

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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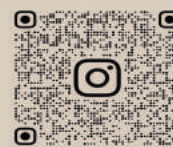
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Quick News Bites

- 01** Frequent power cuts and fluctuations followed by rains over Gollahalli -Veerasandra Road, Doddathoguru, RR Layout, celebrity Paradise , electronic city phase 1.
- 02** Shantipura, Electronic city phase 2 has become non commutable due to water filled deep potholes.
- 03** Adamyta Chetana, following the Sasyagraha path laid by Shri. AnanthKumar has organised 442nd Green Sunday (16/06) at Shikaripalya Lake, Electronic City.
- 04** New Bus route V-600NL started operating from Electronics City wipro gate to Vijayanagara TTMC via Konappana agra-hara , Nayandahalli Flyover timings are 5.20Pm, 5.50PM and 6.20PM.
- 05** BMRCL : Yellow line may open later this year with 5-6 trains of 20 mins frequency between RV Road - Bommasandra.
- 06** Doddanagamangala (S13) residents request for stable power supply from BESCO.

The Economic Toll of Karnataka's Freebie Policies

The recent hike in petrol and diesel prices by the Government of Karnataka has ignited widespread discontent among the public, particularly the middle class. These increases are perceived as an attempt by the government to offset the financial strain caused by their generous distribution of freebies, implemented without consulting economic experts.

While the intent behind these welfare measures was to support the economically disadvantaged, the execution has raised concerns about fiscal sustainability. The state's revenue has been stretched thin, prompting the government to seek alternative funding sources, such as heightened taxes on essential commodities like fuel.

ate social welfare. The government's approach, while well-intentioned, highlights the pitfalls of populist policies that lack rigorous economic planning.

“For Karnataka to regain fiscal stability, a reassessment of expenditure priorities and a more nuanced, consultative approach to economic policy are essential” The state must strive for a model that harmonizes welfare initiatives with sustainable economic practices, ensuring that the benefits of growth are equitably shared without placing undue strain on any one segment of the population.



The burden on the common citizen has intensified, with additional increases in stamp duty and excise tax compounding the issue. Middle-class taxpayers, who are not beneficiaries of these free policies, are disproportionately affected as they shoulder the additional financial load.

This move has had a cascading effect on the cost of living, exacerbating financial pressures on families already grappling with rising expenses.

The situation underscores a critical need for balanced policy-making that considers long-term economic health alongside immedi-



Shubhankar C.
Legal Associate
General Secretary,
SMSC Trust

Community Appeals Addressing Urgent Public Requests



The picture is in front of Siri Orchid at Neeladri Nagar, near Aura PG. The garbage has been lying here for the last 4-5 days, and no vendor is coming to collect it. I don't know if the residents of Siri Orchid are concerned about it or not. It's sad to see the negligence.

- Supreet Singh
Resident of E City Phase1

Critical road connecting Rayasandra Lake to Hosa Road, used by school buses and daily commuters, neglected for 5+ years now, demands immediate attention this election. Full of stones and potholes, during rain we don't see the road itself, many accidents started happening because of that.

- Deep Kumar

Traffic Chaos on Neeladri Road Sparks Call for Action

Amid severe traffic congestion opposite the Zudio showroom on Neeladri Road, new small shops are being constructed. Residents are ur-

gently requesting intervention from BBMP and the Labour Department to ensure compliance with "Shop and Establishment" regulations.



#BBMP #BangaloreTraffic #UrbanDevelopment #ElectronicCity

Plantation Drive : Shikaripalya Lake

On 16th June Sunday ,Adamyta Chetana and Hulimangala welfare association -organised 442nd Green Sunday at Shikaripalya Lake, Electronic City, Bengaluru.



Chairman Smt Tejaswini Ananthkumar felicitated the event and BMS college students and faculties represented and planted over 50 samplings. All residents actively participated .

