sewage issues; PDO neglects complaints. Immediate need for BBMP action on underground drainage.

Cauvery Stage 5 completion by Apr-May prompts swift follow-up with BWSSB/BBMP for layout pipeline, mainline connection and water testing.

Encroachment threatens Subedeharanakere near Begur Road. Critical plea to preserve the vital ecosystem amid no-construction zone violations.

Bengaluru's Yellow Line debuts driverless metro, initially operated with drivers due to permission hurdles. Transition to signal-based operations planned.

# **Huskur Lake: From Contamination to Restoration**

uskur Lake Restored: Last year, in October 2023, contaminated water entered the waterbody from a nearby waste processing plant, which put the habitat in an endangered situation.



After multiple escalations from the media, the habitat has now been restored to a good state, and we hope sustainability practices are being implemented.





Pragathi Nagar residents unite against water scarcity, drafting a plea to MLA and MP for immediate intervention.

# NEW DAGBUCTON

# Make it water sustainable

**B**engaluru is an under construction city. Billions of Sq ft of new construction has been happening year after year since the IT industry boom of the late 90s and early part of this millennium. May it be residential homes, apartments or the commercial spaces, the first thing done on the land, even before tilling is, digging of multiple borewells. Very conservative estimates say, Bengaluru has over 10 lakh borewells extracting the ground water. And for builders who pour concrete into every square inch of the land, water is very precious during construction. Concrete results in 8% of Global Carbon emissions and is a material with a large quantity of embodied water. Embodied water is the water used in making up Concrete from Raw materials, Curing etc till it gets its final shape. And unfortunately, over 90% of ground water is consumed even before somebody starts staying in those buildings



This is the impact of embodied water in the concrete.

Having said all these, if you are planning a new construction, you can follow these steps.

● Construct with Stabilized Mud Blocks or Rammed earth instead of Concrete. This technique sources all locally available raw materials and has very less embodied water and embodied energy.

Do not drill borewells, instead plan for an open well. Open well draws water from shallow aquifers and is easy to recharge. Also, the water from the open well is really soft and needs no further treatment.

• Filter rainwater falling on roof top and use it for all potable applications.

Overflowing filtered rainwater and surface runoff should be directed towards replenishing wells.

 Have dual plumbing setup for both inlet and outlet. Meaning, have a separate provision for flush water and separate outlet pipes for Black & Grey sewage.

● Treat sewages for reuse and ground recharging. There are a lot of natural methods available to treat the sewage further to make it ready for reuse. Use treated water for flushing, landscaping and even ground water recharging.



 Have flow limiting aerators installed for all plumbing outlets like tap, shower head etc.

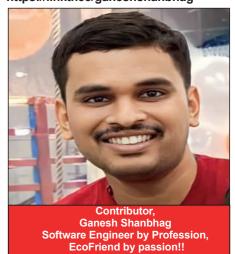
• Set the flush tank to minimum capacity to limit flushing of water.

• Plan for setting up water meters for units with multiple dwellings (Like Apartments). The commodity which can be measured can be metered and this will bring down rampant misuse of water.

• Have automatic level controllers installed for all kinds of pumping.

If these steps are done followed by judicious use of water, the building constructed would remain with abundant water available for generations.

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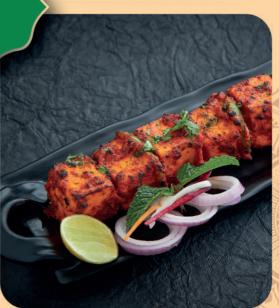




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# Water Stories everywhere

# Simple reminders to start from the kitchen.

Think twice before discarding your spent rice water or the water you use to rinse your greens, lentils, and vegetable tables. It's ideal for misting your little garden. As a reminder, keep a small bucket or watering can in your kitchen to collect used cooking water. When you witness fresh foliage and blossoms emerging from the plants you nurtured, you will be filled with excitement!

Wash fruits and vegetables in a bowl. Before washing, let used dishes soak in hot water. Utilize soaking water for cleaning or gardening. When cooking, use less water. Reuse water from showers, sinks, and laundry to water plants and plug leaks. Dishwashers should always be run with a full load.

Make use of herbal bath formulations, soapnuts and reetha as natural bath products.

# Bengaluru covered in pink hues as Trumpet Trees blossom

Native to South America, these trees also known as pink trumpet trees were introduced to the city by British colonists. Their love of exotic ornamental plants inspired them to introduce the vivid pink trumpet trees to Bengaluru.

Between the months of January and March, this exotic species called **Tabibuea Rosea** flowers bloom and can be witnessed in all their glory.

