

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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Quick News Bites

01

Neo Hospital in Neeladri Nagar offers free Thyroid and Cholesterol tests for voters on April 27-28, 8-10 am. Show inked finger.

02

Neeladri Road's Unusable Footpaths in Electronic City Spark Frustration. @BBMP @BBMPCOMM urged for immediate action.

03

Shikaripalya Lake's Dry Bed Highlights Human Impact. Urgent @bwssb action needed for sewage diversion and rainwater harvesting.

04

ELCITA and Labzone collaborate on a new route: 360 Business Park Access Road eases Electronic City traffic, connecting Neeladri Road to BHEL Road.

05

Bengaluru Witnessed Zero Shadow Day on April 24! The sun was directly overhead between 12:17-12:23 pm, casting no shadows. A rare celestial event at this latitude!

06

Doddathogur Karaga 2024 celebrated at Sri Muthyalamma Devi Temple in a vibrant ceremony on April 20.

07

Electronic City residents were relieved by brief rain on April 20 after 150 days of dry weather.

Bangalore Apartment Federation (BAF) : Building Sustainable Future

Bangalore Apartment Federation (BAF) is a registered not for profit federation to represent the interests of Apartment Associations & RWAs. There are over 1600+ Apartments in Bangalore who are members of this Association.

ment issues.

- Get clarify and support on many apartment compliances – be it fire safety, RWH, STP CFO, KSP-CB norms, Lift License renewal, GST etc.,
- Be a part of community which supports various sustainability issues –

• Established BAF as a representative federation for apartment residents in Bangalore and BAF has now a say in policy matters affecting apartments and getting invited in policy consultation.

We keep conducting seminars and training sessions on Fire Fighting, STP Operations and other facility related areas.

For the last MLA elections, BAF conducted various voter id campaigns. In our area, we have conducted voter id campaigns whereby over 2500+ Residents got enrolled. Right now we are driving a Property Tax collection drive at the doorstep of apartments of Doddathogur Town Panchayat.

Recent Activities

Every vote matters

As part of this campaign last week end, a "Bengaluru candidate townhall" was conducted in which multiple candidates from various Bengaluru Parliamentary constituencies participated on the invitation and shared their views and inputs.



Some of the Key Benefits a Member can get

- Be a part of united front to raise your voice on unfair and discriminatory practices.
- Raise issues and concerns regarding your apartment complex and get quick responses.
- Find the right service providers and vendors for your various AMC's.
- Reduce your maintenance costs by collaborating with apartments in your neighbourhood.
- Become part of BAF Cluster Council and engage with local governance and ensure they address individual apartment issues.

rooftop solar, water management, electric vehicle charging points etc.,

Key achievements so far

- Ensured BWSSB reversed the rule mandating old apartments to install STPs respectively. Now the number of apartments from 20 have been increased to 120.
- Got GST exemption limit enhanced from Rs 5000 to Rs 7500.
- Collaborated with Bescom to facilitate smoother implementation of rooftop solar.
- Monthly newsletters published continuously to create awareness of all apartment issues.

"Green Star Challenge: BWSSB Transforming Bengaluru's Water Landscape"

Bangalore Water Supply and Sewerage Board (BWSSB) has announced a "Green Star Challenge" for Commercial buildings, Hotels Apartments, Educational Establishments, Hospitals and other facilities on 22.03.2024 by Hon'ble Chairman Dr.Ram Prasath Manohar.

This initiative is taken up by BWSSB to reduce the consumption of potable water and make Bengaluru self sufficient in water and also to encourage citizens to use treated used water for non-potable purposes and recharge the borewells and ground water.

Further, this campaign is to increase the awareness within the communities, commercial establishments etc., based on their awareness & the measure taken in this regard "Star rating" will be awarded to the bulk consumers.

The following 5 actions to be adopted for star rating:-

1. Use water efficiency technology and

devices

2. Use Eco friendly treated used water for non drinking uses
3. Recharge of underground water to recharge pits for borewell
4. Measure, Monitor Water Consumption from Borewells, Other Sources
5. Create Awareness, Promote Water Sustainability to all Stakeholders.

