

# ELECTRONIC CITY CREDENCE

## NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

Volume 2 : Issue 30

04th - 17th Aug 2024

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- 1.Chicken Butter Masala
- 2.Chicken Hyderabad
- 3.Pudina Chicken Curry
- 4.Kadai Chicken

#### Non-Veg Rice

- 1.Chicken Pulao
2. Chicken Fried Rice
- 3.Nellore Chicken Biryani

#### Veg Starters

- 1.Paneer Sholay
- 2.Veg Ball Manchurian
- 3.Gobi Patchi Mirchi
- 4.Mushroom Pepper Dry

#### Veg Main Course

1. Paneer Butter Masala
2. Veg Kolhapuri
3. Veg Kadai
4. Paneer Hyderabad

#### Veg Rice

- 1.Mix Veg Biryani
2. Gutthi Vankaya Pulao
3. Ghee Rice
4. Veg Fried Rice

#### Indian Bread

- 1.Roti
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## Quick News Bites

1

Traffic Police conducted a special operation against school vehicle drivers who were driving under the influence of alcohol in the Electronics City traffic police station limits and appropriate action was taken.

2

NTTF ECity Launched Graduate Engineering Training (GET) Program at NEC, Electronics City 1-year training + 6-month On Job Training for engineering grads to become skilled trainers.

3

Maximum temperature recorded in Electronics City is 30.5°C for this month, normally it records 27.8°C around this time of the year.

4

Being Social and ICSWelfare Foundation planted 151 saplings in Mylasandra Village, Begur Electronics City, as part of their mission to plant 1.3 million trees in Bangalore, promoting a greener future.

5

Veerasandra on Electronic -city elevated road was heavily flooded and blocking the traffic on August 12th due to heavy rain.

6

Ananth Nagar Main Road's dire state: Are we awaiting a tragedy? Residents demand urgent action!  
By @ShubhrokamalD.

## Shikaripalya Main Road: A Dire Situation for Over 2000 Residents

Residents of Shikaripalya Main Road in Hulimangala, Electronics City, are grappling with dangerous road conditions. After being dug up to lay drainage pipes, the road was left unrepaired, leading to the development of massive potholes. With half the road now completely unusable, vehicles, including school buses and trucks, are forced to drive on the wrong side of the narrow, remaining stretch, posing serious risks to pedestrians and motorists alike.

The situation has wors-

ened with the onset of the rainy season, causing numerous accidents, particularly for two-wheeler riders.



Despite repeated appeals to panchayat officials, citing a lack of funds, no action has been taken.

Residents, frustrated and fearful for their safety, are urging local authorities to address the issue immediately and restore the road

to a safe condition. The time for action is now, before more lives are endangered.

## Pragathi Nagar's Kaveri Water Request: MLA's Assurance



Residents of Pragathi Nagar met Mr. M. Krishnappa, MLA of Bangalore South, to request Kaveri water connections for their area. The MLA responded positively, stating that 95% of the work related to Kaveri water and storage is completed, with only 5% pending. He advised residents to

submit applications to the concerned officer, who would then inspect the area. As per BWSSB standards, once the deposit is paid, the MLA assured that he would personally coordinate with the chairman to expedite the provision of Kaveri water, regardless of the remaining work.

## Bengaluru Roads and Their Timeless Turbulence

When I landed in India after 5 years, it felt like I was in 2035. The airport and its surroundings made me feel that India was better than many developed nations. On the way home, I could feel my childhood memories coming back with all the bumpy rides and mini water ponds. After all, the difference between rich and poor is not just in people but also in the roads. At least you

express your frustration through the turbulence we feel with every bump and dip.

There are fines for not safeguarding my head while driving, but no fines are collected for the number of potholes.

The poor roads might wish they could apply some cream to achieve a clear-skin day like the rich roads. But there are no dermatologists to treat them.

Change is the only constant; I hope that in the coming years, the roads will also change.



