

# ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

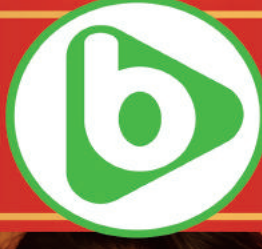
Akshaya Nagar to Ananth Nagar

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## Quick News Bites

01

Bengaluru IMD (Indian Meteorological Department) observatory reports a maximum temperature of 36°C, which is 2°C above normal, this week.

02

Shikaripalya Lake faces re-encroachment with construction waste and garbage dumped inside.  
@BBMPComm, please take action to fence the lake.

03

Contrast in road conditions in Electronic City Phase 1: @ELCITA\_IN maintains one with footpaths; @BBMP-Comm neglects the other with garbage and no footpath.

04

120-foot chariot collapse at Madduramma temple fair in Huskuru, Anekal taluk, sparks concern among devotees.

05

Critical road connecting Rayasandra Lake to Hosa road, used by school buses and daily commuters, neglected for 8 years, demands immediate attention this election.

06

Bengaluru PGs on high alert after cholera cases; owners' association issues guidelines for safety.

07

Blinkit warehouse accused of dumping garbage on empty land near Sriram Summit society, Ecity 1. Residents demand immediate halt.

## General Election 2024 Bangalore South

Karnataka with its 28 lok sabha seats, scheduled election as a part of Phase 2. The Kruling Congress will be attempting to prise the crucial constituency from the BJP's hold on Bangalore South, which is regarded as a political powerhouse in Karnataka. Outlook on the major contenders.



**Candidate** : Tejasvi Surya  
**Current role** : Standing MP of Bengaluru South Lok Sabha Constituency and National President of BJP Yuva Morcha  
**Education** : Bachelor of Arts & Bachelor of Law, Bangalore university  
**Candidate** : Sowmya Reddy  
**Current role** : General Secretary of All India Mahila Congress (AIMC) and Karnataka Pradesh Congress Committee (KPCC)  
**Education** : Bachelor of Engineering, Visvesvaraya Technological University  
**Bangalore South Lok Sabha Election 2024: Key Dates**  
Date of polling: April 26, 2024

Date of counting/results: June 4, 2024  
Polling Booth Details : [Scan QR Code](#)



Credit : data.opencity.in

## Water Woes in Bengaluru- Solutions

Whenever one sees a high-rise building housing hundreds of apartments over a limited acreage of land, the first thought that runs through one's mind is whether there would be a regular supply of water to sustain routine use in these hundreds of apartments in the next couple of months. The municipal water supply in Bengaluru has been stretched to the limit in its jurisdiction. As regards areas beyond municipal limits where the real estate expansion is mindlessly fast-paced, the water supply is entirely dependent on borewells from around the villages in the city's periphery. The supply from these borewells may last this current season of scanty rainfall. It may not last the next consecutive drought. The ratio of water requirement to the water supply sources is where the math doesn't add up. A moratorium on high-rise buildings in Bengaluru for a year or two is necessary legislation.

The solutions to this looming disaster are few but require urgent attention: **Rainwater harvesting** has not been implemented strictly everywhere. Unless non-adherence to the RWH regime is penalised, it won't take off. Secondly, it presumes regular rainfall which is itself doubtful.

**Recycling and reuse of wastewater.** The norms for implementation of Sewage Treatment Plants should be revised to cover even more habitations.

The filtered-out water discharged by R.O. units can be used to water plants, mop floors, and even wash vessels.

**Flat Maintenance & Water usage:**

The logic behind **flat maintenance** needs prudent application and has an important role in the use of water. The flat maintenance should comprise two parts: **fixed maintenance** and **water consumption**. Fixed maintenance includes the cost of security, maintenance of common areas, common lighting, house-keeping, garden upkeep, generator, gym, swimming pool, and so on.



