

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

Volume 2 : Issue 20

17th - 30th Mar 2024

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Quick News Bites

- 01** Residents question: Begur Main Road widening. Will MLA, MP respond?
- 02** Parappana Agrahara Main Rd near Hosa Road Signal faces congestion from shop encroachments, parked vehicles. Action requested @ecitytrfps.
- 03** Illegal soil dumping at Kyalasanahalli lake. Urgent action needed from authorities to stop encroachment.
- 04** Doddathoguru/Neeladri Nagar residents demand park/playground, lacking recreational facilities. Plea to authorities for development.
- 05** Illegal constructions near Chowdeshwari Lake, Beratena Agrahara reported. Requesting prompt action from government authorities to halt construction.
- 06** Bettadasanapura residents suffer as Doddathoguru Town Panchayat dumps and burns garbage near Delhi Public School, raising health concerns.
- 07** 75 MTR chefs create the 123-foot longest dosa, setting a Guinness Record. Hebbagodi govt school students taste history.

Pragathi Nagar's Water Woes



Residents of Pragathi Nagar, amidst a severe water crisis, drafted a plea to their MLA and MP for urgent intervention. With over 250 households and 850 families affected, their plea emphasized the dire need for immediate action. Subsequently, on March 16th, Saturday evening, a water tank was finally installed to address emergency water needs. However, after enduring a week-long scarcity, concerns remain high. Residents report cases of throat infections due to consuming the water. Furthermore, the tractor which came to refill the tank was not in good condition, with rust visible in most places. The community appeals for sustained government involvement and solutions to ensure access to safe drinking water for all.

- Residents of Pragathi Nagar.

Urban Thirst: Balancing Growth And Water Sustainability

This summer Bangaloreans need to beat the heat and with the added water drought, since the city failed to receive the expected rainfall from the last North-East Monsoon (November - December) and continuous increase of water about 1,450 million litre per day (MLD) from the Cauvery and an additional 700 MLD from groundwater resources. As Bengaluru south majorly rely on groundwater levels, many places in Electronics City are seriously affected which has brought most of the borewell dried up and increased the demand for the water suppliers. Urge the government bodies to ensure the supply of water tankers for the crisis areas and BWSSB should increase the piped connection all through the south region.

What else caused it?

Rapid Urbanisation: Leads to the construction of buildings, roads, and other infrastructure. The associated construction activities and the expansion of impervious surfaces reduce the ability of the land to absorb rainwater, leading to increased runoff and decreased groundwater recharge.

Increase in Water Supply Demand: Require more water for various purposes such as drinking, sanitation, industrial activities, and irrigation. The demand for water rises with the growing urban population and the expansion of economic activities.

Lake Pollution: Often results in increased pollution of water sources (Lakes) due to industrial discharges,

improper waste disposal, and runoff from urban areas. Contaminated water sources become unusable and contribute to water scarcity.



Policy and Regulation: Challenges in enforcement of the laws and lack of coordination between the departments BBMP, BWSSB and others, drought preparedness and response mitigation plan failures.

Is Bengaluru really a ZERO water city?

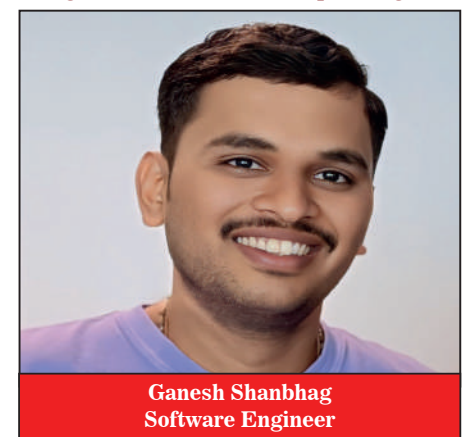
You all might have seen panicking and flashy media reports saying, 'Bengaluru is heading towards doomsday', 'Bengaluru set to be another Cape Town', 'Bengaluru - ZERO water city' etc etc. These are really good TRP items for Media but what is the reality? Bengaluru - known as Garden City of India, is it heading towards becoming ZERO water city? If the British liked this city and made it their home in the past, why is the present state of our beautiful city so pathetic? Is there a ray of hope despite all negative media coverage?



