

# ELECTRONIC CITY CREDENCE

## NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

Volume 2 : Issue 31

18th - 31st Aug 2024

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## Quick News Bites

1

Karnataka Chief Minister Siddaramaiah declared on August 20, the day of the former chief minister's birth, that Electronics City, a well-known centre of IT firms in southeast Bengaluru, would shortly be renamed Devaraj Urs Electronics City.

2

Neeladri road from Thogur cross towards Hosa road is set for the road widening and asphaltting, Jalli stones are set over the potholes and sides of the roads.

3

BWSSB launched a campaign urging 110 villages to connect to the Cauvery Stage V water supply as it nearing completion. Out of 300,000 expected connections, only 55,000 households have registered so far.

4

Anantha Nagara Road's condition is getting worse every day, making it difficult to travel from Vishal Mega Mart to Kammasandra Main Road and needs action from CMC Hebbagodi.

5

PES University opposes the land acquisition for the Hosakerehalli Metro Station under BMRCL's Phase-3, citing campus disruptions and traffic concerns. BMRCL stated they can't narrow the project further but may revise the plan.

## Ganesh Chaturthi Reverence Over Extravagance

Ganesh Chaturthi, one of India's most celebrated festivals, honors Lord Ganesha, the remover of obstacles and the god of wisdom and prosperity. For ages, this festival has been deeply rooted in tradition, with families performing the sacred ritual of installing clay idols in their homes and immersing them in water after days of devoted worship. This practice is considered a sacred vow, symbolizing the cycle of creation and dissolution.

ner of a common festival, bringing people together to plan strategies against British colonial rule. It was a celebration of faith and patriotism intertwined, aimed at fostering unity and resistance.

However, in recent years, the spirit of the festival has shifted. Instead of being a time of devotion and reflection, Ganesh Chaturthi has, for many, become a display of excess and competition. People now vie to install the largest and most elaborate idols, often made

This goes against the ancient wisdom of environmental protection enshrined in sacred Hindu texts like the Vedas and Puranas, which place great importance on the conservation of nature.

“Additionally, the festivities have often become platforms for unruly behavior. Alcohol consumption, loud music, and street brawls tarnish the festival's spiritual essence, occasionally even leading to crimes.”

To preserve the sanctity of Ganesh Chaturthi, the focus must shift back to its roots—devotion, simplicity, and respect for nature. Idol makers & devotees should prioritize eco-friendly practices & the community should emphasize worship & unity over competition & extravagance.



Historically, the public celebration of Ganesh Chaturthi on streets and in communities was popularized by the freedom fighter Bal Gangadhar Tilak. Tilak's vision was to unite Hindus under the ban-

of toxic materials like plaster of Paris and harmful chemicals.

These idols, when immersed in water bodies, contaminate rivers and lakes, causing significant environmental damage.



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

## PRESS RELEASE

Bengaluru Metropolitan Transport Corporation is committed to providing efficient, reliable, comfortable, and affordable transport facilities. To enhance commuter convenience, BMTC will introduce a new non-AC service route starting from 15.08.2024.

SI NO	Route No.	From	To	Via Places	No.of Buses / Trips
1	344-J	Bommanahalli	Jigani APC Circle	Hongasandra, Beguru, Vaddarapalya, Jelli Machine, Hulimangala cross, Koppa, Koppa Gate	4 Buses 40 Trips
2	378-C	Jambusavari Dinne	Electronic City	Gottigere, Basavanapura Gate, Basavanapura, St.Merry School, Jelli Machine, Bettadasanapura, Thoguru, Wipro Gate	6 Buses 78 Trips

### Route No. 344-J

#### Departure timings

Bommanahalli	Jigani APC Circle
05:00, 5:55, 6:50, 7:55, 8:35, 9:00, 9:40, 10:30, 11:10, 12:05, 13:00, 14:20, 15:15, 15:45, 16:20, 16:50, 18:00, 19:05, 20:10, 21:30	5:00, 5:55, 6:50, 7:55, 8:35, 9:00, 9:40, 10:30, 11:10, 12:05, 13:00, 13:55, 15:15, 15:30, 16:15, 16:50, 18:00, 19:05, 20:10, 21:30

