

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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Quick News Bites

- 1 Electronic City recorded 32.4 mm rainfall in this month so far, normally it records around 85.1 mm rainfall. source: weatherunion
- 2 Two of Bengaluru's most important IT clusters, Whitefield and Electronics City, will be stops on the eagerly awaited Chennai-Bengaluru-Mysuru high-speed rail track.
- 3 Doddathoguru Lake near Green House layout, Sri Lakshmi Narasimha Swamy Main Rd is suffering from sewage water entry into the lake. Government bodies need attention.
- 4 Phase 5 of the Cauvery is almost complete; the original plan to provide water to 110 villages by the end of June has been rescheduled for mid-August.
- 5 BMRCL announced that Bengaluru's Yellow Line will open in December, featuring 8 trains running at a 15-minute frequency.

New Flyover Halves Travel Time to Electronic City

A cheer to boost motorists' spirits. Chief Minister: The flyover from Hosur

side in under 10 minutes to the junction of Hosur Road.

What normally used to take about one & a half hours from Jayanagar to Electronic City can now be covered in less than half that time, bringing much-needed relief to motorists.



The newly opened double-decker flyover connecting Ragigudda to Roopena Agrahara was opened to traffic on July 17, 2024, after a low-key inauguration by the Deputy

Road to Jayanagar in the reverse direction will be ready by mid-June 2025, according to sources. The flyover is approximately 5 km long and can be traversed from the Ragigudda



Tilak Subramaniam

Dogs menace in Doddathogur

The population of dogs is on the increase in Doddathogur area. The municipality needs to do a thorough job of neutering them to curtail their population. Packs of dogs go around weaving in and out of traffic posing a hazard to commuters during peak hours which in Doddathogur is nearly all the time.

meters of territory from other roving dogs just passing by and the ensuing commotion startles the schoolchildren and the faint-hearted folks. Ragpickers shouldering their HDPE woven sacks trigger in the dogs some age-old enmity and bark in a furious chorus till they see off the ragpickers from their territory.

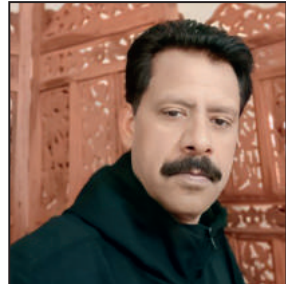
vous bike-borne person falls and breaks a bone, there's no accountability because nobody owns these dogs. Even those dog lovers who feed them biscuits every day are not likely to discipline the dogs.

There are solutions: neutering the dogs or taking them away.



The dogs engage in frequent turf wars defending their twenty or thirty

Chasing cars and bikes is yet another unhappy dog instinct, and if a ner-



Capt R. Thomas Paul
Ex-Army Captain
Doddathogur

Ananthnagara Potholes



The recently constructed roadways in Anantha Nagara Phase 2 Kamma Sandra are craters with potholes that make it difficult for commuters to navigate.

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Revival of Electronics City Lakes Infosys Foundation's Green Initiative

Bengaluru's once-pristine lakes, now marred by pollution and urbanisation, are getting a new lease on life through a commendable initiative by Infosys Foundation. Addressing the city's water scarcity issues, the foundation has embarked on rejuvenating five lakes in and around Electronics City.

lake) to a pristine state, ready to manage monsoon rains effectively. Enhancements include a 2 km walking track, 1,600 trees, and 10,000 plants, creating a revitalised environment. This initiative has transformed 197 acres of contaminated water bodies into a reliable source of drinking water, benefiting over 500 borewells,



A standout success is the transformation of Doddathogur Lake (alias Chikkathogur lake) in South Bengaluru. Once a vital drinking water source, the lake had turned into a health and environmental hazard due to severe pollution and groundwater contamination. The lake's reduced capacity led to flooding during monsoons, further exacerbating the local community's woes.

improving irrigation for approximately 500 acres of agricultural land, and supplying water to nearby villages. The addition of 50,000 trees and plants is expected to boost biodiversity.

