

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 61.2 mm rainfall in this month so far, normally it records around 55.0 mm rainfall, source : weatherunion.

2

BMRCL authorities are considering a partial start of operations with a few trains on the 19-kilometer Yellow Line by December 2024 or January 2025.

3

The trial run of the Cauvery Stage V is almost complete and the project will be commissioned over the next few days.

4

Sustainable waste management free workshop for communities happening on September 14th, at Mahendra Elena 5 electronics city. Contact Parul : 7625061931.

5

Mrs. Pramila Ramachandra (BJP) & Ms. Sujata K. (JDS) were appointed President & Vice President of Hebbagodi Municipal Council, with leaders like A. Narayanaswamy attending.

Adi Shankara's Social Initiative Empowering Women & Children Through Self-Defense Training

In a socially impactful initiative, a team of young students from Pragathi Nagar, known as Adi Shankara, organized a self-defense and emergency response training session for women and children during Ganesh Chaturthi. The event, typically a time for cultural celebrations, was held at Shri Varasiddhi Vinayaka Temple in collaboration with Rani Chennamma Pade and the Electronic City Police. Over 250 participants took part, learning essential skills to protect themselves in times of danger.

the community. The program was inaugurated by Mr. Anjanappa M, a former BBMP member from Begur Ward, with Mr. Prakash Gowda as the chief patron. Mr. Naveen GM, Police Inspector of Electronic City Police Station, played a key role in ensuring the success of the event despite the busy festival schedule.

Shubhankar, a young advocate known for organizing socially relevant programs, mentored & coordinated the event. His leadership helped the Adi Shankara team execute the

Pade conducted practical demonstrations, giving participants hands-on experience in self-defense techniques. The event was further supported by SMSC Trust and Neo Hospital, reflecting a strong community commitment.

“In addition to the training, Shubhankar stressed the need to form a Residents' Welfare Association (RWA) in Pragathi Nagar. He emphasized that a united community is better equipped to address local issues and minimize external interference.”

This initiative by Adi Shankara stands as an exemplary model of social responsibility, demonstrating how festivals can also serve as platforms for community empowerment.



The initiative received widespread praise from session with precision and passion. Rani Chennamma



Pradeep L.N. Pragathi Nagar.

Mast Marathi Wins Iconic Restaurant Award



Mast Marathi has been honored with the prestigious Times Iconic Maharashtrian Restaurant Award. The recognition is a testament to the love and support of their customers and the dedication of their team in delivering authentic Maharashtrian cuisine.

ELECTRONIC CITY CREDESCENCE
 NAMMA NEIGHBOURHOOD NEWS

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Moringa: Nature's Superfood



Moringa, often hailed as a “miracle tree,” is gaining popularity worldwide for its exceptional nutritional profile & potential health benefits. This versatile plant, native to India, is packed with essential vitamins, minerals, and antioxidants that can significantly boost your overall well-being.

Benefits for Adults:

- Nutrient Powerhouse:** Moringa leaves are rich in protein, fiber, calcium, iron, vitamin C, and potassium, making it a complete nutritional package. These nutrients support healthy cells, strong bones, and a robust immune system.
- Antioxidant Boost:** Moringa is loaded with antioxidants, including flavonoids and polyphenols, which help neutralize harmful free radicals. This can protect your cells from damage, reduce inflammation, and lower the risk of chronic diseases.
- Blood Sugar Control:** Studies suggest that moringa may help regulate blood sugar levels. This makes it a promising natural supplement for individuals with diabetes or prediabetes.
- Heart Health:** Moringa contains compounds that can help lower cholesterol levels and improve heart

health. It may also support healthy blood pressure.

Benefits for Women:

- Menstrual Health:** Moringa has been traditionally used to alleviate menstrual cramps and regulate menstrual cycles. It may also help reduce symptoms of menopause.
- Breastfeeding Support:** The plant's nutritional content can support breastfeeding mothers by providing essential nutrients for both mother and baby.
- Bone Health:** Moringa's calcium and vitamin K content can contribute to strong bones, reducing the risk of osteoporosis.
- Benefits for Children:**
 - Growth and Development:** Moringa is a great source of nutrients essential for children's growth and development, including protein, iron, and calcium.
 - Immune Support:** The plant's antioxidants can

help strengthen the immune system, protecting children from infections & diseases.

- Brain Health:** Moringa may support brain function and cognitive development in children. Incorporate moringa easily by adding its powder to smoothies, juices, or baked goods, and using fresh or dried leaves in salads or soups. Moringa bars & tea make for healthy snacks, while moringa soup offers a nutritious meal. Always consult a healthcare professional before significant dietary changes.