### Route No. MF-378-C

#### Departure timings

Jambusavari Dinne	Electronic City
5:10, 5:20, 5:35, 6:10, 6:25, 7:00, 7:10, 7:25, 8:15, 8:35, 9:20, 9:35, 10:35, 10:55, 11:05, 11:20, 11:35, 12:05, 13:05, 14:15, 14:25, 14:35, 14:55, 15:20, 16:15, 16:30, 16:45, 17:15, 17:20, 18:05, 18:20, 18:35, 19:20, 19:40, 20:15, 20:30, 20:45, 21:20, 21:40	5:10, 5:25, 6:00, 6:20, 6:30, 7:05, 7:20, 7:35, 8:00, 8:05, 8:20, 9:10, 10:00, 10:20, 10:35, 11:30, 11:50, 12:00, 12:15, 12:30, 14:25, 15:00, 15:20, 15:35, 16:15, 16:25, 17:10, 17:25, 17:40, 18:15, 18:35, 19:10, 19:25, 19:40, 20:25, 20:45, 21:10, 21:25, 21:40



## Understanding Cybercrime A Growing Concern in India



Cybercrime is a rapidly growing issue in India, impacting millions of people every year. It involves criminal activities carried out through computers and the internet. With the rise of digital technology and internet usage, cybercriminals are exploiting these advancements to commit crimes that can have severe consequences for individuals and businesses.

Common form of cybercrime is as under:

- **PHISHING:** where attackers use deceptive emails or websites to trick individuals into revealing sensitive information, such as passwords or credit card numbers.
- **FINANCIAL FRAUDS:** Online financial frauds occur when criminals deceive people and steal their money or personal information, often through fake websites, phishing emails/calls/SMS or other scams. Examples include KYC, Credit or Debit Card, Loan App, Bitcoin, FedEx Courier Frauds.
- **SEXTORTION:** is a form of blackmail where an indi-

vidual is threatened with the release of sexually explicit material or personal information unless they meet certain demands.

authorized use of someone else's personal information to commit various types of fraud.

The impact of cybercrime



- **REVENGE PORN:** Is the non-consensual sharing of sexually explicit images or videos of a person, with the intention of causing harm, embarrassment or humiliation.
- **ONLINE GROOMING:** Refers to actions & tactics used by an individual to establish an emotional connection with a child or young person online with the intention of sexually exploiting them.
- **CYBER BULLYING :** Refer to the act of using digital communication tools such as Social Media platforms or online forums to harass, intimidate or harm individuals.
- **IDENTITY FRAUDS :** is a significant aspect of cybercrime, involves the un-

can be devastating. Individuals may face financial losses, emotional distress, and invasion of privacy.

To protect yourself, it is essential to practice good online habits. Avoid clicking on suspicious links or opening unknown attachments. Use strong, unique passwords & enable two-factor authentication wherever possible.



**Shivprasad B. Nikam**  
Cyber Crime Intervention Officer (CCIO)





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### Saving Energy: A Collective Effort

With our increasing use of electric and electronic devices, electricity consumption is rising. While the government promotes green energy sources like solar and wind power and offers subsidies, apartment residents may find it challenging to adopt these methods. However, we can all take steps to conserve energy and contribute to our nation's efforts. I've observed that lights on one terrace have been glowing 24/7 for the past year. If the users turned on lights only when needed and switched them off when not in use, they could

save significant energy. This building might be a PG accommodation where residents pay a flat rate for electricity, which could lead to less concern about individual consumption. "Similarly, many balcony lights remain on all night, even when corridor lighting is sufficient. Turning off balcony lights when they're not needed could lead to substantial savings. Small changes add up." Inside our homes, we can save energy by switching off the geyser, TV, or fan when not in use. Saving energy is just as important as producing it. Let's

work together to conserve energy. Remember: Energy Saved = Extra Energy Produced! Don't work hard, Work Smart.