**Capt R. Thomas Paul,**  
Ex-Army Captain, Softskills Trainer,

## Tackling RO Pollution

If you recollect the good olden days, probably some 20 years back, there used to be a Steel Filter which worked on gravity with Ceramic or Earthen Candles inside them which filtered water for drinking purpose. No water, no energy dependence thus no significant ecological impact. And yes, people were really healthy drinking the water from these filters.



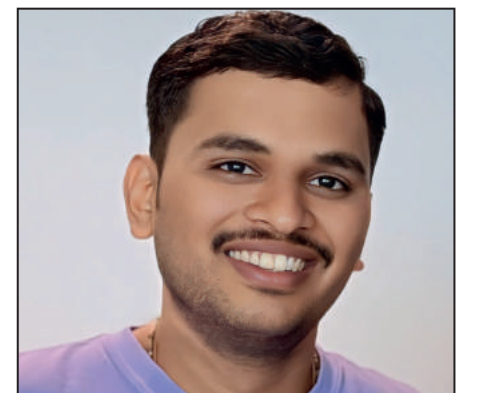
Fast forward, the Reverse Osmosis innovation of the 70s and 80s which made miniature RO plants for small applications made RO purification technologies move from industries to every household. This coupled with false Television Narratives like 'Sabse Shuddh Paani' made people fall into the trap of buying RO purifiers without even thinking about, do we really need it? What are the health consequences, nobody cared for. Apart from that, the RO technicians will set the TDS level to the lowest possible level, which deprives the users from all vital minerals.

On top of it, a typical RO purification system used in households rejects 3 to 3.5 liters of water for every 1 liter of purified water. In a typical 100 flat apartment scenario, this reject water will be over 12000 liters / day or 1 standard tanker load of water. And yes, this is the drink-

ing water which most of them would have purchased from external sources like BWSSB or tankers or extracted from tubewells which costs similar amounts on electricity. Apart from that, this RO discard (or reject as many people call it) will have an impact on down the stream treatment plants & water bodies as well. Per capita water demand of Bengaluru has increased due to increase in the number of such RO purification units.

**Is there any solution?**

Truly speaking, RO purifiers found a place in the majority of homes in India. This can solely be attributed to a nice marketing strategy by these companies, nothing more than that. Majority of homes do not even need RO Purification. BWSSB supplied piped water is always at less than 200 TDS level, thus not requiring RO purification at all. Also, the multi-storied apartments have WTPs (Water Treatment Plants) commonly installed, which treat water and also reduce hardness.



**Ganesh Shanbhag**  
Software Engineer by Profession



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## TURNING BENGALURU INTO A SPONGE CITY

Apart from reuse, recycle & reduce water usage, Experts say if we can ensure most rainwater falling on Bengaluru stays in Bengaluru, it will have a significant positive impact on the City's growing water needs helping us avoid water crises henceforth at least. We can live without many things, but not without water. The cost of pumping water from 100 Kms away & 1000' up, is massive. Apart of that cost can give us huge & real respite.

Bengaluru is spread over an area of about 2.5L Acres. Imagine we had 2.5L Reverse Wells/Absorption Wells/ Soak Pits/ Recharge Pits/Leach Pits at suitable private & public spots all across Bengaluru. A soak pit is a covered underground circular/rectangular porous chamber - about 3 feet dia & 6 to 10 feet deep - with suitable gravel in & around it to let rainwater into the earth, which will help reduce flooding & also raise the water table. How do we make most, if not all, water stay here and not flow out? How do we ensure our lakes & streams have clean water? How do we make Bengaluru into a SPONGE CITY? There are many steps short-term, medium-term & long-term-which can be taken. Here is a list, which is not exhaustive:

