

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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Quick News Bites

1

A five-year-old leopard that roamed the streets of Electronic City was captured near the helipad on Tuesday, September 24.

2

Agrahara PS : A visit to Cambridge School in Agrahara Police Station boundary of Parappa to create awareness regarding Human Trafficking.

3

A Treamis School bus was attacked on Route 35, leaving students shaken but unharmed, as police investigate.

4

Residents of Rayasandra and Gatahalli protested for urgent repairs to the severely damaged Rayasandra-Guttahalli Road.

5

The new Yesvantpur to Hosur train (06203/06204) runs daily except Sundays, with two services at Heelalige (11:40 am, 3:40 pm) and Anekal Road (11:50 am, 3:30 pm).

Namma Metro - Electronic City A Train to Nowhere

The recent news of further delays in inaugurating the Electronic City Yellow Line has not been well-received by the general public.

is being used solely for trial runs between RV Road and Bommasandra. BMRCL will need at least three more train sets to conduct further

sure, the authorities are considering an alternative suggestion: running trains every half hour with limited stops at Infosys, Konappana Agrahara, Silk Board, Jayadeva, Raggigudda, and the two terminal stations. This idea is being actively discussed until the full inventory of train sets is ready.



Reports suggest that the slow progress in procuring train sets for the Yellow Line has been extremely sluggish, pushing the inauguration deadline to the next financial year.

trials with multiple units before declaring the line safe for commercial operations.

Although the 19 km line was completed nearly a year ago, the lack of operational trains is seen as a waste of taxpayers' money. In response to public pres-

“Whether this plan will solve the problem of mass commuting or prove to be a short-sighted scheme remains to be seen. As of now, there is no clear deadline for the start of commercial operations, leaving us with a train to nowhere.”

Tilak Subramaniam.

Understanding the Roles: MLA, Minister, & MP in Water Supply Projects

The recent political discourse in Pragathi Nagar highlights a crucial misunderstanding regarding the roles of different public representatives. Many citizens have been misled by claims that had a particular candidate won as Member of Parliament (MP), they would have secured water from the Kaveri river in mere days. However, it's important to clarify the distinct responsibilities of an MP, Member of the Legislative Assembly (MLA), and state government ministers, especially in matters like water supply to areas under the Bruhat Bengaluru Mahanagara Palike (BBMP).

in the state government, such as the Minister for Water Resources or Urban Development, along with the local MLA, holds decision-making authority and is responsible for the timely execution of such projects. They ensure that infrastructure is developed, and necessary resources are allocated to extend water facilities to the respective areas.

On the other hand, MPs represent their constituencies in the Parliament and handle matters listed under the Union List, which includes national and international issues, & broader policymaking.

MPs can only request or lobby for the faster

To illustrate this point, from 2019 to 2024, Mr. D.K. Suresh served as the MP for Bangalore Rural constituency, while Mr. D.K. Shivakumar is holding the position of a state minister from 2023. Both were in power from 2023 to 2024, what's the work done then? Is it practically possible to do any work in 15 days if it was not done in the past one year? The decision-making and execution of water supply projects in Pragathi Nagar, which is under BBMP, is within the minister & MLA domain. However, some political actors are misleading the public by attributing this responsibility to an MP.

“It's essential for voters to understand the distinct roles and limitations of their elected representatives to make informed decisions. Political claims that misrepresent these roles do a disservice to the democratic process, creating confusion rather than clarity.”



Water supply falls under the purview of state governance and is listed in the State List of the Indian Constitution. This means that MLAs and state government ministers play the primary role in facilitating water connections. Specifically, the concerned minister

implementation of projects that fall under the state's jurisdiction but cannot directly influence or expedite such decisions. While they can push for developmental projects in their constituency, their authority in state matters, like water supply, remains limited.



Shubhankar C
Legal Associate
General Secretary,
SMSC Trust.

Wild animals straying into Cities

The recent Leopard sighting at Electronic City phase-1 toll gate has caused a commotion. In 2023, there was a similar occurrence when a leopard escaped the wilderness and had to be gunned down as it attacked an official.

replacing concrete jungles with the real jungles. Forests are wiped out by the day, leading to water and food scarcity. Animals are forced to venture into the suburbs and cities for alternative sources of food.

Global warming is leading

severe injury or fatality for residents.

As responsible citizens, there should be community engagement to ensure effective wildlife monitoring systems such as sensor cameras & electric fencing.

“We must work in bringing awareness among the general public & builders to ensure we don't encroach on areas designated for wildlife to thrive. This land belongs to every living being.”