**Sumathi Sundar aka Krishnaamma, Genesis EcoSphere, YouTube @Idealfamily**

### Restoration of Doddathogur lake

Doddathogur Lake, located in Electronic City Phase 1, till recently was full and was home to a diversity of flora and fauna. You could spend a delightful evening watching waterfowl frolic and feed on aquatic life.

water hyacinth, the lake has dwindled to a puddle and the ecosystem around it has all but disappeared. The current spell of rain has not recharged the lake as desired. A plate-sized clump of water hyacinth floating

this weed on this lake, the authorities need to take up the work of their removal urgently. It is also the ideal time to desilt the lake bed while it is comparatively dry. This will enable the lake to hold more water when there is an inflow. This will restore the dying lake & its delicate ecosystem.



The water table around the area had also been recharged by this lake. After the recent scorching summer and a rapid spread of

on the water surface can transpire (release through evaporation) up to one litre of water per day. To stop the rapid proliferation of



**Capt R.Thomas Paul Ex-Army Captain, Doddathogur.**



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## Yoga: The Way of Life

Yoga is more than just a practice; it's a way of living that brings balance to both the body and mind. The basic principles of yoga include maintaining proper posture, breathing fresh air, and practicing mindful breathing. By following these guidelines, yoga can increase your body's flexibility, build stamina, and strengthen your muscles. It also helps relax your mind and body, reducing stress levels.

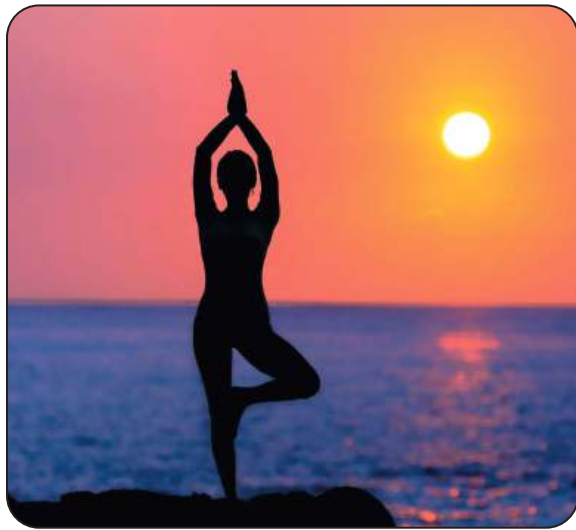
ourselves and the world around us. Every action in yoga becomes a form of spiritual practice when done with mindfulness and intention. Through the disciplined practice of yoga poses, we balance the five vital life energies (vayus) within our bodies. This balance unlocks the full potential of our physical and mental systems.

The five vayus work together like parts of a well-functioning machine.

processes this energy, converting it into a form the body can use.

Vyana distributes this energy through the body's 72,000 energy channels, like a factory's distribution system. Udana accelerates the process, while Apana removes waste and toxins, acting like the body's exhaust system.

By embracing yoga as a lifestyle, we harness these energies, leading to a more balanced and harmonious life. This not only benefits us but also helps create a world filled with wisdom and compassion that we can pass on to future generations.



At its core, yoga teaches Prana is the life force that we to connect deeply with fuels the body. Samana



**Sutapa Chowdhury**  
Yoga Teacher  
Environmental  
Enthusiast

## A Spark on Ayurveda Bridging Tradition & Modern Science

Ayurveda, a timeless life science rooted in Indian tradition, emphasizes the harmony of body, mind, and spirit. It advocates for personalized medicine and a holistic approach to health, recognizing the unique constitution or Prakriti of each individual. With its profound understanding of nature-based remedies and the interplay between human physiology and the elements of the universe, Ayurveda has flourished for millennia and continues to thrive today.

