

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

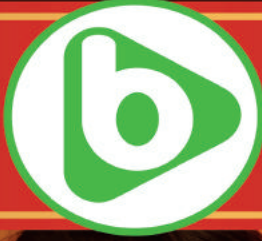
Akshaya Nagar to Ananth Nagar

Volume 2 : Issue 28

07th - 20th July 2024

Free Circulation - 25,000 Copies

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Quick News Bites

1

Concorde Manhattans residents face severe sewage overflow on Neeladri Road, E City Phase 1. Untreated sewage from nearby hotels floods streets, posing health risks, especially during monsoons.

2

ITI Ltd will transfer 24.458 acres of land and 20,558.07 sq meters of buildings in Electronics City, Bangalore, to C-DOT for Rs. 200 crore. C-DOT will also cover all related fees and charges.

3

KA 53 F 168 Electronic city to Kengeri route bus. Bus No. 378. The bus has leakage in multiple locations when raining. Window panes have to be repaired.

4

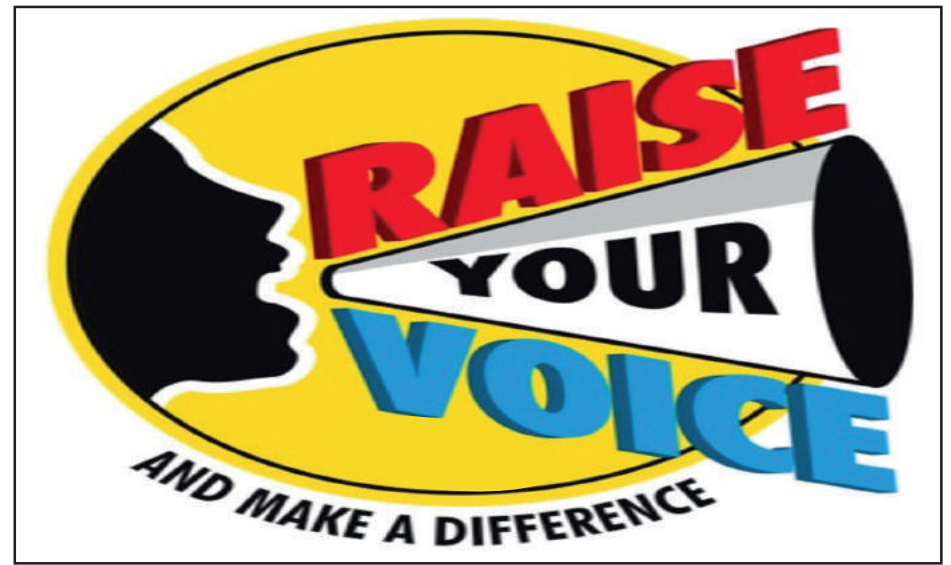
Electronic City Fruit market to Singene Agrahara road has gone from bad to worse, full of potholes and craters.

5

The Bangalore Water Supply and Sewerage Board (BWSSB) is expected to start the pre-commission trial of Cauvery V Stage by the end of July.

6

South India's first double-decker flyover at Silkboard, Bengaluru opened for trial run by Deputy CM D.K. Shivakumar on July 17.



Residents of Electronics City (Konappana agrahara) Demand Urgent Action on Basic Amenities

Bengaluru, 05 July 2024 – Electronic City Rising, a prominent residents' association, has brought to light the pressing issues faced by the inhabitants of Electronics City, especially those residing outside the ELCITA/ELCIA limits, such as Konappana Agrahara TMC and other nearby villages. The association, led by President Pranay Dubey and Vice Presidents Anirudh Nayak, Vinay Kulkarni, Pushpendra Singh, and Sunil Kumar, has formally addressed these concerns in a letter to the Hon MLA M Krishnappa, MLC Mr Gopinath, Mr Muniraju - Chief Officer (Konappana Agrahara TMC) at BBMP Office in JP Nagar

Garbage Collection and Disposal:

The association highlights rampant roadside dumping of garbage across Electronic City, posing severe health risks to the residents. An

efficient and regular garbage collection system is urgently needed to address this issue.

