

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

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Akshaya Nagar to Ananth Nagar

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Quick News Bites

01

The rising number of dengue cases in the state over the past two weeks poses challenges to public health. Awareness & proactive measures by civic bodies are required to combat this.

02

Electronic City weather update, last four weeks rainfall record of 128.8mm in this month so far; normally it records around 88.1 mm rainfall.

03

Mylasandra and neighbouring roads in Ward Number 192 have been filled with potholes and tarred.

04

The long-stalled peripheral ring road has been talked about again, & deputy chief minister Shivakumar is keen on reviving the PRR and streamlining the compensation structure.

05

The country's largest leopard safari was opened by Environment Minister Eshwar Khandre on 26th June at the bannerghatta biological park.

06

29th June, Electronic City Police Station conducted an awareness program on International Day Against "Drug Abuse."

Revamping India's Criminal Justice From IPC to BNS

India's criminal justice system has undergone a historic transformation with the replacement of century-old laws like the Indian Penal Code (IPC), the Code of Criminal Procedure (CrPC), and the Evidence Act. The introduction of the Bharatiya Nyaya Sanhita (BNS), Bharatiya Nagarik Suraksha Sanhita (BNSS), and the Bharatiya Sakshya Act marks a significant shift towards modernizing and streamlining the legal framework to better address contemporary challenges.

From IPC to BNS: A Comparative Overview



The IPC, which has been the cornerstone of India's criminal law since its enactment in 1860, comprised 511 sections covering a wide range of offenses. However, its archaic provisions often failed to address the complexities of modern crimes, leading

to calls for comprehensive reforms. The newly introduced BNS seeks to bridge these gaps by focusing on several key areas of improvement.

• Simplification and Reduction of Sections:

The BNS contains fewer sections compared to the IPC, aiming for clarity and ease of understanding. By consolidating and simplifying various provisions, the new code seeks to make the law more accessible and less cumbersome for both legal practitioners and the general public.

• Enhanced Protection for Women and Children:

One of the significant advancements in the BNS is its emphasis on the protection of women and children. The new code introduces stringent measures to tackle offenses such as sexual harassment, domestic violence, and trafficking. This focus reflects a progressive shift towards safeguarding vulnerable groups and ensuring justice for victims of gender-based crimes.

• Speedy Disposal of Criminal Cases:

The BNS incorporates provisions for the swift disposal of criminal cases, addressing one of the most critical issues in India's judicial system—delayed justice. By setting specific timelines for various stages of the legal process, the new code aims to reduce the backlog of cases and deliver timely justice.

• Introduction of Community Service:

In a novel approach, the BNS introduces community service as a form of punishment for certain offenses.

Prospects for Airport Rail Commute Options

Bengalureans residing in the southern regions of the city, particularly those in and around Electronics City, always face bottlenecks that take over two hours to get to the Devanahalli airport (KIA). We will identify the future options that may be viable through RAIL mode.

ORR- Airport Metro

The Blue Line, or ORR-Airport Metro Line, is part of the Namma Metro rail network. It consists of two sections: Phase-2A (Central Silk Board to Krishnarajapuram) and Phase-2B (Krishnarajapuram to Airport). This line will have interchanges with the Yellow Line at the Central Silk Board. The 58.19 km line connects Central Silk Board with Kempegowda International Airport.



Bengaluru's Second Airport

As the second airport put forth by the Karnataka Infrastructure Development (KIDM) Minister MB Patil, the preliminary decision would be near Tumakuru Road. Yellow line with interlink in RV road to Green line would be a good option for bangalore south people to travel through in future. The 3-km Nagasandra-BIEC (Green Line) Metro line is expected to become operational in a few months, the extension to Tumakuru would be critical to establish this commute.

Bengaluru Suburban Rail Project - SAMPARKA

Four independent corridors have been studied and proposed by the Rail Infrastructure Development Company. All four corridors are in significant devel-

opment, and corridor 4 between Heelalige and Rajankunte, with a 49-kilometre run and 19 stations, started with civil work. The contractor will also build a double-decker alignment of 1.2 km that will accommodate the Majestic-Devanahalli and Heelalige-Rajankunte lines near Yelahanka.