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Reverting Soil Compaction for Water Conservation

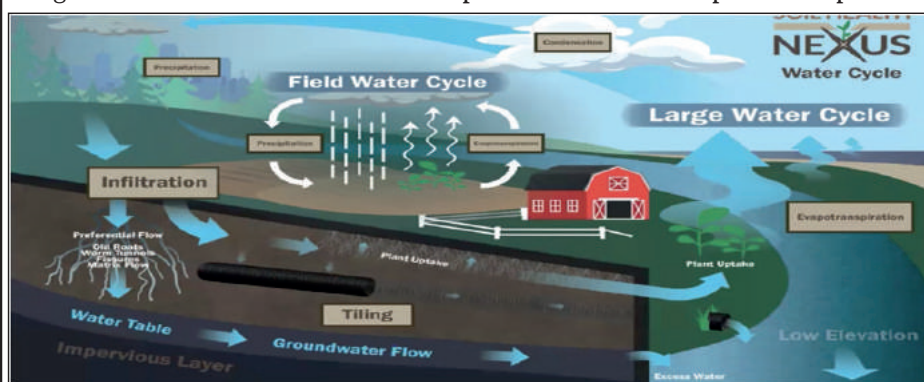
While soil was designed to act as a living organism or sponge, the use of chemicals, insecticides and current planting and tilling practices have compacted the soil, and destroyed the living microbes.

Soil. But, soil compaction is not a physical problem, it is rather a biological issue. Soil microbes are responsible for stable soil aggregate structure and soil buildup. Also in urban landscapes there is a problem with

ing has provided wonderful results.

- Reduction in microplastics by recycling & upcycling.

Positive Results were seen by reversion by researchers. Water percolation per acre



Resulting in our natural ecosystem becoming impenetrable and ineffective in growing nutrient-rich food or weathering floods and droughts.

This results in inadequate aquifer recharge due to Soil Compaction. In simple terms, Soil has turned into Stone, no longer a sponge to hold water. Over 95% of urban landmass have problems with soil compaction. Results are there to see, 'No water in borewells', 'Bengaluru is running out of Ground water'.

Conventional wisdom says, Soil Compaction is a physical problem. We over till the

micro plastics and micro concrete materials.

“Reversing soil compaction needs a very methodical approach. It involves chemicals, microbes, fungi and organic matter”

Here are few of the ways the soil compaction in urban landscape can be reversed.

- Soluble Calcium Ions addition to soil.

- Increasing Soil Organic Matter.

- Planning crop rotations.
- Microbial Exudates, including Bacteria – biofilms and Mycorrhizal Fungi - glomalin. Fungi acts as a natural scavenger, then creating a natural ecosystem. Mulch-

increased for 2.1 gallon/minute to 21 gallon/minute. Increased percolation meant increased soil humidity and a healthy shallow aquifer.

It's the right time to 'Revert the soil compaction we have done in Urban Landmasses'



Ganesh Shanbhag
Software Engineer by Profession
EcoFriend by passion!!

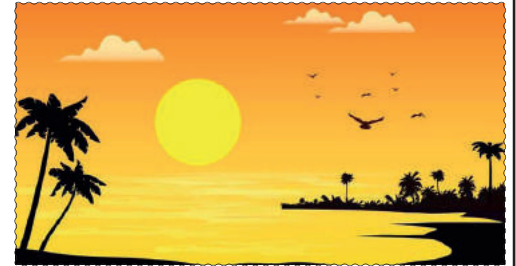
ನೇಸರನಂದ

ಭಾವದಿಂದ ಮೂಡಿಬಂದ
ಒಂದು ಕವನ ಗೀಚಿದನು
ಎಂದೋ ಕಂಡ ಚೆಲುವ ನಾನು
ಇಂದು ನೆನೆದು ಬರೆದನು

ಸೂರ್ಯನಂದು ಮುಳುಗುತ್ತಿದ್ದ
ಚಂದ್ರ ಮೇಲೆ ತೇಲುತ್ತಿದ್ದ
ಚಿಕ್ಕ ಚಿಕ್ಕ ಚುಕ್ಕಿಗಳು
ಮಿನುಗಿ ಮಿನುಗಿ ಹೋಗುತ್ತಿತ್ತು

ಮುಗಿಲ್ಲ ಕಂಪಾಗಿ ನೆಲವೆಲ್ಲ ತಂಪಾಗಿ
ಮರ ಬಾಗಿ ಗಿಡ ತೂಗಿ ತಂಗಾಳಿ ಬೀಸಿರಲು
ಮನದಲ್ಲಿ ತಂತಾನೇ ಹಾಡೊಂದು ಗುನುಗಿತ್ತು
ಋಷಿಯಲ್ಲಿ ತೇಲಾಡಿ ಕಣ್ಣಂಚು ಜಿನುಗಿತ್ತು

