

# ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

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Akshaya Nagar to Ananth Nagar

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### Quick News Bites

- 01** Voter turnout for Lok Sabha election for 2024 April 26th Bangalore south 53% and Bangalore rural 67.29%.
- 02** Delay in the much awaited Yellow line will go operational tentatively by November 2024 and the driverless prototype train will be subject to more than 70 tests before deployment.
- 03** Grand devine celebration of Doddathogur Karaga 2024 started in Sri Muthyalamma Devi Temple.
- 04** Incidents of garbage burning have become increasingly prevalent in various parts of electronics city. BBMP should create awareness and a regulatory measure.
- 05** Sampige foundation an impact NGO conducts free plant sampling and will plant in a suitable place as per the need. Call/Whatsapp 7760690264.
- 06** Residents report no street lights on the Bommasandra Jigani link road; the entire stretch of 5 km covers the APC circle. Action on GP, Bescom.
- 07** Electronics city phase 1 Resident request over proper SWD to get the rainwater to Shikaripalya Lake and Maragondana-halli Lake.

### ELCITA New Road Ease Commuters

A welcome sight is the newly laid road connecting Neeladri Road to Velankanni drive (near BHEL junction).



ELCITA authorities decided to develop

this 1 km stretch, giving motorists an alternate route to traverse by, by- passing the Wipro Gate bus terminal, which is a congested junction during peak hours. Traffic signal indicators have been incorporated in this stretch for smooth traffic management.

This abuts the 360-degree business park, and a photograph of the newly laid stretch is appended below.

**Contributor,**  
**Tilak Subramaniam**

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### ‘Metering & Policing’ for a Sustained future

Just after Independence of India, the water usage per capita was at about 30 LPCD (Litres per capita per day). At present, it stands at about 135 LPCD on national average and the metropolitan cities including Bengaluru have crossed 250 LPCD. National statistics say, 90 LPCD is actually the most desirable number. The rise in this number is predominantly due to changing lifestyles and a mental condition of many people known as ‘False Abundance of Water’.

So, what is this ‘False Abundance of Water’? Most of the apartment dwellers, don’t even know from where the water is coming into the apartment and thus coming to their taps. They always tend to think there is enough water available and as a result overuse. They do not even know how many tankers come in per day and other critical details about water infrastructures in their apartment. This is why apartments are moving towards having 250 LPCD which is more than double of optimal numbers. How can this mental state of ‘False Abundance’ be broken?. One solution is making water a commodity and to be billed as per usages. BAF (Bengaluru Apartment Forum) data suggests that, any apartment going with meters for individual homes will see a 30% reduction in fresh water usage.

There are roughly 30000 apartment complexes in Bengaluru and only a countable number of them have installed Metering for water usage and charge the residents as per usage of water. There are a lot of challenges in installing water meters for individual flats in apartments. Main

challenge comes from the fact that the flats in apartments have multiple inlets and installing a single meter would come as a real challenge. Apart from that, the plumbing rework is also very clumsy.

However, the technology has evolved and IoT and Ultrasonic Flow meters have found their place in solving this problem. Ultrasonic Flow meters do not need any plumbing modification as they clang on to pipes to estimate the flow. IoT sensors can be installed at multiple inlets and all the data from them can be aggregated towards the cloud storage / server for computing the total usage. This also gives a real time picture about water usage in any apartment to the managing committee.

Any commodity that can be metered can be policed as well. Any commodity with a price tag associated with it, will be used judiciously for sure. So now, it’s the right time to ‘meter and police’ the water usage in apartments and bring the per capita usage down to national standards.