Corridor 1: Sampige Line - Route: KSR Bengaluru - Yelahanka - Devanahalli

Corridor 2: Mallige Line - Route: Baiyyappanahalli Terminal - Chikkabanavara

Corridor 3: Parijaata Line - Route: Kengeri - Whitefield

Corridor 4: Kanaka Line - Route: Heelalige - Rajankunte

According to KIDM Minister M B Patil, all four corridors are expected to be ready by December 2027. Despite this, numerous obstacles have slowed the project's progress, leaving Bengaluru residents waiting.



Hosur International Airport Proposal

The projected Hosur airport will shorten the distance to reach, Heelalige railway station connecting further may extend to Hosur, marking the critical connection, and may leverage a less than hour-long travel to the proposed Hosur International Airport. While Metro Connect between Hosur and Bommasandra metro would also be a viable solution in the future.

This shift towards restorative justice not only aims to rehabilitate offenders but also to integrate them back into society, promoting a more constructive form of penalty.

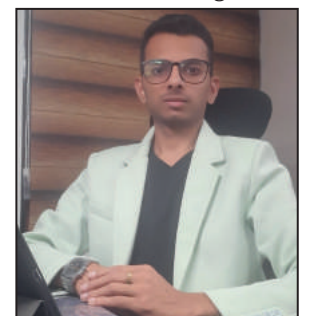
• Addressing Modern Crimes:

Recognizing the evolving nature of crime in the digital age, the BNS includes comprehensive provisions to tackle economic and cyber crimes. This is a significant development, considering the rise in financial fraud, cyberbullying, hacking, and other technology-driven offenses. The

new code aims to equip the judiciary with the necessary tools to combat these modern threats effectively.

To conclude, the transition from the IPC to the BNS represents a monumental step towards modernizing India's criminal justice system. By addressing contemporary challenges, focusing on the protection of vulnerable groups, and ensuring the speedy disposal of cases, the BNS is poised to create a more just and efficient legal framework. This transformation not only aligns India's criminal laws with global standards

but also reinforces the country's commitment to upholding the rule of law in an era of rapid technological and social change.



Shubhankar C
Legal Associate
General Secretary,
SMSC Trust

Understanding the Carbon Footprint of Water

“Carbon footprint” is a direct measure of greenhouse gas emissions caused by a defined activity and can demonstrate global warming effects. Urbanisation and population growth have forced governments to provide clean water that can meet people’s expectations in both quality and quantity.

due to lower energy requirements for distribution and quality management. Pre 1974, cities like Bengaluru relied primarily on a number of lakes within the city for potable water distribution. Thus the Carbon Footprint was very low.

Today, the majority of water used in Bengaluru city

As countries around the world set ambitious net zero energy commitments in order to avert the most catastrophic effects of climate change, it becomes crucial to focus on mitigating the carbon emissions of sectors that play a major role in everyday life and have correspondingly higher impacts on the environment. The water sector is one of those.

“Ray of hope, Bengaluru was a city of Lakes, but today, it is a city of dead lakes. In the interest of Climate Change and reduction of the hidden carbon footprint of the water, the civic bodies & government should try to augment Lakes towards potable water supply, rather than concentrating on even longer distances (Like getting Sharavathi Water to Bengaluru, which is a bigger disaster)”

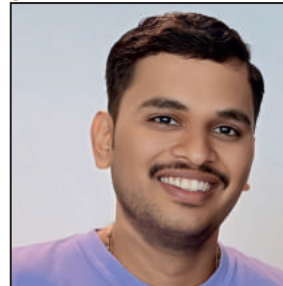


One way to combat the depletion of shallow wells is to drill to deeper aquifers; the main disadvantage of this approach is the lower quality of the obtained water, and therefore need for a more complicated treatment process. Along with depth, we are going to a distance as well. Bengaluru gets water from Kaveri river from over 130 kms away. This is called ‘Long Distance Water (LDW)’. Most of the metropolitan establishments have switched to LDW.

comes from 2 carbon intensive sources; Kaveri Basin & Borewells. Borewells are over 2000 feet deep and require a multi-staged pumping mechanism to lift the water to ground level. The Kaveri basin supplies water into the city from over 130 kms and nearly 900 ft against gravity. BWSSB is one of the largest consumers of energy in Karnataka which is significantly generated using Coal at RTPS (Raichur Thermal Power Station).

Typically, the traditional sources of water, like shallow wells, local streams, neighbourhood lakes etc are always having low carbon footprint. This is primarily

Sustainable Development Goals 30 (SDG-30) proposed by the United Nations says that for any city to sustain, the long distance water cannot come from over 30 kms.



