

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

Volume 2 : Issue 19

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Quick News Bites

01 Open sewage persists, Neeladri Nagar, E-city Phase 1. Residents endure dire conditions, issue unresolved.

02 Neeladri Nagar, E-city Phase 1: Shop owners damage newly built road. No action taken.

03 BWSSB Chairperson clarifies: Water crisis attributed to natural calamity, not mismanagement.

04 BWSSB: Rs 5000 fine for first-time water wastage offenders. Call 1916 to report. Repeat offenders face daily Rs 500 penalty.

05 On March 7, trial runs commenced on Bangalore Metro's Yellow Line, connecting RV Road to Bommasandra.

06 Delta Electronics India secures Bommasandra metro station naming rights in partnership with BMRCL.

07 BWSSB bans unauthorized borewell drilling in Bengaluru city. Online approval mandatory from March 15 to curb groundwater depletion.

Yellow Line Starts Trail

Much awaited yellow line RV Road to Bommasandra started its limelight. BMRCL's Hebbagodi Depot received the first CBTC prototype train for the Reach-5 (Yellow Line) on February 14, 2024. Modern equipment on this train includes Unattended Train Operations (UTO), Operations Control Center (OCC) Enhanced Supervision Capability, Track Monitoring System, Hot Axle Detection System, Obstacle and Derailment Detection System, and



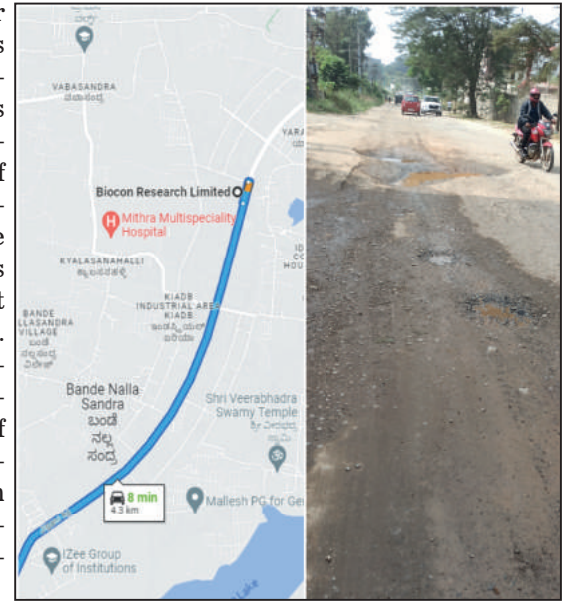
Bengaluru Metro's Yellow Line Trial Run from Electronic City to Bom-

masandra, started on 07th March, inspecting the progress Honourable Tejasvi Surya, MP for Bengaluru South, commented the trails as per planned phase and joint effort with chinese engineers and BMRCL, testing of the prototype train will be subject to a wide range of type tests at Hebbagodi Depot as well as Reach-5 mainline before being offered for statutory safety tests. System integration tests with Signalling system, Telecommunications system, Power Supply system, etc. shall be carried out simultaneously.

The statutory safety tests shall include Oscillation Trials by the Research Designs and Standards Organisation (RDSO) and the Commissioner of Metro Rail Safety (CMRS). Based on the approvals from RDSO and CMRS, technical approval of the Railway Board will be obtained prior to introduction of trains for revenue service. As per the BMRCL officials proposed date of public open would be around November this year.

Vabasandra-Kyalasanahalli Jigani Road gets Breather

A sign of relief is in order for thousands of commuters who use the Vabasandra-Kyalasanahalli-Jigani Link Road, as funding has been set aside to asphalt a 6.5-kilometer stretch of road that has been poorly maintained for over five years. The road with several potholes has been given an asphaltting budget of Rs 9 crore by the government. Jigani Panchayat and the Panchayat Raj Engineering Division (PRED) are in charge of the 6.5-kilometer road. Government has set aside Rs 6.75 lakh to patch potholes on a 1.2-kilometer stretch of road that is under PRED's purview.



Simple reuse of sewage water at Independent homes

Bengaluru is going vertical with the construction of high-rise apartments. The amount of sewage generated by these high-rises runs into crores of litres. However, guidelines for treatment and reuse for high-rises exist only on paper. Very few comply with them religiously. However, Bengaluru also has a significant presence at ground level, in the form of independent homes built in multiple layouts. Since there is no mandate for sewage treatment, everyone simply dumps sewage into the BWSSB sewer grid, eventually polluting one fresh water body or another.