Infosys Foundation's ongoing efforts aim to ensure a greener planet for future generations by conserving and maintaining natural resources.

The rejuvenation project has restored Doddathogur Lake (alias Chikkathogur

#InfosysFoundation #Bengaluru-Lakes #SustainableEnvironment

Diatoms powering the clean lakes & rivers

Alarming water pollution is toxic to the aquatic ecosystem leading to a sharp decline in species diversity. In urban contexts, the water pollution is mainly caused by sewage generated from households. Diatoms are a unique class of algae with tremendous diversity and are significantly different in cellular and metabolic potential from other algae. Diatoms are responsible for about 20% of the total photosynthetic CO2 fixation. Diatom algae are pioneers in controlling and biomonitoring of organic pollutants, heavy metals, hydrocarbons, PCBs, pesticides, etc in aquatic ecosystems. Diatoms are known to ingest heavy metals too.

So, for cities like Bengaluru, where lakes like Bellandur, Varthur etc are always frothing, diatoms can be a best

solution. Not only lakes, even rivers. Vrishabhavati River which is today known as Kengeri Nallah can come back to life with diatom cultivation. There has been a successful implementation of Diatoms Based Sewage Treatment unit at Brigade Gateway apartments which is carried out by Bengaluru based Nualgi Biotech. Diatoms thrive in sun lit open environments like Nallah, Lakes, Rivers etc, so just dousing them in the water bodies would be sufficient. However, for a closed setup like Sewage Treatment units of apartments, they need to be provided with a synthetic source of light. Rolled LED units can help in this case. Diatom based sewage treatment eliminates the need for pumping additional oxygen through blowers into the sewage, as oxygen is

generated using photosynthesis.

“Not only apartments, even individual home dwellers can just douse the diatom culture into the sewage line or toilets as a mark of water conservation & social responsibility, so that when the sewage reaches the water body, diatoms act as warriors to eliminate sewage and give a nice food source to the local aquatic life”



Ganesh Shanbhag
Software Engineer by Profession, EcoFriend by passion!!

FOOD CORNER

Empowering PCOS warriors with Healthy Treats



Hormone balance is crucial for managing PCOS/PCOD, as these conditions often involve hormonal imbalances that can affect menstrual cycles, weight, and overall health.

PCOS/PCOD.

Hormone Harmony Laddoos

Ingredients:

- 1/2 cup raw pumpkin seeds
- 1/2 cup raw flax seeds

coconut oil & form into laddoos.

Chef's Tips:

- Personalize Your Creation: Feel free to add your favorite nuts and seeds like walnuts or pistachios for extra crunch and nutrition.
- Sweetness to taste: Adjust the amount of jaggery powder to suit your personal preference for sweetness.

Relish the blend of flavors and the boost of nourishment with each bite of these exquisite Hormone Harmony Laddoos, lovingly crafted in Chef Ilma's kitchen.

Instagram: @chef_ilma



Consuming nutrient-dense foods rich in omega-3 fatty acids, fiber, and essential vitamins can help stabilize hormone levels, reduce inflammation, and support metabolic function. Incorporating ingredients like flaxseeds, nuts, and dried fruits into your diet can aid in promoting hormonal harmony and alleviating symptoms associated with

- 1/3 cup sunflower seeds
- 1 tsp fennel seeds
- Cardamom powder (to taste)
- 2 tbsp jaggery powder
- 1/4 cup almonds
- 1/4 cup cashews
- 6 deseeded dates

Instructions:

- Grind all the ingredients in a mixer jar until the mixture turns sticky.
- Grease your palms with



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Wakeup call from Summer of 2024

It was one of the summer days in March when one of our borewells died on us, followed by the second and third. Our apartment, which was dependent on borewell water, was now at the mercy of tankers. The scarcity of water made us take some extraordinary steps.

use in industries or apartments. We were shocked to see crystal-clear water with quality better than that of borewell water or water tankers.