Water Issues:

With the depletion of groundwater levels, water scarcity is a significant concern. Most residents rely on water tankers for their supply. The association suggests that infrastructure to supply Kaveri Water would help mitigate this issue to a certain extent.

Property Tax Collection:

The residents have raised concerns about the higher property tax rates in the gram panchayat/TMC areas compared to BBMP. The association believes that reducing these rates would increase compliance and revenue, as more residents would be willing to pay.

MSW Processing Plant Violations:

The BBMP's Municipal Solid Waste (MSW) pro-

cessing plant has been violating environmental norms despite orders and penalties from the National Green Tribunal (NGT). The plant's operations are causing significant ecological damage and health issues due to the foul smell emanating from it.

Road Condition:

While there have been improvements in road conditions over the years, many roads still suffer from potholes and other damages.

The association calls for further enhancements to ensure safer and smoother transportation.

“Electronic City Rising urges the authorities to prioritise these issues and take immediate action to improve the living conditions for the residents. The association remains hopeful for a positive response and swift resolution of these concerns”

Residents of Hulimangala Grama Panchayat Appeal to MLA for Infrastructure Improvements

Bengaluru, 13 July 2024 – The Hulimangala Residents Welfare Association (HRWA), representing over 20,000 residents from societies under the Hulimangala Grama Panchayat, has formally approached Shri M. Krishnappa, MLA of Bangalore South Constituency, highlighting urgent issues affecting the area.

The association's letter underscores the pressing need for better hygiene, safety, and infrastructure. Key concerns include the condition of the Shikaripalya Lake, which currently receives untreated sewage from independent houses and paying guest accommodations. The HRWA has requested the installation of a Sewage Treatment Plant (STP) to process

this sewage and protect the lake's ecosystem. Additionally, fencing around the lake is necessary to prevent garbage dumping and cattle grazing, which harm the local environment.

Garbage management is another significant issue. The residents have complained about the inadequate garbage collection system, leading to littering on roads by shops and independent houses. The association has urged for a more efficient and timely garbage collection service.

The absence of an underground drainage (UGD) system has also been highlighted. The lack of UGD results in sewage mixing with rainwater, contaminating lakes around Electronic City and affecting

groundwater quality. The HRWA has called for the establishment of a proper underground drainage system.

Encroachment on Shikaripalya Main Road by shops and hawkers is causing traffic congestion and inconvenience. The association has requested the Hebbagodi Police to address this issue and remove encroachments. Finally, the HRWA has appealed for the Hulimangala Grama Panchayat to be brought under the City Municipal Council (CMC) due to the significant population growth in the area.

The association has urged Shri M. Krishnappa to prioritise these issues, expressing optimism for prompt action to improve living conditions in Hulimangala.



Doddathogur Town Panchayat has completed laying of a new road.



Veerasandra circle keeps flooding every time the monsoon hits



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Conserve precious drops of water by Planning proper Landscape

It has become an urban trend to put grass (Lawn) everywhere to cover the soil. Apart from that, almost all the apartment complexes in metropolitan cities have switched to ornamental vegetation.

In this article we will focus on a few steps which we can follow to reduce usage of water in landscaping.

- Plan the vegetation based on seasons.
- Go Native with selection of species.

- Eliminate chemical fertilisers and pesticides. This will help protect the aquifers
- Create a small constructed wetland to help further protect the ecosystem.
- Hydroponics & Aquaponics are best suited as they are closed loop systems.

It's now or never. Water crisis is already at its peak, it's time to optimize landscapes for a better future.



This switch is actually leading us towards WATER ILLITERACY. It is estimated that over 30% of domestic water usage contributes to landscape management. Things become even worse when fresh water is used for landscaping, rather than treated water or grey

- Mulching to increase wetness of soil.
- Replace Lawn with Native Grass and Stones.
- Use drip irrigation rather than sprinklers.
- Switch to treated water/ grey water.
- Strict NO to invasive species of vegetation.



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QUICK RULES TO FOLLOW WHILE RENOVATING YOUR HOME

With the pandemic, there has been a huge shift in the ecosystem, one aspect being home renovation, driving owners to re-do their personal spaces due to longer stays. You may know exactly how you want to transform your space but the practicalities of executing it can make the process stressful and overwhelming. However, there are some fundamental things that you should keep in mind before starting off.