**Karthika**  
Software Engineer

## The Water Crisis in Bangalore A Stark Contrast to the Visionary Planning of Maharaja Krishna Raja Wadiyar IV

Bangalore, often hailed as India's Silicon Valley, stands as a testament to rapid urbanization and development. However, beneath the glittering facade of IT parks and modern infrastructure lies a critical issue that plagues several parts of the city—water scarcity. Pragathi Nagar, Basapura, Chikka Thogur and surrounding areas, which fall under the jurisdiction of the Bruhat Bengaluru Mahanagara Palike (BBMP), have been grappling with severe water shortages for years. This issue, which impacts thousands of residents, underscores the larger problem of inadequate urban planning and the lack of political will to address basic infrastructural needs.

The irony is stark when one considers Bangalore's history, particularly during the reign of Maharaja Krishna Raja Wadiyar IV of the Mysore dynasty. Often referred to as the "Modern Architect of Mysore," the Maharaja was a visionary ruler who placed immense importance on town planning and infrastructure development. His reign saw the creation of some of Bangalore's most well-planned areas, such as Jayanagar

and Rajajinagar, which continue to be celebrated examples of urban planning. Furthermore, his foresight in constructing the Krishna Raja Sagara (KRS) dam across the Kaveri River not only provided irrigation water for multiple districts but also supplied drinking water and electricity, benefiting both urban and rural populations.

**“In stark contrast, the current situation in Pragathi Nagar and Basapura highlights the failure of contemporary governance. Despite being part of a major metropolitan city, these areas are still dependent on private water suppliers for their daily needs. The lack of a sustainable and affordable water supply is a glaring issue that BBMP has been unable to address effectively. The rapid expansion of Bangalore's boundaries under BBMP, driven more by revenue generation and vote-bank politics than by thoughtful planning, has only exacerbated the problem.”**

The residents of these areas have now taken it upon themselves to monitor the progress of water supply initiatives actively, a task that ideally should have been

managed by the authorities. Water, a fundamental human need, remains a luxury in these parts of Bangalore, showcasing a clear disconnect between the city's growth and the provision of essential services.

Reflecting on the planning during Maharaja Krishna Raja Wadiyar IV's time, it is evident that the lack of foresight in today's urban planning & governance is taking a heavy toll on the citizens of Bangalore. The water crisis in Pragathi Nagar and Basapura is not just a local issue but a symptom of a broader systemic failure. It is high time that the lessons from the past, particularly the Maharaja's visionary approach to infrastructure, are revisited to build a sustainable future for all residents of Bangalore.



**Shubhankar C**  
Legal Associate  
General Secretary  
SMSC Trust

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## Inspiring Minds: Dr. Moorthy Remilla's Visit



We had the immense honor of hosting Dr. Moorthy Remilla, a distinguished senior scientist at ISRO, at our Vedam School and SASI PU college, Electronic City campus.

Dr. Murthy Remilla, who is currently working with the Human Spaceflight Group on the prestigious Gaganyaan Project, delivered an inspiring lecture to our students of Vedam.

This event was a proud moment for all of us, as we had the privilege of welcoming such a remarkable personality to our campus. Dr. Murthy Remilla's

speech ignited a spark of inspiration among our young scientists, encouraging them to pursue their dreams and excel in their studies.

“We extend our heartfelt thanks to Dr. Murthy Remilla for taking the time to visit and share his invaluable insights with our students. His presence and words of wisdom have left a lasting impact on our school community”

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## Community Sustainability Initiative: A Call to Action

In our shared mission to create a sustainable and thriving environment, every action counts. Here's how we can contribute to a healthier, more sustainable future:

uses. Additionally, setting up recharge pits and rainwater harvesting systems can help conserve rainwater and replenish groundwater levels.

must reduce our reliance on plastic. Carry cloth bags to grocery stores, use handkerchiefs instead of tissue paper and prioritize re-using materials wherever possible. Support local businesses that offer eco-friendly products in sustainable packaging.



**Plantation Drives:** Breathing Life into Our World Trees are our planet's lungs, purifying the air we breathe. On average, each person requires 740 kg of oxygen annually. Just 7-8 trees can produce this amount of oxygen in a year. To ensure a sustainable future, each of us should plant and care for at least 10 mature trees annually. Join us in our plantation drives and help make a difference.