Not only did this make us compliant with NGT norms of disposing excess water, but it also made us proud that if not for us,

liters of water every year, all of this at minimal cost to the apartment since Boson and their investors take care of the rest.



One such effort was implementing the Boson White Water plant at our premises. This plant can treat STP water and make it pure for

the same water would have been extracted from the ground.

We are on the path to recycling 1.3 to 1.8 crore



With the help of technology and an even better filtration process, the day is not far when apartments all over India can generate 50-80 percent of their daily needs from treated water.

Aditya Jain
Princeton Apartment
Begur Bangalore



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Benefits of Occupational Therapy For People with Autism

Occupational Therapists are experienced in working with people on the autism spectrum. We're skilled at assessing skill levels in developmental areas, and identifying the barriers that keep participants from being independent and engaging in meaningful activities.

Working as part of a team, with parents, teachers, family members and other health professionals, our therapists work one-on-one with the child or adult to review areas such as motor skills, sensory processing, emotional regulation, cognitive skills, and interactions with caregivers and others, to determine the level of support they need.

Occupational Therapy can make enormous improvements to a person's everyday life. We aim to help people cope better with daily life by improving communication and

learning at school and work, improving play and interactions with others, and minimizing repetitive behaviours. We also find ways to support a person's sensory processing needs by developing individual sensory diets & strategies.

The types of real-life, everyday skills that can be developed through Occupational Therapy include:

- Daily living skills such as personal care, and the instrumental activities of daily living, such as meal prep, cooking, cleaning, shopping and money management.
- Communication & social skills, such as taking turns, engaging in cooperative activities, sportsmanship, and engaging in social clues.
- Gross motor skills such as balance, postural control, coordination & ball skills.
- Fine motor skills used for handwriting, button-

ing, using cutlery, and manipulating small, everyday objects.

- Sensory processing skills to decrease the impact of high sensitivities and seeking behaviours.
- Cognitive functions such as problem solving, impulse control, memory & attention.
- Self help.

“Learning all of these skills through Occupational Therapy can help with developing better self-esteem, confidence, and independence”



Dr.S.Mohankumar
Occupational therapist
Credence therapy centre

Beauty standards changing in Dental with AI & Technology

Welcome to your oral health window where your dentist explains the key benefits of maintaining your pearly white teeth and how to do so effectively.

tailed images of teeth and gums. These AI-Driven Diagnostic tools help the dentist to analyse images and data to detect cavities, gum diseases and oral cancer.

braces. Now patients can visualise the smile they wish to have using AI technology helping them make educated decisions on what type of a smile which they wish to have without compromising functionality.

“Hence the Interactive 3D visualisations increase patient involvement in decision making and personalized care for patients”

Now see your teeth in a whole new way!!



Newer technology made its foray into making your Dental Treatment and Procedures more predictable & efficient is an interesting knowledge all of us should be educated with.

DELIVERING BETTER ORAL HEALTH: DENTAL INTRA ORAL SCANNERS

These are handheld devices that use in-built AI technology to capture de-

As each human being has unique dental attributes, the treatment protocol must be unique for each dental patient and one size does not fit all. The scanners help in maintaining Precision Dental Work be it filling crowns or dental implants. The area where scanners have changed the 'beauty standards' if I may say is transforming smiles with INVISIBLE



Dr Jayanthi N
Dentist
THE DENTAL SQUARE

Essential Tips for a Healthy Lifestyle

Let's all work towards a happy and healthy lifestyle and enjoy the beauty of this wonderful world around us.

difficult to walk, squat, and suffer from knee pain or joint pains due to osteoporosis and arthritis. Young professionals,

ucts to our diet. Sufficient amounts of calcium, protein, vitamin D intake, and sunlight exposure are important to maintain healthy bones and muscles.

• **Good Posture:** Maintaining good posture while sitting, standing, and working in front of the computer is very important and helps keep our muscles strong.

• **Exercise:** Exercise is important for all age groups. Some amount of regular daily exercise keeps our body fit & active.