- Understand your space Every house has some energy within. Feel your house, study the requirements like some spaces are bright, some are peaceful, some spaces are dark etc. Work to balance these energies.
- Selection of colour pallet As per Vastu, white & off white are considered safe options. Not only this, they also make the space look bigger and brighter. Introduce subtle colours in interiors to break the

monotony. Also choose colours as per the direction like, north-shades of blues, east-shades of green, south-shades of orange, west - shades of grey.



- Choose space optimization Don't go for too much storage. Make provisions for multiuse, convertible, built-in and closed storage in each room to have more open space for movement. This results in a flow of positive vibrations.
- Buying corded elements Do not rush into buying your furniture early. Plan your requirements, take actual measurements on site and match with the interiors. This will prevent you from buying too many articles.
- Home décor & furnishings Certainly! When it comes to home décor, sub-

tle changes make a big impact. Opt for shades like beige, pink, purple, peach, and lavender for calming effect. Use shades of green and blue on the eastern and northern sides for positive energy. Avoid overly bright or jarring colours. Choose floral prints over geometric or abstract patterns. Florals add a touch of nature and softness to your decor. Place indoor plants in the North, East and south Eastern side.

“Remember, a well-planned layout with thoughtful placement and colour scheme can transform any space!”



Tanushree Dey
Founder & Designer
Happy Homes
Vasthu Decor

Urban Foodscapes: Cultivating Sustainable Foodscapes, One Terrace at a Time

Urban food gardening has become a crucial part of modern city life. As urbanization continues to limit green spaces, terrace gardening offers a creative solution, providing fresh produce & numerous benefits to people in the city.

The need for gardening is more urgent than ever. Rising food prices and a growing demand for organic produce are prompting city residents to grow their own food. Concerns about the environment & a desire for sustainable living are also encouraging people to create their own green spaces. Beyond the practical benefits, gardening helps reduce stress and promotes overall well-being.

Terrace gardens provide immediate access to fresh fruits, vegetables, and herbs. By reducing the distance food travels from farm to plate, they help lower carbon emissions. These gardens also have a positive environmental impact, reducing the carbon footprint through local

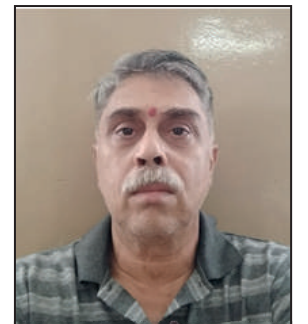
food production. Plus, terrace plants naturally purify the air and make good use of otherwise unused spaces. Importantly, terrace gardens produce pesticide-free vegetables and fruits, offering a healthier alternative to commercially farmed produce, which often relies heavily on chemical pesticides.

Gardening can alleviate stress, anxiety, and depression, improving mental health. It fosters social interaction and community engagement. The educational value is immense, as people learn about plants, ecosystems, and sustainable practices. Furthermore, terrace gardens beautify urban environments, making them more inviting. Lastly, there's a deep sense of satisfaction in nurturing plants and watching them thrive. This article is the first in a series on terrace gardening, where we will explore various aspects of creating and maintaining your own

green space. Starting a terrace garden, basic supplies such as containers, soil, water, and sunlight. Choosing plants that are suitable for terrace gardening. Regular maintenance, including watering and pest management, is key to a thriving garden. Sustainable practices, like composting and rainwater harvesting, can further enhance your garden's benefits.

Come, Let us embark on this journey.

“Embrace the green revolution and transform your urban terrace into a lush, productive garden”



Vinay Magadi
Executive director
Garden City Farmers.

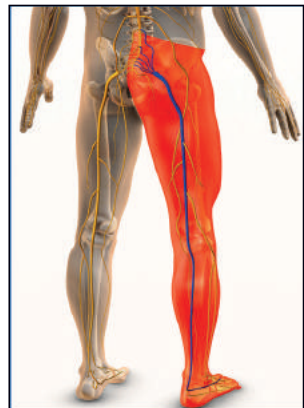
Understanding SCIATICA

Sciatica is oftenly heard term, which is a common condition that can be quite painful and disruptive to daily life.