Scan QrCode to participate



Conservation using Aerators

'RRR' steps should be followed by everyone for water conservation. RRR - Reduce, Reuse, Recycle. Aerators play an important role in achieving the objective of REDUCTION of water usage. The older taps or faucets typically dissipate around 15 liters of water/ minute. Use of aerators in such taps/ faucets can bring down the water dissipation rate to about 3 to 6 liters/ minute.

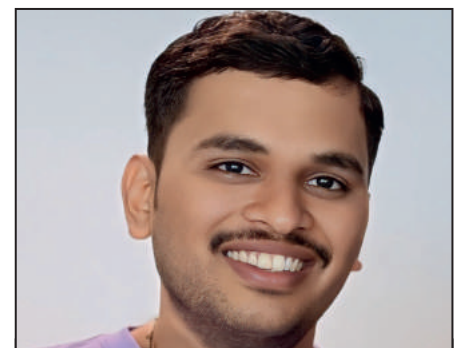
Aerators are nothing but a very small device that sits in the end of a waterspout in any plumbing fixtures like taps, faucets, shower heads etc. They act as flow regulators and help to maintain uniform pressure. Aerators achieve efficiency in reduction of water consumption by mainly mixing of air in the output water flow, thus the name of Aerators. Based on types of output flow, there can broadly be three kinds of aerators; aerated, laminar and spray. Also, it's important to have pressure compensating aerators if you are living in high rises. This is predominantly due to varying water pressure across floors.

A typical small family can save about 5000 liters/ month just by fixing a good quality aerator on the plumbing fixtures. Considering apartments, if all the individual dwelling units fix aerators, the savings of fresh water will run into lakhs of liters.

Multiple conservation agencies have put aerators as the single largest & most effective contributor for water usage reduction (For eg: US Environmental Protection Agency).

Ranka Colony, a large apartment complex off Bannerghatta road was able to achieve reduction of usage of water per dwelling unit by about 130 liters/ day by using aerators, says Mr Suresh Prakash who was the main source of motivation to residents to go with aerators. He is pursuing the cause for larger Bengaluru water reduction.

Aerators can be retrofitted by anyone without any external help as well. They are available on online marketplaces making it really affordable. So, now it's time to 'Aerate & Conserve'.



Ganesh Shanbhag
Software Engineer by Profession
Eco Friend by passion!!

Sale of Treated Water

Sale of Treated Water: Big complexes are now selling surplus treated water to builders and factories through a BAF-BWSSB agreement at a fixed rate per kiloliter (KL).

BAF staff health and wellness program

BAF is working on unorganized workers' health

and wellness program which will offer group insurance coverage to

- RWA employed staff like estate managers, plumbers, electricians etc.,
- Outsourced staff like security, housekeeping etc.,
- Domestic helps like maids, cooks and drivers etc.,

Non-members seeking

further information can directly contact RM Raman @ 9886046664 or Via Email : ramanxgcpl@yahoo.com

Visit our website <https://baf.org.in/> for additional details.

RM Raman,
President – Bangalore Apartment Federation
Electronic City Cluster

Water and Health: A Closer Look

This article underscores the crucial role of water in maintaining optimal health, particularly in a world where access to clean drinking water is limited. It notes that only a small portion of Earth's water is fresh and readily available for consumption, highlighting the importance of prioritizing water intake over sweet and carbonated beverages to avoid health issues like fatty liver, obesity, and diabetes.

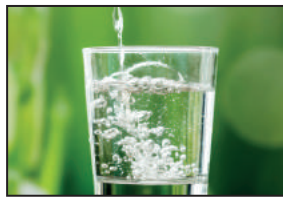
Water constitutes 60% of the human body and is essential for various bodily functions, including oxygen and nutrient distribution, temperature regulation, and blood circulation. Additionally, adequate hydration contributes to healthy skin, keeping it hydrated and radiant.