**Ganesh Shanbhag**  
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## Heat Waves around Urban

The India Meteorological Department (IMD) cautions that India's summer has been unusually hot this year and will stay that way until June 2024. Let's have a look at why it has caused, the main reasons are

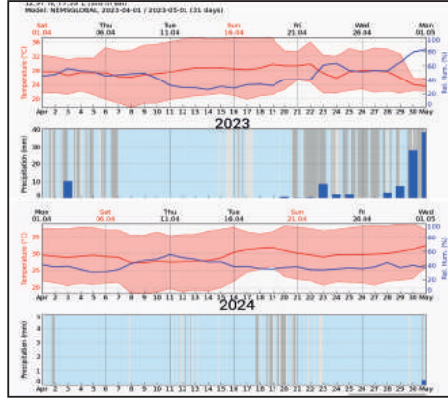
**Urban Heat Island Effect:** Cities tend to trap heat more efficiently than rural areas due to the abundance of buildings, roads, and concrete surfaces. This phenomenon, known as the urban heat island effect, can elevate temperatures in urban areas, leading to higher rates of evaporation from water bodies like rivers, lakes, and ponds. As a result, the air becomes more saturated with moisture, leading to an increase in relative humidity.

**Climate Change:** Climate change can exacerbate humidity levels in cities by altering weather patterns and increasing the frequency and intensity of extreme weather events. Rising global temperatures contribute to higher rates of evaporation, leading to elevated moisture levels in the atmosphere and more frequent occurrences of humid conditions in urban areas.

**Impact of Relative Humidity on Human**

### Comfort and Health

Relative humidity (RH) plays a crucial role in shaping our daily experiences and overall well-being. With its ability to influence human comfort and health, understanding the impact of relative humidity is essential.



High levels of relative humidity can impede the body's natural cooling mechanism, leading to discomfort and potential health risks. In humid conditions, sweat evaporates more slowly from the skin, making individuals feel hotter than the actual temperature. This can increase the risk of heat-related illnesses such as heat exhaustion and heatstroke, particularly during hot summer months.

## Bangalore's Planning Challenges: A City at a Crossroads

Bangalore, often dubbed India's Silicon Valley, is a city teeming with innovation and growth. However, it is also a city grappling with significant planning and infrastructure issues that become glaringly apparent during monsoon seasons. Roads flooded with rainwater, underpasses that resemble swimming pools, and traffic congestion stretching for kilometres are just a few of the visible signs of the city's infrastructure shortcomings.

One critical issue is the apparent lack of coordination among various government departments like the Public Works Department (PWD), Bangalore Water Supply and Sewerage Board (BWSSB), and Bangalore Electricity Supply Company (BESCOM). It's not uncommon to see a newly paved road being dug up for pipeline installation or other repairs, leading to traffic disruptions and added costs. This lack of coordination not only frustrates commuters but also raises questions about the efficiency and foresight of the city's planning processes.

While high-ranking officials and ministers frequently tour Bangalore's central and more affluent areas to address grievances, other parts of the city feel neglected. Electronic City, a key technology hub, is one such area where residents often feel left out of the loop. Despite its significance to Bangalore's economy, Electronic City sees little in the way of ministerial or high-level official visits. The discrepancy between the attention given to the city center and the outskirts raises concerns

about unequal treatment and neglect. The challenges in Electronic City reflect a broader issue in Bangalore: the disconnect between city planning and its rapid growth. The city's development has outpaced its infrastructure, leading to congestion, flooding, and a lack of essential services in some areas. While government officials make promises and conduct high-profile visits before elections, the follow-through often leaves much to be desired.

Bangalore's residents, particularly those in neglected areas like Electronic City, are calling for better coordination, infrastructure planning, and equitable treatment. The city must address these issues to maintain its status as a premier technology hub and improve the quality of life for all its residents. It will take concerted effort and a more holistic approach to planning to turn Bangalore into a truly well-planned city.



**Shubhankar C.**  
Legal Associate  
General Secretary, SMSC Trust

## Toxicity: An Attitude and Behavior That Destroys

The term toxicity symbolizes a toxic attitude or behavior in today's society that harms both individuals and the environment.

### Entertainment: Spreading Toxicity in the Name of "Reality" and Family Shows

Sadly, television, once considered a source of entertainment, now frequently promotes toxic behaviors through reality and family shows, which often feature drama, conflict, and sensationalism.

Big Brother, an example of reality television where contestants are constantly scrutinized and isolated, promotes competition, backstabbing, and manipulation that leads to a toxic environment.