Sciatica refers to pain along the sciatic nerve, which radiates from lower back, through your buttocks and down to leg.

Causes of sciatica?

Sciatica occurs when something compresses or irritates the sciatic nerve.



The reasons may be

- Herniated Disc
- Spinal Stenosis:- This is a narrowing of the spinal canal can pinch the sciatic nerve.
- Piriformis Syndrome.
- Spondylolisthesis: slip of one vertebra over another.
- Injury or Trauma: Inju-

ries to the lower back or pelvis.

- Spinal tumors and metastasis.

Symptoms of Sciatica

The hallmark of sciatica is pain that starts in the lower back and travels down the leg. One might describe it as a

-Sharp, Shooting Pain: like an electric shock, shooting down your leg.

-associated with Numbness or Tingling in lower limbs.

- sometimes presents with weakness: in legs, difficult to move due to it.

- Worsened by Sitting: prolonged sitting working patterns aggravate it.

The intensity of the pain can vary from mild discomfort to severe debilitating pain.

How to diagnose?

It is essential to visit a spine surgeon to get evaluated with thorough clinical assessment and to diagnose radiologically with x-rays and MRI of the spine.

Management:-

Aim to address the cause

- Rest: Avoid activities that aggravate your symptoms.

- cold compression and hot

water fomentation.

- analgesics and muscle relaxants.

-physiotherapy to increase the flexibility, core and paraspinal muscles strengthening exercises.

-root blocks/caudal epidural blocks.

- Surgery is usually considered a last resort if other treatments don't work.

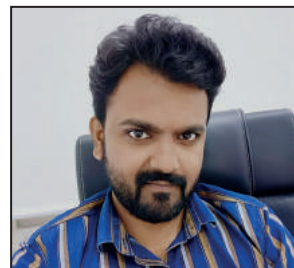
Preventive measures

• Exercise Regularly.

• Maintain Good Posture.

• Avoid sedentary lifestyle and habits(smoking and alcohol).

If you suspect you have sciatica or your symptoms worsen, don't hesitate to seek medical advice. Early intervention can help prevent complications with good chances of recovery.



Dr. Prajwal Narayan,
Consultant spine surgeon
Electronic City.

VARSHA RUTUCHARYA – A GUIDE FOR GOOD HEALTH DURING MONSOON

Ritucharya is the ancient Ayurvedic practice and it is combination of two words, "Ritu" which means season and "Charya" which means Regimen or discipline.

• In order to maintain normal digestive power one has to take old barley wheat and Shali rice (Oryza Sativum Linn.) along with the meat of arid animals and Vegetable soup.

avoided.

Lifestyle:

• Boiled water for bathing and massaging the body properly with oil is advised after taking bath body

• Should be anointed with paste of aromatic drugs like Chandana (sandal) etc.

• Wearing fragrant garlands wear light and clean apparel and should reside in house devoid of humidity during this season.



Varsha ritu:

Mid-July to Mid-September – It is considered as Varsha Ritu. During this season, the sky is cloudy and It rains without thunderstorms. The lakes and rivers Are filled with water. Rasa and Mahabhuta in this Season are Amla (sour), and Prithvi and Agni, Respectively. The strength of an individual becomes Weak in this season. Variation of Vata Dosha and Deposition of Pitta Dosha, Agni also gets vitiated.

Diet routine:

• Foods having Amla and Lavana(salty) taste and of Sneha (unctuous) qualities should be eaten.

• Even though by nature, honey Is responsible for the vitiation of Vata its intake in small quantity is prescribed.

• It is advised to drink pure rain water or water from pond or well which is boiled and cooled.

Contraindications during Varsha Ritu:

• One should abstain from taking Mantha (groat) diluted in excess.