It is not uncommon these days for young adults to have symptoms like back pain, neck pain, tiredness, and fatigue. This is often attributed to weak bones and muscles due to insufficient sunlight exposure, inadequate nutrition, and lack of exercise. Women, both younger ones due to menstrual issues and PCOD, and those in perimenopausal age due to hormonal issues, suffer from bone weakness & pain.

Elderly people find it dif-

spending most of their time in front of computers, tablets, phones, and laptops, frequently experience neck pains, back pains, and postural issues. Sportspeople, due to their rigorous exercise, inappropriate training, undue stress on muscles and joints, and sports injuries, also suffer from pains and aches.

We should take care of the following things to maintain a happy lifestyle:

- **Healthy Diet:** We should add milk and milk prod-



Dr. Prashant Tejwani
Senior Consultant
Narayana Health City

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How to empower children with a crucial life hack – Reading



Begin at the Beginning

Reading is a good habit, don't we all agree? But like every habit, you need to build that up. Kickstart your reading journey with the '21-day habit building hack' and watch your kids catch the reading bug by seeing you reading books instead of hovering over your phone all the time.

Start young. If a child can listen to music on a device, they are surely ready to respond to a good story. It is also a very good way to develop parental bonding, besides planting the seeds of a lifelong love for reading in them.

That brings us to the next question – What to read

Anything and Everything, keeping in mind your kid's cognitive development and interests. The toddlers respond well to rhyming stories/ poems/ colourful images. Cuddled

up on your lap comfortably with vibrant colourful books is one of the lingering memories of their childhood embedded in their subconscious, as per research.

Some children are more inclined towards fairy tales or magic. Guess what? The genius scientist behind 'E = mc²' that shaped the look of the modern world was also besotted with fairy tales. Einstein often quoted

“If you want your children to be intelligent read them fairy tales. If you want your children to be more intelligent, read them more fairy tales”

Create a free-flowing reading environment

Be a willing participant of your children's world, and enjoy their unbridled happiness in sharing their tales of super heroes and magical wonders with you. It widens the channel of

communication between the parents and children. Even the reticent teenager opens up and animatedly discuss things with you, unravelling their thoughts and emotions.

Another way to encourage children to take up reading is to visit libraries and book stores regularly. The residents of electronic city are very lucky in this regard as there is a fantastic library 'Just Books' around the corner at Block 2, KSSIDC Complex, behind Electronic City Police Station.



Monideepa Banerjee
Author/Educator

Senior Sports Day

BVM Global Bengaluru hosted its Senior Sports Day for the current academic year on 13th July 2024. The event, conducted for students from classes 6 to 12, was a vibrant display of athleticism and school spirit.

“Preliminary rounds had been done beforehand, culminating in the finals held on this memorable day”

The day kicked off with great enthusiasm, as students gathered to compete in various track events. The 100M, 200M, 400M,

and 800M races were the highlights of the day, showcasing the speed and endurance of the young athletes. Each race was a testament to the rigorous training and dedication of the participants, who had been preparing tirelessly for this moment.

One of the most anticipated event was the house-wise relay. The atmosphere was charged with excitement as teams from different houses vied for the top spot, displaying exceptional teamwork and coordination. The relay

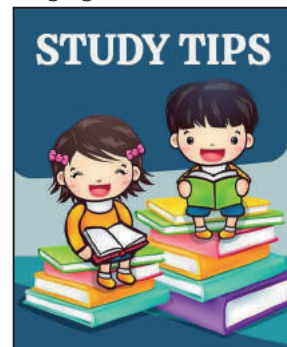
races emphasized the importance of unity and collective effort.

The entire school community, including teachers and fellow students rendered full support by cheering the competitors and creating an electric atmosphere. The event not only showcased the sporting prowess of the students but also instilled values of hard work, determination, and teamwork.

P. Akshitha, 10A
BVM Global
@ Bengaluru

Scientifically Proven Tips for More Effective Studying

Staying on top of school-work can be tough, whether you're in high school or an adult returning to college. Balancing coursework with other responsibilities can be challenging.