To incorporate more water into daily routines,

- Keep water readily available to discourage consumption of other beverages.

- Use a personal water bottle and aim for 4-5 refills daily to meet hydration needs.

- Drink water regularly throughout the day to maintain consistent hydration and prevent snacking.
- Start the day with water before consuming breakfast or other beverages to maintain energy levels.
- Increase water intake during outdoor activities, especially during peak hours.
- 6. Limit consumption of sugary drinks to avoid excess calorie intake.



How to Incorporate Fluids into Your Daily Routine:

- Buttermilk with added cucumber and cumin.
- Tender coconut water for rehydration.
- Consumption of fiber-rich foods like fruits, vegetables, and spinach.
- Watermelon, which is rich in nutrients and keeps you feeling full.
- Muskmelon, promoting skin health and aiding digestion.

- Homemade lemonade or lemon water without sugar/salt.
- Avoiding refrigerated water to prevent throat infections and headaches.
- 8. Drinking lemon juice with basil seeds.
- Soaking almond gums overnight for consumption in the morning.
- Incorporating ash gourd into the diet for its high water content.
- In summary, the importance of water for overall well-being and practical strategies for maintaining hydration levels is emphasized in this article. It helps incorporate various hydrating foods and beverages into the diet to ensure adequate fluid intake and promote good health.



Hariharan Baskaran
Freelance Content writer

The casual acceptance of social norms for women

It is common for women to be taken for granted when it comes to their roles and responsibilities in their daily lives. Observing casual acceptance, marked by a lack of genuine concern or support, is a pervasive issue.

Working mothers

The juggling of work and family demands is incredibly challenging for working mothers. Many women juggle multiple roles simultaneously. Despite society's general assumption that women can handle it all, it does not acknowledge their struggles or offer support. In order to prevent burnout and stress, it is imperative to provide assistance.

Working wife

Women who work can often be overwhelmed and frustrated by balancing household responsibilities with careers. Society, however, does not acknowledge the fact that they need help. When spouses refuse to ask for help or offer assistance, the stereotype that women must handle everything on their own continues.

Working sisters

Society prioritizes professional lives over sister well-being and working mothers. Sisters are frequently expected to support their siblings emotionally, financially, and logistically, all while maintaining their own goals. However, society fails to realize this burden can be overwhelming, resulting in feelings of isolation. Sisters can thrive professionally and personally if you ask for help and offer support.

Working daughters

While working daughters are often taught

to strive for success like their male counterparts, these expectations fail to take their unique challenges into consideration. As daughters balance school, extracurricular activities, and part-time jobs, we can help them overcome these challenges.

Working Sister in Laws

Society expects sister in laws to be supportive and accommodating, often at the cost of their own wellbeing. When we ask sister in laws if they need help, we will encourage them to prioritize their own well-being, strengthening their relationships with their in-laws.

Society's norms that impose undue burdens on women and fail to provide genuine assistance should be addressed as a major problem. When women are asked if they need assistance, we can value their contributions and well-being in an equitable and inclusive society. Let's challenge these norms amicably to foster a compassionate, supportive community.



Megha Dutta
Content Writer
Founder NAMATE24

Save Water Save Our Lives

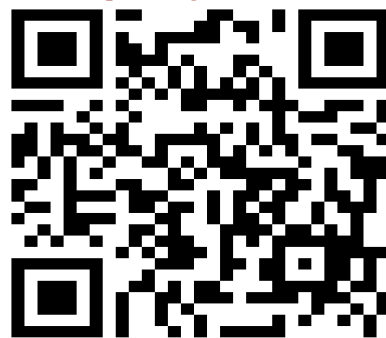


Aashvi Shukla
Class 4th, DPS E-City

I don't know what we can do
There's something missing here
If this keeps happening
The end of many things will come near
That thing we need to survive
It's so important in our lives
That thing we need, it's the thing for us
That's the one thing we want
That one thing is what we want