• The foods, which are substantial and difficult to process, similar to meat, are prohibited

• Excessive exercise, drenching in rain, napping in the day, sexual indulgence, hard work, wind, staying at the river bank are some of the things that should be

“Ritucharya is totally a principle based on blending with nature it helps individual in bringing up the strength, complexion, happiness and longevity without disturbing the equilibrium of Dhatus and Dosha of body thus preventing diseases, Ritucharya as Preventive medicine provides way for healthy living”



Dr Sinchana,
BAMS,MD (AYU)

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Bridging the Trust Gap: Nationalizing Health Care for All

In Karnataka, a troubling dichotomy exists between the healthcare choices of state officials and the general populace.



While the central government's All India Institute of Medical Sciences (AIIMS) is the go-to for top union officials, state ministers and high-ranking officials in Karnataka seldom opt for state-run hospitals for their medical needs.

Instead, they prefer the advanced facilities of private hospitals. This disparity raises questions about the trustworthiness and quality of the state-run hospitals, which the poor citizens of Karnataka are compelled to rely upon due to financial constraints.

“The reluctance of state officials to utilize the hospitals they oversee implies a lack of confidence in the quality of care provided. It reflects poorly on the state's healthcare infrastructure and raises concerns about the competency of the medical professionals and the adequacy of the facilities”

If the very individuals responsible for administering these hospitals do not trust them, it stands

to reason that the public's faith in the state healthcare system is likely diminished as well.



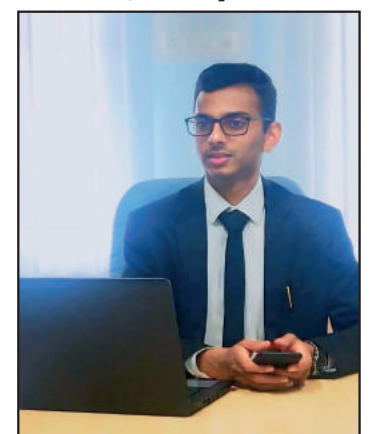
This situation underscores the urgent need for nationalizing health care, ensuring that high-quality medical facilities are accessible to all, regardless of socio-economic status. Nationalizing health care would help standardize the quality of services

across the country, providing every citizen with the assurance of competent medical care.

The Central Government must play a pivotal role in this transformation, leveraging its resources and administrative capabilities to elevate the standards of state-run hospitals.

Implementing a national health policy could ensure that every state-run hospital in Karnataka and beyond meets a minimum standard of excellence. This would not only restore public trust but also promote equity in healthcare access, reducing the burden on private hospitals and making quality healthcare a reality for every citizen. By bridging the trust gap, nationalizing

health care can pave the way for a healthier, more equitable India.



Shubhankar C
Legal Associate
General Secretary,
SMSC Trust.

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Eurokids –A Journey into Holistic Development & Mindful Learning



Shweta Singla
Principal & Center Head, EuroKids International, E City Phase 1

Can you tell us about your background and experience in early childhood education?

I have dedicated 14 years to the field of early childhood education, starting 1st formal pre-school in Electronic City area in 2010. My education background includes B.Com and MBA. Over last decade, I have been committed to fostering a nurturing and stimulating environment for young learners.

What kind of curriculum do you follow?

At EuroKids, we follow a child-centric curriculum that emphasizes experiential learning, play-based activities, and holistic development. Our curriculum integrates global best practices while being mindful of local cultural contexts. We focus on developing key skills such as critical thinking, creativity, communication, and collaboration through a variety of interactive and engaging activities.

How do you support the professional development of your teachers?

Our teachers participate in regular training sessions conducted by Eurokids in various aspects like classroom management, child engagement & executing curriculum ensuring continuous learning and excellence in education. Moreover, there is mentoring by experienced to new teachers.

Are there any special events or programs that involve parents and the local community?

We organize various events across the year such as Father's Day, Diwali with Mother's, Grandparents Day, Sports Day, Object talk, fancy dress and Annual day etc. These events provide stage appeal and boost confidence in the child along with the child and parent participation in the learning process.

What is your approach to handling conflicts or behavioral issues?

Our approach to handling conflicts and behavioral issues is rooted in positive discipline and restorative practices. We focus on understanding the underlying causes of a child's behavior and work towards resolving issues through open communication, empathy, and support. We also engage with parents to understand the problem in helping their child.



Are there any new programs or initiatives you plan to introduce?

We plan to start after-school programs to provide opportunity for additional learning beyond academics.