But fear not! I've compiled some study tips that are scientifically proven to help you succeed. Let's dive in!

How to Prepare for Success

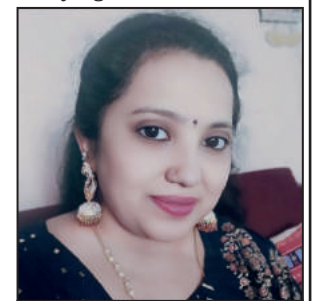
• Set a Schedule: Be intentional about planning study sessions. On your calendar, mark out chunks of time for studying. For each credit hour you're taking, consider devoting one to three hours per week to studying. Harder classes may require more study time.

• Study at Your Own Pace: Find the pace that works best for you. Don't try to match someone else's speed. Slower studying may require more time, but it's essential to let the material sink in.

• Get Some Rest: Aim for seven or more hours of sleep before an exam. Limit pre-study naps to 15-20 min-

utes. Stretch or do light exercises upon waking to prepare your body and brain for work.

• Silence Your Cell Phone: Interruptions from your phone break concentration. Consider turning off sounds or using "do not disturb" mode before you start studying.



Seema
Psychological Counselor

Principal's Insights: Nurturing Young Minds at Samriddhi Early Learning Centre



NEETU
Founder-Principal
Inclusive Educator
Counsellor

What is the core education philosophy of Samriddhi Early Learning Centre?

If you see the name of our centre as SAMRIDDHI:Early Learning Centre which means Flourishing @Early stage of life.

The core of our education is to stimulate a child's primary skills like :- Fine motor, Gross motor Sensory, Visual, Oral, Socio-Emotional skills so the child gets ready to embrace studies and keep acquiring knowledge for life with inquisitive curiosity.

How does the school foster a balance between academic learning and creative development?

As it's a learning centre we focus more on Stimulating over Teaching. Each academic concept is taught with multisensory approach theory using Visual, Audio, Kinesthetic, Tactile makes learning fun loving and

creative.

What unique programs or initiatives make Samriddhi stand out?

With NO stereotype classroom division NO criteria or obligation of age and abilities NO restrictions to thoughts and movements as each area divided into different skills development areas makes it **EXCLUSIVE INCLUSIVE SCHOOL.**

How do you ensure personalized attention and individual needs in the classroom?

We are inclusive with a mix of mainstream and special need students of age 2yrs to 15yrs old where each share their

learnings & expertise as PEER GROUP TEACHING TECHNIQUES along with support of Staff, Teachers, Therapists, Interns, Volunteers.



What strategies are in place to engage parents in their child's education journey?

As part of socio-emotional

skills development we plan family trips, events, celebrations, house visits.

We conduct regular parents training program webinars.

Regular IEP (Individualized Education Plan) and school-based therapy is planned together by Teachers-Experts and Parents.

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 Women's Cricket League: Season 1

Team A Triumphs Over Team B at Ajmera Infinity

Ajmera Infinity, July 11 - In an inspiring display of skill and determination, Team A defeated Team B by 23 runs in the Senior Women's Cricket League, held at Ajmera Infinity. The match showcased the prowess of senior women cricketers and highlighted the benefits of playing cricket for seniors.

Team A's captain, (seetha Kumar), led her team to victory with an impressive [103] runs, while captain [usha kalra] from Team B fought hard with [79] runs.

The win was a testament to the dedication and passion of the players.

The Senior Women's Cricket League has been instrumental in promoting health, fitness, and social interaction among senior citizens. Playing cricket has helped these women maintain an active lifestyle, build new friendships, and inspire others to follow in their footsteps. It's amazing to see how cricket has transformed our lives," said [viji], a coordinator and also one of the sponsors in the league.

“We've found a new sense of purpose, and it's wonderful to be part of a community that shares our passion”

The league has also drawn attention to the importance of women's participation in

sports, particularly among seniors.

“These women are role models for us all,” said a senior spectator at the match. “Their energy & enthusiasm are contagious, and we're thrilled to support them.”