Ganesh Shanbhag
Software Engineer by Profession
EcoFriend by passion!!

Elevate Your Dessert Game with Chef ILMA’s Foxtail Millet

Millets, particularly foxtail millet, are a powerhouse of nutrition and an excellent addition to any diet. They are rich in essential nutrients such as magnesium, calcium, and vitamins, which support bone health and overall well-being. Foxtail millet is also high in dietary fiber, aiding in digestion and promoting a healthy gut. Its low glycemic index helps in regulating blood sugar levels, making it a great choice for diabetics. Including millet in your diet can contribute to heart health, weight management, and improved energy levels.

water until tender, about 15-20 minutes. In a separate pan, dissolve 1 cup of jaggery in 1/2 cup of water, strain to remove impurities, and set aside. Combine the cooked millet and jaggery syrup in a large pan, cooking on medium heat for 5-7 minutes.

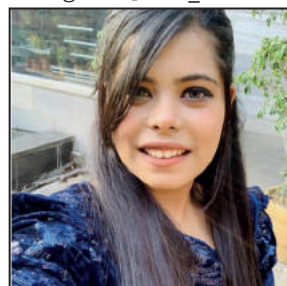


Stir in 2 cups of coconut milk (and optionally 1/2 cup of regular milk) and simmer for another 5-7 minutes. Add 1/4 teaspoon of cardamom powder and a pinch of salt, cooking for

an additional 2-3 minutes. In a small pan, heat 2 tablespoons of ghee, frying 10-12 cashew nuts until golden brown, then fry 10-12 raisins until they puff up. Mix the fried cashews and raisins into the payasam and serve warm or chilled.

Enjoy your foxtail millet payasam, both delicious and packed with health benefits!

Instagram: @chef_ilma



ILMA NISA
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Women Empowerment & Unity: Ajmera Senior Women’s Cricket Team Shines

Led by Captain Usha Kalra and R.Seethalakshmi the Ajmera Infinity Fun Club Senior Women’s Cricket Team has emerged as a beacon of excellence in the sport, captivating audiences with their skill and resilience.

rigorous training and unwavering support from coaches and management. This season has seen the team reach new heights, setting benchmarks in women’s cricket.

Beyond their achievements on the field,

the values of teamwork and dedication.

In conclusion, the Ajmera Infinity Fun Club Senior Women’s Cricket Team’s journey is a testament to their passion for cricket and their role as ambassadors for women’s sports.



Recently, their performance in the **FUN CLUB CRICKET TOURNAMENT** showcased their dominance and determination.

With a blend of seasoned players and promising newcomers, the team has forged a formidable unit under Captain Usha Kalra leadership. Their victory was against Team B led by Seetha Lakshmi (Captain).

Behind their success lies

the team actively engages with the community, inspiring young girls to pursue cricket.

Their outreach efforts exemplify their commitment to promoting women’s sports and empowerment. Looking ahead, the Ajmera Infinity Fun Club Senior Women’s Cricket Team is poised for further triumphs. As they prepare for upcoming tournaments, they continue to embody

Their victories resonate not only within the cricketing world but also in the hearts of fans and supporters everywhere.

Next scheduled match is being organized on 11th July in Ajmera Infinity Cricket Ground.

Ajmera Infinity Fun Club Coordinators
Mrs Seetha Kumar
Mrs Usha Kalra
Mrs Viji

Kothimbir Vadi: A Taste of Maharashtra

Prep time: 20-25 minutes

Cooking time: 20 minutes

Serves: 3-4 people

Green Chutney

Ingredients:

- Coconut
- Fresh coriander
- Green chilli (2-3)
- Ginger (1/2 inch piece)
- Lemon juice (1/2 lemon)
- Sugar (2 tsp)
- Salt (to taste)
- Water (as required)

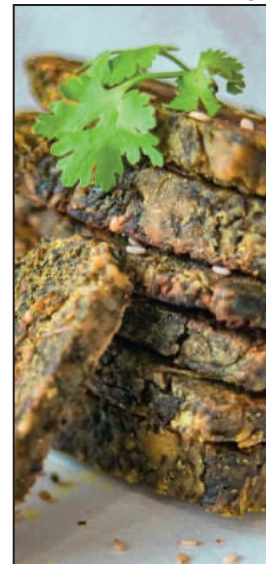
Method:

In a blender, combine coconut, fresh coriander, green chilli, ginger, lemon juice, sugar, and salt. Blend into a coarse chutney, adding water gradually to achieve desired consistency.