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Ozone Aiding Water Recovery

We have all read about 'Hole in the OZONE layer' for a long time. This Ozone layer is at the Stratosphere about 22 kms from the earth surface. Ozone is not a stable gas on the surface due to the additional oxygen atom it carries. However, ozone generated at site has found a very large impact in 'water recovery' in the form of waste-water treatment.

in the waste water. Urban sewage typically consists of Chemicals in the form of detergents, toilet cleaners and dish washers and Biological contamination in the form of human faeces, urine, blood etc. It is observed that, ozonating the sewage water for a sufficient quantity and time will help in reduction of TSS, BOD and COD parameters of the waste water

concentrator pulls up Oxygen and converts to Ozone in the controlled environment. Metropolis Gurukrupa, an apartment complex in Singasandra is using Ozone for converting grey water to flushing reuse water and eventually to potable grade water.

“It is always said, 'Hole in the Sky is the result of Hole on the earth', referring to drilling of more borewells that lead to holes in the ozone layer. However, the same Ozone can be used to reclaim more water and lead to healing of the ozone layer leading to a better future.”



Ozone is a highly oxidising agent. It oxidises all the heavy metals in waste water and converts them into compounds which can sediment and can be filtered. Apart from that, Ozone releases the free oxygen radical in the water which destroys all the pathogens in the water. Thus usage of ozone helps fight both Chemical and Biological contamination

and making it suitable for flushing, garden, agriculture etc. Even this water can be further tertiary treated to make it potable.

Apartment complexes in Bengaluru use Chlorine for treating both potable water and sewage. Chlorine is a greenhouse gas which causes more ecological impact. However, Ozone can be generated in house, a



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Unlocking Your Skin's Potential The Nano-Ayurvedic Revolution

Welcome to the world of nano-Ayurveda, where the secrets of radiant, youthful skin are being unveiled. A groundbreaking approach is merging ancient wisdom with modern science to redefine skincare: nano-Ayurveda. This innovative fusion harnesses the precision of nano-technology and the healing power of Ayurvedic herbs to unlock your skin's true potential.

Nano-Technology: A Modern Marvel

Skincare ingredients penetrate deep into your skin, delivering their benefits precisely where they're needed. This is the promise of nanotechnology. By reducing active compounds to infinitesimally small particles, nano-technology enhances their absorption and efficacy.

Ayurveda: Nature's Skincare Wisdom

For centuries, Ayurveda has celebrated the healing power of nature. This ancient Indian system

of medicine emphasizes holistic well-being and utilizes herbs to address various skin conditions. Ayurvedic formulations offer a wealth of benefits. However, it faces challenges in terms of ingredient stability and absorption.

The Perfect Match: Nano-Technology Meets Ayurveda

This innovative approach enhances the bioavailability of delicate bioactive compounds, ensuring they reach the target areas without degradation.

• Enhanced efficacy:

Nano-encapsulation boosts the potency of Ayurvedic ingredients, delivering more potent results.

• Targeted delivery:

Nano-sized particles can be precisely engineered to address specific skin concerns.

• Improved absorption:

These tiny carriers facilitate deeper penetration, maximizing the benefits of herbal actives.

• **Stability:** Nano-encapsulation protects fragile compounds from environmental factors, ensuring their longevity.

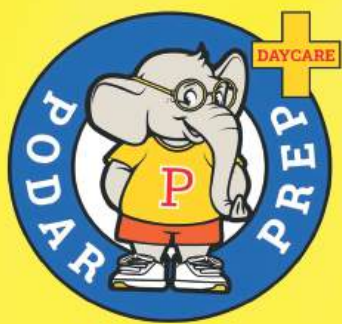
The Future of Skincare

The fusion of nano-technology and Ayurveda represents a promising future for personalized skincare, where treatments are tailored to individual needs and preferences. By harnessing the power of nature and science, we can unlock the secret to radiant, healthy skin.

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National Institute of Open Schooling (NIOS)



NIOS (formerly known as National Open School) is a national-level board of education in India, controlled and managed by the Government of India. It was established by the Ministry of Education (erstwhile Ministry of Human Resource Development) in 1989. NIOS plays a crucial role in providing education through open and distance learning methods.

Let's know more about NIOS

1. History and Establishment

- NIOS was founded in November 1989 as an autonomous organization, following the National Policy on Education 1986 by the Ministry of Human Resource Development (MHRD), Government of India.