The foundational theories of Ayurveda include the five elements theory—Prithvi (earth), Jala (water), Agni (fire), Vayu (air), and Akasha (ether)—and the three humoralisms theory, which

centers on Vata (gas), Pitta (bile), and Kapha (mucus). These principles explain human physiology and the balance required for health. Ayurveda's rich history dates back to the Vedic era, with seminal texts like the Caraka Samhita & Susruta Samhita laying the groundwork for its practices.

Ayurveda's influence extends far beyond India, enriching medical systems across the globe through ancient trade routes & cultural exchanges. Today, Ayurveda is experiencing a resurgence, with modern research exploring its principles through the lens of science, particularly in the emerging field of Ayurgenomics. This research bridges the gap between ge-


nomics & Ayurveda, providing insights into individualized treatment approaches.

As Western medicine grapples with challenges like side effects and the need for tailored therapies, Ayurveda offers promising solutions. Its integration with contemporary medical practices underscores its enduring relevance, making it a vital part of the global healthcare landscape.



**Dr Sinchana,**  
BAMS, MD (AYU)


## Mpox Preparedness in Bengaluru Stay Informed and Safe





**Ministry of Health**


#MpoxAlert


### Mpox Symptoms can appear 2-21 days after infection


  
Skin Rash


  
Fever

  
Sore Throat

  
Headache

  
Body Aches

  
Back Pain

  
Swollen Lymph  
Nodes

**If you experience any of these symptoms,  
seek urgent medical attention.**

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For more information, contact the Ministry of Health hotline at:  
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## A guilt-free festive delight, Healthy Modak

With Ganesh Chaturthi just around the corner, the festive spirit is high, and modaks are a must-have treat to celebrate the beloved deity, Lord Ganesh. But for women with PCOS and health-conscious individuals, traditional sweets can sometimes be a challenge due to their high sugar content and lack of nutritional balance. Enter the Healthy Modak—a delightful, guilt-free alternative that not only satisfies your sweet cravings but also offers a wealth of health benefits. This healthy version of modak is packed with a variety of seeds and nuts, including chia, sunflower, flax, pumpkin, and watermelon seeds, along with almonds, sesame seeds, and dry fruits. These ingredients are rich in essential fatty acids, vita-

mins, minerals, and fiber, making them an excellent choice for maintaining overall health.

### Ingredients

- 1 cup roasted mixed seeds and nuts (chia seeds, sunflower seeds, flaxseeds, pumpkin seeds, watermelon seeds, dry dates, sesame seeds, almonds, raisins, black raisins)

- 10 seedless dates

- 2 tablespoons honey

- 1/4 cup jaggery powder

### Instructions:

- Grind the roasted seeds, nuts, and dried fruits into a fine powder.

- Add the seedless dates, jaggery, and honey to the powder, mixing well to form a dough.

- Press the dough into a modak mould to shape it beautifully.

- Garnish as desired and enjoy your guilt-free mo-

daks at home!

As you prepare to celebrate Ganesh Chaturthi, these healthy modaks allow you to honor tradition while staying true to your health goals. They're not just a treat for your taste buds but also a boost for your well-being. So, go ahead and enjoy this nutritious and delicious offering—perfect for the festive season and especially beneficial for women with PCOS and health-conscious individuals.



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### Current Status in Bengaluru

Bengaluru has yet to report any Mpox cases, but the Karnataka government is not taking any chances. A 50-bed isolation ward has been established at Victoria Hospital, and additional facilities are on high alert to manage any potential cases. The state is actively

monitoring the situation to safeguard public health.

### What is Mpox and Its Symptoms?

Mpox, formerly known as Monkeypox, is a viral infection transmitted through close contact with an infected person or animal. The disease typically presents with symptoms such as fever, intense head-

aches, muscle aches, and swollen lymph nodes, followed by a rash that starts on the face and spreads to other body parts. Although the illness can be severe, it is not highly contagious. Early detection and treatment are crucial. If you experience any symptoms, seek medical advice immediately.