Vadi Ingredients:

- Fresh coriander (100 grams)
- Garlic (10 cloves)
- Green chilli (3)
- Cumin seeds (1 tsp)
- Salt (a pinch)
- Gram flour (120 grams)
- Rice flour (1/4 cup)
- White sesame seeds (2 tbsps)
- Salt (to taste)
- Turmeric powder (1/4 tsp)
- Spicy red chilli powder (1/4 tsp)

- Oil (2 tsp)
- Water (60 ml, added gradually)
- Oil (for frying)
- Sesame seeds (for garnish)



Method:

- Wash and dry coriander leaves thoroughly. Chop roughly and place in a large bowl.
- Make a coarse paste of green chillies, garlic, and a pinch of salt.
- Combine the green chilli-garlic paste with chopped coriander.
- Add gram flour, rice flour, white sesame seeds, salt, turmeric powder, spicy red

chilli powder, and 2 tsp oil. Mix well.

- Gradually add water to form a firm dough.
- Grease a tray with oil, sprinkle sesame seeds on it, and shape the dough into a 1-inch thick slab.
- Steam over medium-high heat for 12-15 minutes until cooked through.
- Let the steamed slab cool, then cut into squares or rectangles.
- Fry pieces in moderately hot oil until golden brown, or shallow fry for a healthier option.
- Serve hot with green chutney or a dipping sauce of choice.



Chef Ashwini Giri,
Marathi Katta
Restaurant
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HEALTH

Combatting Dengue in Bengaluru Community Call to Action

Bengaluru is currently facing a significant rise in dengue cases, with the BBMP reporting 213 new infections, totaling 1,742 by June. This surge, particularly affecting women and children, emphasizes the critical need for immediate community awareness and preventive actions.



BBMP Chief Commissioner Tushar Giri Nath, recently recovered from dengue himself, has launched the 'Dry Day' campaign. This initiative urges residents to eliminate stagnant water, a breeding ground for mosquitoes. Simple steps like clearing gutters, emptying containers, and

covering stored water can significantly reduce mosquito populations.

“Dengue spreads primarily through Aedes mosquitoes that breed in stagnant water sources like containers and gutters. Symptoms include high fever, severe headache, joint pain, rash, and mild bleeding”

In severe cases, dengue can progress to Dengue Hemorrhagic Fever (DHF) or Shock Syndrome (DSS). Treatment focuses on symptom relief and hydration; severe cases may require hospitalization for fluid management. Prevention is crucial in the fight against dengue.

Residents should prioritize regularly emptying any containers that can collect water, applying mosquito repellents, wearing long-sleeved clothing, and installing screens on windows and doors to minimize mosquito bites. Additionally, maintaining cleanliness by disposing of stagnant water sources and clearing debris from gutters and drains is essential. Public health campaigns are vital for increasing awareness and encouraging community-wide adoption of preventive measures.

By implementing these measures diligently, we can collectively combat dengue and protect the health of our communities in Bengaluru. Let's work together to create a safer environment and reduce the impact of dengue on our city.

Get That Perfect Smile

“A smile is a curve that sets everything straight”

- Phyllis Diller

A confident smile is a distinguishing feature of successful people. Malocclusion is defined as a condition where there is a departure from the normal relation of the teeth to other teeth in same arch or to teeth in the opposing arch.

twisted or gapped teeth. According to the American Association of Orthodontists, children should have their first orthodontic visit no later than the age of 7. While many children won't need treatment at this age, it's a good time to find out if there are any issues to watch out for. Orthodontic correction is not just limited to children.

health as well as general well-being. Mal-positioned teeth harbors food impaction and which in return help in formation of plaque and calculus, and dental caries. There are various treatment options available which includes metal brackets, ceramic brackets, functional appliances and clear aligners.

An Orthodontist can correct all malocclusions and get a confident smile which will boost your self confidence as well.



Orthodontics is a dental specialty focused on aligning your bite and straightening your teeth. You might need to see an orthodontist if you have crooked, overlapped,

Adults can also get their smile correction done.