I think it was half a century back, before 1974, Bengaluru as a city used to get piped water supply from local lakes. Like Subramanyapura lake used to supply water to Uttarahalli neighbourhood. In that way, the lakes were maintained clean and used to store only rain water coming via 'Raja Kaluves' built by our visionary kings. However, in 1974, the Urban Planners of Bengaluru decided to lift water from Kaveri Basin to Bengaluru 100 kms away and 1000 feet higher in altitude and cut supplies from lakes altogether. This was the first nail on the coffin. Bengal-

uru switched to 'Long Distance Water' and this led to negligence of Lakes in Bengaluru. Slowly, the Lakes which were once the only source of Drinking water to this beautiful city started becoming dump yards of Garbage & Sewage and also rampant encroachment. Lakes were killed in the name of development as they were no longer drinking water sources. One of the largest lakes became Majestic Bus stand, other became National Games Village. Bengaluru, once a city with over thousand lakes, is left with a few hundred now and only less than five deemed fit for potable uses.

“Killing of lakes also contributed to depletion of water table and this coupled with over-extraction of ground water lead to the state where we are today, 'No water in Borewells'. Bengaluru as a city needs about 400 crore litres of fresh water per day, but Kaveri will only suffice about 180 crore litres on any given day. Kaveri basin is a finite water basin, and cannot expand based on the needs of Bengaluru which is ever expanding”.



Ganesh Shanbhag
Software Engineer

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Navigating India's Electric Vehicle Revolution Balancing Regulations & Innovation

Environmental Concerns

Despite the promising trajectory of India's EV revolution, several challenges loom on the horizon. Issues such as resource extraction for battery production, e-waste management, and the need for sustainable mining practices underscore the importance of balancing environmental concerns with technological progress. Moreover, the lack of standardized regulations and infrastructure across different states poses logistical challenges for manufacturers and consumers alike.

Policy Recommendations:

To navigate India's electric vehicle revolution successfully, policymakers must consider a range of policy recommendations:

1. Stricter emission regulations: Strengthening emission standards will incentivize manufacturers to produce cleaner, more efficient vehicles, thereby reducing air pollution and greenhouse gas emissions.

2. Global harmonization of environmental laws: Aligning environmental regulations with international standards will facilitate trade and promote consistency in the adoption of EVs across borders.

3. Investment in mining and battery R&D: Increased funding for research and development in sustainable mining

practices and battery technologies will enhance the environmental sustainability of EVs and reduce reliance on finite resources.

4. Promotion of responsible recycling: Implementing regulations and incentives for proper e-waste management and battery recycling will minimize environmental impact and promote circular economy principles.

In conclusion India stands at a critical juncture in its transition towards electric mobility.

“By leveraging regulatory frameworks, embracing technological innovation, and addressing consumer preferences, India can pave the way for a cleaner, greener transportation future”.

However, achieving this vision requires concerted efforts from policymakers, industry stakehold-

ers, and consumers to overcome challenges and seize opportunities presented by the electric vehicle revolution. Only through collaborative action can India realize its potential as a global leader in sustainable transportation.

As India embarks on this transformative journey, the balance between regulations and innovation will be the key to unlocking the full potential of electric vehicles and ushering in a new era of mobility that is both environmentally sustainable and socially equitable.



Monika Gowda
Law Student

The Influence of the Bhagavad Gita on Indian Democracy

Exploring the Intersection of Spiritual and Political Philosophy

The teachings of the Gita have had a profound influence on Indian politics and society. Many Indian leaders, including Mahatma Gandhi, have been inspired by the Gita and its teachings on duty, action, and self-realization. Gandhi saw the Gita as a guide to moral and spiritual action, and he often quoted from it in his speeches and writings.

The Gita's teachings on duty and selflessness have also influenced Indian politics. The concept of duty or dharma is an important part of the Indian constitution, and it is reflected in the duties and responsibilities of citizens and leaders. The Indian constitution also emphasizes the importance of selflessness and public service, and it encourages citizens to work for the welfare of society.

Examples of Shlokas from the Gita:

Let us now look at

some examples of shlokas from the Gita that have influenced Indian politics and society.