However, the drought of the years 23-24 is a wake-up call. It's time to consider sewage water as a resource rather than waste. There's a saying, 'There is no wastewater; there is only wasted water.' This article aims to provide some simple suggestions for treating sewage in homes without complex equipment. Additionally, there is no point in using water for non-potable needs, such as flushing, for which we pay a cost.

"The key to achieving good sewage reuse is 'Dual Plumbing.' Dual plumbing involves separating the plumbing lines in bathrooms".

Black Water and Grey Water should be separately diverted from bathrooms. Black water consists of human faeces, while Grey water includes bathwater, kitchen water, and washing machine runoff. Separating these two types of sewage, each with different characteristics, ensures they can be treated efficiently. Additionally, flush inlet lines should be separate and sourced from a dedicated overhead tank meant for treated water. Dual plumbing is easily implemented with proper planning before construction. Retrofitting can be challenging, but not impossible.

Grey water is relatively simple to handle; it can be passed through a combination of readily available filter mats (such as Matala Mats, which are also available

on online marketplaces). The filtered water can then be stored in underground tanks via gravity and used for purposes like flushing and gardening. There are visual examples demonstrating how Grey water filters can be installed inside the chambers.

Black water is tricky to treat and reuse but a valuable resource if used for ground water recharging. I would suggest 2 ways of handling Black Water.

- Create a series of interconnected recharge pits (Number depends on volume of Black water). The interconnection is at top, so that the first one overflows into the next one. Let the black water in through the first of the pits. And add a good culture of inoculum (Inoculum is good bacteria which degrades sewage naturally). Inoculum is also readily available on online marketplaces. Inoculum degrades sewage, while water slowly trickles into earth. This is good for ground water recharge as well.

- Use Solid Liquid separators (Like Aquatron). These devices use vortexing and gravity to separate solids from black water and send it for natural composting and water can be fed into recharge pits for recharging needs. These devices don't require power or regular maintenance.

Following these approaches, the demand for fresh water reduces drastically and borewells start yielding more water even in peak summer. Also, consciously these approaches lead to cleaner water bodies around us.



Ganesh Shanbhag
Software Engineer by Profession,

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Navigating India's Electric Vehicle Revolution: Balancing Regulations & Innovation

In recent years, India has witnessed a surge in interest and investment in electric vehicles (EVs) as the nation strives towards a cleaner and more sustainable future. This transition, however, is not merely a technological shift but a complex interplay between environmental regulations, consumer preferences, and technological innovation.

India's journey towards embracing electric vehicles is propelled by a pressing need to mitigate air pollution and reduce the carbon footprint of its transportation sector. With traditional petrol and diesel vehicles contributing significantly to air pollution and environmental degradation, governments worldwide, including India, have implemented stringent environmental regulations to curb emissions and promote sustainable mobility solutions.

Environmental Regulations: Environmental regulations serve as the cornerstone of India's EV revolution. Laws such as the Air (Prevention and Control of Pollution) Act and judicial precedents like M.C. Mehta v. Union of India have laid the groundwork for reducing automobile emissions and improving air quality.

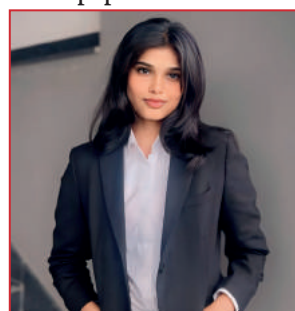
Furthermore, initiatives like the FAME (Faster Adoption and Manufacturing of Hybrid and Electric Vehicles) program offer incentives to manufacturers and consumers to accelerate the adoption of EVs.

Consumer Preferences and Adoption:

However, the success of India's EV revolution hinges not only on regulatory frameworks but also on consumer preferences and adoption rates. Surveys reveal that while there is growing interest in EVs, significant barriers such as infrastructure limitations and ingrained consumer preferences for conventional vehicles persist. Addressing these challenges requires a multifaceted approach that includes awareness campaigns, investment in charging infrastructure, and incentives for EV adoption.

Technological Advancements:

Technological innovation plays a pivotal role in driving the growth of India's EV sector. Advances in battery technology, range capabilities, and charging infrastructure are essential for overcoming barriers to adoption and enhancing the viability of EVs as a mainstream transportation option. Additionally, research and development efforts aimed at improving efficiency and reducing costs are crucial for making EVs more accessible to a wider segment of the population.