Malocclusion may not be a life-threatening condition. But it is important to be considered as it affects an individual's oral



Dr. Jeff Zacharia Nixon
MDS Orthodontics & Dentofacial Orthopedics
Orthodontist
Confident Dental Care,
Electronic City

Unlocking the Power of Functional Fitness Enhance Everyday Strength & Mobility

Functional fitness has gained popularity as a practical approach to improving overall strength, mobility, & performance in everyday activities. Unlike traditional gym routines that focus solely on isolated muscle groups, functional fitness emphasizes movements that mimic real-life activities, making it highly relevant for enhancing daily life. Here's how you can unlock the power of functional fitness to boost your strength & mobility.

Understanding Functional Fitness

Functional fitness centers around exercises that train your muscles to work together and prepare them for daily tasks. These exercises often engage multiple muscle groups and joints simultaneously, improving

coordination, balance, and flexibility.

Benefits of Functional Fitness

- Improved Daily Functionality: Enhance your ability to perform tasks like lifting groceries, climbing stairs, or playing with kids without strain.
- Increased Strength and Stability: Build functional strength that supports your body in various movements and positions.
- Enhanced Balance and Coordination: Reduce the risk of falls and injuries by improving your body's ability to maintain stability.

Key Principles of Functional Fitness

- Multi-Planar Movements: Incorporate exercises that move your body in different planes (frontal, sagittal, & transverse) to mimic real-life movements.

- Core Engagement: Emphasize exercises that engage your core muscles to stabilize your body during movements.

- Functional Progressions: Start with basic movements and gradually increase complexity and resistance as your strength and coordination improve.

Exercises to Enhance Strength and Mobility

- Squats and Lunges: Improve lower body strength and stability essential for activities like bending and lifting.
- Push-ups and Rows: Strengthen upper body muscles used for pushing, pulling, and lifting objects.
- Planks and Core Rotations: Enhance core strength and stability crucial for maintaining balance and preventing injuries.

Integrating Functional Fitness into Your Routine

- Start Simple: Begin with

basic exercises and focus on mastering proper form before progressing to more challenging variations.

- *Consistency is Key:* Incorporate functional fitness exercises into your weekly routine, aiming for at least 2-3 sessions per week.

- Adapt to Your Needs:

Tailor exercises to your specific goals and daily activities, whether it's improving flexibility for gardening or strength for carrying groceries.

Practical Tips for Success

- Warm-up and Cool Down: Always warm up with dynamic stretches and cool down with static stretches to prevent injuries & promote flexibility.
- Listen to Your Body: Modify exercises or seek guidance from a fitness professional if you experience discomfort or pain during workouts.
- Stay Motivated: Track

your progress, set achievable goals, and celebrate milestones to stay motivated on your fitness journey.

Conclusion

Functional fitness offers a holistic approach to improving strength, mobility, and overall fitness levels that directly translate into enhanced daily living. By incorporating functional exercises into your routine and focusing on movements that mimic real-life activities, you can unlock the power of functional fitness and enjoy a more active, functional lifestyle.



Harish G
Manager
Green Fitness Gym.

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Empowering Humanity: BVM Global's Blood Donation Campaign

In a remarkable display of compassion and community spirit, BVM Global recently hosted its annual Blood Donation Campaign on Wednesday, 12th June.

importance of donating blood and to inspire active participation in saving lives. We were divided into three groups and taken to three distinct locations.

and how each contribution can profoundly impact someone's life.

BVM Global recognizes the crucial role schools play in educating young



We the students of Grade 8, accompanied by our class teachers, participated in an awareness campaign that spread a strong message of hope and support for those in need.

The objective of the campaign was to raise awareness in our neighbourhood about the vital

We prepared numerous posters, flyers, and banners, we canvassed on sidewalks, capturing the attention of numerous passers-by and receiving a lot of positive responses. This campaign provided a powerful educational experience. We learned firsthand about the critical need for blood donations

people, driving this mission wholeheartedly. As I reflect on my experience, I am filled with a deep sense of fulfilment and gratitude. It is humbling and inspiring to know that our efforts could make a difference in someone's life.

Adithi S Nair, 8B
BVM Global @ Bengaluru

The Importance of Fair Competition in Entrance Exams

Competitive exams are an integral part of a student's life. They serve as a gateway to a better future, providing opportunities for higher education and career prospects.

are designed to be challenging, they should also promote healthy competition. This can be achieved by ensuring that everyone has a fair chance to showcase their abilities.

When individuals prioritize honesty, meritocracy, and transparency, it fosters a sense of justice and collective progress. A country that upholds these principles stands a better chance of achieving a high quality of life for all its citizens.

