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NAMMA NEIGHBOURHOOD NEWS

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Akshaya Nagar to Ananth Nagar

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Quick News Bites

- 01** The area opposite Prestige Sunrise Park Norwood and Birchwood has become a dumping ground for garbage and other filthy materials.
- 02** Neeladri Road has become a business heaven for street vendors. On weekends, one finds it difficult to walk on the road's pavement.
- 03** Residents of Neeladri Road are put into a lot of inconvenience and noise pollution as pubs operate music at high speed. Regulations need to be put in place.
- 04** Gated Community residents are interested in paying their property tax. Will the concerned town Panchayats/Panchayats take note of this and arrange for camps.
- 05** Shikaripalya Lake Plantation Drive association with adamy chetana happened in June 1 & 2, residents of phase 1 with kids actively participated in the event.
- 06** Electronic City weather update, last four weeks (27.4 - 21.5) average humidity is 62.1 and rain accumulation is 3.4.



General Election 2024 Bangalore South and Rural

Bangalore South and Rural are part of the Indian state of Karnataka. This constituency was created in 2008 following the delimitation of parliamentary constituencies.

Bangalore South Results

S.N	Candidate	Party	EVM Votes	Postal Votes	Total Votes	% of Votes
1.	TEJASVI SURYA	Bharatiya Janata Party	747780	3050	750830	60.1
2.	SOUMYA REDDY	Indian National Congress	472754	993	473747	37.92

Bangalore Rural Results

S.N	Candidate	Party	EVM Votes	Postal Votes	Total Votes	% of Votes
1.	DR C N MANJUNATH	Bharatiya Janata Party	1075553	3449	1079002	56.21
2.	D K SURESH	Indian National Congress	807459	1896	809355	42.16

You're Under Arrest: From Arrest to Bail Navigating Your Legal Rights in India.

India's constitution, through Article 21, guarantees the right to personal liberty, emphasizing protection against abuse of power and arbitrary legal processes. This right, however, is not absolute and is subject to certain restrictions. When a person is arrested, they are entitled to several rights aimed at ensuring fair treatment and preventing misuse of authority.

Rights of an Arrested Person

• Right to Be Informed of the Grounds of Arrest:

According to Section 50 of the Code of Criminal Procedure (CrPC), an arrested individual must be informed of the reasons for their arrest. This ensures transparency and allows the person to prepare a defense.

• Right to Legal Representation:

Article 22(1) of the Constitution guarantees the right to consult and be defended by a legal practitioner of one's choice. This is crucial for ensuring a fair trial and adequate defense.

• Right to be Produced Before a Magistrate:

Section 57 of the CrPC mandates that an arrested person must be presented before a magistrate within 24 hours of the arrest, excluding travel time. This prevents unlawful detention and ensures judicial oversight.

• Right to Bail:

Depending on the nature of the offense (bailable or non-bailable), an arrested person may have the right to be released on bail. Section 436 of the CrPC outlines the conditions for granting bail.

• Right to a Medical Examination:

Under Section 54 of the CrPC, an arrested person has the right to be medically examined by a registered medical practitioner. This is essential for documenting any pre-existing injuries and preventing custodial torture.

• Right Against Self Incrimination:

Article 20(3) of the Constitution states that no person accused of an offense shall be compelled to be a witness against themselves. This right protects individuals from forced confessions.

Preventive detention laws

In India, governed by Articles 22(3) to 22(7) of the Constitution and statutes like the National Security Act (NSA) and the Prevention of Terrorism Act (POTA), enable the detention of individuals without trial to prevent future offenses.

In conclusion, while India's legal framework provides extensive rights to arrested individuals, the balance between individual liberty & state security remains a contentious issue. The judiciary's vigilance is vital in upholding the rule of law & preventing abuse of power.



Shubhankar C.
Legal Associate
General Secretary
SMSC Trust

Need for sheltered boarding point at Electronic city toll gate

There is a need for a sheltered boarding point at the Electronic City toll gate area on Hosur Road. Last evening, Friday, 25.5.24, I had to leave by the night bus from Bengaluru and found myself amongst an unusually huge crowd of around three hundred people waiting for their buses at the boarding point. All of us were luggage-laden, waiting at the service road near the toll gate for the buses bound for different destinations. The huge sleeper coach buses arrived generally late by the standard half an hour, and sometimes even by an hour, citing heavy traffic as their excuse for arriving late. One knows that the late arrival is for a different reason—trying to pick up fares on their way, to fill their remaining vacant seats.