Monika Gowda
Law Student

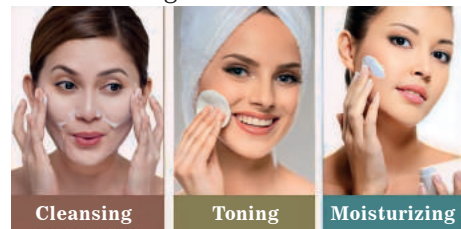
The 3-Step Skincare Routine for Beautiful and Healthy Skin

A few weeks ago, my friend Radha called me "Hi Preethi, I hate my skin. Greasy one day, flaky the next and makeup is a nightmare! I tried everything, but nothing worked."

I suggested the CTM routine - "Cleanse, Tone, Moisturize". It sounds basic, but it can make a huge difference.

Step 1. Cleansing:

Cleansing involves removing dirt, oil, makeup, and impurities from your face. For Oily skin, use a water-based or foaming cleanser. For Dry skin, Look for a cream-based cleanser. Apply the cleanser with gentle circular motions.



Step 2. Toning:

Toners are used to remove any left-over residue from cleansing and restore the skin's PH balance. For Oily skin, choose the one with astringent properties. For Sensitive skin, choose Alcohol-free. Apply the toner after cleansing with a cotton pad, gently swiping it across your face. Avoid the eye area.

Step 3. Moisturizing:

Moisturizing helps lock in hydration and maintain a healthy skin barrier. Choose a moisturizer based on your skin type: For Oily skin, prefer oil-free moisturizer. For Dry skin, choose cream-based moisturizer. CTM process is advised to be followed twice a day: morning and night for better results. It's about consistency, make it a routine. Do it before getting makeup for a healthy base."



Mrs. Preethi Lakshmi R
Founder of Samruddhi Makeovers



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The Influence of the Bhagavad Gita on Indian Democracy:

Exploring the Intersection of Spiritual and Political Philosophy

The Bhagavad Gita, also known as the Gita, is a sacred Hindu text that has been a source of inspiration for many people for thousands of years. Its teachings on duty, action and self-realization have been an integral part of Indian culture and have had a profound influence on the development of Indian society and politics. In this essay, we will explore the concept of the Gita in the Indian constitution and democracy, including examples of shlokas from the Gita and articles of the Indian constitution.

The Gita and Indian Society:

The Bhagavad Gita is an ancient Indian text that is part of the epic Mahabharata. It is a dialogue between Lord Krishna and Arjuna, a warrior prince who is about to go to war against his own relatives. The Gita is set on the battlefield of Kurukshetra, and it deals with the central question of how to live a meaningful life in a world of conflict and suffering.

The Gita emphasizes the importance of performing one's duties without attachment to the results of those actions. The concept of duty or dharma is central to Hinduism, and the Gita teaches that each person has a unique duty

to perform in life, based on their station in life, their abilities, and their temperament. The Gita also teaches that one should perform these duties selflessly, without seeking personal gain or glory.

The Gita teaches that action is necessary in life, but it should be performed with detachment. This means that one should not be attached to the results of one's actions, whether they are success or failure, pleasure or pain, praise or criticism. This detachment is necessary because it frees the mind from the distractions of the world and allows one to focus on one's duty.

The Gita also teaches

that self-realization or spiritual enlightenment is the ultimate goal of life. It teaches that one should cultivate a spiritual practice that helps one to realize the true nature of the self and the universe. This realization leads to a state of peace and freedom from suffering.

The Gita and Indian Politics:

The teachings of the Gita have had a profound influence on Indian politics and society.



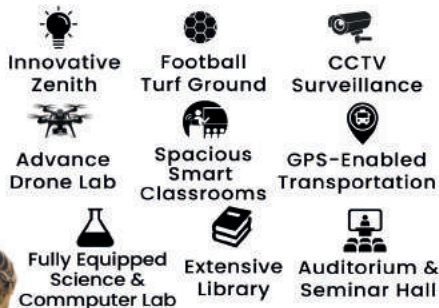
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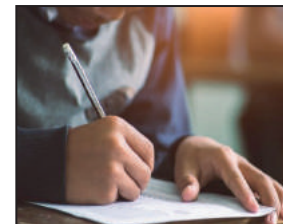


Academic exam is nothing, learn to overcome LIFE EXAM

It's exam time and we can see not only higher class students but small kids also stress how to get the highest scores in academics. Not only kids but their parents are more stressed. Yes it's necessary to get good results in academics to be successful in grabbing desired jobs but what about the situation when students are unable to showcase their decent academic performance! What about their options whether they should be lost or they should take some fatal step...No not at all! Why we make them disappointed, why we should compare them with others, why we should not grab their negative points into positive points.