Water, it's going away
We need water to live and stay
In our city, we need water to stay
Harvest the rain
Let's all shower with less water
Make water stay
For a few days, don't play with water
Try doing something good
For the whole country
Water is what we need for living
Saving water doesn't cost money
That one thing is what we want
Water, it's going away
We need water to live and stay
In our city, we need water to stay
We need water to live and stay
In the city, we need water to stay
We need water to live and stay
In our city, we need water to stay
Save water, save life
We can all make efforts
So, for saving water

Let's all work together
We can be the heroes
The ones who save the day
We will try to save water
So that our lives stay
That one thing is what we want
Water, it's going away
We need water to live and stay
In our city, we need water to stay
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Decoding Autism: Symptoms

Causes & Care

• **What is the prevalence of autism?**

Autism spectrum disorder affects people of all racial, ethnic, and socioeconomic backgrounds. According to studies and organisations, the prevalence of autism in India is estimated to be around 1 in 100 to 1 in 250 children.

• **How early can autism be diagnosed, and what are the signs in infants and toddlers?**

Autism can be diagnosed as early as age 2, but signs can often be observed in infants and toddlers. Early signs may include a lack of or limited eye contact, delayed speech or communication development, and a preference for solitary play.

• **Is there a single "autism gene," or is it a combination of genetic factors?**

Autism is considered to be a complex, multifactorial disorder with a strong genetic component. While specific genes have been identified that are associated with an increased risk, there isn't a single "autism gene." It's likely that multiple genes contribute to autism risk, and interactions with environmental factors also play a role.

• **What are some common misconceptions about au-**

tism that should be dispelled?

Some misconceptions about autism include the idea that all individuals with autism are non-verbal, that they lack empathy, or that they have exceptional abilities in certain areas (like Rain Man). It's important to recognize that autism is a spectrum, and individuals with autism have a wide range of abilities and challenges.

• **What is the role of sensory sensitivities in autism, and how can they be managed?**

Sensory sensitivities are common in autism and can affect how individuals perceive and respond to sensory stimuli. Strategies to manage sensory sensitivities may include sensory integration therapy, creating sensory-friendly environments, and using sensory tools like weighted blankets or noise-cancelling headphones.

• **What can family members and friends do to support individuals with autism?**

Supporting individuals with autism involves understanding their unique needs, being patient and empathetic, and creating an inclusive and accepting environment. It's also important to educate oneself about autism and

seek guidance from professionals or support groups when needed.

• **Can individuals with autism live independently and lead fulfilling lives?**

Many individuals with autism can lead independent and fulfilling lives with the right support and interventions. The level of independence achievable varies widely depending on the individual's strengths and challenges. Early intervention and a supportive community can make a significant difference in their outcomes.



• **Are there any promising research developments in the field of autism?**

Autism research is an active area, with ongoing studies exploring various aspects of the disorder, including genetics, early intervention, and neurobiology. Promising areas of research include personalised therapies and interventions tailored to each individual's needs.

Breast cancer Awareness

Breast cancer has become the most common cancer in Indian women and has overtaken cervical cancer. And the most alarming is that it is being increasingly diagnosed at younger age in India compared to other western countries.

What is Breast cancer?

A Cancer that forms in the cells of breasts. Mostly develop in women over the age of 50 but can occur in younger age group also. Most common in females but can occur in males also.

What are signs and symptoms of Breast cancer?

A woman loses her life to breast cancer every 8 minutes in the nation.

Note : All breast lumps are not cancer. Most of the lumps are fluid filled cysts or fibroadenoma (non-cancerous). You should always see a doctor for evaluation if any breast lump develops. Also normally breast shape and size alters during pregnancy and breast feeding.

What causes breast cancer?

Any cancer or tumor starts from one abnormal cell. The exact reason why a cell becomes cancerous is unclear. It is thought that something damages or alters certain genes in the cell which makes the cell abnormal and multiply out of control.

Although breast cancer can develop for no apparent reason there are certain risk factors which increase the chances that breast cancer can develop.

How family history related to Breast cancer?