Thus, competitive exams are instrumental in shaping a student's future. By promoting fair means & ensuring equal opportunities for all, we can create a society that values hard work and integrity. Let us all commit to saying no to unfair practices in exams and work together towards creating a better society & country.



Focus on Preparation:

As a student aiming for competitive exams, it is crucial to prioritize your preparation. This involves dedicating sufficient time to studying, understanding the subject matter, and practicing mock tests. By investing efforts in a structured and focused manner, you can enhance skills and knowledge, giving the best chance to succeed.

Healthy Competition:

While competitive exams

Entrance examinations should be designed to assess candidates based on their abilities and not on unfair means. This includes prohibiting any form of cheating, bribery, or favoritism.

A Better Society and Country:

A conscious effort must be made by each citizen to say no to unfair practices in exams. By doing so, we can create a society that values integrity and fairness.



Megha DUTTA
Founder NAMATE24
Training Academy

Are we losing Indian couture to European fashion?



Mishka Kalra,
Class 9, Christ Academy

Without any criticism, our Indian citizens have been greatly influenced by European Couture. Most of it mainly comes from teenagers to adults in their late 20's. They find it charming and captivating to touch up themselves in Western clothing. Although western clothing may be more comfortable and workable.

The people should also not forget their culture because of which traditions over the years may be tarnished. Indian fashion is greatly respected by a number of celebrities like the Williams sisters who attended the games in Bengaluru wearing beautiful silk sarees. There is absolutely no problem if people are following western fashion but it is important that they do not forget their roots. And then here comes another frequently asked question: **If Indian fashion is really as chic and glamorous, then why has it never caught up to Indians worldwide?**

Because we, as a community, lack the understanding of risk manage-

ment. Rather than finding our own grounds, we prefer to work in a secure environment. Worldwide leadership needs risk-taking along with constant efforts and zeal. How many people actually, after graduating from a tailoring course, want to start their own brand or emporium rather than working as an assistant designer for an established label? That's correct, not even twenty percent of the total designers are willing to take those risks. It's just how we're influenced by international standards of fashion.

Let's work together to preserve our Indian culture overall for our future generations to gift them as a legacy.

Live without plastic, Change your life drastic



Sauransh Bhargava,
7th Std, Treamis school.

Reduce plastic footprint.

In our modern world, plastic has become an integral part of daily life. From packaging to personal items, its convenience is undeniable, yet its environmental impact is significant. Taking a day to consciously avoid plastic can be a small but meaningful step towards reducing waste and promoting sustainability. Here's how we can navigate a day without plastic:

Morning Routine

Toothbrushing: Use a bamboo or compostable toothbrush instead of a plastic one.

Breakfast: Opt for fresh fruits or bulk bin cereals to avoid plastic packaging. Use a reusable container or cloth bag if carrying food.

Beverages: Carry a reusable coffee mug or water bottle to avoid disposable cups and bottles.

Throughout the Day

Shopping: Bring reusable bags for groceries and avoid products with plastic packaging. Shop at farmers' markets for fresh produce.

Lunch: Pack your meal in a reusable container or beeswax wraps instead of plastic bags or cling film. Use a stainless steel or bamboo utensil set.

Snacks: Choose snacks that come in cardboard, glass, or paper packaging rather than plastic wrappers.

Evening Activities

Personal Care: Use shampoo bars or refillable containers for toiletries instead of plastic bottles.

Dinner: Cook fresh meals using ingredients from bulk bins or shops that use minimal packaging. Avoid takeout containers & plastic utensils.

Additional Tips

Choose Alternatives: Seek out products made from glass, metal, wood, or other sustainable materials instead of plastic.

Spread Awareness: Share your experience and tips with friends and family to inspire others to reduce their plastic consumption.

Living a day without plastic requires conscious choices & planning, but the benefits for the environment are substantial.

Please stop using Plastics



Master Jahaan
3rd Class,
Candor International
School

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 Community Bonding at Ajmera Infinity



As part of building companionship among senior citizens, the Ajmera Infinity recreation club organizes get-togethers every fortnight. This event is eagerly anticipated by participants as it offers a break from their daily routines. On June 17th, the get-together was particularly special, featuring games organized by one of the members that brought

laughter and fun to everyone. The "Make Them Laugh" game was particularly successful, while the "Guess Your Partner" game saw many successful pairings with aplomb.