ನೇಸರನಂದ ಎಂಥ ಚಂದ
ಅವನ ಚೆಲುವ ಬಣ್ಣಿಸಲು
ಹುಡುಕಲೇನು ಶಬ್ದಕೋಶ
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ಅಬ್ಬಬ್ಬಬ್ಬಾ ಅತೀ ಸುಂದರನಾ ನೇಸರ



Hareeshkumar V
Pharmacist

Life Rhymes With Bioenzyme

(DIY method to keep our family and surroundings healthy)

While we all are striving hard to keep our house and surroundings clean, there is one thing which can create a win - win situation for our family, water bodies and overall environment. That is bioenzyme. It is made up of only three ingredients : water, citrus peels and jaggery. It acts as a multi-purpose surface cleaner and is the natural substitute to many chemical based surfactants like floor cleaner, toilet cleaner, detergent etc. When used for any purpose, bioenzyme don't emit toxic fumes and help us avoid skin infections, breathing related issues etc. It is even safe for a crawling kid and our pets. The wastewater can be used for plants or even

when drained out, it helps in cleaning the drain water and finally water bodies.

and then on alternate days for next week to release the gases.



The best thing about bioenzyme is that we can prepare it at home quite easily. The ingredients: water, citrus peels and jaggery need to be put preferably in an airtight plastic container in a ratio of 10:3:1. The solution is kept to ferment for 90 days away from direct sunlight. During the fermentation process, the container needs to be opened once everyday for the first week

Bioenzymes release good bacteria. Just like probiotics help us become healthy, bioenzyme is probiotics for the water bodies. Chemical based surfactants are very difficult to break down thus polluting water. If we replace them with bioenzyme, water bodies will automatically get eco-friendly sewage and thus would help in ensuring clean water bodies.



Parul Sharan,
MBA (HR), Writer,
Environment Enthusiast
Founder Eco_Margdarsak

Yoga Day Celebration

Sharada Vikas Group of Institutions, situated at GB Palya Electronic City, conducted Yoga Day. All students participated actively.



B.Com final year students mentored the event and expressed the importance of Yog Sadhna through Surya Namaskar and other yog asanas.

- Sharada Vikas Group of Institutions, GB Palya ECity.

What is ITP?

ITP, also known as Immune Thrombocytopenia, is a blood disorder that presents with low platelet counts. Platelets are the cells in our blood responsible to prevent bleeding and to help heal scars. Normal platelet counts range between 1.5 to 4.0 lakhs. ITP is a condition that causes platelet counts to be low and if undiagnosed at the right time, can lead to severe bleeding that can sometimes even be life-threatening.

Symptoms of ITP usually include easy

bruising, small red spots in the skin called petechiae, bleeding from gums or nose, blood in urine or stools or heavy menstrual bleeding in women.

“Patients with low platelet counts on routine testing hence need to undergo a thorough evaluation by a specialist, most often Hematologists who diagnose blood disorders. It is extremely important to rule out other causes of low platelets before making a diagnosis of ITP”

The exact cause for ITP is not known,

but it mostly arises due to some disturbances in our immune system, that causes the destruction of platelets. It can be accurately diagnosed with a few blood tests and treated with good response. Some patients with ITP, and not very low platelet counts can even be observed without any treatment. However, if platelet counts are below the range of 30,000, patients will need treatment failing which severe bleeding can happen in the abdomen or in the skull.



Often, to complete the diagnosis, a small test called Bone marrow as-

piration and biopsy may be performed by the Hematologist.

Once diagnosed, patients are either advised to stay on regular follow up or started on simple oral medications called immunosuppressive medications. If the condition is not diagnosed or treated in time, it can also lead to severe and life-threatening bleeding especially in the abdomen or in the brain.