Most of the Breast cancer occur by chance. However it can occur more often than usual in some families because of their genetic makeup. Genetics means that the condition is passed on through families through special codes inside the cells called genes. Your

genetic makeup is important because the genes inherited from your parent's controls various aspects of your body.

If you are concerned about your risk is higher than usual because of your family history then see your doctor for assessment of your risk.

You may offer Regular breast screening test earlier than usual or offer genetic testing.

How to prevent breast cancer?

The different ways to prevent Breast cancer is to reduce the modifiable risk factors. Certain risk factors cannot be changed like age, family history, genetic mutation, gender.

What is self-breast examination?

A breast self-examination for breast awareness is an inspection of your breast that you do on your own by using your eyes and hands to determine if there is any changes to the look and feel of your breast. If you notice any changes discuss with your doctor. Though most breast changes detected during self-exam for awareness have non-cancerous cause, some changes may signal something serious such as breast cancer.



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

Natural Farming & Organic food

Most of the educated are aware of organic products these days.

We all know that the shiny coloured bright fruits may be sprayed with chemicals. But there are a few misconceptions too. Like, all the native rice varieties are grown in traditional farming methods or the coloured & huge sized vegetables are hybrid! Not necessarily.)

Hybrids can also be grown without chemical pesticides.

Same with any kind of rice, millet or lentils.

Due to the rise in awareness and growing demand for black, red, brown rice varieties, many inorganic farmers have taken it up to cultivate the same.

So all the "Karuppu Kavuni" rice that you consume 'may not' be cultivated in natural manure.

Natural farming largely depends on native cows, mulch, compost etc.

One native breed of cow can provide a good source of 'panchagavya', which is a mixture of its milk, curd, ghee, urine and dung in proper proportion. Do you know that the mighty Ongole/Nellore breed cows & bulls comprise close to 80% of Brazil's cattle herds? Yes, you read it right. They started rearing our native cows back in the late 1800s. But even to this day, we fail to acknowledge the potential of these breeds. Since many educated fellowmen are

taking up natural farming, there are many Goushala spread across the nation who are doing their best to protect, conserve and rear these native cow breeds.

We will see more about such topics in the coming months. Keep supporting natural farming.



Mrs. S. Nithya
PGDM, MSc.Psy,
D.Acu.
Orange Organic
Store

Why is there an increase in cancer

cases of late?

Age (longevity), awareness, affordability, better diagnostics, improving treatment options and risk factors (reversible and irreversible) are some of the causes.

Longevity - people are living longer now. Cancer is a stage in one's evolution of life, we believe. There is an increasing longevity in our population. The average lifespan of an Indian today is nearly 70 years. The longer we live, higher is the risk of having a type of cancer. Data and statistics suggest that if you live up to 80 years, there is a 1 in 6 to 1 in 7 people having a type of cancer.

With improving healthcare, better diagnostics and treatment - we are picking

up early cancers and curing them. Advances in technology and training have helped patients to live longer after cancer treatment.

Awareness about cancers, cancer symptoms, Diagnostics and treatments have helped the population to reach out to healthcare.

The stigma around cancers is much lesser now.

Affordability and accessibility is better with the government playing a dual role of being a healthcare provider and insurer. Corporate care is on par with the best in the world. Risk factors and the high risk lifestyle are on the rise.

Adoption of western practices and neglect of tradi-

tional practices are leading to a faster pace of life. Fast Foods, delayed conception, lack of breastfeeding are only some of the causes. Smoking, alcohol, unhealthy diet, unhealthy eating practices, obesity, contaminated food, water and Stressful life chasing time.



Mr. Narasimhaiah Srinivasaiah
MBBS, MD, MRCS
Apollo Hospital

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Exploring Vidyakshetra: A Holistic Approach to Education

Nestled within our city, Vidyakshetra stands as a beacon of holistic education, blending academic excellence with cultural values and environmental stewardship. During my recent visit to this esteemed institution, I discovered a vibrant community committed to nurturing well-rounded individuals poised for success in all aspects of life.