**Save and Conserve Water:**

Every Drop Counts Water is a precious resource that we must protect. Simple actions like installing aerators on taps, reusing filtered water, and collecting wastewater from filters can make a significant impact. This wastewater can be repurposed for watering plants and other

**Promote Yoga:** Strengthen Body and Mind Yoga is a powerful tool for enhancing both physical and mental well-being. By inviting a yoga instructor to your community, you can foster a healthier, more connected neighborhood.

**Our Waste, Our Responsibility:** Proper waste management begins at home. Segregate your waste into dry and wet categories. Wet waste can be composted or used to create bioenzyme, a natural and effective surface cleaner. Dry waste, including newspapers, plastic containers, and cartons, can be recycled. Organizations like Ecocrew even accept plastic wrappers. Download their app to learn more and start recycling today.

**Reduce Plastic Use:** Embrace Sustainable Choices We

Together, we can build a healthier, more sustainable world for ourselves and future generations. Let's take action now!

We Hulimangala residents took active participation and planted 200 plants inside apartment complexes as of now, and the target is to reach 1,000 plants to make our community green in the future.

**For More contact** Sutapa (8971706700), Parul (7625061931), or visit @eco\_margadarsak.

## Being Indian, Proud to Say I...

Being an Indian, proudly declaring,  
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The dharma wheel rolling,  
Freedom's bright sparkle tried.  
Dreams paved the way,  
From past to future AI technology.  
Celebrating visions on honour's day,  
Trials and triumphs, a heritage journey.

A tapestry of courage untold,  
Power to change,  
Many faces, tales unfold,  
Unity in diversity, sharing smiles.  
Dawn of the 15th of August,  
Graceful independence.  
Stars resonate in bright hearts,  
Wishing liberty's credence.

The melody of "Jana Gana Mana," our anthem,  
My allure, my nation.  
All singing "Vande Maataram,"  
2047, my Atmanirbhar Bharat.  
Flag hoisting, showering unity,  
Future in the sky,  
Proudly Earth, Mars, and planets, satellites echoing,  
Happy Independence Day.

Vibrating from place to place,  
Hail to the 21st century,  
Looking towards 2047's end of the 22nd century,  
Robots and humans together in joy.  
Think positive,  
Without consequences,  
Cybersecurity,  
Accomplishing "we" the success.  
Dawning a new era,  
A more advanced world,  
With more challenges,  
More life to be tuned....



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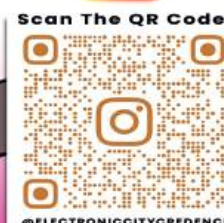
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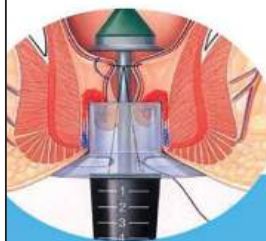
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## Dealing with Haemorrhoids: A Guide to Relief and Prevention

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#### Haemorrhoids

Haemorrhoids are swollen veins in the lower rectum or anus that can cause discomfort, pain, and bleeding. They are a common condition that affects millions of people worldwide.

#### Types of haemorrhoids:

**Internal haemorrhoids:** Located inside the rectum, these are typically painless but may cause bleeding.

**External haemorrhoids:** Located under the skin around the anus, these can be painful and may

cause itching and swelling.

#### Treatment options:

Dietary changes (increasing fiber and water intake)

Over-the-counter pain relievers and creams

Sitz baths (warm water soaks)

Medical procedures (such as rubber band ligation or sclerotherapy)

Surgery (in severe cases)

#### Prevention tips:

Eat a balanced diet with plenty of fiber

Stay hydrated

Exercise regularly  
Avoid straining during bowel movements  
Practice good bowel habits



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## Understanding and Treating Brain Aneurysms & Subarachnoid Hemorrhage