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## Raksha Bandhan Celebration at Military Camp - My Experience

I was quite curious to find out all about the place we the class 7 of BVM Global School were headed to. What would it look like? When would we arrive? How would the soldiers train and practice? Upon boarding the bus with friends, all of us were exuberant, ready to set off to ASC Centre in North Bengaluru.

practicing essential skills. The guards took us to the venue where quite a lot of soldiers were waiting to watch our performances. We felt extremely delighted to meet higher officials at the venue.

I was compering, announcing the performers and elaborating the topics a little as well for better understanding.

Jawans at the war front, Group Song and finally ended with the National Anthem.

Afterwards, while the girls tied Rakhis to the soldiers symbolizing sibling bond, my friends and I went around shaking hands with them. Later, we were provided with refreshments consisting of many delectable dishes.

“In conclusion, it was an amazing experience to cherish for a lifetime. I can never forget the thrill I experienced in meeting and speaking with the brave guardians of our country. It was so surreal to talk to the heroes and share space with them while inspiring us to serve the country without expectations.”

**Eeshaan koti  
Class 7, BVM Global  
@Bengaluru**



After a two-hours' drive, we finally arrived at the site, where I saw soldiers guarding the entrance to the premises with great care. I was astonished at the different fields for

There was Hindi Speech about the auspicious occasion of Raksha Bandhan and invaluable sacrifices made by the courageous soldiers, English Speech about the bravery of the

## Samsidh International School E City Inaugurates New Astro space lab with ISRO Director



We are thrilled to announce the inauguration of the state-of-the-art New Astro Space Lab at Samsidh International School Electronic City, graced by the esteemed presence of the Eminent ISRO Director, Dr. Vinod Kumar.

This new facility is a significant step forward in

fostering scientific curiosity and innovation among our students. The lab is equipped with modern tools & resources that will provide hands-on learning experiences, inspiring young minds to explore the wonders of Astro space. It was a day filled with joy, creativity, and reflection.

“This event marks a significant chapter in our school’s ongoing commitment to excellence in education, empowering our students to reach new heights.”

**Samsidh  
International School  
Electronic City**

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# United For Light Against Darkness



“More than 100 residents, including elderly women and children, from Godrej eCity held a silent protest within the Godrej eCity campus to express their anger and sorrow over a brutal incident involving a 31-year-old female doctor in Kolkata.” After 12 years since the Nirbhaya incident, this tragedy has once again shocked the country and highlighted our collective failure as a society. No action has been taken against the culprit so far, raising numerous questions

about the judicial system and the effectiveness of the State Administration in maintaining law and order. Citizens demanded a safe environment for everyone and pledged to stand in solidarity with the grieving family. They also vowed to create a safe and secure environment starting from their own community, fostering cultural values and humanity in their children.

- Residents of Godrej E City campus

## Silent Protest for Justice



SLV Brundavan, Heelalige, ECity Phase 2 stands united from tiny tots to elders in a silent protest against the brutal attack on a 31-year-old doctor in Kolkata. We demand

justice and pledge to create a safer society.

- Residents of SLV Brundavan Heelalige, ECity Phase 2

## Silent Candle March for Justice



Samriddhi Early Learning Center staff, students, parents, families, and friends unite in a silent and humble candle march, demanding justice for the Kolkata doctor

and pledging to create a safer society.

- Samriddhi Early Learning center @Ecity

# March Against Doctor's Tragic Death



Solidarity march by Ajmera Infinity residents condemning the rape and murder of

a Doctor in KG Kar Hospital at Calcutta.

- Residents of Ajmera Infinity

## Neotown's Candlelight Walk



Residents of Neotown, Gollahalli, Huli-mangala, and Shikaripalya joined forces in a moving candlelight walk, declaring 'Enough is Enough!' as we honor every woman—daughter, sister, wife, and moth-

er—and demand justice for the Kolkata incident. Our united stand is a powerful call for respect and change.