- Its mission is to provide accessible and flexi-

ble education to learners across the country, especially those who cannot attend regular schools due to various reasons.

2. Objectives and Scope

- NIOS aims to promote open learning and distance education.

- It focuses on providing education to marginalized groups, out-of-school learners, and those seeking flexible learning options.

- The scope of NIOS includes various fields such as distance learning, open education, e-learning, integrated education, and hybrid learning.

3. Programs and Courses

- NIOS offers a wide range of academic and vocational courses at secondary and senior secondary levels.

- Learners can pursue subjects like mathematics, science, social studies, lan-

guages, & vocational skills.

- The flexibility of NIOS allows learners to study at their own pace and convenience.

In summary, NIOS plays a vital role in making education accessible, flexible, and inclusive for learners across India.

“In order to facilitate admission, provision of on-line admission throughout the year 24x7 has been made.”

https://niosedu.com/online_admission.html

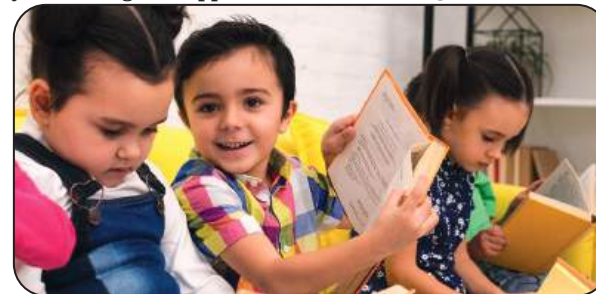


Seema, Psychological Counselor.

Cherishing a fondness for Reading

“Reading is essential for those who seek to rise above ordinary.”- Jim Rohn

Reading is a fundamental skill for a child’s cognitive, emotional and social growth when cultivated from a young age. Children often mimic adult behavior, so let them regularly see you reading for happiness.



This shifts their mindset from ‘HAVE TO READ’ to ‘WANT TO READ.’ Share your reading experiences & encourage them too.

Importance & benefits:

Enhancement of language skills, a wide range of vocabulary, sentence structures and concepts, which helps improve their language proficiency.

Reading aloud with children will help them to improve their rhythm, expression, voice modulation for an effective communication. Boosting cognitive development of children, reading stimulates a child’s brain, promoting critical thinking And problem solving abilities.

Additionally, reading enhances concentration & focus, as it requires sustained attention to understand & enjoy the reading. Emotional and social benefits, reading books about different cultures, perspectives & experiences can develop empathy as well as better understanding of the world around

them. Stories that deal various situations can help children navigate their own feelings & situations in real life. Academic Success, there is a strong relation between reading habits and academic performance, not just language and art, but also the comprehension skills, math and science, where understanding problems or instructions are essential. That is why it is said that “Today a reader, tomorrow a leader.”



Manisha Ravi Tiwari, M.Lib & Isc, Librarian, VIBGYOR High.

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Principal's Column: Insights from BVM Global School

BVM Global offers a holistic education with a focus on academic excellence, innovation, & character development, fostering a dynamic learning environment for students.

What is your vision for the school and how do you plan to achieve it

- Our core aim is to provide an innovative and inspiring learning environment where every student feels included, empowered and is given plenty of opportunities to improve on their innate potential, making them life-long learners and contributing to the society at large.

Can you share recent initiatives or programs that enhance the school's educational experience

- We have recently brought in a structured STEM program; a focused sports curriculum in the pre-primary and primary classes to improve fitness, endurance and overall health; and a streamlined career guidance program for the senior classes. We have added a few more improvements to the technological support already rendered in the classes to enhance the learning experience of our students.

How does the school use technology and innovation in the curriculum to prepare students for the future

- We employ innovative teaching methods such as PBL, Flipped learning and collaborative projects.

We have integrated technology through the programs & courses offered, by providing tech-support in classrooms through Smart Boards & projectors, having LMS and other audio-visual educational tools to enhance the learning experience of the students.

How does the school involve parents and the community to support student learning

- We believe that a school's engagement with the parents & community is very crucial in achieving the vision for its students. We constantly involve parents not only directly for academic related inputs but in conducting social outreach programs such as blood

donation camps, having exhibitions for a cause, inviting them as industrial / subject matter experts to expand the horizon of our students & much more.