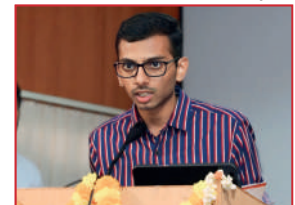
“Karmanye vadhikaraste Ma Phaleshu Kadachana” (Chapter 2, Verse 47)”

This shloka is one of the most famous verses of the Gita, and it is often quoted in Indian society and politics. It means “You have a right to perform your prescribed duty, but you are not entitled to the fruits of action.” This shloka emphasizes the importance of performing one's duty

without attachment to the results of those actions.

“Yogavakramasukaushalam” (Chapter 2, Verse 50)”

This shloka means “Yoga is skill in action.” It emphasizes the importance of performing one's duty with skill and efficiency.



Shubhankar C.
Legal Associate

Embracing Wellness Through Every Stage

Fitness isn't just for the young and athletic; it's a journey for everyone, regardless of age or ability. Tailoring workouts to suit different age groups ensures that individuals can enjoy the benefits of physical activity throughout their lives.

For children and teenagers, fitness should focus on play and exploration. Activities like swimming, cycling and team sports not

only build strength and coordination but also instill healthy habits early on. Incorporating fun elements keeps them engaged and eager to participate, setting the foundation for a lifetime of fitness.



For adults, the emphasis shifts to maintaining overall health and managing stress. A balanced routine including cardio, strength training, and flexibility exercises is ideal. Work-

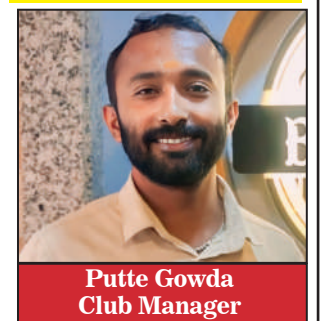
outs can be tailored to accommodate busy schedules and varying fitness levels, ensuring consistency and sustainability.

Customizing workouts for each age group involves understand-

ing individual needs and limitations. Modifications may be necessary to accommodate injuries, chronic conditions, or physical restrictions. Consulting with a fitness professional ensures safety and effectiveness.

Regardless of age, the key is consistency and enjoyment. Finding activities that align with personal interests and goals increases adherence & long-term success.

Fitness isn't about perfection; it's about progress and embracing the journey towards a healthier, happier life at any age.



Putte Gowda
Club Manager

Organic Living for Health and Sustainability

In this fast-paced life filled with health challenges, you may have come across friends, doctors, or peers talking about organic foods. So, what exactly is organic food? Simply put, it's food cultivated using natural fertilizers and techniques that avoid chemicals and synthetics.



The food is also processed without any traces of toxic pesticides until it reaches your plate. Due to these farming methods, agricultural produce preserves its nutrition and provides maximum health benefits. It also offers many

interrelated benefits to the environment.

It's not just the food you eat, it's a lifestyle. Organic Lifestyle is for the betterment of the PLANET. Happy Health.

For example, native rice varieties and millet consume very little water. They can with

stand extreme weather conditions and retain these properties, thereby transferring goodness to consumers. When you eat organic food, you become more immune. You cope with and recover from ail-

ments faster. You feel fuller with a small amount of food, consuming less.

Is it only grains? No. Fruits and vegetables are grown using organic methods. These fruits taste better, and seasonal fruits are given importance. They are not sprayed with wax or colored for shiny appearances. What about dairy? Poultry? Yes. You might be wondering how. Cows graze freely in the fields and are not injected to produce milk. Native breeds of cows are prioritized. Country hens are raised for eggs and meat.

- Mrs.S.Nithya,
PGDM,MSc. Psy,Dacu

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Fostering Excellence in Early Education



Piuli Dey, Preschool Administrator

Q. What inspired you to pursue a career in education, particularly in early childhood education?

A: I became passionate about early childhood education after teaching older children and realizing the importance of a supportive preschool background in shaping development. Kaylan is driven by a desire to foster early learning and make a positive impact on society.

Q. Can you share the philosophy or mission that drives Kaylan Preschool?

A: Promoting holistic development in young children has always been a prime philosophy behind Kaylan's all endeavours. With this, fostering a nurturing and supportive environment, embracing diversity and inclusion, partnering with families to support each child's unique growth and learning journey have been the driving force behind Kaylan's philosophy. These are and will be possible only when we can prioritize play-based learning in its real meaning, social emotional development, and hands-on experiences to encourage curiosity and creativity in young learners.