This poses an important question - Why are wild animals straying into the city? Factors such as massive deforestation and infrastructure development are to be blamed. Bangalore's burgeoning population is

to unpredictable environmental changes, causing problems in animal habitats. A wild animal's natural migration route is also disrupted due to urbanization. Wild animals on the loose in suburbs increase the risk of



Madhumita P,
Freelance writer.

Urgent Call for Action Icon Happy Living Road, Kammasandra



Residents of Icon Happy Living Road have endured a deteriorating entrance road for over six years, causing safety concerns. Despite ongoing follow-ups with local authorities, no progress has been made. We urge immediate action to resolve this critical issue for our community.



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Wellness Through Vastu Textiles

Most of us Invest a fortune in building our dream house but it can be futile if we neglect the natural energies that surround and influence us.



Most of us are familiar with Vastu & textiles when used separately. Vastu is a science of direction & home textile is any fabric part that is used in the house like bedspreads, duvets, cushions, curtains, carpets, tablecloth, table mats, kitchen towels, aprons & so on.

When we talk about Vastu textiles, it means textiles that help in solving Vastu imbalances. We have often come across Vastu experts mentioning Doshas and solving them using a particular color tape or tying a Mauli (thread) or using yantras etc. By doing these, maybe we can get the expected results but whoever sees it will either ask you or know about some issue in the house & become judgemental. Why to announce when it can be done silently? **How can they solve issues?**

Textiles are in touch with the body, will help you heal even while you are sleeping, a part of your lifestyle and home. For example, if there is any imbalance in living room, try adding a certain element like colour, designs or pattern in the form of

curtains, cushions or rugs. These energies will start changing for you & in favour of you. similarly,

- **GREEN IN NORTH-** If your child is facing knowledge accruing issues, introduce green table cloth & table accessories. Even a green indoor plant will help.

- **GREEN/ BLUE -** Solves fertility issues.

- If you want to enhance the positive energy flow in a room, you can use curtains with a paisley or floral print.

“To summarise, in Vastu Shastra, certain colors, placements & symbols are believed to balance energies and enhance positive vibrations in a living space. A conscious selection can help in bringing good health, stability in wealth & continuous progress.”



Tanushree Dey,
Founder & Designer,
HAPPY HOMES.

Improving Your Mobility: A Guide to Flexibility & Movement

Mobility is essential for maintaining an active and healthy lifestyle. It refers to the ability of your joints to move freely through their full range of motion.

Improving your mobility can enhance your athletic performance, reduce the risk of injury, and improve your overall quality of life. Here's how you can start working on your mobility:

- **Incorporate Stretching:** Regular stretching is key to improving flexibility and joint mobility.

Dynamic stretches, such as leg swings and arm circles, are great before a workout, while static stretches like hamstring or calf stretches are ideal post-exercise.

- **Focus on Joint-Specific Exercises:** Target specific

joints, like the hips, shoulders, and ankles, with mobility exercises. For example, hip circles, shoulder dislocations with a resistance band, and ankle dorsiflexion drills can significantly enhance movement in these areas.



- **Practice Yoga or Pilates:** Both yoga and Pilates emphasize controlled, precise movements that improve

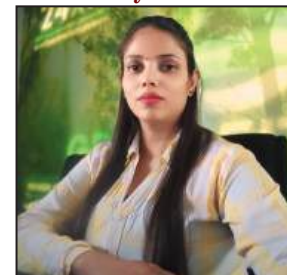
flexibility, strength, and balance. Incorporating these practices into your routine can lead to significant improvements in mobility over time.

- **Use Foam Rolling:** Self-myofascial release, commonly known as foam

rolling, helps to reduce muscle tightness and improve blood flow. This can aid in better movement and faster recovery.

- **Stay Consistent:** Like any aspect of fitness, consistency is key. Dedicate time to mobility exercises several times a week to see lasting improvements.

“Improving your mobility requires patience & dedication, but the benefits are well worth the effort. Make it a priority, and you'll enjoy greater freedom of movement & a healthier, more active lifestyle.”



Kalpika,
Green Fitness Gym
Member Co-ordinators.

Understanding Your Aura: The Invisible Force Shaping Your Life

We are all made of energy, known as aura, which reflects our physical, emotional, mental, and spiritual states.



Though unseen, our aura acts like a magnet, attracting or repelling energies based on our mindset. A well-balanced aura can uplift the energy in a room, create harmony, and inspire others. In contrast, a disturbed aura may attract negativity, leading to

conflict & stress, affecting both ourselves and those around us.