Often, sitcoms portray unhealthy relationships and dysfunctional behaviors in an attempt to entertain. This can cause viewers to develop distorted views of family relationships, resulting in emotional distress and strained relationships.

### News: Overwhelming Political Bashing

News channels are crucial to disseminating information to the public, but recently they have been more prone to political bashing, preferring sensationalized stories to unbiased ones.

As an example, news channels often sensationalize political controversies without focusing on the important issues or constructive dialogue.

### Technology: Spreading Crime and Unrest

The Internet has become an incredible tool for sharing information, communicating, and interacting, but can also fuel violence. As an example, social media platforms can contribute to cyberbullying, harassment, and misinformation, which can lead to psychological stress, anxiety, and depression.

The use of technology also exacerbates so-

cial unrest and disrupts peaceful communities by serving as an organizing and coordination tool for criminal activities.

### Productive Talks: Outpaced by Toxic Bashing in the Name of Comedy and Fact-Finding

Discussions that foster understanding and resolve conflicts often become overshadowed by toxic bashing.

It is sometimes surprising how comedy shows can perpetuate toxic behavior. Comedy is often built on stereotypes, insults, and mocking, which can normalize toxic attitudes.

A toxic environment can be exacerbated by individuals spreading misinformation, conspiracy theories, or personal attacks instead of seeking truth.

Our society is rife with toxic substances in a variety of forms, each with its own spread and impact. A variety of social, cultural, and technological aspects are affected by toxicity. Understanding the spread and effects of toxicity is crucial to creating healthy environments and positive interactions.



**Megha Dutta**  
Content Writer  
Founder NAMATE24



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# MALE FERTILITY; WHAT YOU SHOULD KNOW

Male infertility is on a rise, in fact 40% of the factors in an infertile couple is because of the Male factor (another 40% being female and a 20% being unknown)

### What's actually causing male infertility?

There are environmental, physical and even emotional factors causing the increasing numbers.

Stress can be attributed as a major factor along with lifestyle issues. Given the mode of life, be it long sedentary working hours or the stress of hitting a deadline or the general lack of exercise along with wrong eating habits are contributing to health issues like diabetes, hypertension, obesity which only add on to the fertility issues.

STI's can cause infection of the male genitals impacting the sperm parameters.

Swelling of veins around the testes causes increased local temperature causing permanent damage to the sperms.

Sometimes trauma to the testicles or a few genetic disorders can lower the sperm count or can cause complete

absence of sperms (azoospermia)

Even hormonal disorders like thyroid disorders or related to the pituitary gland or hypothalamus also impact the sperm.

### Are you prone to it?

Although only semen analysis can give an actual idea if you have any issues related to fertility, here's a list that can indicate a possible damage-

- Aged more than 40
- Obese
- Have a habit of smoking/ alcohol/weed/tobacco chewing
- Exposure to pesticides or mercury, lead etc
- Work in a high temperature zone
- Have or had varicocele or undescended testes
- Using or used anabolic steroids
- Have a history of STI

### How to diagnose?

If you have concerns related to fertility, you need to consult an andrologist/Urologist.

A detailed physical and medical examination will be required and a semen analysis is done to find out

if there is anything wrong and a couple of blood tests and imaging techniques like Ultrasound may be required further.

### What can you do to maintain fertility?

- Eating foods rich in antioxidants helps a lot so take those green veggies and fruits and nuts
- Regular exercise to maintain your BMI
- Stop smoking, alcohol intake or any recreational drugs.
- Reduce your stress.

If you have been experiencing fertility issues as a couple, don't delay the evaluation of male factor and there are many treatment modalities available to aid in conceiving. You can also freeze your sperm if you are battling health issues which need aggressive treatment. Talk to a fertility specialist.



**Dr Sabiha Anjum, MBBS, DGO, FRM (MRCOG UK) Raya Health Care**

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## Dr Minu Jain

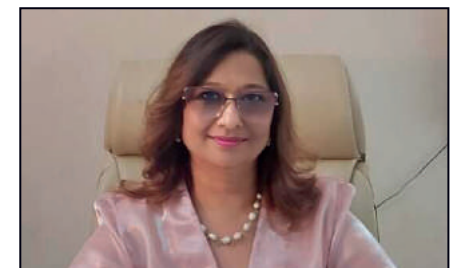
Dr. Minu Jain is one of the best skin doctor in Bangalore. She has been practising for over 30+ years and has a well of experience in handling a variety of skin and hair conditions.