Modern Infrastructure, Welcoming Atmosphere

Upon entering Vidyakshetra's campus, I was struck by its modern facilities harmoniously integrated into a warm and inviting atmosphere. The well-equipped classrooms and expansive outdoor spaces provide an ideal environment for learning and growth, fostering a sense of curiosity and engagement among students.

Academic Excellence with a Bharatiya Touch

Vidyakshetra follows the Bharatiya Shiksha Model, a unique approach that combines traditional Indian knowledge with contemporary educational methods. The curriculum emphasizes critical thinking, creativity, and practical application of concepts, preparing students to excel academically while staying rooted in our rich cultural heritage.

Holistic Development through Panchakoshatmika Vikas

At Vidyakshetra, education goes beyond textbooks. The school embraces Panchakoshatmika Vikas, a holistic development framework that nurtures the physical, emotional, intellectual, cultural, and spiritual dimensions of each child. Through a diverse range of extracurricular activities, students explore their talents and interests while cultivating a well-rounded personality.

Celebrating Bharatiya Traditions and Values

One of Vidyakshetra's core missions is to instill a deep appreciation for Bharatiya traditions and values. Through cultural programs, festivals, and community events, students are encouraged to embrace our Samskruti and heritage, fostering a sense of pride and identity.



A Sustainable and Interdependent Community

Vidyakshetra is more than just a school; it's a sustainable and interdependent community. The school actively promotes eco-friendly practices and environmental awareness among students. Initiatives like waste management programs and tree plantation drives instill a sense of responsibility towards our planet and future generations.

Connected Education for a Global Outlook

Central to Vidyakshetra's ethos is connected education, which emphasizes the interconnectedness of individuals, communities, and the world at large. Students are encouraged to develop empathy, social responsibility, and a global outlook, preparing them to navigate an increasingly interconnected and diverse society.

Mindful reading for overall well being

Online reading is popular among today's younger population, particularly post the COVID-19 pandemic. Indeed, they are reading e-books, podcasts, WhatsApp forwards, and other text-based content. Compared to our analogue period, the reading they perform digitally might cover a larger word count. Even though they are reading, they are doing it superficially and irresponsibly, which is hazardous, hence there is a decrease in serious reading, which results in complex text interpretation, I believe that reading at a higher level is crucial. Critical and thoughtful reading is drastically declining as a result of the short attention span needed for digital reading. It can occasionally be a non-strategic, non-goal reading.

things that many young people nowadays regretfully lack, because of conspiracies, false information, fake news, and deception, our ability to make democratic decisions is hindered in the modern day. To be capable of critically analysing the world around us, we must arm ourselves. The information gained from close reading is what leads to that. Inexperienced readers are more susceptible to scams and misleading communications. The basis for individual emancipation and empowerment is reading comprehension.

Resilient readers are necessary for a healthy society. Given the importance of reading for participation in social, cultural, and political spheres, it is imperative that reading habits be encouraged in future schooling. The future belongs to the kids of today. Without future writers and readers, literacy will vanish. Inspire the upcoming generation to read.



When one reads for enjoyment, motivation, emotional reactions, inspiration, frustration, inventiveness, and other psychological processes are all involved. Reading at a higher level broadens one's horizons mentally and improves vocabulary, two



Mrs Vimala T V
Faculty, SFS Academy
Electronic city



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Benefits of having a pet

Millions of pet parents experience happiness and companionship from their pets. Pets have many benefits in our lives. In this article, we explore the many benefits of owning pets and how they can improve our physical, mental, and emotional health.

Pets offer steadfast emotional support and make devoted friends. They provide us with unwavering love and are always excited to meet us with wagging tails or soft purrs. The company of a pet can help people feel less lonely, less stressed, and less depressed or anxious. They can be beneficial to people who live alone or are facing difficult circumstances in life.

Pets have a crucial role in boosting physical health and overall well-being. For example, dog owners are more likely to be physically active, since they take their dogs out for walks.