The **pink trumpet tree** is a small to medium sized tree that can grow 20-



Make an effort to be natural. Steer clear of the foamy, highly soapy chemicals. Bathing in a bucket and mug is one of the finest ways to conserve water in the bathroom.



Contributor Sharada Sampathkumar

40 feet in height with a growth rate of 12-24 inches per year.



Pollination occurs probably by insects, although the flowers are visited by many birds such as tanagers, hummingbirds and orioles.

# ELECTRONIC CITY CREDENCE NAMMA NEIGHBOURHOOD NEWS Ensure All Children Under 5 Receive Polio Vaccination! Contact ASHA/ANM/Anganwadi Worker for Information. MARCH 3 SUNDAY POTADS Contact +91 8050391010 Ensure All Children Under 5 Receive Polio Vaccination! SUNDAY SUNDAY Por ADS Contact +91 8050391010 Ensure All Children Under 5 Receive Polio Vaccination! SUNDAY For ADS Contact +91 8050391010

# **Revitalizing India's Education Landscape**

A Call to Transform Government Schools, Final Part

required to ensure transparency, accountability and meritocracy in the education sector. The appointment of qualified educators and administrators, devoid of political influence, is paramount. Performance-based evaluations should be instituted to reward excellence and identify areas for improvement.

In conclusion, the degradation of government schools in India is not just an educational crisis; it is a societal crisis that demands immediate redressal. The onus lies not only on the government but also on each citizen to prioritize education as a fundamental right rather than a privilege. By revital-



The transformation of government schools requires a collaborative effort from all stakeholders – the government, civil society, and the public. There is a need for a grassroots movement that raises awareness about the deplorable state of government schools and advocates for change. Community involvement is crucial in creating a sense of ownership and pride in these institutions.

In conclusion, the degradation of government schools in India is not just an educational crisis; it is a societal crisis that demands immediate redressal. The onus lies not only on the government but also on each citizen to prioritize education as a fundamental right rather than a privilege. By revitalizing government schools, we not only empower the marginalized but also contribute to the creation of an egalitarian society where education is the cornerstone of progress. Let this be a clarion call for a collective endeavor to reclaim the sanctity of education and ensure that every child, regardless of their background, can aspire to a brighter future.



Contributor, Shubhankar C. Legal Associate

# Divine Motherhood: Nurturing Life with Care and Sacrifice

Mother is above all in this universe. She is the creator of a valiant soldier for the nation, an intelligent heir to her family, and a perfect gentleman for the world. During pregnancy, she should take care of herself and the baby in her womb. Care entails training for her growing baby in her womb.



She should remain cool and calm, and her routine should be perfect and sophisticated in all respects, such as food—only selecting more vegetables and fruits, very little nonveg. She should listen to soothing music and melodious songs. She should also read holy books, biographies of valiant and brave soldiers, great leaders, and so on.

She should not interfere in any kind of quarrel, fight, gossip, or negative thoughts and talks. She should perform pooja and do bhajans, etc., every day. In short, she should live and practice only for her child, who is growing in her womb. She should develop and practice more patience and tolerance during her pregnancy. Whatever she does and practices, the entire effect goes to the fetus. Every activity of the mother has a direct impact on the baby. So the mother should live a separate life during pregnancy, exclusively for the baby.

If she does so much with interest, this should be the supreme sacrifice, and she can become a perfect mother. Her children became perfect human beings. Pregnant women are divine institutions.





 ICSE focuses on Languages, Science CBSE focuses on Math & Science Math & Art ■. CBSE is concise & brief making it easier ICSE is detailed & elaborate thus making us believe it's tougher CBSE affiliated schools are plenty

- CBSE has less subjects (5 compulsory) English, Math, Science, Social, Language
- CBSE exam questions are straightfor ward & focus on curriculum and direct
- .In CBSE schools the medium of Instruction is a combination of English & regional language
- CBSE school fees are cheaper

- ICSE affiliated schools are lesser
- ICSE has more subjects (7 heads
- English (lang, lit), 2nd Lang, Math, History & Civics, Geography, Science (Physics, Chemistry, Bio) Computers
- ICSE exams are more thorough & require an understanding of the concept along with clarity of expression.
- In ICSE schools the medium of Instruction is English across all subjects.
- ICSE school fees relatively higher

Children from ICSE are proficient in both written and spoken English. Since ICSE students study biology, physics and chemistry as independent courses starting in grade six, their knowledge in the sciences is higher.

Knowledge of students of ICSE in Sciences is higher as they study Biology, Physics, Chemistry as separate subjects from Gr 6.