- Stop all sewage water from entering open drains, Kaluves, Rajakaluves, Lakes, etc.
- Ensure 100% sewage treatment.
- Letting out chemical/industrial waste, garbage & sewage into the open, into drains, lakes, etc. should be a criminal offence with strict enforcement. Treatment must be mandated & enforced.
- Strictly avoid chemical, industrial & e wastes into landfills.
- Ensure regular de-silting of storm water drains (SWDs).
- Make rainwater-harvesting-ready SWDs with regular aggregate-filled openings at the bottom.
- Make rainwater soak pits at every low-level point in the City-minimum 100 in each ward.
- Mandate each Borewell has a rainwater soak pit within a suitable radius.
- Plant more trees - native species. Document, Protect & Maintain trees well.
- Ensure all roads & footpaths have suitable design for rainwater to infiltrate into the soil below.
- Enforce building by-laws.
- De-silt & De-sludge all lakes regularly.
- Ensure demarcation & protection of all lakes.
- Ensure natural greenery around all lakes to safeguard their bio-diversity & ecosystem.

- Mandate dry leaves composting units in every local area - at least 10 in each ward.
  - Mandate wet waste composting units in every local area at least 2 in each ward.
  - Restore Bengaluru's Green Belt to the extent possible and create a new Green Belt.
  - Unused Large campuses within the City must be converted into new Lalbaghs / protected forests.
  - Improve Public Transport-BMTC's Bus, BMRL's Metro & KRIDE's Suburban Rail - quickly & drastically.
- so that some large-campus usages can be shifted out to make new Lalbaghs / protected forests here.
- Form a strong SPONGE CITY COMMITTEE with Experts from various relevant fields including SWD, Lakes, Forest, Sustainable Architecture, Ornithology, Roads, Water Management, Sewage Management, Chemical & Industrial Waste Management, etc.



**Rajkumar Dugar**  
Founder & Convenor  
Citizens for citizens

### Litter Free Travelling

On my recent trip to Yercaud, I noticed something very crucial "Littering Garbage" Yercaud is a beautiful tourist spot known as the "king of mountains". Huge mountain ranges, beautiful lakes, welcoming resorts and majestic view points. Each of them had some uniqueness which I admired. The resorts had beautiful rooms, lakes with boating activities and the spectacular view points which showed us the beauty of sky and clouds.

Environmentally irresponsible behaviour of littering garbage everywhere by few tourists spoil the beauty of the place. Plastic bottles, papers, food wrappers were lying everywhere. Litter has grave effects on the environment as well as on all the living. It is very easy not to litter and properly

dispose of trash. Yet a lot of people act like it is a burden, out of pure apathy and ignorance.



**Kavin Karthikeyan**  
Class IX

Use trash bags to collect the synthetic trash like plastic wrappers, bottles, straw etc generated during the trip, and properly dispose them off.

I take an oath to be a litter free traveller.

## Management Skills: The Biggest Source "Homemakers"

The fact that homemakers are valuable sources of learning management skills is often overlooked, but they are ideal candidates to develop these skills because of their daily responsibilities and challenges. It takes organisation, time management, problem-solving, communication, and adaptability to manage your family and household.

### Organization

As a homemaker, you need to be proficient at managing multiple tasks, appointments, and responsibilities at once. To manage everything smoothly, homemakers need to maintain calendars, set reminders, and prioritize tasks. They develop effective project management skills by coordinating their time and resources.

### Time Management

The art of time management is essential for homemakers in order to balance their responsibilities. They have to juggle household chores, meals, childcare, and self-care, while maintaining a worklife balance. To accomplish this, they must prioritize tasks,

plan them, and delegate them. By mastering this skill, homemakers become adept at managing their time effectively, an invaluable skill in any professional setting.

### Problem-Solving

The challenges homemakers face are diverse, and they must analyze and solve problems quickly. The homemaker constantly solves problems, whether it's resolving family conflicts, troubleshooting household problems, or finding creative solutions to tight budgets. Using this skill, they can analyze situations critically, make decisions based on sound judgement, and solve problems.

### Communication

Communication is key for homemakers, as they often need to converse with family, neighbors, or service providers. Active listening, assertiveness, and verbal communication are essential skills to ensure their needs and those of their families are met. In any professional setting, homemakers can become excellent team players and collaborators by honing their communi-

cation skills.