What do you find most rewarding about being a principal at a preschool?

The most rewarding aspect of being a principal at EuroKids is witnessing the growth and development of our young learners. Seeing their faces light up with curiosity and excitement, knowing that we are making a

positive impact on their foundational years, is incredibly fulfilling. I get to meet many of the alumni's studying in various schools and happy to see the positive impact we have been able to create in their formative years.

As a principal of a renowned preschool, what message would you like to share with the community?

As the principal of EuroKids, I believe that early childhood is crucial for self-discovery and growth. Preschool is a community where children, parents, and educators come together to shape young learners. Full-hearted Parent involvement and support are essential in creating a rich, dynamic atmosphere where every child can flourish. Together, we can build a foundation of love, curiosity, and resilience that will help our children for life-long learning. Together, let's make these early years the most magical and impactful.

Too Much Expectation from Parents Can Affect a Child's Mental Health

In India, parenting styles are unique. Parents care for their children unconditionally, but when a child can't meet their expectations, they often get upset and treat the child offensively, disregarding the child's feelings and experiences.



This can negatively impact children's mental health. Here are some suggestions to improve your child's mental well-being:

- **Accept the Child:** Avoid criticizing the child's physical appearance, including physical traits and skin color. If the child faces physical challenges, support them and teach them how to navigate dai-

ly life effectively.

- **Encourage Success but Support in Failures:** Guide your child on how to succeed in tasks, but if they fail to achieve small goals, provide support and listen to their feelings. Pay close attention to their emotional needs.

- **Explain Life to the Child:** Help them understand that life is a mix of happiness and sorrow, success and failure. Teach them to find happiness in what they have instead of constantly seeking it elsewhere.

- **Teach Positive Thinking:** Encourage them to maintain a positive outlook on life, which can lead to stronger and

more positive cognitive skills.

All the above points will help children stay mentally healthy and happy.

“We live in a modern era with access to food, shelter, education, health, and wealth, yet achieving mental health remains a challenge. Parents should prioritize their children's mental health to ensure they live with peaceful minds”

YouTube - @Mindmantra Shanthala



Shanthala Santosh,
MA-Counseling Psychology.

MY FIRST RADIO SHOW

BVM Global School recently hosted a radio show, in which I took part as an author and novelist Anita Desai who is now 86 years old. My friends and I were thrilled of recreating an interview with a favourite author, mixing our love of literature with the magic of radio. When our broadcast began, our little team felt a burst of excitement.



Initially, when I learned that I'd been chosen for the radio show, I was pleased and excited. Being an author required that I should be outgoing and confident.

The conversation flowed easily, with breaks for laughter and intense reflection. We interwove imagined readings from the author's most recent work, bringing their characters and plot to life through our voices.

“Throughout the interview, we marvelled at radio's ability to transport listeners into realms of imagination and elicit emotions through the narrative. The exercise increased our appreciation for the author's work and fuelled our desire to share stories and ideas with our school community. The radio broadcast was an unforgettable experience for myself and my friends. We put a lot of effort into our personalities. We all felt a sense of accomplishment after finishing our broadcast”

Since practice is the key to success, I'd like to thank my teachers for giving us a lot of time to practice as well as this fantastic opportunity.

BVM Global School
@ Bengaluru



ಸಾಧನೆ

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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.

Health Check Up Camp at SNNRAJ GREENBAY E City



A free health check-up camp was organized on the 7th of July 2024 from 10:00 AM to 2:00 PM in the clubhouse of SNNRAJ GREENBAY. This was a fantastic opportunity for the residents to prioritize their health and well-being. The health check-up, as detailed below, was

conducted by Narayana Health City, Electronic City, Bengaluru: blood pressure, RBS, BMD, and ECG. Consultations with orthopedic specialists and cardiologists were available at this camp.

Shashi Bhushan Mishra
MC and Joint Treasurer
SRGBOA Bengaluru.

Ajmera Infinity's Grand Independence Day Prep

AJMERA INFINITY is preparing itself for the GRAND INDEPENDENCE DAY CELEBRATION with many many games, competitions and activities from the age group of 4 year olds to eighty plus residents. It is one of the most celebrated events year on year. CULTURAL AND SPORTS... by the ladies, seniors and youngsters, ones and children who form the backbone of the celebrations.