Senior Women's Cricket League

Team A:	[103] runs
Team B:	[79] runs

Team A won by 23 runs.

The Senior Women's Cricket League continues to inspire and delight audiences, and we look forward to more exciting matches in the future.

Ajmera infinity, Fun club Coordinators

1. Mrs. Seethakumar
2. Mrs. Usha kalra
3. Mrs. Vijjeevendran.

- Ajmera infinity, Fun club

Senior Citizens Morning time in SNNRAJ GREENBAY

Senior citizens at SNNRAJ GREENBAY are greatly benefiting from spending time in the garden, enjoying the fresh air.

The senior citizens have formed a group, frequently visiting restaurants and beautiful places in Bengaluru.



“This opportunity brings together individuals from different states, allowing them to start their day with walking and exercise. They gather to share past experiences, discuss their states' beautiful dishes and cultures, and support each other in lowering blood pressure, relieving stress, and more”

Our apartment complex is a haven for them, providing a vibrant and enthusiastic environment during this phase of their lives. The younger generation is delighted to see their parents enjoying such happy times.

Shashi Bhushan Mishra
SNNRAJ GREENBAY
ECity, Phase-2
Bengaluru

Tiranga Yatra: A Growing Tradition

The Tiranga Yatra began on Neeladri Road to celebrate Azadi Ka Amrit Mahotsav, India's 75th Independence Day, with the aim of instilling patriotism among children by honoring freedom fighters. Initially a one-time event, the celebration's success led residents and associations to make it an annual tradition. Now in its third year,

the event features vibrant Karnataka folk dances and local participation, including CISF jawans and students in freedom fighters' attire. Supported by institutions like Narayana Health, the Yatra continues to grow, reflecting the diverse cultural fabric of Neeladri Nagar, Electronic City, a true mini-India.



All are cordially invited for Tiranga Yatra 3.0 on August 15th, 2024, at 9:45 AM. The invitation includes venue details and a road map of the event.



ನೀಲಾದ್ರಿ ನಗರ ನಿವಾಸಿಗಳ ಕ್ಷೇಮಾಭಿವೃದ್ಧಿ ಸಂಘ (೦)

NEELADRI NAGAR RESIDENTS WELFARE FEDERATION®

We request your gracious presence to celebrate

77th Independence Day

“TIRANGA YATRA”

(A Patriotic March)

@ Neeladri Road , Electronic City

Let's come together to celebrate the nation's incredible journey so far!



Thursday
15th August, 2024



Timings
10.00 am onwards

Tiranga Yatra Route: Shriam Signiaa
Apartment to SNN Raj Neeladri Apartment

Assemble Point Venue:
Near Shriram Signiaa Apartment Gate

For more information Contact

Parashuram Yaragudri
President
Ph: +91 98454 26424

Amith Bhargav
Treasurer
Ph: +91 96322 02122

R Subramanian
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WildLife Rescue and Environmental Awareness Volunteers

Contacts Of Wild Life Volunteers For Of Rescue Wildlife (Including Monkeys & Snakes), Snake Bite First Aid And Rescue And Public Awareness On Environmental Issues Birds Conservation Activities

Sl. No	Name	Zone	Phone No
1	Sri. Druvakumar R	South	9886286461
2	Sri. Surya Kumar M	South	9845125231
3	Sri. Mahesh Kumar	Bommanahalli	9916968959
4	Sri. Shashikumar M	South	9845020498
5	Sri. Arjun M	South	9902600442
6	Sri. Yatish U	South	9916676420
7	Sri. Akshay Kumar M	South	9845735519
8	Sri. Sreeram V	South	9663015000
9	Sri. Sanjeev P	South	9742084335
10	Sri. Vijayababu S	South	9972487991
11	Sri. Guru	South	9945159829
12	Sri. Manjunath P	Bommanahalli	9945239337
13	Sri. Jayaraj S	Bommanahalli	9342596704

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**Deputy Conservator of Forests
Bruhath Bangalore Mahanagara Palike**

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