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## LIFE SAVING HERO-A CENTURION BLOOD DONOR

A true life saving hero Ms. Asha Sury-Anarayan, 180 times blood & its component donor is a Govt. of India employee by profession and a social contributor by passion. This true life giving mother has saved hundreds of lives by donating 58 whole blood and 122 Single Donor Platelet donations.



During the pandemic, she had been an intense covid warrior too and has cremated 26 bodies carried alone in an ambulance and has been instrumental in getting 200+ beds for covid victims.

She has also supported and promoted vaccination for the front line workers at the office like security, housekeeping and other sub staff as well as for the other officials. Asha has plenty of recognition and

merits added to her cap by coordinating blood needs all over Bangalore.



She is a compassionate mother who supports girl child education too and a qualified counselor supporting people in distress. By marking her footsteps by supporting various causes, she is loved by many as Asha Ma and is the leading lady of Karnataka in blood donations as on date.



**ASHA SURANARAYAN**  
C-Dot, E.city Phase 1

## Can Weather Changes Impact Mental Health and Emotional Stability?

The changing climate patterns, exemplified by the recent unprecedented rain and floods in Dubai after 75 years, raise concerns about their profound impact on mental and emotional well-being. Studies reveal a correlation between weather extremes and human behavior.

During hot summers, heightened temperatures often coincide with increased aggression and violence, while cold weather can foster civil unrest. Concentration tends to wane on warm, sunny days, affecting academic schedules leading to summer vacations. Conversely, gloomy weather can deepen focus and promote reflective thinking.

Mood fluctuations influence memory retention; good moods may deter focused remembering, whereas lower moods facilitate deeper cognitive processing. Humidity impedes concentration and induces sleepiness. Pleasant weather, characterized by warmth and high barometric pressure, fosters positive moods and creativity. Cloudy days promote focused thinking, while sunlight deprivation on rainy days can disrupt serotonin levels and increase carbohydrate cravings, impacting concentration adversely.

Extreme weather induces stress, affecting mental and physical health. Heat

exacerbates aggression due to discomfort and resource competition. Additionally, suicide rates tend to rise in spring and early summer, possibly due to sunlight-induced changes in brain chemistry.

Diet and sleep patterns are also affected, influencing overall mental and emotional health.

Staying hydrated during hot summers is crucial for maintaining well-being. In sum, understanding the intricate relationship between weather and mental health is vital for navigating the challenges posed by climate change.



**Hariharan Baskaran**  
Freelance  
Content Writer

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## BAF Bulletin

Bangalore Apartments' Federation (BAF) was formed in 2014 (Registration No. SOR / GNR/ 02 / 2014-15) to represent and protect the interests of Apartments & Resident Welfare Associations across Bangalore.

### Vibrant Activities & Community Spirit

Ajmera Recreation Club for Senior Citizens has been formed with pure intent of recreation for senior citizens and all residents of Ajmera are automatically members of the Club. No membership fee is charged.



We regularly meet for Recreation activities and besides Indoor Games like Carrom, Chess, Cards, we also entertain seniors through Quiz like Ramayana/Bollywood Quiz, General Knowledge question-answers as also musical events and get-together. Party games are also conducted for seniors as part of the entertainment. Recently the Rummy Tournament is going on and

some 24 members are participating in the Rummy Competition.

Seniors also participate in outdoor games like cricket, of course subject to certain precautions from seniors point of view. We are planning to conduct a cricket tournament for both ladies and gents senior-members of the Club.

Outing trips are arranged and most of the members enthusiastically participate in the outings.



Seniors in Ajmera are very enthusiastic and energetic and are always ready to participate in the various activities for them.

- Mr.Chandrashekar Wadwekar  
Member, Ajmera Sr Citizens  
Recreation Club.