The scene at this boarding point is chaotic. There is no provision for shelter against rain which in Bengaluru arrives at short notice. Should it rain, it would mean a hundred drenched citizens boarding AC buses, shivering wet all the way to their destinations.

“The authorities can do well to provide a rain shelter and some seating arrangements at this point”

considering the hundreds of people standing at this boarding point for hours, wretchedly toting their luggage, managing restless kids, looking out for their buses while trying not to get hit by the regular speeding traffic. The citizens of Electronic City deserve better.

Capt R.Thomas Paul,
Ex-Army Captain, Doddathogur

Capturing Milestones: Surakshaa Car Care Pvt Ltd Delivers 40 Epic New Swift Cars



In a remarkable achievement, Surakshaa Car Care Pvt Ltd delivered 40 brand-new Epic New Swift cars in a single day at their Electronic City showroom. This milestone reflects their commitment

to excellence and customer satisfaction, setting new standards in Bangalore's automotive industry.

**Surakshaa Car Care Pvt Ltd,
Electronic City, Bangalore.
Contact number: 8884442299**

DECODING VASTU IN MODERN ERA OF FLAT CULTURE

VASTU is the study of direction & its energies. Each Direction is associated with planets, deity, elements & colours. Earlier VASTU was restricted to architecture as our previous generations had the luxury to design their house from scratch with best possible arrangements like

choosing their entrance, kitchen, bathroom, stairs, bedroom, living room etc.

With rapid development, this generation had to move to flat culture, where the owners get a ready house with less or no customization. Now, how can the house be made favourable for its residents.

Aura of a house can be set right by placing the elements in their related zones. Making a cabinet with heavy storage in the NE direction will give lack of clarity & vision. If a TV unit is in the North, it will frequently breakdown. Keeping your children's things in SE will make them agitated. Having plants in SW will shake your support system, be it in

family or at work.

We can derive benefits by making changes as small as home furnishings. For instance, if there are temperament issues, add green cushions in N or E. You can use blue bedsheet & curtains if there is any healing required in the family or lack of sleep. Hang yellow curtains in SW to solve father-son relationship issues.

“To summarise, a conscious placement of interiors & selection of your decor can bring in a good state of mind, balanced health & growth in wealth”



Yes! It's very much possible as the house is not just the brick and structure. It has other elements like Interiors, your

cabinets, storages, gadgets, furniture, décor & furnishings, decorative elements like fountains, plants etc. to name a few.



**Tanushree Dey
Founder & Designer,
HAPPY HOMES VASTU DECOR**

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Community Contributions Vidya's Journey of Service

For 15 years, Vidya has been a dedicated blood donor and community advocate. During the COVID-19 pandemic, she volunteered with the Home Quarantine team, securing beds for patients and distributing essential supplies in Electronic City. She also organized relief efforts with the help of her friends, supporting security and

housekeeping staff during the lockdown.

After the pandemic, Vidya joined the Traffic Warden Organization, tackling traffic issues in Electronic City. She urges delivery personnel to follow traffic rules and stresses the importance of helmets for two-wheeler riders to prevent head injuries.



Vidya is involved in the Bal Gokula program by Shri Krishna Mahila & Bala Vikas Seva Charitable Trust, conducting bridge courses for underprivileged children and educating about menstrual hygiene. She actively participates in community events, including Namma Kambla at Palace Ground,

Bengaluru.

“Vidya's efforts exemplify her commitment to improving community welfare and safety”

**Vidya Sarva Mohan
Traffic Warden
MBA and CA graduate**

Understanding Childhood Spoken Language Disorders

Spoken language disorders have various causes. Some are clearly environmental, like traumatic brain injury or fetal alcohol syndrome. Others are due to a single affected gene, such as Down syndrome or fragile X syndrome. Most cases result from multiple affected genes, like autism, intellectual disability, and developmental language disorder (DLD). Genes are expressed in an environment, so risks such as premature birth, tobacco smoke exposure, or poor nutrition increase the risk of language disorder. Some children with language disorders may have social communication difficulty because language processing, social interaction, social cognition, and pragmatics comprise social communication.



Signs and symptoms of spoken language disorders vary across individuals, depending on

- the language domain(s) affected,
- the severity and level of disruption to communication
- the age of the individual, and
- the stage of linguistic development.

“The goals of language intervention are to stimulate overall language development and teach language skills in context, enhancing everyday communication and ensuring access to academic content”.

Goals consider developmental appropriateness and the potential for improving communication, academic, and social success.