Dr Neema Bhat, MD(USA), FAAP(USA)
 Consultant Hematologist
 BMT physician, Paediatric Oncologist
 Apollo Hospitals, Bangalore

Balancing Screen Time: Healthy Habits for Children’s Development

In today’s digital age, screens are integral to daily life. While technology offers many benefits, excessive screen time can adversely affect young children. Excessive screen time, especially passive content consumption, can delay language acquisition and contribute to shorter attention spans. High screen time is linked to a sedentary lifestyle, increasing the risk of obesity and disrupting sleep patterns due to blue light exposure.

regulation.

Parents can manage their children’s screen time and promote healthier alternatives by setting clear boundaries, promoting engaging alternatives, and modelling healthy screen habits. Establish screen-free zones in the home, such as the dining room and bedrooms, and create a daily schedule that limits screen time while including physical activities, homework, and unstructured play.

creativity and cognitive growth.

“Leading by example is crucial.

Limit your own screen time and engage in offline activities, and when screen time is unavoidable, choose interactive, educational content and co-view with your child. Prioritize family activities that don’t involve screens, such as board games or cooking together, and arrange playdates and group activities to encourage social interaction. To ensure quality sleep, establish a bedtime routine that excludes screens at least an hour before bed, favouring relaxing activities like reading”

By setting boundaries, promoting alternatives, and modelling healthy habits, parents can mitigate the negative impacts of screen time and foster a balanced environment for their children. These strategies benefit not only children’s development but also enhance family connections and well-being.



Maitrayee Chowdhury
 MSc Counselling Psychology,
 Center Head
 Divit Child Development Center.

Rich in antioxidants, POHA can serve as a wholesome food

Today , let us know about a simple yet nutritious snack and breakfast option that most of us like. It is the RICE FLAKES or generally called as POHA. A very simple recipe that even a kid or bachelor could prepare for that light evening snack or a healthy breakfast, mostly paired with raita.

to flaking unit and pressed in rollers to obtain the necessary thickness of the flakes. After completion of the process, they are cleaned and sorted for packing .

You can prepare spicy dry breakfast poha or porridge and also sweet payasa made with milk.



Everyone is aware of the white thick and thin pohas available in the market. But do you know that poha can also be prepared with traditional native red and black rice? Yes, you heard it right. The poha prepared from these organically grown rice and millet are far more nutritious than the regular ones. They are rich in anti-oxidants. Due to preparation method, they have the bran nutrition intact within them.

The sticky red and black raw paddy are soaked in water for a little more than 24 hours to increase its moisture content. They are then drained, roasted for few seconds and sent

Relish it however you wish and be sure to enjoy this WHOLE-SOME food.

Happy Health



Mrs.S.Nithya
 BES, PGDM, MSc.Psy, D.Acu
 MD, Orange Organic Store
 Bagalur road.

Negative Effects of Screen Time

Lack of Social Interactions

Poor Sleep Quality

Speech and Language Delays

Poor Physical Health

Life Skills Impediment

Overuse of screens can also reduce face-to-face interactions, which are essential for developing social skills and emotional

Encourage physical activity through sports and outdoor play, and introduce hobbies like reading, drawing, or music to stimulate

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How Should Artists Manage Social Media?

An artist's primary job is to create and express themselves innovatively. However, today's independent artists must also focus on marketing and maintaining visibility among fans, primarily through social media. While this is crucial, it should not overshadow their creative work.

handling it personally.

For those managing their own social media, it's important to list all platforms (e.g., Facebook, Instagram, YouTube, LinkedIn, Twitter, TikTok, Snapchat) and identify which ones yield the most engagement. Then focus on content creation for the most effective platform.

tribution, photos from past programs

- Google Listing: Lead generation, services offered, photos from past programs

Creating a content calendar is essential. This schedule helps with the what, when and where to post, providing structure without being overly rigid. While consistency is key, flexibility allows for adjustments as needed.

In conclusion, while social media is essential for an artist's visibility, it should be balanced with their creative pursuits to avoid becoming overwhelming.