A positive aura draws people in, making individuals

feel energized and uplifted in our presence. People with bright, balanced auras are often more likable and approachable, leading to pleasant and productive experiences. On the other hand, a negative aura tends to absorb negativity, attracting toxic relation-

ships and further draining energy.

Our aura constantly interacts with the world, influencing our daily experiences.

“A healthy aura enhances creativity, productivity, and emotional resilience, making it easier to focus, solve problems, and stay calm during challenges. It also plays a key role in physical health by boosting the immune system and aiding in faster recovery from illness.”

By paying attention to the state of our aura, we can receive early warnings of potential health issues and take preventive measures. Understanding

and working with our aura allows us to improve our overall well-being, enhance relationships, and attract positive experiences. Ultimately, nurturing our aura is not just about self-awareness but about empowerment, growth, and living a more fulfilling, harmonious life.



Sapna Jumde,
Internationally Certified
Aura Reader & Healer.

The Food-Mind-Body Connection

Imagine savouring a cup of filter kaapi paired with hot, spongy idlis, chutney, and sambar. Or indulging in a comforting bowl of hot soup on a rainy day. Ever wonder why certain foods bring you comfort or why you crave sweets when stressed? This intricate relationship between food, mind, and body is a fascinating one.

Cravings are often your mind's way of signalling that something's off. When

you're stressed, your brain may crave sugary treats for a quick energy boost. It's as if your mind is saying, "I need a little pick-me-up!"

Similarly, comfort food acts as a warm hug, providing solace during tough times.

When feeling down, you might reach for familiar dishes from your childhood, like steaming rice with spicy mixed vegetable sambar—your mind's attempt to soothe your emotions.

Food also serves as a powerful memory trigger.



A single bite can transport you back in time, reviving memories of childhood and family gatherings.

Traditional South Indian

snacks like kai murukku and mysore pak remind me of

my Amma and Paati's bustling kitchen filled with love and laughter.

As we deepen our understanding of the food-mind-

body connection, we can leverage this knowledge to enhance our well-being. The future holds exciting possibilities, from using nutrition to uplift mood to personalized dietary plans.

“So, the next time you enjoy a meal, reflect on the intricate dance between your mind and taste buds. This relationship is not just nourishing but also enlightening.”

Eat healthy, eat mindfully,

and savour the joy of home-cooked food! Enjoy every bite!.



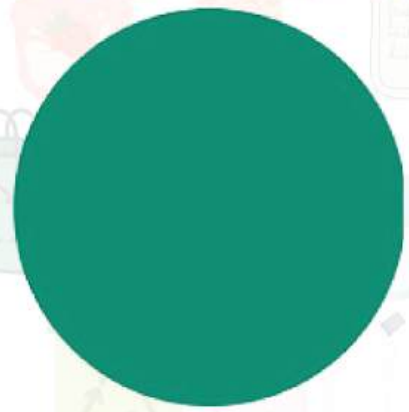
Sharada Sampathkumar,
Storyteller,
Electronic City.

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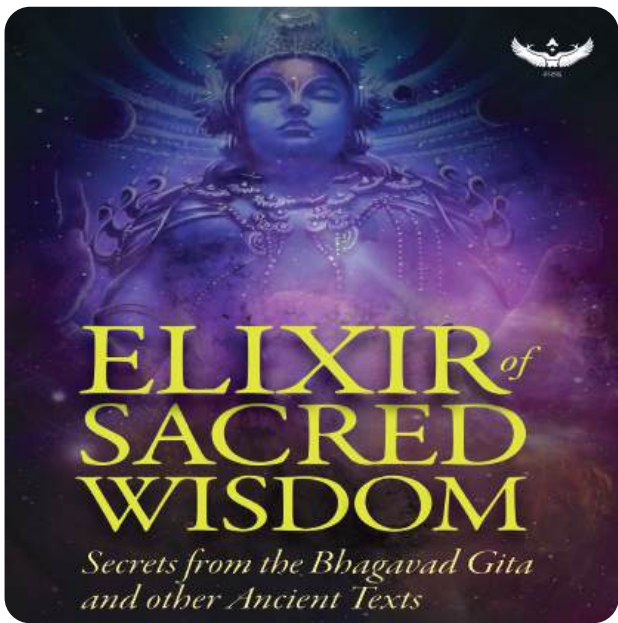
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The Eternal Witness A Lucid Journey of Profound Realization



The villagers shot the tiger & burned its remains, but its energy persisted, merging with me—the eternal witness. In this bodiless state, I understood: I am the indestructible essence that pervades all beings. I am the silent observer, untouched by death or destruction.

This realization brought peace. We are not separate entities but manifestations of the same eternal essence. Like gold melted from bangles, we return to our pure, unified form.