Here I would like to put the example of Thomas Edison whose mother did not let him be disappointed when his principal gave him a letter saying not to open and give directly to his mother. When his mother read the letter her eyes were tearful but she told Edison that the principal had written in the letter that her son was genius but that school was quite small for him and did not have enough teachers to teach him so better teach him at home only. After that she folded the letter and kept it in the drawer. After many years when his mother died, he was just searching for some old stuff and suddenly he got that letter in the corner of the drawer and he opened it. He was astonished after reading the letter because it was written on the paper that his son was an addled child. We won't let him come to school any more.

Edison cried loudly and then he quoted in his diary: "Thomas Alva Edison was an addled child that by a hero mother, became the genius of the century."



So Parents are GOD for their children. It depends on them how to make their children confident, how to induce positivity into them and how to find a way to battle against all odds in life. I have seen so many people after getting average academic performance they are successful and other ones who were extraordinary in academics got the wrong path in life. So why worry if we are not good in academics or our children are not good. I remember my father's words, whenever I used to go for exams, he

used to motivate me, don't get nervous in these exams, it's not a real exam, real exam is your life, try to pass it with good marks. with my experience I added one more line to my father's line: your academic is having limited syllabus and you know important portions that to be appeared in exam but your life is full of unknown syllabus about which you don't have any idea which chapter will open suddenly to you and that chapter may be good or bad for you. So be ready to understand all chapters of life. Be a strength for your children to make them strong, enabling them to face all hurdles in life. If they have some odd qualities, try to guide them, as sometimes those qualities become the path to success for them.

- Dr. Shradha Goyal
Assistant Professor

'Ankuram' an Annual Festival of Maple Bear Canadian Pre-school, Singasandra.

Maple Bear Canadian Pre-school, Singasandra celebrated 'Ankuram' with the theme "United Nations" on March 2, 2024, at the D.A Pandu Memorial, J.P Nagar, Bengaluru.

featured engaging programs, including a Model UN



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- Maple Bear Preschool
Singasandra



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Osteoporosis Prevention: Techniques for Stronger Bones

Osteoporosis causes bones to become weak and brittle—so brittle that a fall or even mild stress such as bending over or coughing can cause a break. Osteoporosis-related breaks most commonly occur in the hip, wrist, or spine.

Bone is living tissue that is constantly being broken down and replaced. Osteoporosis occurs when the creation of new bone doesn't keep up with the loss of old bone.



Osteoporosis affects men and women of all races. But white and Asian women, especially older women who are past menopause, are at the highest risk. Medicine, a healthy diet, & weight-bearing exercise can help prevent bone loss or strengthen already weak bones.

Dietary factors

Osteoporosis is more likely to occur in people who have:

Low calcium intake. A life-

long lack of calcium plays a role in the development of osteoporosis. Low calcium intake contributes to diminished bone density, early bone loss, and an increased risk of fractures.

Eating disorders. Severely restricting food intake and being underweight weaken bones in both men and women.

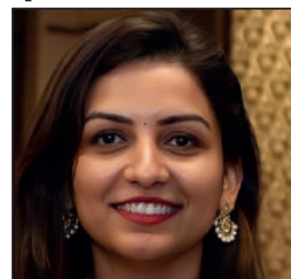
Gastrointestinal surgery. Surgery to reduce the size of your stomach or to remove part of the intestine limits the amount of surface area available to absorb nutrients, including calcium. These surgeries include those to help you lose weight and for other gastrointestinal disorders.

Lifestyle choices

Some bad habits can increase your risk of osteoporosis. Examples include: Sedentary lifestyle. People who spend a lot of time sit-

ting have a higher risk of osteoporosis than do those who are more active. Any weight-bearing exercise and activities that promote balance and good posture are good for your bones, but walking, running, jumping, dancing, and weightlifting seem particularly helpful.

Excessive alcohol consumption. Regular consumption of more than two alcoholic drinks a day increases the risk of osteoporosis.