What is amazing is that this community is having three entries (teams) totalling to 33 members for senior citizen cricket this year, already practice sessions are going on, participants unmindful of the weather. Equal enthusiasm shown

The recreation club for senior citizens had their oldie's day out with the much awaited Bollywood quiz II, most of the participants were floored by the quiz master as he had prepared a set of questions relating

to the period of Dadha Saheb Palki and veterans of the same age. While one participant commented that the questions asked were out of syllabus the folks consoled themselves that they are that old.

Ajmera Infinity Recreation club

Free Membership Drive for Senior Citizens Empowering Active Ageing

Join Vayah Vikas Trust's free membership drive for senior citizens from Bommanahalli to Chandapura. This initiative aims to empower seniors by providing healthcare discounts, legal advisory sessions, engagement activities, digital literacy workshops, and awareness programs. Led by esteemed figures like Mr. Senapathy Kris Gopalakrishnan and Dr. Devi Shetty, Vayah Vikas Trust is dedicated to enriching the golden years of our seniors.

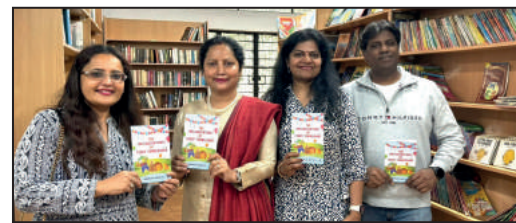
For more information, visit www.vayah-vikas.org or contact Manikandan S at manikandan@vayah-vikas.org, +91 9092438488.

A much-awaited Book Launch

On the 7th of July the eagerly envisaged book launch of the recently published children's book The (mis)Adventures of Teddy Tumbledore took place at a coveted library, Just Books library.

The book was penned by Monideepa Banerjee, who has been writing features and short stories for over twenty-five years in various prestigious magazines and newspapers. The (mis)Adventures of

Teddy Tumbledore is her debut children's novel. This captivating children's book is a wonderful blend of humor, heart and adventures that will charm both young & adult readers. The event was hosted by the Electronic City Phase 1 Branch of Just Books at their A114, Block 2, KS-SIDC Complex. Despite being a Sunday, a motley crowd of readers, families and literary enthusiasts gathered to embark on a



roller-coaster fun ride with Teddy Tumbledore's (mis)adventures.

The event began with an introduction of the book and the author Monideepa Banerjee by the franchise owner, followed by the unveiling of the book. The

unveiling was done by Ms. Jublee Patnaik, the founder director of Mykidz School, located on Neeladri Road. Being an educator herself, Ms. Patnaik recognized the importance of reading for children and applauded the library for hosting such events.

“A highlight of the event was a live reading session of select passages from the book by the author herself. Her animated rendition brought alive Teddy and her friends that enchanted everyone present. Later she conducted a simple Quiz and the children participated enthusiastically and were thrilled to receive stickers of the characters from the book”

Later on, light refreshment was organized from Just Books. With this event, Just Books library did not only celebrate the arrival of a new literary hero, Teddy Tumbledore, but also

motivated children to pick up reading whole-heartedly.



The book is available for purchase from Amazon and from Just Books library as well.

Press Release: Nandana Palace Restaurant Opens in Devanahalli

Famous for Andhra-style cuisine, 25th branch Bengaluru:

Nandana Palace, a renowned Andhra-style non-veg restaurant, has opened its 25th branch in Devanahalli. The opening ceremony of this hotel took place on Thursday, with actor and director Dr. Ramesh Aravind gracing the event.



Speaking on the occasion, Dr. R. Ravichander, Chairman and Managing Director of Nandana Palace, said,

“It is because of the trust and faith that customers have placed in our hotel that we have been able to open a new branch. This is our 25th branch. I have been in the food industry since 1989. Our mutton pepper fry, ghee roast, prawn fry, and chicken biryani are particularly famous. We provide customers with high-quality, tasty dishes. We are expanding branches based on customer demand”



Mr. Papanna, businessmen and Adyar Anand Bhavan Managing Directors Mr. K.T. Venkatesh Raj and Mr. K.T. Srinivas Raj, Sangeeta Mobile President Subhash Chandra, and Oxford Education Institutions President Dr. S.N.V.L. Narasimha Raju, among others.