In this state of liberation, I see Brahman in everything, the absolute Self within all. Our connection is boundless, a reminder that we are one with the cosmos, infinite and eternal.

For years, I've experienced a recurring lucid dream. My body is lifted as the Sahasrara chakra spins rapidly. I soar through the skies, flapping my arms like wings, able to ascend to the stars.

“Yet, as I near the cosmos, fear grips me, and I gently descend back to Earth.”

Last night, a vivid new dream unfolded. A tiger, driven by its owner's deep hatred, attacked me. I fought but was ultimately consumed. As my body was devoured,

I witnessed something profound: the tiger turned on its owner, killing him. Without a body, I realized we were no longer separate—our identities merged into one.



Asim Chowdhury,
Author of Elixir of sacred
wisdom, secrets from
Bhagavad Gita and other
ancient texts.

Ganesh Chaturthi at Concorde Manhattans 15 Years of Unity and Tradition

Concorde Manhattans celebrated its 15th annual Ganesh Chaturthi with vibrant festivities that brought together residents from all walks of life, showcasing the power of community and togetherness. The three-day event saw people of different faiths and backgrounds come together, embodying the spirit of unity.

The celebrations kicked off with the traditional Sthapna, where an eco-friendly, paper-based Ganesha idol was installed. This choice reflected the community's ongoing commitment to sustainability while preserving their cultural values. Children were treated to a delightful puppet show, filling the air with laughter and joy. The day concluded with a grand 'mahabhandara', a communal dinner where residents gathered to share a meal and strengthen their bonds.

The second day was dedicated to honoring



the elderly and the support staff. The senior citizens participated in fun events tailored for them, bringing smiles and laughter to the group. This was followed by lunch for the community's support staff, a touching gesture to recognize their invaluable contributions. The day ended on a spiritual note with the recitation of the Sunderkand Path, invoking blessings for the entire community.

On the final day, the women of Concorde Manhattans led the community in soulful bhajans, setting the stage for the emotional farewell of Ganpati Bappa. During the Visarjan, residents danced to the lively beats of the dhol, bidding farewell to Lord Ganesha with joy and anticipation of His return next year.

“For 15 years, this celebration has stood as a testament to Concorde Manhattans' unity, love, and shared traditions.”

Anuj Ahuja
Concorde Manhattans E City Phase 1.

A Celebration of Culture and Community

Agrani Socio-Cultural Association (ASCA) is a registered non-profitable organization, located in Electronic City Phase-2. It's established in 2011 and is a vibrant society of people from various cultural backgrounds. We organize various socio-cultural, religious and philanthropic activities throughout the year, out of which the biggest is

the Durga Puja. ASCA Durga Puja is the largest in South Bengaluru, in terms of area & attracts a footfall of over 35,000 + devotees in its 4 days of celebration. It's well known for its traditional atmosphere.

Prashanta Banerjee,
Joint Secretary ASCA.

Sasi Hosts Nutrition Week Celebration

Ecstatic to update, SASI Group of Institutions organized Nutrition Week, and the guest lecture on the same was addressed in the presence of Prof.

gy, Narayana Health.

The Chief Guest spoke about the importance of nutrition to young kids and teenagers. He said nutrition is not just about eating;

of health issues, including obesity, diabetes, heart disease & a nutritious diet can enhance our immune system, improve mental health, and increase our longevity. Dr. Anil encouraged students to consume fruits, vegetables, whole grains, proteins, & healthy fats.

“CEO Prof. Padmaraju motivated students to stay fit and have a healthy lifestyle so that the situation of visiting the hospital doesn't arise. Mr. Parashuram Yarangudri, President of Neeladri Nagar Residents Welfare Federation, addressed students and motivated them to stay fit and stay healthy. Mr. Hardik Thakkar, COO of Care Diagnostic & Neo Clinic, was present.”

Certificates of participation in the Tiranga Yatra in Neeladri Nagar were distributed to students by the guests.



Padmaraju, CEO of SASI Group of Institutions, Prof. Sangeetha, Vice Principal of SASI Group of Institutions, and the Chief Guest of the Day, Dr. Anil Kumar Sapare, HOD and Senior Consultant in Pediatrics and Pulmonology,

it's about understanding how the foods we consume affect our bodies.

A balanced diet provides the essential nutrients we need to function optimally. He added that research shows that poor nutrition can lead to a range

Engaging Mock Fire Drill for Young Learners



Little Podarites at Podar Prep participated in a Mock Fire Drill to learn the importance of safety and preparedness. With the guidance of dedicated teachers and staff, the children practised evacuation procedures and learned how to stay calm in emergencies. They gained a clear understanding of the sound of the fire

alarm, learned the evacuation route, and gathered at the assembly point. Teaching safety from a young age ensures children are always prepared and confident.