## Uniting for Community Wellness: BAF EC Cluster Supports Ramakrishna Trust's Health Drive

In a collaborative effort, BAF EC Cluster extends a helping hand to Ramakrishna Trust's health campaign. Alongside RKCT's personnel facilitating form completion and health screenings, BAF EC Cluster's involvement accelerates progress.



Already, they've reached 15+ apartments, including notable ones like Ajmera Infinity, Prestige Norwood, Smondo 2, SNN Raj Greenbay, Godrej Nurture, and Icon Happy Living, conducting screenings for various staff members such as housekeeping, security, garden, technical, and plumbing. With plans to extend their reach to at least 75 apartments this month, the joint initiative promises extensive community impact. The shared snapshots from the camp at SNN Raj Greenbay E-City capture the spirit of collective wellness efforts.

## 99% Waste segregation system at Smondo2 Apartment

### 2BIN-1BAG Model at Smondo2, Neotown Electronic city Phase1, Bangalore

Since April 2023, the residents of Smondo2.0 (220 flats) have boarded on a transformative waste segregation journey, successfully implementing the 2bin1bag model.



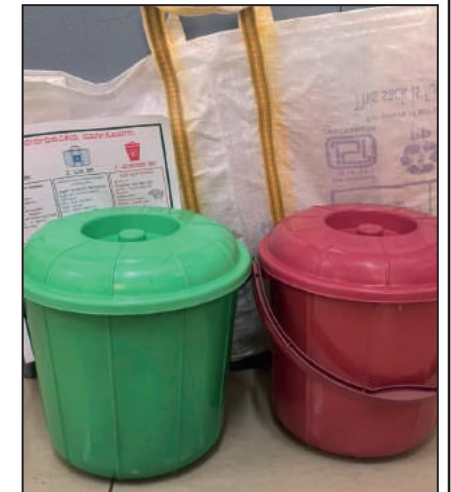
contribute this feat to the power of community collaboration, demonstrating that positive change is achievable when united in purpose.

At Smondo2, we encourage conscious waste segregation practices and avoid the usage of plastic liners for bins. While many liners claim to be compostable, they are only compostable in an industrial composting facility. In Bangalore, where disposal options are limited, this results in both the liners and the waste they contain being dumped in landfills, thus causing significant environmental hazards.

Resident Volunteers- Ranu Thakuria, Suchitra Balu and Savita Kathavate with their Property management team continue to direct their efforts towards

complete waste segregation at Smondo 2. Together with the Smondo2 residents, their efforts have led to remarkable achievements. They achieved a 99% waste segregation rate without Plastic liners, significantly benefiting the environment by reducing mixed waste and preventing thousands of liners from reaching landfills.

Now our garbage collection area is neatly organized with bins for wet and reject wastes and separate space to keep dry waste. This has helped reduce rodent activity in our premises.



Our success story has been highlighted in an article by SWMRT Bengaluru.

We all understand the importance of waste segregation at source, however taking the first step needs awareness and easy, doable, and practical steps to follow. 2bin1bag truly makes this transition achievable.

- Savita Kathavate & Suchitra Smondo Apartment

## May Measurement Month (MMM) Awareness Free Campaign

Ramakrishna Charitable Trust (RKCT) is a charitable organization that has been involved for the past 4 years in spreading awareness,



screening and giving advice about hypertension, diabetes and obesity in the general public. They also help poor people with kidney related health issues access quality healthcare by way of financial, logistic and moral support to the needy. The trust is headed by three senior nephrologists - Dr Rammohan S Bhat, Dr Krishna Kishore and Dr Krish-

na Reddy. Mrs. Soma Kundu is the manager who is coordinating the initiative. Plan to screen at least 25,000 Bengalurians this May 2024 and they are partnered with Kauvery Hospital, Bengaluru for this mammoth effort.

It will not take more than 5 minutes for each of you to get screened for hypertension and gain insight into prevention and/or management of the same. By participating in this campaign, you will not only be promoting good health personally, but also contributing to a global cause. Kindly feel free to contact the manager (Mrs Soma Kundu) for any further information.