Q. What sets Kaylan Preschool apart from other preschools in the area?

A: Kaylan Preschool stands out with its unique curriculum, teaching methods, facilities, staff qualifications, community involvement, and emphasis on outdoor education, alongside a low student-to-teacher ratio, all contributing to comprehensive child development.

Q. What strategies does Kaylan Preschool employ to promote diversity, equity, and inclusion among its student body and staff?

A: Kaylan Preschool promotes diversity, equity, and inclusion through a diverse curriculum, staff training, cultural celebrations, inclusive policies, parent and community engagement, and equitable recruitment practices, fostering a welcoming environment for all.

Q. How does Kaylan Preschool support the professional development of its teachers and staff?

A: Kaylan Preschool supports staff development through training workshops, continuing education, peer collaboration, observation and feedback, resource allocation, and leadership opportunities, ensuring a high-quality educational experience and fostering a culture of excellence.

Q. Can you provide insight into any future plans or developments for Kaylan Preschool?

A: Kaylan Preschool aims to innovate through curriculum enhancements, facility upgrades, technology integration, community partnerships, and staff development, considering initiatives like expanding enrollment, introducing new programs, renovating facilities, and implementing new educational approaches to better serve its students and families.



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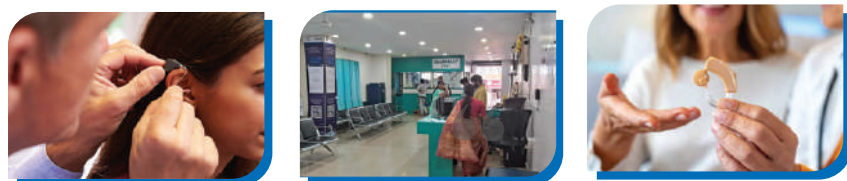
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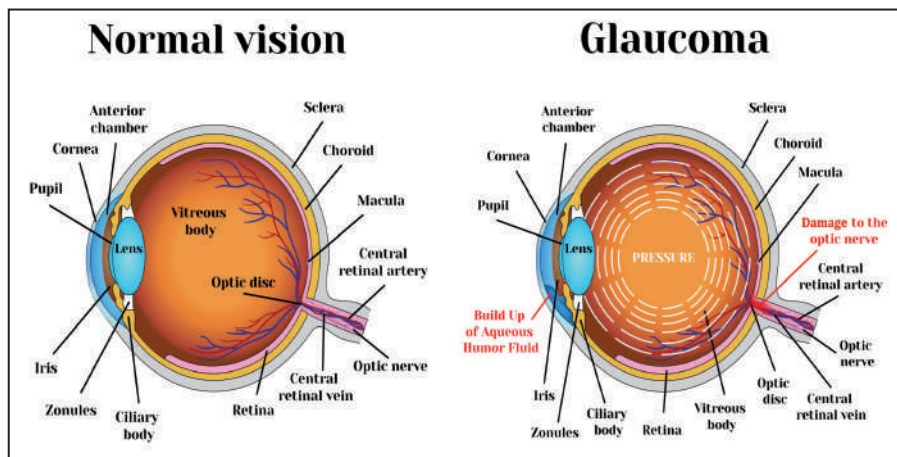
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Glaucoma-related blindness continues to rise in India due to delay in detection

According to various independent studies and data by hospitals, glaucoma-related blindness is continuing to rise in India due lack of awareness & delay in detection. Glaucoma is a very common eye disease characterized by damage to the optic nerves due to high eye pressure, affects nearly 12 million people in India. Statistically, over 90% of glaucoma cases in the country go undetected, leading to irreversible blindness each year.

Commenting on the reasons for this surge, Dr. Shibi Dev B.N, Senior Consultant and Head of Department - Glaucoma, Nethradhama Super Speciality Hospital said, "Glaucoma is a silent killer. It is often detected early. Individuals particularly over 40 years, Positive family history of Glaucoma, History of eye injury, Inadvertent use of steroid medicines are at high risk, treatment compliance. We have seen through various academic studies and research that glaucoma causes blindness in 1.5 million individuals, representing 5.5% of total blindness cases in India, making it the primary cause of irreversible blindness in the country.