### Versatility

Managing a household requires flexibility and adaptability on the part of the homemaker. When a child is ill or an appliance malfunctions, homemakers have to adapt their resources to meet the changing circumstances.

This skill translates well to the professional world, where unforeseen circumstances can arise and require quick thinking and problem-solving. While homemakers may not be recognized for their management skills, their daily activities and responsibilities make them excellent sources of knowledge. The skills developed by homemakers include organizational skills, time management, problem-solving, communication, and adaptability.



**Megha Dutta**  
Content Writer

## My Holiday Learning Experience



Do you want to share your holiday learnings, scan and upload entries for our upcoming issue.

Sweet Corn Salad

### Ingredients:

- 1 cup sweet corn kernels
- 1 medium cucumber, finely chopped
- 50g lettuce, shredded (optional)
- 7-8 black olives, chopped (optional)

I'm excited to share a delicious recipe that I learned during my yoga Program: Sweet Corn Salad. Let's get started!

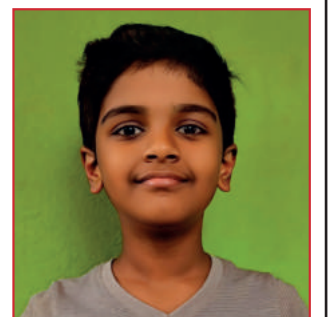
I had so much fun learning the recipe and I hope you enjoy making them too. Have a great time cooking and eating healthy!

- 2 medium tomatoes, de-seeded and finely chopped
- 1 medium capsicum (bell pepper), de-seeded and finely chopped
- 1 tablespoon olive oil
- Juice of 1/2 lemon
- 1/2 teaspoon salt and pepper
- 1/4 cup fresh mint and coriander leaves

### Steps:

- Mix together sweet corn kernels, chopped cucumber, lettuce, black olives, tomatoes, and capsicum in a bowl.
- Drizzle olive oil and lemon

- juice over the salad.
- Add salt, pepper, mint, and coriander leaves.
- Toss everything together and it's ready to serve!



**R.M. Samarjeet**  
Class VI



## Empowering our community Prostate cancer screening awareness.

Prostate cancer remains one of the most prevalent forms of cancer affecting men worldwide, yet awareness about this disease often lags behind that of other cancers. As we strive for progress in healthcare, it's imperative to elevate awareness about prostate cancer and its impact on men's health.



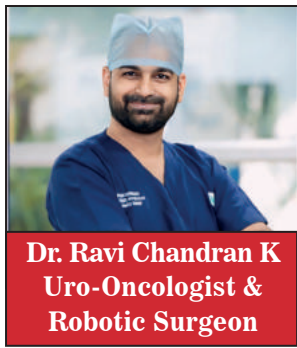
Understanding the risk factors: Age above 60 years is the most important risk factor, family history, and certain lifestyle factors. By educating older men about these risk factors, we can empower them to take proactive steps towards prevention and early detection. Prostate cancer may cause no signs or symptoms in its early stages. It can

present with difficulty urinating, including a weak or interrupted urine stream, and having to urinate more often, urgency, leaking of urine, blood in the urine or semen, pain or burning during urination, pain in the lower back, hips, or upper thighs. Importance of screening: Regular prostate cancer screening, in

cluding the simple PSA blood test and digital rectal examination, can help detect the disease in its early stages when treatment is most effective. However, misconceptions and fears surrounding screening procedures often deter men from seeking this essential preventive care. We must emphasize the importance of screening and debunk

myths to encourage more men to undergo regular screenings. Encouraging healthy lifestyle choices, such as maintaining a balanced diet, staying physically active, and avoiding tobacco use, can help reduce the risk of prostate cancer and improve overall health outcomes.

In conclusion, by amplifying our efforts to educate, advocate, and support men's prostate health, we can make a meaningful difference in reducing the burden of prostate cancer and improving the quality of life for men. Let's join forces in our community to ensure that prostate health awareness remains a top priority.