A dedicated member of the recreation club teaches Pranayoga to elders, and on International Yoga Day, she conducted a special and colorful session.

Senior citizens of Ajmera Infinity continually reinvent themselves in various ways, including organizing and participating in bhajans, which are well attended. The recreation club aims to foster a sense of family among elders.

The Ajmera Infinity Apartment Owners Association has planned cultural and sports events for Independence Day celebrations, with participation from senior citizens expected to surpass expectations.

Ajmera Infinity Recreation club.

Property Tax Drive at Ajmera Infinity



Thanks to Town Panchayat Doddathogur for spearheading a commendable property tax collection effort at Ajmera Infinity.

Dr. Surbhi Bhargaval Scientist and Humanitarian

Dr. Surbhi Bhargaval is a Senior Scientist and Virologist with a Ph.D. in Biotechnology and extensive research experience, including roles at IISC and Vanderbilt University. With 17 years of research, numerous publications, and various completed projects for the Indian government, she is a respected figure in biotechnology.

As Chairperson of the Lions Club, she exemplifies the motto "We Serve." She founded Live Natural Farms and Kilkari Matrachaya orphanage, actively engaging in social service for over 15 years. A true Corona Warrior, Dr. Bhargaval saved lives during the pandemic through her service in Nepal and India.



Dr. Surbhi Bhargava
Senior Scientist
Virologist

IIHMR Bangalore receives the prestigious Times Business Award for Hospital And Health Management Education

The Institute of Health Management Research (IIHMR) Bangalore, situated in Electronic City Phase 1, has been honoured with the esteemed "Times Business Awards Bengaluru 2024" for Excellence in Hospital and Health Management Education. The award was presented by renowned actor and Padma Shri & Padma Bhushan recipient Anupam Kher during a grand ceremony at JW Marriott Bangalore on June 21st.

education, multidisciplinary research, and healthcare management training and consulting. The institution offers a Post Graduate Diploma in Management (PGDM) and a Fellowship Program in Management with specializations in hospital management, public health, healthcare information technology, and pharmaceutical management.

In 2024, IIHMR Bangalore introduced a groundbreaking PGDM program in



Dr. Usha Manjunath, Director at IIHMR Bangalore, receives the prestigious award from veteran actor Anupam Kher, accompanied by Dr. Shamsuzzaman Ansari, Associate Professor at IIHMR Bangalore.

Established in 2004, IIHMR Bangalore is the southern campus of the Indian Institute of Health Management Research, Jaipur, founded in 1984. Over the past two decades, IIHMR Bangalore has built a reputation in health management ed-

Artificial Intelligence and Data Science in Healthcare, the first of its kind in India.

This innovative program aims to integrate healthcare and technology, developing a strong digital health ecosystem. It is designed to equip future healthcare professionals with advanced skills in artificial intelligence and data science, driving transformative progress in the healthcare industry.

Harmonizing Self & Society Through Yoga



The theme for International Yoga Day 2024 is "Yoga for Self and Society." This thought perfectly captures the true essence of yoga. Yoga teaches us to look inside and build oneself from scratch within, to experience a perfect balance of good health and an evolved mind. Any human who has ex-

perienced this evolution can only rise to a higher state, be compassionate, build a good society, and maintain harmony outside. Thus, a connection is fostered between the inner self and the outer world, making humans more civilized and reaffirming that yoga is a mandatory tool to balance the self and society.



Subham Saha
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Celebrating Yoga Day at Govt High School Konappana Agrahara

Govt High School, Konappana Agrahara, located in Electronic City Phase-2 within the SNN Raj Greenbay neighborhood, celebrated Yoga Day on June 21, 2024, with great enthusiasm.



The event was well-organized, with both teachers and students actively partici-

pating in yoga sessions led by the sports teacher Mr. Naryappa, supported by Mrs. Padmawati, the Headmistress, and their team.

The program was impressive, incorporating elements of Kannada culture and demonstrating respect for all attendees. The initiative underscored the school's commitment to fostering holistic development among its students.

The presence of modern facilities such as computers and playground equipment highlights their importance in the students' career advancement.

Encouraging talented individuals to volunteer and support students in extracurricular activities can significantly broaden their horizons and enhance their overall knowledge.

Shashi Bhushan Mishra,
MC and Joint treasurer,
SNNRAJ GREENBAY.

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