Ms Sukanya Sai Satheesh
Principal
BVM Global School, Bengaluru

Message from the Principal of BVM Global School

- As a principal, more primarily as an educator, I would request all parents to be aware of the trend in the global education and career opportunities. In a rapidly changing and frequently unpredictable world, it is important that our children are not only high on IQ (Intelligence Quotient), EQ (Emotional Quotient), and SQ (Social Quotient) but also on AQ (Adversity Quotient). A student's ability to bounce off from their personal setbacks and deal with academic, peer and societal pressures is an indicator of their overall well-being. And to develop a high AQ among our children, everyone in the education ecosystem must equally participate. Till unified efforts are made in this direction we will continue to focus more only on IQ and forget that in the larger picture for our children to be successful their EQ, SQ & AQ need to be higher.

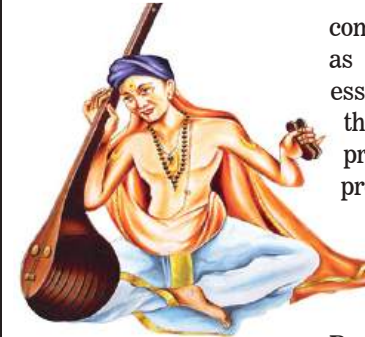


How does the school support students with diverse learning styles and abilities

- Our school has been a long-standing proponent of diverse learning styles to meet the unique needs of each learner. Based on assessments and display of learning styles the school not only follows response

to intervention at multiple levels but also prepares IEPs as needed. Through our in-house and external PDPs for the staff, we not only sensitize them about diverse learning styles but we also have full-time staff catering to support students with their social and emotional learning.

Carnatic Music & its Practice: A Guide to Mastery



compositions is essential, as they encapsulate the essence of raga and tala through structured approach to learning, improvisational techniques that are practiced to enhance creativity and spontaneity during performances.

Performance practice is an integral part of the training, where musicians simulate concert conditions, practicing how to maintain energy, manage stage presence, and engage with the audience.

Role of the Guru in Practice:

In Carnatic music, the guru plays an indispensable role. In Regular lessons, students practice should be 90 % while the rest 10% guru provides feedback, corrects mistakes, and inspires greater dedication.

Listening as a Form of Practice:

Listening helps in understanding different interpretations of ragas and talas, and in developing an ear for the subtle nuances that characterize Carnatic music, attending live concerts are vital components of practice.

Voice and Breath Control:

Vocal exercises focusing on breath control, pitch, and tone are critical for sustaining long phrases & for clear, resonant. Pranayama (breathing exercises) is often integrated into practice routines.

“Carnatic music is a profound & complex art form that requires not just talent but also unwavering dedication to practice. Through consistent & disciplined practice, musicians gradually master the technical skills.”

PriyaPotharaju,
Swaramadhura
Sangeetha Patasala.

Carnatic Music: A Rich Tradition of South India Carnatic music, of Indian classical music, is deeply embedded in the cultural fabric of India. The Trinity of Carnatic Music (18th Century): Composers Tyagaraja, Muthuswami Dikshitar, and Syama Sastri are revered as the “Trinity” of Carnatic music. Carnatic music is not just a form of entertainment but a disciplined spiritual pursuit. The mastery of this art form requires rigorous and dedicated practice, often spanning a lifetime.

The Importance of Practice in Carnatic Music:

Mastering Carnatic music requires years of dedicated practice.

Foundational Exercises:

Sarali Varisai, Janta Varisai, & Datu Varisai, Alankaras: These are fundamental exercises that introduce students to the basic swaras (notes) and help in developing vocal strength, control, & dexterity. Different speeds following the shruti and laya in different ragas. Consistency is key. Set aside dedicated time each day for practice. Structure your practice session with a warm-up. Start slow, focusing on accuracy & precision before gradually increasing the speed.

Composition Practice:

Varnams, Kritis, Neraval and Swara Kalpana: Regular practice of these

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Electronic City, Bengaluru – Ajmera Infinity hosted a grand 4-day Ganesh Chaturthi celebration with the unique theme of “Mahabharata,” honoring Lord Ganesha, the scribe of this epic. Organized by AIAOA, the event was a vibrant, com-

munity-driven celebration that brought together over 2500 residents. With more than 600 performers of all ages, the occasion was marked with devotion, cultural performances, and joy, making it a memorable experience for everyone involved.



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Sairam, Ganesh Chaturthi celebrations in Sri Sathya Sai Samithi at E City started at Sri Vinayaka Temple, Vabasandra, Hulimangala, with Prayers and making of Lord Vinayaka out of mud clay. The scriptures

like ‘Dharmasindhu’, ‘Smrutikaustubh’ call out the right procedures and Sri Krishna guides Yudhishatra on making Siddhi Vinayak out of mud and pray for overcoming challenges and obstacles faced in life.



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