Do share your thoughts via email at

taalmagic@gmail.com



Managing social media can be overwhelming without a clear strategy. When starting, artists must define their desired outcomes, such as increased visibility, showcasing their art, generating leads, or building a fan community. There isn't a universal approach, but two main strategies exist: hiring a social media manager or

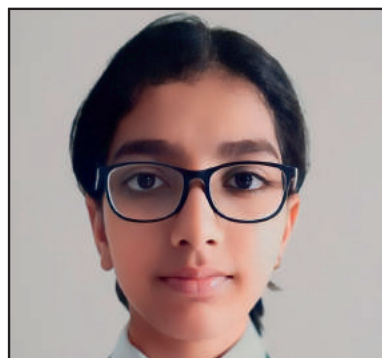
One can always distribute the same content across others and save time. For example:

- YouTube: New videos, live concerts, music highlights
- Instagram: Content distribution, photos from past programs
- Facebook: Content distribution, photos from past programs
- LinkedIn: Content distri-



Vidwaan Anand HS
Founder, President
Taalmagic Trust (R)

Students Corner



Kritika Bansal
Class-7
School -DPS ECity Phase 1



Hello, This is Kritika. I started painting When I was seven years old. Another one of my hobbies are sketching and swimming. This picture shows the aquatic life of the deep ocean The

moonlight casts beautiful silhouettes of aquatic life, their graceful forms dancing in the cool water.

Lastly, I would say painting makes a person creative.

The Ancient Art of Yoga



Preetham (Adi Shankara)
Class X, ACTS School

Regular practice of yoga brings positive changes in the practitioner's strong muscles, flexibility.

Yoga has numerous benefits if we look at it closely. You will get relief when you practice it regularly. As it keeps away the ailments from our mind and body. Furthermore, yoga helps in sharpening our mind and improving our intelligence. We can achieve a higher level. It refreshes our mind and frees tension.

Our respiratory system works bet-

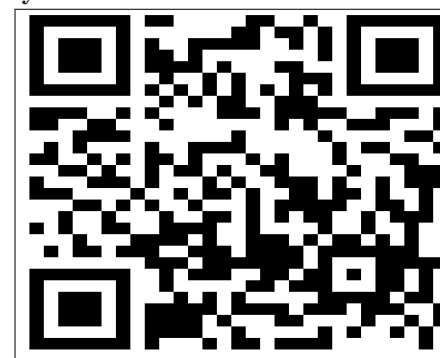
ter if we practice yoga. All the parts in our body work perfectly. There are eight limbs in Yoga. There are Yama, Niyama, Pranayama, Prathyahara, Dhyana, Dharana, Samadhi, Asana. It helps us to concentrate, get focused. There are twelve asanas in Surya Namaskara. Practicing Surya Namaskara is good for health.

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

Yoga originated in ancient India thousands of years ago, predating any established religion or belief system. Shiva is believed to be the first Yogi (Adiyogi) and the first Guru (teacher). Thousands of years ago, on the banks of Lake Kantisarovar in the Himalayas, Adiyogi shared his extensive wisdom and knowledge with seven legendary sages because it was impossible to convey all his knowledge to just one person.

Yoga is an art which connects our body, mind and soul together and makes us strong and peaceful. Yoga is necessary because it keeps us fit, helps burst stress, and maintains our overall health. A healthy mind can concentrate well and do everything. It allows one to achieve stillness and to tap into the consciousness of inner self.

It also helps in learning how to rise above the pull of mind, emotions and lower bodily needs and face challenges of day to day life. Yoga works on the level of one's body, mind and energy.



Environment Day

BVM Global School always emphasised on celebrating World Environment Day every year with meaningful activities. Grade 1 & 2 students made paper bags and learnt the importance of recycling to save our planet. Class-wise discussion of how to reduce pollution using number of eco-friendly ways happened enthusiastically.

instill awareness to everyone by displaying it on pinup boards.

Our students from grade 8 also made posters on how to reduce plastic pollution, and the aftereffects of what would happen if we didn't reuse, recycle or reduce materials. They made beautiful cloth bags from used t-shirts and paper bags from old newspapers.



Students of grades 3-5 after enhancing their knowledge about caring for environment made booklet cards to help spread the awareness of 3 R's - reduce, reuse and recycle.

Students of grade 6 also made beautiful pot painting and planted seeds for growing new plants. Some even undertook planting in the garden within the school campus to make the surrounding green. Later on, they made attractive posters with slogans in a captivating manner to

This event went smoothly at every level and helped in delivering the take-home message of turning the Earth green for all the students. It also made them aware of how much reusable materials were getting wasted in their day to day life. The students have come to the level where they refuse instinctively to use any plastic materials. Therefore the event can be termed effective in reaching out to the children.