For a free consultation regarding choosing of curriculums, best fit for your child or any schooling related matters, please text your queries on whatsapp to 8970809090 for a call back. Contributor, Kumar V. (KV)

# A Showcase of Talent, **Gratitude and Celebration**

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Q Our Service Locations



On February 4, Rio Preschool (E-city) conducted its 2nd annual day at Ramee Strand Inn, expressing our gratitude to our chief guest, Mrs. Renuka Sood. With the support of Rio parents and teachers, this event has been a successful one where the Rio little champs have showcased their talent.

Contributor, **Rio Preschool Ecity** 

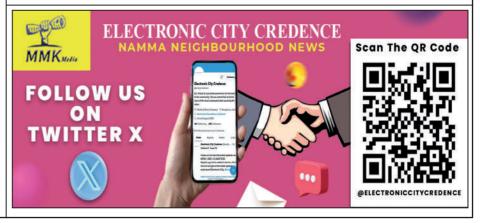
# **Radio Show- Enid Blyton**

istening is one of the most vital skillswhen it comes to language learning. Hosting a radio show is one way of developing listening skills in students. Our BVM Global students of class 6 recreated an interview with the famous author Enid Blyton which was aired on the school premises



The Radio show began with the introduction of the author, followed by the interview of Enid Blyton, in the voices of our students. "There is a writer in each one of us" is the message strongly emphasized for the budding authors by the interview. The show came to an end with the narration of a story by Enid Blyton, namely 'Susy Ann's Clock'. It is an innovative way to acquaint the students with information about the author together with development of good listening skills.

Contributor, BVM Global @ Bengaluru



# **Autism spectrum disorder**

## What is Autism?

utism is a childhood neurodevelopmental condition that makes children strug-Agle with communication, socialization, appropriate emotional attachments and certain odd behaviours that they keep doing over and over again and may have some repetitions and deviations in their speech and language development.

It occurs as a spectrum disorder having various causes with children having a range of functioning levels with a probability of boys carrying it more than girls.

These signs when seen consistently for a prolonged period of time may be because of an underlying condition which may be on the Autism spectrum disorder.



• How to identify it? You may notice a child who is consistently being very aloof or not wanting to mingle with other kids his/her age or running away when he sees them, not promptly responding when their name is being called or very hesitant or frequently won't look at you when you're trying to talk to them.

Most of the time you may feel they keep repeating your questions without giving you a definite adequate answer.

You may be able to notice these changes cepted as either too much sensory input, or by the first two years of their development maybe too less. For some children it may or as complaints start coming home from not register properly in the brain. play school like a child is not mingling with other children or seems to do some odd behaviours regularly when in class or doesn't respond to people talking to them.

Children with autism may have specific difficulties with processing sensory information like vision, hearing, taste, smell, touch tion normally in his environment. etc., from their outside environment and Contributor, hence may tend to show some differences 
Dr. Teresa Davis in their behaviours, the various body sesa-  $\,$  Occupational Therapist  $\,$ tions may sometimes in their brain be inter- Tiny child Development center

At times for some of them the sensations may come in all at once making it hard for the child's brain to differentiate the input and provide the adequate behaviour responses

# **Childhood Cancer Awareness Walkathon: Uniting Communities**



■ arayana Health City, Bengaluru, in association with Neeladri Nagar Residents Welfare Nederation, organized a Walkathon to raise awareness about Childhood Cancer. The event was inaugurated by Dr. Sunil Bhat, Vice Chairman of Oncology Services at Narayana Health, along with Dr. Nandini KR, Taluk Health Officer, Mr. Abhishek Ingle, Deputy Commandant - CISF, Electronic City, and Mr. Parashuram, President of Neeladri Nagar Residents Welfare Federation. Around 1200 residents participated in a 5-km walk, aimed at raising awareness about childhood cancer among parents and residents. The event also featured a lively Zumba session, engaging both adults and children, who actively took part in the #Hopscotch-For Heroes challenge to further amplify awareness about Childhood Cancer.

# Paint away your exam blues! Practice art to reduce exam



'ngaging in the process of creating as doodling, sketching or colouring. from the pressures of exams, offering plies and serve as accessible entry a meditative experience that fosters a points into the world of art. Designate sense of calm.

art provides a momentary escape These activities require minimal supa quiet, comfortable space for artistic Making art for just 45 minutes can endeavours. This environment should significantly lower the stress hormone, be free from distractions, allowing stucortisol, regardless of your artistic skill dents to fully immerse themselves in the creative process and benefit from Begin with simple art forms such the stress-relief aspects of art.