Spoken language disorders are heterogeneous, with varying severity. Each individual has a unique profile based on their abilities with language, hearing, cognition, and speech production. Many benefit from family-centered interventions, viewing services as a collaboration between the clinician, client, and family. A strengths-based approach that affirms neurodiversity, identifies strengths, respects identity-first language, presumes competence, focuses on environmental supports, and allows individual choices is also beneficial.

Speech-language pathologists (SLPs) play a critical role in the screening, assessment, diagnosis, and treatment of children with spoken language disorders. Their professional roles include prevention and education, screening and assessment, and intervention and support.



Alka Raghu
BASLP, speech language pathologist,
Tiny child development centre, E City.

KIMS Hospitals Announces New Super Speciality Hospital in Electronics City

30th May 2024, Hyderabad: KIMS Hospitals is establishing a 350-bed Super Specialty Hospital in Bengaluru, Karnataka, at PES University’s Electronics City campus. PES, known for its educational excellence, is constructing a 350,000 square foot facility, including a Ground Floor and 11 Upper Floors, a utility area, and a radiation oncology bunker.

KIMS Hospital Bengaluru Pvt. Ltd, a subsidiary of Krishna Institute of Medical Sciences Limited (KIMS), has secured a 25-year lease for the land and hospital building from PES. KIMS will manage the hospital exclusively, handling all operations, billing, revenue collection, and expenses, and

retaining all net profits.

Dr. B. Bhaskara Rao, CMD of KIMS Hospitals, remarked,

“Our tie-up with PES for their 350-bed hospital is our second foray into Bangalore, highlighting the city’s strategic importance. Our first project, a 415-bed hospital in Mahadevapura, will be operational in the second half of FY 25. We see significant potential for KIMS’s affordable and accessible clinical care in Bangalore and are confident in replicating our model in Karnataka”

This expansion underscores KIMS Hospitals’ commitment to delivering high-quality healthcare and meeting Bengaluru’s increasing medical needs.

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Enhancing Children Development and Daily Functioning

Occupational therapy helps children with motor, cognitive, physical, and speech delays to develop their skills. It also focuses on how kids carry out daily tasks. Paediatric occupational therapists work in various settings like homes, schools or other health care facilities.

Paediatric occupational therapy is very beneficial for children with autism spectrum disorder (ASD), Down syndrome, cerebral palsy, and developmental delays of varying degrees in all domains of development.

therapist will work with the child to help them develop important skills and improve their function. It may also involve exercises and equipment to do tasks at home, like brushing teeth or washing dishes.

The paediatric occupational therapist will ask questions about how the child is doing in school and what they enjoy doing outside of school. This information will help them determine what goals to set for the child.



“Paediatric occupational therapists work to improve the function and independence of children and teens with disabilities, injuries, or illnesses”

They provide therapeutic interventions that help develop their fine motor skills, cognition, lan-

Occupational therapy can also help kids who are recovering from a brain injury or stroke.

Occupational therapy for kids is a type of treatment that focuses on how kids carry out activities in their everyday lives. With occupational therapy, the



Dr. S. Mohankumar,
Consultant Occupational
Therapist
Credence Therapy Centre
ECity.

World No Tobacco Day

A Call to Quit for a Healthier Future

World No Tobacco Day, observed annually on May 31, serves to raise awareness about the detrimental effects of tobacco and advocate for policies aimed at reducing its consumption.



Initiated by the World Health Organization in 1987, it underscores the significant global health risks associated

with tobacco, which claims over 8 million lives yearly. This year’s theme, “Commit to Quit,” urges individuals to embrace a tobacco-free lifestyle. Quitting not only enhances personal health but also benefits public health and the environment. Support systems like counselling and cessation programs are crucial for overcoming addiction.

“Tips to Reduce the Urge include staying hydrated, staying active, chewing gum, avoiding triggers, practising deep breathing, seeking support, and considering Nicotine Replacement Therapy”

Additionally, the Department of School Education & Literacy launched an Implementation Manual of Tobacco-Free Educational Institutions to safeguard children from tobacco industry interference, aligning with this year’s theme.

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Green Clubs in Student-Driven Conservation



Diganth S. (Adi Shankara)
11th grade
Sri Chaitanya College Ecity

Green clubs in schools and universities are pivotal in fostering environmental consciousness and activism among students. These clubs provide a platform for students to engage in various conservation activities, promoting sustainable practices and environmental stewardship.