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Champions Crowned at the Open Badminton Tournament



Net Kill Sports Badminton Academy hosted an exciting Open Badminton Tournament on July 13, 2024, featuring Men's Singles, Doubles, and Mixed Doubles. Congratulations to all participants for their outstanding performances!

Residents of Concorde Manhattans organized a grand Rath Yatra for Prabhu Jagannath on July 7, drawing over 1,000 devotees. The 18-foot chariot, adorned with flowers and colorful canopies, was designed and decorated by the residents. After a ceremonial puja, the deities were placed on the chariot and pulled by devotees through the premises.

Grand Rath Yatra Celebrates Culture and Community



Cultural performances, including folk and classical dances, enriched the spiritual experience. A prasadam seva offered a variety of dishes to attendees. The event concluded with the Bahuda Jatra on July 15, marking the first annual Rath Yatra, replicating the famous procession from Puri, Odisha.

Srinibas Behera
Resident,
Concorde Manhattans

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ELECTRONIC CITY CREDESCENCE NAMMA NEIGHBOURHOOD NEWS

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Senior Citizens Unite for Joyful Sunderkand Celebration

The Senior Citizens Ladies Group organized the third annual function of Sunderkand, Bhajan Kirtan, and Bhandara at the clubhouse of SNN Raj Greenbay, Electronic City, Phase-2, Bengaluru. They have been performing every Tuesday for the past three years.

significant role. Participants enjoyed the chanting of mantras by Mrs. Rajani, Mrs. Indu Chaturvedy, and Mrs. Anju Chopra. All members enthusiastically chanted the Sunderkand path. The bhajan and kirtan were performed by Mrs. Chanchal Datta, Mrs Indira Singhle.



The event also invited the Senior Citizens Gents Group to participate. The program was celebrated under the guidance of Smt Pratibha Singh. Smt Ranjna Verma, known for her expertise in music and sangeet, played a

Mrs Meena Srivastava and her senior lady friends, adding to the joyous atmosphere.

**Senior Citizens Ladies Group
SNN Raj Greenbay.**

Grand Inauguration of Green Trends Unisex Salon in Hosa Road, Bengaluru

Green Trends Unisex Salon on DoddaNag-aMangala Road, Hosa Road, Bengaluru-560100, celebrated its grand inauguration on Wednesday, July 10, 2024.

lighting the “Seva Deepa” along with Mr. Srinivas S N, Ex-Corporator of BBMP, and salon promoter Mr. Shivaprasad S B. The event was also graced by Ms. Vanitha S from

Ms. Rukshana.

Ms. Parvati Nair praised the salon’s spacious interior, hygiene standards, and service quality. Mr. Srinivas emphasized the importance of maintaining high energy and enthusiasm among the team to uphold corporate ethics in client service. Mr. Shivaprasad assured guests of his team’s commitment to delivering exceptional customer experiences aligned with their business ethos.

To mark the occasion, Green Trends is offering a special inaugural discount of 25% to clients until the end of the month.

**Green Trends
Unisex Salon**



Ms. Parvati Nair, renowned as the “Charming Star of South India,” inaugurated the salon by Shampur Eduserve Foundation and Green Trends representatives Mr. Krishna, Mr. Godwin Perera, and

13th Year Guru Pournami Mahotsava

Sri Shiridi Sai Baba Mandira, Hulimangala, invites all devotees to celebrate the 13th Year Guru Pournami Mahotsava on 20th and 21st July 2024. The event in-

cludes Arathi, Abhisheka, Homa, and a free blood donation camp by Narayana Hrudaya-laya. Please donate for Annadhana (Rice, Dhal, Rava, Ghee, Oil, etc.).

Address: Neeladri Nagar, Hulimangala Main Road, Jigani Hobli, Behind Uniworld Apartment, Bangalore - 562 106. Contact: 9611333395, 9886900053, 9902923122

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