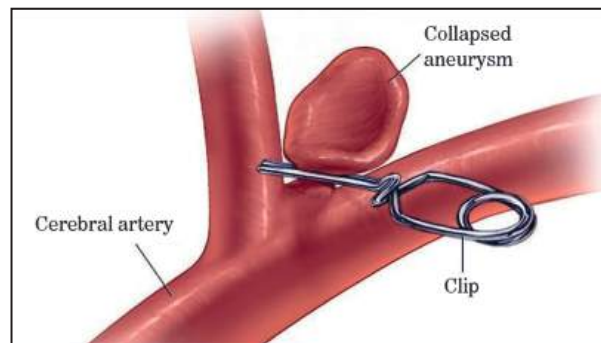
Stroke primarily includes two types: ischemic stroke (blockage of blood vessels leading to brain damage), hemorrhagic stroke. In Hemorrhagic stroke, there are many types. In intracerebral hemorrhage (bleeding within the brain from ruptured vessels due to high blood pressure), and subarachnoid hemorrhage (SAH) involving bleeding on the brain's surface. SAH, often caused by brain aneurysms, is less common but particularly severe.

the risks and recoveries from SAH. Clarke survived two instances of SAH and continued her acting career, while Stone took seven years to fully recover from her 2001 SAH.

A brain aneurysm is a balloon-like bulge in a blood vessel, which can rupture, causing SAH. Symptoms often include sudden, severe headaches, nausea, or vomiting. Sometimes aneurysms rupture without immediate symptoms,

U.S., the prevalence of unruptured aneurysms is about 1 in 50, with a diagnosis average age of 50, & it's more common in women.

The exact cause of aneurysms is unknown, but high blood pressure, smoking, family history, and certain genetic conditions contribute to their formation. Diagnosis involves CT or MRI scans with angiography, followed by detailed imaging via catheter angiography.



Notable cases like Emilia Clarke's and Sharon Stone's have highlighted leading to unconsciousness or even death before reaching a hospital. In the



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“Treatment varies based on whether an aneurysm has ruptured. For ruptured aneurysms, emergency treatment is crucial, while unruptured ones are managed electively. Treatment methods include surgical clipping or endovascular coiling. Coiling, a

less invasive technique introduced about 30 years ago, is now widely used. Newer treatments like flow-diverters offer promising results for challenging cases. Advances in medical science have greatly improved the management of these critical conditions”

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### Independence Day Celebration at BAF Cluster Apartments



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### Independence Day Cup at Ajmera Infinity: A Grand Success



Town Panchayat Doddathogur

The recently concluded Independence Day Cup at Ajmera Infinity was nothing short of a grand festival. This annual event saw over 2000 participants, ranging in age from 5 to 75, competing in 40 diverse events. The show, which lasted more than two months, was seamlessly managed by 50+ dedicated volunteers.

Over 25 judges were involved in distributing prizes to the deserving winners. Even the young children from the on-campus Preparatory School had their share of fun, participating in special events tailored for them. Overall, the event brought the community together in a true festive spirit.



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## Neeladri Nagar Hosts Vibrant Tiranga Yatra



Neeladri Nagar Residents Welfare Federation celebrated its third Tiranga Yatra with vibrant energy. Residents, along with CISF personnel and students from Vedam School and Sasi College, participated enthusiastically. The event's highlight was the Dollu Kunita and Pooja Kunita folk dances of Karnataka. Residential societies and commercial establishments along Neeladri Road warmly welcomed the yatra with flowers, sweets, and refreshments. Federation President Mr. Parashuram Yaragudri thanked participants and Narayana Health for their support. He emphasized the yatra's role in fostering patriotism among children and introducing diverse folk dances to celebrate India's rich culture.

## Voice Of Parents - Karnataka A Community for Empowered Parenting

Voice Of Parents - Karnataka is a non-commercial, not-for-profit Telegram group with over 4,679 parents from across the state. Co-founded by a resident of Electronic City, this platform is dedicated to empowering parents with crucial information on education-related matters. Many parents are unaware of essential details such as school recognition conditions, N.O.C requirements, fee regulations, and Education Department circulars. Voice Of Parents bridges these gaps by connecting parents and raising awareness through its pan-Karnataka association. Focused solely on education, the platform prohibits advertisements and is governed by admins appointed by the association's office bearers, ensuring decisions are made in the best interest of the community. Parents can join this movement to stay informed & connected by visiting VOP Karnataka at <http://www.vopk.org>

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