Stress reduction and relaxation can be achieved by petting a cat's silky fur or cuddling with a dog. A study found that spending time with pets reduced cortisol, a stress hormone, and increased oxytocin, a hormone that reduces stress. Spending time with pets has been found to lower cortisol, a stress hormone, and increase the production of oxytocin, a hormone associated with bonding and relaxation. The soothing presence of a pet can help people unwind after a long, hectic day and provide a welcome respite from the pressures of life.

Pets can be great icebreakers and social interaction boosters. Walking your dog or going to the dog park often brings you into contact with other pets, which opens up opportunities for conversation and relationship building. Pets can also act as social bonds between loved ones, fostering the development of support systems and communities.

Owning a pet can be a beneficial educational experience for families with children, teaching them responsibility and empathy. While youngsters learn to feed, groom, and care for their furry friends, taking care of a pet teaches responsibility. Children with this sense of responsibility grow up with a sense of empathy and compassion, which helps develop important life skills and morals.

Conclusion: There are many benefits to owning a pet beyond cute faces and wagging tails. Pets have a huge impact on our overall well-being, from the emotional support and companionship they provide to the great impact they have on our physical and mental health. The relationship we develop with our pets - be they dogs, cats, birds, or other furry or scaly friends - is truly precious. So take advantage of pets and let these wonderful creatures enrich your life in countless ways.

Priya Chandrasekar is the Head of Growth and Marketing at Mylopaws, a Pet care platform.

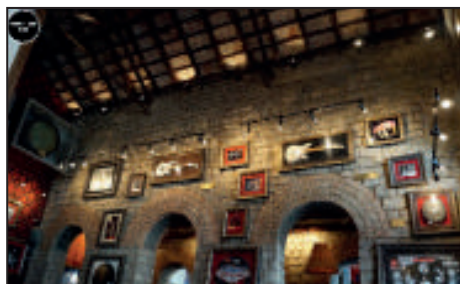
Discovering Bengaluru's Musical

Music is the lifeblood of our city. It energizes our morning jogs, hums along on the FM radio during commutes, fills the tea shops with retro Bollywood melodies, and sets the mood for lively dinners. Bengaluru, our vibrant home, boasts a spectrum of musical traditions that span genres. Let's explore the fascinating aspects that make Bengaluru a true musical hub.

Bengaluru has a long and celebrated history of nurturing musical talent. Starting with Cubbon Park's "Music Strip" in 1982 that provided a platform for artists, the city hosted many international artists such as Bryan Adams, Elton John, Backstreet Boys, Metallica, etc.

Diversity of genres

The city thrives on its diverse musical offerings. Carnatic music has a strong presence with renowned artists, while Bengaluru's rock and metal scene draws inspiration from both international and Indian influences. The city's churches like St. Mark's and St. Andrew's have centuries-old pipe organs. The Army's band contributes to the choral and instrumental traditions.



Independent music like The Raghu Dixit Project pushes creative boundaries. Even the Kannada film industry plays a significant role, with popular soundtracks captivating audiences.

Musical ecosystem

This vibrant musical landscape is nurtured by a network of music avenues and open mic platforms that foster the growth of local talent. Live music venues like Koramangala's BFlat Bar and Indiranagar's The Humming Tree offer stages for artists across genres. Even Electronic City has outlets like The Firestation and The Big Badshaah that host DJs and live music. The city also has excellent Musical Instrument outlets such as Soundglitz & Music House and recording studios.

Bengaluru has a well-established network of music schools catering to classical and contemporary music education. You will find a music school in every major spot. The Indiranagar Sangeetha Sabha focuses on Carnatic music, while institutes like Furtados offer Western music education.

Explore and enjoy

Bengaluru's musical scene is waiting to be unraveled. Take some time this weekend to delve deeper into this rich culture. Catch a live gig, sing along with karaoke, or attend a concert. Let music be your companion, a source of calm and joy amidst the bustling life of Bengaluru.