**Dr. Ravi Chandran K**  
Uro-Oncologist &  
Robotic Surgeon

## Beat the Heat: Essential Summer Health Tips

As the summer season settles in with its scorching days and balmy nights, it's crucial to prioritize your health and well-being to stay energized and resilient in the heat. Here are some expert-recommended tips to keep you cool, hydrated, and healthy during these warm months:



- **Drink plenty of water** throughout the day, and if you're engaging in outdoor activities or exercise, increase your fluid intake to compensate for the loss.
- **Dress Appropriately:** Opt for loose, lightweight, and light-colored clothing that allows your skin to breathe. This helps in regulating body temperature and prevents overheating. Don't forget to wear a wide-brimmed hat and sunglasses when stepping out in the sun.
- **Protect Your Skin:** Sunburn not only damages your skin but can also lead to long-term health issues. Use a broad-spectrum sunscreen with a high SPF before going outdoors, and reapply it every two hours or after swimming or sweating.
- **Eat Light and Fresh:** Enjoy seasonal fruits and vegetables that are hydrating and refreshing, such as watermel-

on, cucumbers, and oranges. Opt for light meals that are rich in water content and avoid heavy, greasy foods that can make you feel sluggish.

- **Limit Outdoor Activities:** Avoid strenuous outdoor activities during the hottest part of the day, typically between 10 a.m. and 4 p.m. If you need to be outside, take frequent breaks in shaded areas and prioritize activities that are less physically demanding.
- **Cool Down:** Take advantage of air-conditioned spaces or use fans to cool down indoors. If you don't have access to these amenities, take cool showers or baths to lower your body temperature.
- **Stay Informed:** Keep an eye on weather forecasts and be aware of heat advisories or warnings in your area. Stay indoors during extreme heat conditions and prioritize your safety.
- **Stay Mindful of Hygiene:** With increased sweating in summer, pay extra attention to personal hygiene. Shower regularly, wear clean clothes, and use antiperspirants or deodorants to stay fresh and comfortable.
- **Stay Safe in the Water:** If you're swimming or participating in water activities, ensure safety precautions are in place. Use flotation devices if needed, and supervise children closely around water bodies.
- **Get Adequate Rest:** Lastly, ensure you get enough rest and sleep during summer.

## Perspectives from Medical Experts on World Health Day

Every year, April 7th we celebrate World Health Day, which was established in 1948, soon after the World Health Organization was founded.

So each year we discuss the theme and we discuss the topic, which is of concern to the people all over the world. This year the theme is My Health, My Right. That means health is just not an absence of disease, it's a state of physical, mental and social well-being.

This theme undermines the responsibilities of each and every individual to maintain or to have the rights of health to them. That means each and every individual's responsibility and duty to raise the voice against war, conflict and terrorism. And also the right to health is more than the access to the quality health services and medicines.

Respect and dignity, free of discrimination, gender in-

equality, adequate sanitation and home, nutritious food, physical health issues, health education and need to access healthy food and encourage physical activities. Also limit the marketing and raise the taxes on unhealthy food and processed food. And cutting the consumption of processed food.

So these are the responsibilities that each and every one of us has to take care to achieve our theme My Health, My Right.



**Dr. Gayathri Meganathan**  
OBGYN & Fertility specialist  
Happy Life Women's  
Health Clinic

Every year WHO celebrates April 7th as World Health Day and the theme of this 2024 year is My Health, My Right.

You know the world is presently suffering with so many disasters as well as international conflicts leading to loss of lives as well as there are a lot of problems regarding natural and air and water pollution, lack of food and lack of health. So, the theme is My Health, My Right. So, this is to emphasize the fact that every individual has the right to have access to quality life, quality living, quality food, quality healthcare as well as having good environmental

conditions.

So, if you remember four F's, that is having fresh fruits and vegetables, having adequate fluids, water and fruit juices and obviously fitness and also having good access to quality healthcare is an important thing as well as the environmental safety as well as there should not be any discrimination on gender or equality.