- Women's Group STREE SHAKTI

## Band aids for the Soul

Broken bones and bloodied lips  
Shivering soul and tired limbs

A sister's tear and a mother's cry  
All goes unheard or just hushed

How long do we have to bear the cross?  
For sins we didn't commit nor endorse?

It's high time we stood up tall,  
We don't have to be ones to take the fall

It's time, to live our lives guilt free  
It's time, to speak up or just flee..

Break those chains that's tied you down  
Pick up the reins and wear your crown

Choice is yours to become whole  
Or just get band-aids for the soul



Ms Madhu K. Manohar  
Senior Product Manager  
IBS Software





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## Morale Versus Modern Education

**Morale** is the sense of confidence and enthusiasm felt by an individual or group, especially in challenging situations. In today's world, it's crucial for the new generation to understand the importance of high morale to navigate and endure difficult circumstances. However, many parents prioritize academic accomplishments over moral education, believing that schools are solely responsible for this aspect. It is primarily the responsibility of parents and family members to nurture and prepare children with strong moral values and character for a better society.

**Modern Education** has evolved significantly over the past few decades to meet the demands of a rapidly changing world. It focuses on technology integration, personalized learning, and a global perspective. This system aims to equip students with the skills and knowledge needed to thrive in a complex, fast-paced environment. By embracing technology, fostering collaboration, and promoting critical thinking, modern education prepares learners for a future full of possibilities. However, many parents still focus predominantly on academic success, often overlooking the importance of moral education.

**Parents play a crucial role in promoting moral education.**

**Lead by Example:** Children often emulate their parents' behavior. Exhibiting honesty, kindness & respect in daily interactions sets a strong example. Encourage open discussions about moral dilemmas and ethical questions. This helps children develop critical thinking.

**Teach Empathy:** Engage children in activities that foster empathy, such as volunteering or helping others in need. This builds a sense of compassion and social responsibility.

**Praise Positive Behavior:** Recognize & praise instances of good behavior and moral decision-making that encourage children to continue behaving ethically.

## Ensuring Safety with Underwater Pool Lighting: A Guide by Ajmera Infinity Apartment Owners Association (AIAOA)

Swimming pools in gated communities offer relaxation but come with risks such as electrocution. and operate at low voltage to minimize electric shock risks. Three safe wiring systems

Human perception of electric current begins at 1 mA AC or 5 mA DC, with AC being more hazardous.



To prevent fatal shocks, underwater pool lighting must adhere to safety standards. LED fittings should meet Ingress Protection (IP) ratings, which indicate protection against water and dust, are used: SELV (Separated Extra Low Voltage), PELV (Protective Extra Low Voltage), and FELV (Functional Extra Low Voltage). These ensure electrical safety by providing isolation & protection.

To maintain safety, ensure pool water voltage is below 50 volts AC or DC and use a digital multimeter for regular checks. Following these guidelines helps enhance pool safety and prevent electrocution.



Train children to reflect on their actions & the consequences. This helps them realize the impact of their behavior on others.

“By integrating these practices into daily life, parents can effectively nurture their children’s moral development & prepare them to be responsible, ethical members of society.”



**Ashok kumar Dasari**  
Employee in a Life Sciences company

**MMK Media**

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### PHYSIOTHERAPY

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NAMMA NEIGHBOURHOOD NEWS

**Editorial & Publishing Office:**  
# 15, 3rd Floor, 4th Main, 4th Cross, Duo South  
County Layout, Basapura, Bengaluru-560100  
Website : [www.electroniccitycredence.in](http://www.electroniccitycredence.in)  
Email : [info@electroniccitycredence.in](mailto:info@electroniccitycredence.in)

- Editor — M.Uma Maheshwari
- Publisher — Shivakumari Dharmaraj
- Editorial Contributor — Meera Shyam
- Reporter — Manish Sharma & Mohith Sharma
- Internet Design — Vittal Diwakar
- Graphic Designer — Nikhesh Alva
- Advertising Executive — Maria D'souza





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