When patients begin to notice signs and symptoms of glaucoma, the disease has often already caused irreversible damage. Once vision is compromised due to the unhinged progress of the disease, it cannot be restored. Glaucoma, while chronic and currently incurable, can be managed and its progression slowed with medical and surgical intervention if blindness cases in India, making it the primary cause of irreversible blindness in the country. However, Glaucoma can affect people even without any risk factor but at a lower rate.



Dr. Shibi Dev B N
Senior Consultant

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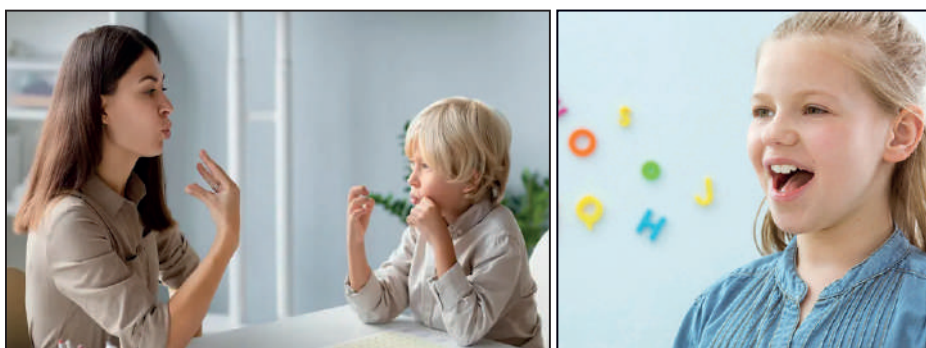
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What is Speech Therapy?

Speech therapy for kids is about more than just speaking; it also encompasses articulation delays, fluency concerns, feeding and swallowing issues, social skills, language disorders and more.



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 - Speech is unclear or unintelligible to peers, family members, and friends
 - Difficulty with processing information it can be written or verbal
 - Child does not gesture or babble to communicate
 - Trouble with memory
 - Limited eye contact or lacks social skills
- Miss.Alka Raghu,**
Speech language pathologist

Heavenly Bliss: Indulgent Vegan Ice Cream

Ingredients

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 - Almonds. — 100gms
 - Cashew. — 50gms
 - Banana. — 1pc
 - Cocoa powder — 20gms
 - Choco chips. — 20gms.
 - Chopped Almond
- Soak Almond Cashew and Dates for 5 to 7 hours
 - Peel the Almond..
 - Freeze Banana for 5 hours..
 - Grind all ingredients ,add little water if required..
 - Add choco chips & Chopped Almond as topping (optional)
 - Deep freeze for 8 to 10 hours..
 - DATES quantity can be increased according to sweetness required..
 - I used Robust Banana..



ANKITA BHANSLI
Chef

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Why does the tabla player sit to the right of the main artist?

Have you ever wondered why does the tabla player sit to the right of the main artist?

Usually there are 3 artists one singer/instrumentalist; one percussionist on the right and one supporting melody (violin or harmonium) on the left of the main artist. Both support artists sit at a right angle (90 degrees) to the main artists (they never directly face the audience). This sitting arrangement creates a visual symmetry that is easy on the eyes.

As a musician, I can say this with some authority that most musicians feel the need to have some intermittent eye contact with the percussionist, during the performance, to ensure everyone is in

sync and not off beat.

Traditionally, the "main artist" is performing for the audience. The other two artists are supporting the main artist by providing rhythm and melody. Hence, they do not look at the audience.

Percussions are a fundamental framework within which the main artist must perform and it seems naturally easy to glance to one's right side to stay on the beat.

Even our instruments such as Veena, Sitar, Sitar, Violin are designed to be played such that the LEFT hand plays the notes and the RIGHT HAND strums or moves

the bow (violin). Even the flute is played such that the orientation is right facing.

Since most artists always maintain some type of eye contact with the percussionist, it is just easier to glance to the right side.

I am a tabla player and I always sit to the right side of my main artist for this reason.