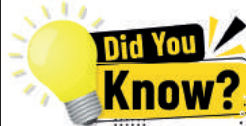
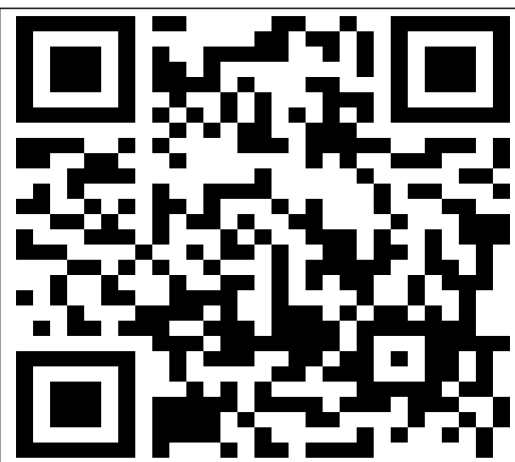
By organizing clean-up drives, tree-planting events, and recycling campaigns, green clubs instill a sense of responsibility towards the environment. They also serve as educational hubs where students can learn about ecological issues, climate change, and sustainable living. Through workshops and seminars, green clubs raise awareness about environmental challenges and inspire students to adopt eco-friendly habits.

Moreover, green clubs often collaborate with local communities and environmental organizations, extending their impact beyond school grounds. This collaboration enhances community engagement and fosters a collective effort in conservation initiatives.

Involving students in green clubs cultivates leadership skills, teamwork, and a proactive attitude towards solving environmental problems. It empowers

the younger generation to take an active role in safeguarding the planet, ensuring that they grow into environmentally conscious adults who value and protect natural resources. Through these efforts, green clubs play a crucial role in building a sustainable future.

Do you want to share your learnings and experiences? Scan and upload your entries for our upcoming issue. Your articles can inspire others!



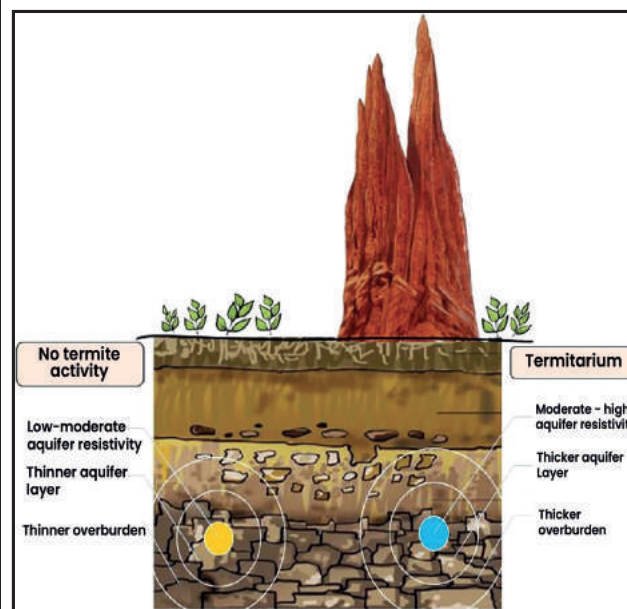
Recharging the Aquifer using Termite Mounds

Reliance on modern sophisticated equipment for making 'discoveries' has limited the human power of observing subtle clues in the environment that are capable of saving cost and labour that come with researching new resources and methods to improve life for all. Due to the growing

scarcity of potable water, newer, cheaper and reliable methods of investigating groundwater resources are becoming critical. One such potentially promising method is mapping the distribution of termite mounds in the environment.

“Termite mounds are conspicuous landscape

features in tropical and subtropical regions of the world. Built from surrounding soils by several species of termite, the properties of mound soil are relatively different from the surrounding soil in most cases, indicating improved hydraulic properties”



-to be constructed, use the Ecosystems own infrastructure for the use in ground water recharging rather than destroying it. These termite mounds can be used to channel all the surface run-off water, treated sewage water into the ground without having to think about constructing recharge wells.

Finally, the mantra, use the jugaad, use whatever is naturally available.

In any vacant land, sighting a termite mound is a real pleasant sight. There are multiple reasons associated with it. Termites are ecosystems' own engineers. They construct their mounds in a very sophisticated manner such that they are abundant with light, water, air & energy. They also construct the mounds at places where generally there is a good shallow aquifer. Termite

mounds are also a source of water for surrounding ecosystems. Though the mounds are having short height over the ground, they are well tunnelled into the ground spanning several metres deep. This can be utilised for recharging the aquifer as well.

If there are any termite mounds available in the farmland or vacant site or site where the house is about



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BAF Bulletin Board

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.

For inquiries or to join BAF, contact Mr. RM Raman, EC Cluster President, at 9886046664.

Senior Citizens' Music Concert at Ajmera Infinity

Ajmera Infinity Recreation club for all Senior citizens organized a music concert on 20th May.