Dr Parul Sinha,
International Health
Coach and Nutritionist

Renowned eye surgeon from Bengaluru performs the first ever refractive-cataract surgery with Femtis MPlus IOL in India

The innovative surgical procedure involving the dual correction of refractive errors and cataract was completed by Dr. Sri Ganesh, Founder and CMD of Nethradhama.

Nethradhama Super Speciality Eye Hospital is the first and only eye hospital in India to offer this unique procedure to patients.

Nethradhama Super Speciality Eye Hospitals, a pioneering institution in eye care, performed the first-ever refractive cataract surgery with the Femtis Mplus in India. Dr. Sri Ganesh, a renowned eye surgeon, and the founder and CMD of Nethradhama Super Speciality Eye Hospital, completed the surgery with expertise and dexterity. He achieved this milestone by successfully performing 25 surgeries using the hi-tech Femtis MPlus - Super Premium Laser Lens. This cutting-edge technology was launched at the Phaco Festival 2024, held in Bengaluru last month.

According to studies, the annual incidence of cataract blindness in India is about 3.8 million. Additionally, it was found that refractive errors, including nearsightedness or farsightedness, accounted for 70.6 percent of cases of early visual impairment in India.

The innovative procedure shows a paradigm shift in how cataract surgeries are performed

today, combining the correction of both cataract and refractive errors in the eye.



Commenting on this, Dr. Sri Ganesh, Founder and CMD, Nethradhama Super Speciality Eye Hospital, said, "We are proud to be the first and only eye hospital in India to offer this unique procedure for the betterment of our patients. This cutting-edge technology not only enhances the precision and effectiveness of cataract surgery, but also opens new doors for patients seeking optimal visual outcomes in one surgery. The combination of FEMTIS MPlus IOL and automated capsulotomy through femtolasar cataract surgery sets a new standard for cataract-re-

fractive treatment in India. With such advanced features, we cater to the utmost satisfaction for the patient and better clinical outcomes."

"Following standard cataract surgery, patients often require corrective eyeglasses or contact lenses to fix refractive errors, such as near-sightedness, farsightedness, astigmatism, and presbyopia. The objective of a refractive cataract procedure is to successfully eliminate the need for prescription eyeglasses with full high quality vision correction after cataract removal. This is why refractive cataract surgery is such a groundbreaking advancement," Dr. Sri Ganesh added.

The Femtis M Plus intra-ocular lens, developed by Teleon, offers multiple advantages, including a decrease in effective phaco time during surgery and the ability to correct corneal astigmatism simultaneously.

- Nethradhama Super Speciality Eye Hospital Jayanagar

Kauvery Hospitals, Electronic City proudly unveils the Well Women Clinic on International Women's Day



Celebrating International Women's Day Kauvery Hospital Electronic City inaugurated MaaKauvery Well Women Clinic, complemented by the Inclusifest event designed to empower women.

- Kauvery Hospital, Electronic City



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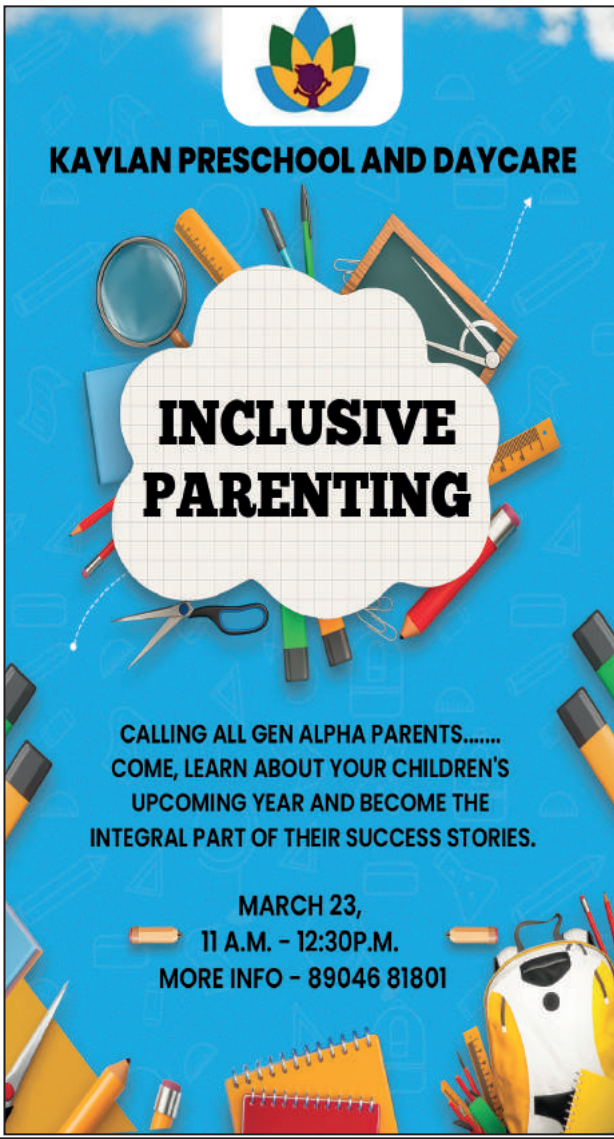
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Yoga is a way of living!