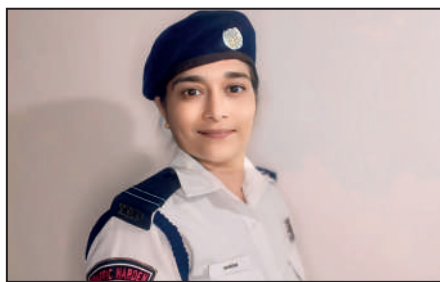


Anand HS
Tabla Player

Empowering Change: A Multifaceted Journey of Service and Advocacy

Delving into the motivations driving my multifaceted roles, I find a profound sense of duty and a passion for fostering positive change in my community.

As a traffic warden, I am deeply committed to ensuring road safety in our community. Under the guidance of the Commissioner of Police, our team diligently manages traffic flow during peak hours, reducing congestion and minimizing the risk of accidents. Beyond managing the flow of vehicles, I recognize the critical importance of educating the public about road safety measures. Through regular awareness sessions and outreach programs, we strive to instill a sense of responsibility and respect among commuters. By promoting adherence to traffic rules and encouraging safe driving practices, we aim to create a culture of safety on our roads.

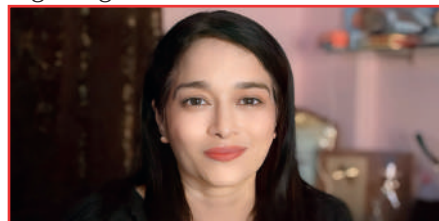


Transitioning to my role as a cyber-crime intervention officer, I confront the ever-evolving threats in the digital landscape. The prevalence of cybercrimes highlights the urgent need for proactive measures to protect individuals and businesses from online vulnerabilities. Leveraging our expertise, my team and I work tirelessly to stay ahead of emerging threats, employing advanced technological tools and strategies to combat cybercriminal activities. Through our intervention efforts, we provide vital support to victims of cybercrimes, offering

guidance, resources, and assistance in navigating the complexities of cyber investigations. By raising awareness about online risks and promoting cybersecurity best practices, we empower our community to safeguard their digital assets and privacy effectively.

Additionally, I am deeply invested in empowering women through initiatives like the Fly Free project. Recognizing the importance of menstrual hygiene and environmental sustainability, we advocate for the use of menstrual cups as eco-friendly alternatives to traditional pads. Through educational workshops and awareness campaigns, we strive to break the stigma surrounding menstruation and promote access to sustainable menstrual hygiene products. By empowering women with knowledge and choices, we contribute to their overall health & well-being while championing environmental conservation efforts.

In each of these roles, I find fulfillment in serving others and making a tangible difference in their lives. My dedication to fostering positive change in my community drives me to continuously innovate & adapt to emerging challenges, ensuring a brighter and safer future for all.



Manisha, Senior Traffic Warden
Bangalore City Police
Traffic warden Organization

Art's Impact on Our Personality

Art has always been a powerful medium of expression, capable of eliciting emotions, sparking creativity, and fostering personal growth.

perspectives.

2. Emotional Expression: Art provides a medium for expressing emotions, thoughts, and feelings. This can be par-



Importance of Art encourages children to think outside the box and embrace their unique artistic voice, this early exposure to art not only cultivates a life-long appreciation for creativity but also lays the foundation for future artistic endeavors.

Art can have a significant impact on both kids and adults, influencing various aspects of brain development and cognitive functions:

1. Creativity and Imagination: Engaging in art activities stimulates creativity and imagination. For kids, this can help in developing problem-solving skills and thinking outside the box. In adults, it fosters innovative thinking and new

ticularly beneficial for children who may find it challenging to articulate their emotions verbally. In adults, art therapy is often used as a way to explore and process emotions.

3. Cognitive Development: Creating art involves cognitive processes such as decision-making, planning, and problem-solving. These skills are essential for both children and adults in various aspects of life, including academics, work, and daily activities.

4. Stress Reduction: Engaging in artistic activities can act as a stress reliever by promoting relaxation and mindfulness. This is beneficial for both children, who may experience

stress from school or social pressures, and adults dealing with work-related stress or personal challenges.

5. Brain Connectivity: Studies have shown that participating in art can enhance neural connectivity in the brain. This is important for overall brain health and may contribute to improved cognitive function and resilience against age-related cognitive decline in adults.

6. Self-Esteem and Confidence: Accomplishing artistic tasks and receiving positive feedback can boost self-esteem and confidence in both children and adults. This sense of achievement is valuable for personal growth and development.