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## Doubles Badminton Tournament: Congratulations to Winners!



On March 23 and 24, Doubles Badminton tournament unfolded at JP SPORTS Organized by Purvanankara Sound Of Water Association for their Residents. It was the day of thrilling matches. Congratulations to all the winners and participants

## Iris Florets International Pre School Inauguration

Iris Florets International Pre School located in Neo Town, Hulimangala was inaugurated by Dr. Yandamoori Veerendranath, Literacy Genius & State Sahitya Akademi Award Recipient on 30th March. Iris is an international brand that flourished in 3 countries India, Nepal, and Uganda.

Preschool” as well as “Asia’s Greatest Brand 2017 & Asia’s Greatest Leader 2017” at the Indo-Singapore Business & Social Forum 2018 - Process Reviewers: PricewaterhouseCoopers P.L. held in Singapore in January 2018. Dr. Yandamoori Veerendranath joined by



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the Chairman of Iris Florets Mr. Sirish Turlapati & Center Directors Dr. Hari Babu & Dr. Ekta Bagadiya.

## Enthusiastic Residents of Pragathi Nagar Bring Mythological Epics to Life Through Dramatic Performances

In the quaint neighborhood of Pragathi Nagar in Chikkathogur, a group of passionate individuals has found solace and inspiration in the timeless tales of the Ramayana and Mahabharata. Led by the dynamic Mr. Prakash, president of Pragathi Nagar, these enthusiasts have turned their hobby into a vibrant community tradition, immersing themselves in the roles of beloved characters from the epics.



Mr. Prakash, who takes on the formidable persona of Bhima from the Mahabharata, epitomizes the dedication and fervor that characterize this group. With meticulous preparation and unwavering commitment, he embodies the essence of his character on stage, captivating audiences with his portrayal.

Joining Mr. Prakash is the esteemed Mr. Anjanappa, former corporator of Begur ward, who steps into the shoes of the noble warrior Karna. His portrayal is imbued with depth and emo-

tion, reflecting the complexities of Karna’s journey in the epic.

Adding to the ensemble is Mr. Ranganath, who brings the legendary Bala Rama to life with his compelling performance. His dedication to his craft shines through, captivating audiences and transporting them to the enchanting world of myth and legend.

For these devoted performers, the journey begins long before the curtain rises. Months of rigorous practice and preparation are invested, ensuring that every aspect of their performance is polished to perfection.

Their passion extends beyond the borders of Pragathi Nagar, as they have graced stages across Karnataka, sharing their love for mythological dramas with audiences far and wide.

The image captured in the midst of their performance depicts a poignant moment from the Mahabharata, as Bhima’s rage ignites in the face of Draupadi’s humiliation at the hands of Dushasana. It serves as a powerful reminder of the enduring relevance and resonance of these timeless epics.

Through their unwavering dedication and artistry, the residents of Pragathi Nagar are not merely actors on a stage, but custodians of a rich cultural heritage, keeping the spirit of the Ramayana and Mahabharata alive for generations to come.

- Resident of PragathiNagar

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## Holiday Harmony: Bonding Through Joyful Family Traditions

The holidays are a special time for families: Seeing a child's face light up at a display of holiday lights. The delicious smell of cookies and your partner sneaking one more from the tray. Holiday activities and traditions that connect with every generation.

Yet these holiday family activities can also be a point of stress. How are you going to keep the kids busy for two whole weeks of vacation? The holidays are a time for reconnecting with family, revitalizing your own energy and renewing your appreciation for the gift of life. But to truly experience that, you must eliminate stress this holiday season.

### Make a Bird Feeder

Invite summertime birds to your yard with a DIY bird feeder. It's the perfect opportunity to teach kids about nature and animals.



### Learn Cooking Skills

Teaching little ones to cook. Choose a favourite food—such as a salad or cookies—and make it with

your child. They'll feel proud while eating the finished product.

### Play Games Outside

Set up one evening each week for a fun family game of catch the flag, softball, or kickball. For each round, create a new team to ensure fair play.