Srijith
Content Writer

Trinote Summer camp



Trinote Music Academy a reputed music school in Electronic City, Bangalore organizes the summer camps in the April & May months of every year.

We can see the students of all age groups here.

We are teaching Piano, keyboard, Guitar, violin, drums, Indian & western vocals.

Students can choose an instrument of their choice and can choose the singing classes for Indian classical and western genres.

This summer camp is not only a place to have fun but also a great place to learn new things.

Aim of the summer camp is to nurture and nourish the young tiny tots in a fun & frolic way.

Also, the musical camps affect the children in a lot of positive ways than you can imagine. Besides, it helps in developing many skills in children and also they learn by practical knowledge.

It enhances the self-confidence of children.

They help in building a friendship. It fosters teamwork Above all, it encourages self-growth.

The purpose of summer camp is the cultural, and educational development of children.

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Why Youth Participation in Lok Sabha Elections 2024 is Crucial for India

India, often described as the world's largest democracy, stands at a critical juncture as it approaches the Lok Sabha elections in 2024. With over 1.4 billion people, India boasts the largest youth population globally, with approximately 66% of its total population under the age of 35. This demographic advantage offers a unique opportunity for youth to shape the nation's future, but only if they actively participate in the electoral process.

The youth's role in the democratic process cannot be overstated. In the 2019 Lok Sabha elections, voter turnout was around 67.11%, the highest in India's history. While this indicates robust participation, there's still a significant gap among youth voters. A survey conducted after the 2019 elections indicated that youth voter turnout was lower than the national average, with varying rates across different states and urban-rural divides.

The participation of young voters in the upcoming Lok Sabha elections is crucial for several reasons:

- **Driving Change:** Youth have the energy and passion to drive societal change. By voting, they can support candidates and policies that align with their aspirations for a more progressive and inclusive India.
- **Addressing Youth-Centric Issues:** Young voters have unique concerns, such as ed-

ucation, employment, climate change, and technology. Their active participation ensures these issues receive the attention they deserve from policymakers.

- **Rejuvenating Democracy:** The youth bring fresh perspectives and innovative ideas to the political landscape. Their engagement can rejuvenate the democratic process, leading to a more vibrant and responsive governance system.

- **Ensuring Representation:** Given the sheer size of India's youth population, their active participation ensures that they have a proportional representation in governance structures, allowing them to influence decisions that will impact their future.



Shubhankar C.
Legal Associate
General Secretary,
SMSC Trust

Empowering Citizens: Understanding the Role of Elected Representatives

As responsible citizens, it's crucial to understand the roles and responsibilities of our elected representatives at different levels of governance. The upcoming BBMP elections in July are an opportunity for us to actively participate in shaping the future of our locality and addressing everyday issues that impact our lives.

The Role of Corporators (Ward Councilors)

Corporators play a pivotal role in managing local affairs that directly affect our daily lives. They are responsible for key areas such as:

- Water supply
- Roads and infrastructure maintenance
- Drainage and sewage systems
- Street lighting
- Maintenance of parks and public spaces

Their decisions and actions significantly impact the quality of life in our neighborhoods. By electing a responsible and proactive corporator, we can ensure that our basic urban amenities are efficiently managed and improved.

Why Your Vote Matters

As we prepare for the BBMP elections, it's essential for residents to actively participate and demonstrate their collective voice. By coming together and voting for capable candidates, we can address pressing issues and contribute to the development of a cleaner, safer, and more sustain-

able city.

The Larger Political Landscape

In addition to corporators, we have representatives at the municipal (MLA) and national (MP) levels who oversee broader issues and policies impacting our state and country. Their responsibilities range from state finances and infrastructure to national-level schemes and external affairs.



Call to Action: Let Your Voice Be Heard

We urge all residents to exercise their right to vote responsibly in the upcoming BBMP elections. Together, let's elect committed individuals who prioritize community welfare and are dedicated to resolving our everyday challenges.

Your vote is your voice. Let's make it count for a better Electronic City!

Let's shape the future of our city together!

Election Campaign



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