About 22 senior citizens took part delighting everyone with Hindi numbers as well as Kannada and Tamil songs. The singers comprised of accomplished Ex-All India Radio and Doordarshan

artists as well as debutant singers in the age group of sixty plus. The three hour program was enjoyed by the senior citizens living in the community, the programs organized by the recreation club on bi

monthly basis is a break away from the monotony and aimed at building camaraderie and feeling of togetherness.

Ajmera Infinity Recreation club.

From the serene Woodland Lane to the vibrant Flower Palette, the garden boasts over 150 indigenous flora varieties, including roses, marigolds, and Tulsi. These green spaces serve as communal hubs, fostering connections during morning strolls and providing play areas for residents of all ages. From toddlers to seniors, everyone cherishes the refreshing ambiance and sense of community. With the changing seasons, the garden transforms into a kaleidoscope of colors and sounds, celebrating the beauty of nature. Beyond its visual appeal, SNN Raj Greenbay contributes to physical and mental well-being by purifying the

air and offering spaces for relaxation and outdoor activities. It epitomizes urban living, where nature and community intertwine to enrich lives with tranquility and vitality, creating a haven in the heart of the city.

The Green Oasis of SNN Raj Greenbay

Nestled in Bangalore's Electronic City Phase 2, SNN Raj Greenbay spreads across 4 acres of lush landscapes, divided into eleven enchanting zones.

“Woodland Lane, Orange Avenue, Sensory Garden, Recreational Garden, Aviary Park, Bamboo Forest, Pride of India, Butterfly Garden, Gorilla Zone, Balinese Garden, Flower Palette”

**Shashi Bhushan Mishra
MC and Joint Treasurer, SGRBAOA
Electronic City, Phase-2, Bengaluru.**



On Saturday, June 1st, 2024, Somasundarapalya lake came alive with vibrant festivities, hosted by BAF & WWF, in honor of World Environment Day. This collaborative effort aimed to inspire awareness and appreciation for nature's wonders.

The day began with gratitude for citizens and students who joined the lake tour, exploring the transformation of Sundaravana. Participants marveled at the thriving

greenery and biodiversity within the urban landscape.

“A special thanks was reserved for BAF and WWF for orchestrating the event, with recognition also given to Rotary HSR, SayTrees, and the Community Taskforce Team for their unwavering support. The managing committee of Mahaveer Seasons Club House was acknowledged for their invaluable assistance in facilitating the event”

A Green Celebration World Environment Day in Somasundarapalya

The itinerary included a tour of Sundaravana, a mini urban forest, where attendees immersed themselves in nature's beauty. They captured moments with their “green friends,” showcasing their love for the environment.

WWF and the Wetlands team highlighted their conservation efforts, engaging children in water testing activities. The Community Task Force team shared the history of Somasundarapalya lake, emphasizing collective efforts in creating Sundaravana.



Eco-friendly steel cutlery was used for snacks and refreshments, promoting sustainable practices. Uma and Vidhya from BAF, along with Mahaveer Seasons staff, were praised for their support.

Participants pledged to embrace reusable alternatives and reject single-use disposables, reaffirming their commitment to environmental conservation. The event's success inspired hope for future green initiatives.

The community looks forward to more environmentally-conscious gatherings, inspired by collaboration and stewardship on World Environment Day.

Members of Community Task Force, HSR Layout



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Yellow line Metro to Begin Driverless Train Integration Trials on June 7

Bangalore's Metro is nearing a significant milestone with the completion of static testing for its inaugural unmanned train by the Bangalore Metro Rail Corporation Limited (BM-**Key Developments:**

- Commercial Operations: Scheduled to start in December on the RV Road-Bommasandra Line (Yellow Line), maintaining initial projections.
- Service Frequency: 57 round trips daily, with 20-minute intervals, covering an 18.82-kilometer elevated line with 16 stations.
- Delays: Initial launch delays were due to late delivery of communications-based train control (CBTC) trains from CRRC Nanjing Puzhen.
- Preliminary Trials: Conducted between Bommasandra and Bommanahalli, with full electrifi-

RCL). Integration trials of the signalling system with the prototype train are set to commence on June 7. This phase is crucial for the mainline assessment of the driverless train. cation of the stretch by May 20, paving the way for mainline testing.

- Testing Phases: Include third rail functionality and performance evaluations, starting at reduced speeds and gradually increasing.
- Technological Integration: The CBTC train operates with or without an operator. Titagarh Rail Systems in West Bengal ensures timely train deliveries with advanced robotic assembly.

Bangalore is set to enhance its urban transportation with these advanced driverless metro trains.

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