### Do a Room Makeover

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# 15, 3rd Floor, 4th Main, 4th Cross, Duo South County Layout, Basapura, Bengaluru-560100  
Website : www.electroniccitycredence.in  
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Editor	— M.Uma Maheshwari
Publisher	— Shivakumari Dharmaraj
Editorial Contributor	— Meera Shyam
Reporter	— Manish Sharma & Mohith Sharma
Internet Design	— Vittal Diwakar
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## A Hundred Measures

Mrinalini was up, even before the crack of dawn, fresh with renewed vigour to embark upon the day's chores. Sipping her morning cup of steaming coffee, a necessity in most south Indian households, she quickly ran through the "hundred" things she needed to do that day. Life on a farm was hardly a romantic tryst with nature!

"Did you have a good rest last night?" - Mrinalini enquired fondly, as she stroked Vaidehi and placed some fodder and water before her. Later, when the sun was up, she would take Vaidehi out to a part of the farm for grazing. As she cleaned the cow-shed, Mrinalini's thoughts flitted over to Subramani and Gauri. All of them had been like her own children, siblings to her son and daughter. But that was in the past. Subramani had succumbed to a health issue and was now resting in peace adjacent to the coconut sapling. Gauri had wandered away in search of a mate! All she was left with was dear Vaidehi. But life goes on! It took just a couple of years on the farm to teach her and her kids' life's greatest lessons of love and loss, thought Mrinalini wistfully.

"Amma, come over here, it's time to water the tree saplings", shouted Vasuki. This was her most favourite chore. Twice in a day in the morning before the sun was ablaze and in the evening when the land started to cool, the two of them would diligently water the tree saplings. Mrinalini would be sober and quiet while Vasuki loved to chit-chat with the saplings, but both had the same look of pride and

love in their eyes. They had planted four hundred saplings and it took almost a week to water all of them! It saddened Mrinalini that the saplings got water only once every six to seven days and the slightest change in routine, maybe due to a trip to the city for a dinner, made the gap even longer. But on those days when Mother Nature blessed them with a hundred drops, she and her kids would sit cross-legged on their veranda, munch on some yummy fritters and revel in the rains! Once again, the farm taught them to weigh carefully the repercussions of every action, however slight it may seem, and at the same time value the sudden blessings whole-heartedly.

Mrinalini's thoughts drifted to her past. Her decision to move from an IT job in the city to tend to her own farm on the outskirts of a small town had not been in any way sudden. Yet, it never failed to amaze her. It had all started with tiny pangs of guilt at being paid exorbitantly for mental skills at her job whilst she saw people with equal talents, albeit in physical skills, being paid much less. Plumbers, farmers and carpenters exercised their brawn, but there is an intuitive brain that guides their work, a brain that may not know the physics principles by name but by experience. As Mrinalini read and observed more, the vulgar disparity, so strongly intertwined in the society, made her restless. With the birth of her kids, these pricks of guilt had grown into large

thorns that had gnawed at her - Does she want to raise her kids in a world of excesses? Overcoming a hundred apprehensions, inflicted by self-doubts and the doubts of the world around her, Mrinalini had finally taken the plunge to live a life closer to that of a labourer. It had required immense courage, then and even now. Her doubts had never gone away completely. But she was more comfortable around them, the farm gave her that confidence.

As Mrinalini watched Vasuki hard at work, weeding at one corner of the field, and her son Shankar, patiently planning their tiny patch of vegetable garden at another, her heart swelled with pride and happiness. It was with a lot of trepidation that she had pulled her kids out of regular school. But the farm had proved to be the greatest of teachers imparting wisdom through simple, rudimentary experiences. Mrinalini pondered, "We often think farmers are illiterate, but cultivation is a highly scientific and intellectually stimulating experience". She had marvelled at the principles behind rice transplantation and bund cropping.



**Naga Vydyanathan,**  
Freelance technical and content writer, creative writer

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