Doddathoguru, Electronic City Post, Bangalore-560100.

Website - [www.rkctrust.org](http://www.rkctrust.org)

Email: [ramkrishnacharitabletrust5@gmail.com](mailto:ramkrishnacharitabletrust5@gmail.com)

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## BEING A HAPPY, CAREFREE MOTHER

I am sure some of you must be wondering, happy, carefree and mother, aren't these oxymorons? Well, these are not few oxymoron words anymore, this is possible, thanks to the ever-evolving social media. By now, I am sure, most of you be wondering if I am out of my mind! Let me assure you that this is absolutely doable.



If you are a mother (or a parent) who is reading this, I urge you to take a few seconds to sit back, close your eyes, smile and give a pat at your own back saying, "Hey, I have assigned myself for the most difficult job in this world and I am going to rock it."

It might sound a bit weird at first, but if you ponder, you will realize that being a parent is the most difficult job in this world. If the job is done right, it will result in your contribution to make this world a beautiful, better and a safer place. Now the question is how can we do this job being happy as there are times when we are out of control, we don't know what to do or how to respond. We feel hurt one moment, the next moment we feel furious, enraged and the next thing we know is we feel guilt and self-doubt and we are scared. Does this sound like you? Relax, take a chill pill as almost all parents go through this.

Let's take a moment to reflect: Are we born parents? We become parents only after the birth of our first child. So, technically we are as old as our first born. This means we are allowed to not know everything, seek help and guidance, make mistakes and of course announce in front of our children that we are also growing with them as parents.

When our children answer us back, do not accept/ follow our advice, throw tantrums, we should close our eyes and remember our childhood and realize that these little fellows are our own mini version. If you listen someone saying, "My child doesn't worry me at all" this means that he/ she has a lot of patience and acceptance. This is a moment to take inspiration.

At times when we are furious for any reason, seeking help of the youngest member in the family is both calming and enlightening. Hugging children tightly when we feel very angry, helps to create a special, long lasting, positive bond with them.

These little experiments in daily life help us being happy mothers/ parents.

Happy Parenting.  
Happy Mothers' Day.



**Deepa Ahuja Ramani,**  
Storyteller  
Podcaster and Author.

## The Chaos, the Cuddles, and Everything In Between!

We have often been told about mothers being the epitome of sacrifice, symbol of unconditional love and an Akshaya Patra of patience. Going by those definitions, I was quite unsure if I would make it to the cut. However, despite never envisioning myself as the maternal type, I found myself unexpectedly drawn to motherhood as my thirties approached – perhaps a mix of societal expectations and an inexplicable inner shift. And though the journey since then has had its share of ups and downs and will continue to be so, the chaos and the cuddles does make your life interesting, and ironically more streamlined. If I had to pick the top three changes motherhood brought into my life, in no particular order, it would be this:

1) my once self-absorbed thoughts now orbit around my children, keeping me on my toes and surprisingly engaged, 2) there is

this whole new vibe of routine, discipline, and healthier choices - you gotta be up and at 'em to get them ready for school and fed right! And 3) when I am sad, frustrated or plain bored - a bear hug, a peck on the cheek or even a playful squabble is all that is needed to lift my mood instantly, every time! **Happy Mother's Day!**



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

## Motherhood - A Profound and A Multifaceted Experience

Reflecting on my own part, being a mother has always been a roller coaster ride being full of challenges, growth and about endless learning. For me, motherhood presents me with unforeseen challenges, demanding patience and strength but with all of these I showed resilience and am ready to take them up. I often try to prioritize the needs of my two Loving Daughters. "To them I always act as a guiding path and for me they are shining stars."

To all the young mothers who are embarking on this beautiful journey, I encourage you to embrace all the hurdles and obstacles, cherish all the moments together and celebrate the joys.

With each passing day it is an opportunity for us to learn something better and new. Being a mother of two beau-

tiful daughters always motivates me to give my best and let them learn by watching me handle challenges everyday while still enjoying life to the fullest.



**Shweta Choudhary**  
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