Overall, art plays a multifaceted role in shaping cognitive, emotional, and social aspects of development in both kids and adults, making it a valuable and enriching experience.



Dipti Nema
Artist, Art Therapist

Little something about the Festival of Colors!!

Holi, the festival of color, love and spring, is widely celebrated in the Indian subcontinent. It is also known by the name of Vasantotsav, as we welcome the Vasant (spring) season.

In fact in the 19th century, it was celebrated with such fervor in Mughal India that members of all castes were permitted to color the Emperor. This day is viewed as an opportunity to settle conflicts and purge emotional impurities.

The history of Holi is deeply rooted in Hindu mythology with various legends. One of the most popular stories linked to this festival is of Lord Krishna and Radha about their playful love. Lord Krishna, known for his mischievous nature, complained to his mother about his dark skin compared to Radha's beautiful

complexion. In response his mother suggested that he color Radha's face to match his. This light hearted act of coloring Radha's face with color eventually became a tradition. And hence began the tradition of playing with color and water.

People play Holi and apply color to their loved ones which symbolizes love, friendship and the arrival of spring. It also relates to the blossoming of new life. Farmers devote their produce to the god for a healthy harvest and perform rituals to ensure the fertility of their land.

An interesting fact, Braj Ki Holi is celebrated for

10 days, which includes a day when women playfully hurl ladoos at men, Lathmar Holi: where women give light-hearted stick thrashing to their men, holi played with flower petals (a sight to watch), widows staying in Vrindavan wait entire year to smear each other with colors.



Kalpana Kalra
Content Writer

Inspiring Water Conservation Through Art



World Water Day 2023: It is celebrated on March 22 to spread awareness about the importance of water and its conservation. Take a look at some inspirational art by students of Globalart!

How to Progressively Spend Summer Vacation: Students and Parents

Summer vacation is a highly anticipated time for students as it provides an opportunity to rest, relax, and rejuvenate before the new academic year begins. However, during this break, it is crucial to maintain a balance between leisure activities and educational pursuits. By following a progressive approach, both students and parents can ensure a productive and enjoyable summer.



Planning Ahead

Before diving into the summer season, it is important to establish a plan. Here are some steps to help students and parents maximize their vacation time:

- 1. Identify Goals:** Start by discussing and setting clear goals for the summer. These goals can include academic improvement, skill development, or personal growth.
- 2. Research and Choose Activities:** Explore various summer programs and camps that align with the goals set in the previous step. Look for opportunities that offer both fun and interesting learning experiences.
- 3. Create a Schedule:** Create a structured schedule that outlines the various activities, projects, and assignments to be completed during the summer break. This will help main-

tain a sense of discipline and prevent idleness.

Activities for Students

- 1. Academic Enrichment Programs:** Enroll in academic enrichment programs offered by local schools or community organizations. These programs can encompass math, science, language arts, or even specialized subjects.
- 2. Summer Reading Programs:** Encourage your students to engage in summer reading programs. This can help maintain their reading skills, expand their vocabulary, and stimulate their minds.
- 3. Online Courses and Classes:** Explore online educational resources and platforms that offer a wide range of courses and classes. These can include coding, art, music, or even language courses.
- 4. Volunteer Work:** Encourage your students to

volunteer at local charities or non-profit organizations. This will not only benefit the community but also instill a sense of social responsibility and develop valuable life skills.

Activities for Parents

- 1. Family Bonding Time:** Take advantage of summer break by spending quality time with your family. Plan picnics, outings, or engage in activities that promote bonding and togetherness.
- 2. Parent-Teacher Meetings:** Use the summer break to schedule parent-teacher meetings.



- Megha DUTTA
Content Writer

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ELECTRONIC CITY CREDESCENCE NAMMA NEIGHBOURHOOD NEWS

Editorial & Publishing Office:

15, 3rd Floor, 4th Main, 4th Cross, Duo South

County Layout, Basapura, Bengaluru-560100

Website : www.electroniccitycredence.in

Email : info@electroniccitycredence.in

Editor	— M.Uma Maheshwari
Publisher	— Shivakumari Dhamaraj
Editorial Contributor	— Meera Shyam
Reporter	— Manish Sharma & Mohith Sharma
Internet Design	— Vittal Diwakar
Graphic Designer	— Nikhesh Alva
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