Most people believe Yoga focuses on stretching and bending (as marketed in Internet platforms) but that's not the entire revelation of this subject.

Let's understand it this way! The human body is perishable, in spite of how much we take care of it. It's just a matter of time! However a righteous practice of Yoga helps to elongate this span by balancing the internal rhythm of the body and most importantly raising the self-consciousness which results in a calmer mind, bringing awareness in each action we take in a daily life. These actions bring clarity that life has to be lived once and why not live with Peace, Happiness and Good Health. Please remember this puzzle called "life" will bring new challenges every day (and you can't avoid it). However, through the right practice of Yoga, you are better equipped internally.

- Subham Saha
Studio: Yoga Tirtha



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Unfurling an inspiring story

Fashion Designing to Cyber Crime

In honor of Women's Day, could you kindly share your remarkable journey from being a homemaker to becoming an entrepreneur and founding an NGO, highlighting the challenges you encountered and the empowerment you've experienced along the way? First and foremost, I want to express my heartfelt gratitude to Electronic City Credence for this wonderful opportunity. I feel truly blessed to be honored in such a special way, particularly on a day like today when women are celebrated for their remarkable

contributions to society. It's heartening to see people from all walks of life coming together to acknowledge and appreciate women's achievements. Thank you for recognizing me on this auspicious occasion. Now, let me take you on a journey through my life, starting from my days as a student to my journey as an entrepreneur and founder of an NGO. My story begins with my marriage to a wonderful man from a wealthy family with a military background in Kolar. Initially, I thought I could simply enjoy the comforts of

married life without any worries, given my husband's love and support. However, life had other plans for me. During my pregnancy, I embarked on a fashion designing course, despite facing numerous challenges such as traveling long distances and dealing with health complications. Unfortunately, due to pregnancy-related complications, I had to put my dreams on hold temporarily. But the fire within me never extinguished. I continued to pursue my passion by stitching clothes at home while taking care of my newborn son. Once my son turned five, I wasted no time in rekindling my passion for fashion designing. I enrolled in classes, dedicated myself to learning, and soon opened my first boutique in Electronic City. Despite my limited knowledge, I hired a talented team and worked tirelessly to establish my business. With unwavering support from

my family, especially my husband, I overcame every obstacle that came my way. As my boutique gained popularity, I realized the importance of empowering other women in my community. I provided employment opportunities to local women, trained them in tailoring, and helped them become financially independent. Witnessing their transformation filled me with immense joy and satisfaction.

To be Continued...



Mrs. Manisha
Founder of Krishna Tailoring Institute,
Founder of Shri Krishna Mahila and BalaVikas-Seva Charitable Trust
Bengaluru, Leading ECity Cyber Crime Intervention Officers team.

Savor the flavors : Easy Mustard Fish Curry Recipe

Fish curry with mustard gravy in 10 simple steps:

- Clean and cut the fish.
- Shallow fry fish on a hot kadhai with mustard oil.
- Heat the kadhai again, pour mustard oil and heat it.
- Put "kala jeera" / kalonji (black cumin), red chilly.
- Put crushed garlic and fry for 30 sec.
- Put sliced tomato, salt and fry for 2 mins in medium flame.



- Now lower the flame, put mustard paste and fry just for 15-20 sec, add water as per requirement and simmer it.
- Put dry mango and fried fish in the gravy and let it simmer for 5 min. You can add sliced tomato and green chilly.

- Garnish with dhaniya and little "chat masala".
 - 10. Let the curry rest for minutes after cooking and then serve.
- Enjoy mustard fish curry with steamed rice
Note: You can put in fried potatoes if you want. It goes well with fish curry.



Chef, Sivani

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