SanjithRajan, 9A
BVM Global School @ Bengaluru

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articles on civic,
education, and
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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 Citizen Cricket Triumph at Ajmera Infinity



After watching the AIPL tournament with great fervor and reading news about the impressive performance of the Indian women's cricket team on the international stage, the senior citizen ladies of Ajmera Infinity got together on the cricket ground

within the community's premises. The long-time dream of senior citizens playing cricket as a family came true on June 5, 2024.

The Ajmera Recreation Club for Senior Citizens, along with the Senior Men's Cricketing Club of Ajmera, joined forces and played a 12-over per innings match. Each team comprised 6 ladies and 5 men.

The ladies played with enthusiasm, akin to representing their country. Their dedication was appreciated by everyone once the game commenced. At Ajmera, senior men regularly play thrice a week, ensuring a high standard of the game.

Most of the lady batters

returned to the pavilion disappointed that they couldn't play more, as the game was limited by a set number of overs.

A large number of spectators came to watch their parents and grandparents perform. The keenly contested match was won by the best team.

The match was followed by a post-match high tea in the natural surroundings that the Ajmera community enjoys.

Soon, the recreation club plans to organize a 20-over match for senior citizens, where the full potential of the senior citizen community will be unleashed.

- Ajmera Infinity Recreation club

Update on Kaveri Water Connection for Bengaluru Apartments

The Kaveri Water Project Stage #5 has reached the connection phase for eligible apartments in Bengaluru. BWSSB has launched their online portal for applications. Recent meetings with BWSB, BAF Central Council, and RWA OBs provided crucial details. Eligible RWAs need to upload required documents. Apartments in BBMP/110 Villages zones can now apply; initial water supply will be twice weekly. Some in our EC Cluster are ineligible to

apply. BAF EC Cluster is addressing this issue with Karnataka's government. BBMP's division into multiple Corporations is underway for administrative ease. We will share more updates as they become available. We plan to meet with the Deputy CM, Area MLA and MP to discuss ensuring our area receives Kaveri water, as promised during election meetings.

- RM RAMAN President BAF EC Cluster

Balabharti: Nurturing Children's Growth at SNNRAJ GREENBAY

- Instill moral and social values rooted in Bhartiya culture.
- Foster teamwork through interactive games.
- Promote holistic development with yoga, nutrition, meditation, and artistic activities.
- Enhance personality growth with mental exercises, puzzles, storytelling, and skits.

Senior Citizens' Gratitude Drive at SNN Raj Greenbay



On June 11, 2024, the senior citizens of SNN Raj Greenbay organized a food distribution drive for all staff members, including the facility team, security guards, gardeners, housekeeping staff, and WTP/STP staff. The event allowed the seniors to express their affection and appreciation for the staff, who ensure our daily comfort and security.

This gesture symbolizes the residents' gratitude for the staff's dedication to enhancing our quality of life in the community.

Shashi Bhushan Mishra, MC and Joint treasurer, SNNRAJ GREENBAY, Electronic City, Phase-2.



The annual Bal Sangma showcases children's talents through skits, group songs, and games. Recently, children utilized their summer break to creatively present knowledge on nutrition and the digestive system in a play titled "The Journey of Food." Senior members organized a summer camp focusing on skill development for younger children (aged 4 to 8).

Currently, children are enthusiastically engaged in a robotic project to develop a floor-cleaning Robot Vacuum Cleaner, demonstrating innovation and practical application of technology.

Balabharti continues to play a pivotal role in nurturing young minds within the community.

- SNNRAJ GREENBAY Community

BAF Celebrates International Day of Yoga 2024

On International Day of Yoga, Bangalore Apartments' Federation (BAF) and the Department of Ayush, Karnataka, are celebrating Yagotsava 2024 from June 10-21.



This marks the 10th anniversary of the UN's adoption of International Yoga Day. Yoga sessions were conducted in city apartments as part of BAF's wellness efforts. Participants of all ages enjoyed

morning sessions led by trained professionals from Yoga Gangotri, an NGO in this field. Ayush also organized Yoga Nritya and health camps, including Nadipariksha at select locations.