# **Sparkle: A Night of Talent, Appreciation and Joy**



n February 24th, Early Geniuses Preschool hosted its annual event at the Grand Ballroom, inviting esteemed Chief Guest, Mrs. Manisha J, President of Shri Krishna Mahila Vikas Seva Charitable Trust, to grace the occasion. With the unwavering support of parents and teachers, the evening sparkled with the talents of our young learners. Special thanks to Ms. Shobana, Principal & Director, for her insightful report.

# Contributor.

**Early Geniuses Preschool** Ecity Phase1, Podu Road

# **ELECTRONIC CITY CREDENCE**

# E City & upcoming Rail commute options

ffective, Efficient & Extensive Public Transport is the practical answer for Bengaluru's Traffic congestion and all its consequences. The 3 main pillars of Public Transport are: Bus, Metro & the lesser-known Rail option.



should help E City and surroundings soon.

railway track from Baiyyappanahalli to Hosur via Bellandur, Carmelaram, Heelalige & Anekal. tions, E City and surroundings can look a Joint Venture Company between GoK & GoI, tives for faster work and services is key. just like BMRCL - was given the responsibility of doubling this track. In Feb23, doubling between Carmelaram & Heelalige was completed. By Dec24, the entire 48Kms doubling is targeted for completion, which will facilitate new local electric trains (MFMUs) between Cantonment and Heelalige/Anekal. This will provide safe, fast, comfortable, ecofriendly and economic local commute option. Now is the right time to start asking SWR for new local MEMU service, which can be increased as and when infrastructure improves.

Work on Corridor4 of Bengaluru Suburban Rail Project (BSRP) by KRIDE, between Heelalige and Rajankunte, is beginning very soon. This is

E City does have bus services and later this a dedicated local commute Project with small year, Namma Metro will be commissioned upto trains every 5 to 12 minutes in both directions, Bommasandra. Luckily there are 2 new devel- and should be ready by 2026-27. This BSRP opments taking place in the RAIL sector which Corridor will pass through Beniganahalli which has Metro Station nearby. This corridor can be For decades, there has been a single 48Km extended towards Anekal/Hosur.

With good BMTC Feeder Services to the Sta-Some long & medium distance trains have been forward to more commute options. Awareness running on this track. A few years ago, KRIDE - and asking the concerned Public Representa-



Rajkumar Dugar, Founder & Convenor CITIZENS FOR CITIZENS (C4C) Bengaluru

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NAMMA NEIGHBOURHOOD NEWS

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he Mission of SARVAM EDUCA-TIONAL FOUNDATION is to create conscious humans and make them true leaders of humanity. We want to provide equal opportunity for every child to become a leader and ambassador of humanity. We proceed towards Education with the knowledge that Wellness of the mind, body, heart, and inner self is what will make Education and knowledge of subjects meaningful. Education is complete only when one has the knowledge of management of self. Ancient Indian Systems Yoga and Ayurveda, Indian Culture, Indian artforms and Indian Philosophies are the core of the culture at SARVAM.

Founders of SARVAM SCHOOL Yogacharya Mahesh Natarajan and Swati Morzaria believe in the power of Shiva and Shakti and hence Consciousness and Wellness Focused Education is our approach.

Yoga Chikitsa Acharya Mahesh Natarajan, our Chief Advising officer and Chief Subject matter expert is a specialist in Integrative Medicine, an Ayurveda Practitioner and an Internationally certified Yoga Therapist. He directs several Programs for chronic pain patients across Clinics in California and runs his private practice there. He is currently involved in research concerned with reducing the severity of autism spectrum disorder in children. His deep desire to serve others is the driving force of his insatiable pursuit of knowledge and experience.

Swati Morzaria Chief Child development and Academic Officer is a Child Development and Curriculum Specialist. Her goal is to cultivate experiential learning opportunities and age-appropriate life skills in students with love and kindness. She believes that only by being in the classroom as a teacher for the children and a trainer for teachers, can Education meet the holistic needs of children. She dreams of a world where teachers work with the students and fill the gaps that social conditioning and society have deemed difficult.

Contributor, Rose Scaria PRM

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Green Initiative Gathering: Plantation Drive Planning Meeting Join us this Saturday at Neotown Prestige Sunrise Park for Planning the Plantation Drive on 16 acres of Gomala land. Contact Gaurav @ +91 96323 52284, Venugopal @ +91 99801 30929 or Rajesh Jaiswal @ +91 94202 18194 . Newtownians, your presence is vital. Time: 5PM.