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CELEBRATING
— WORLD —
BLOOD
DONOR DAY

Vidya Sarva Mohan

Asha Suryanarayan

Honoring two amazing individuals for their years of life-saving blood donations. Your dedication and generosity inspire us all. Thank you, heroes!
#WorldBloodDonorDay #HeroesAmongUs #GiveBlood

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Celebrating Our Pet Contest Champions!

1ST OREO

2ND ARCHIE

3RD SCOOPY

Congratulations!

to our adorable winners and a heartfelt thank you to Lucky Paws Veterinary Hospital for their generous support!

Let's make a difference—by donating blood or encouraging others to participate in this noble cause, together we can help save more lives! Your support can truly make a meaningful impact. Every donation counts and can bring hope to those in need. Be a hero today and contribute to this lifesaving effort!

Celebrate these remarkable champions who have showcased exceptional charm, talent, and charisma. We extend our sincere thanks to Lucky Paws Veterinary Hospital for their invaluable support, and to all participants who contributed to the success of this contest!

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Decluttering is a journey, not a destination!

“The best way to find out what we really need is to get rid of what we don’t”

– Marie Kondo

Decluttering isn't just about tidying up; it's about creating a space that nurtures peace and productivity. Let's introspect, how much attention and effort do we spend in making our surroundings clutter free?



“Decluttering is confronting your past decisions” I read it somewhere and it hit like a brick on my head. Reflecting on this; from the past 1 year, I have noticed a profound connection between my mood and the surroundings I am in. Vibrant colours, clean surfaces and organized wardrobes give me a sense of peace. I like to sometimes stand in admiration, the organization that I have done for a small corner – it uplifts my spirits. How many of you remember the movie “102

Not Out”? Making way for new things in life, we have to let go of old things!

The Internet is full of hundreds of tips, but making a plan that works for one is the key. Here are 3 tips what my family does.

- My husband is a fan of calendars. We have placed 1st Sunday of month for family (including kids) to cleanup our sections for an hour.

- Before making a new purchase; whether it's clothes, shoes or an appliance – we sell or donate or discard items that are no longer needed or need replacements for efficiency's sake.

- We emphasize to keep the stuff back to its original place for next time use.

Afterall, if we are not organizing and decluttering often, we are passing down this burden to someone in our family for sure!



Anshu Sachdev Anand
Senior Principal Software Engineer

The Dynamics of Networking Benefits and Challenges

“Everything in the universe only exists because it is in relationship to everything else. Nothing exists in isolation”

- Margaret Wheatley

Networking, both virtual and physical, is a fundamental aspect of human interaction, essential for gaining knowledge, brainstorming ideas, and personal and professional development. This article explores the impacts of networking on our lives.

The Evolution and Importance of Networking:

From childhood, networking starts in schools, where we gain knowledge, make friends, and participate in events like sports days. As adults, this continues in professional settings through meetings and workshops. Despite initial hesitation to attend gatherings, these events foster a shared identity and positive connections.

Positive Impacts of Networking:

Networking has numerous benefits for mental and physical health. It reduces depression, anxiety, and loneliness, providing meaning and promoting happiness. Shared experiences uplift our mood and well-being. The sense of belonging to a group fosters security, reducing nervousness and hopelessness. This collective identity encourages adherence to shared norms and values, prioritizing group perspectives over individual decisions. Networking enhances communication skills, especially in professional settings, and boosts mental and physical health by reducing stress and strengthening the

immune system. Social support can lead to a longer, happier life, with studies indicating improved brain health and reduced dementia risk. Networking also helps us gain new friends.

Drawbacks of Networking:

However, networking has drawbacks. It can lead to a loss of individual identity and decision-making power. Networking facilitates the spread of communicable diseases, like the flu, especially in crowded environments. Introverts may find socializing draining, and its time-consuming nature can affect personal and professional goals. Peer pressure may cause shifts in attitudes and behaviors. Additionally, there is the risk of exploitation, with individuals potentially taking advantage of others' resources.

While networking offers significant benefits, it also presents challenges. Balancing these aspects is crucial for maximizing the advantages of social interactions.



Hariharan Baskaran
Freelance Digital writer

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