Podar Prep Plus,
Gollahalli Main Road, ECity Phase 1.

Take the Swachhata Pledge for a Cleaner Bengaluru!

BBMP invites all citizens to join the Clean BLR initiative for Gandhi Jayanti. BAF encourages residents to take the Swachhata Pledge and commit to keeping Bengaluru clean and green.

How to Pledge:

Visit: <https://cleanblr.bbmp.gov.in/eng/index.php>

Scroll to "Initiatives" and click

"Take Pledge for Clean Bengaluru." Submit your pledge and details.



Receive a certificate on **October 2nd** from BBMP for your commitment.

Let's join hands and inspire others to keep Bengaluru clean! - BAF Team

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- Free Bhog/ಫ್ರೀ ಭೋಗ್
- DJ Night/ಡಿಜಿ ನೈಟ್
- Dandiya Night/ದಾಂಡಿಯಾ ನೈಟ್
- Dance Throupe/ದಾನ್ಸ್ ಟ್ರೂಪ್
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Sustainable Waste Management Workshop by SWMRT and Eco_Margdarsak



The Electronic City community gathered for a Sustainable Waste Management Workshop on 14th September at Mahendra Elena5, led by SWMRT (Solid Waste Management Round Table) in collaboration with Eco_Margdarsak. The event saw 50 participants from various buildings in the area. The workshop by SWMRT covered key waste management topics, including segregation at source, com-

posting basics, & hands-on demonstrations. Attendees learned how to sort waste and turn organic waste into nutrient-rich compost, along with useful waste minimization tips. Eco_Margdarsak contributed significantly to the workshop's success, providing expertise & resources. The interactive session showed strong community interest in sustainability, with many participants eager to start com-

posting in their apartments. SWMRT will continue supporting apartments in their composting journey. For those interested in accelerating their sustainability efforts, contact Parul Sharan, founder of Eco_Margdarsak, and join the exclusive e-city group for healthy discussions regarding waste management and composting.

SWMRT Team and Parul Sharan (Eco_Margdarsak)

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 VENUE- WHITE FEATHER, ELECTRONIC CITY, BENGALURU
 13th ANNIVERSARY CELEBRATION

<p>09TH OCT</p> <p>MAHA SHOSHTI</p> <p>ADBHOOT BAND - 7:00 PM: 8:15 PM ECCA AAGOMONI DANCE - 8:15 PM: 8:30 PM DANCE BY ISHITA BARURI - 8:30 PM: 8:45 PM</p> <p>ECCA IN-HOUSE DANCE DRAMA - TIN KONYA-8:45 PM: 9:45 PM</p>	<p>10TH OCT</p> <p>MAHA SAPTAMI & ASHTOMI</p> <p>DHUNUCHI NAACH (OPEN TO ALL) 7:00 PM: 7:30 PM ECCA CHOIR (BY ECC-TAARA) 7:30 PM: 8:00 PM ECCA SPL- AARATI (WITH DHUNUCHI NAACH) - 8:00 PM : 8:30 PM BONGOLOREAN BAND - 8:30 PM ONWARDS</p>
<p>11TH OCT</p> <p>MAHA NABAMI DANDIYA (IN COLLABORATION WITH DESICLANS) 8:00 PM ONWARDS</p>	<p>12TH OCT</p> <p>VIJAYA DASHAMI ECCA AWARD CEREMONY 7:00 PM : 8:00 PM BHOOMI BAND 8:00 PM ONWARDS</p>

Electronic City Cultural Association will celebrate the 13th Anniversary of Durga Puja / Dussehra celebrations at White Feather Convention Center from October 9 to 12. Bangalore's most top rated and award-winning Durga Puja celebration, ECCA boasts easy accessibility from Hosur Road/Nice Road, a spectacular air-conditioned venue with ample parking space. Besides blessings of Devi Durga and Prasad - free bhog distributed to all devotees, one can look forward to engrossing cultural programs each evening. Highlights for this year include traditional Sandhya Arti and Dhunuchi dance, Dandiya Nights in collaboration with Desiclans on October 11 and famous Kolkata based band BHOOMI live in concert on October 12. All residents in and around Electronic City are invited to visit the mega event.

Champions Emerge at The Turf Football League



The Turf Football League, Bangalore, concluded with Prestige Song of South emerging as the winners! Congratulations to Team Manager Shan Fernandez and Captain Dev Sunar for leading the team to victory!

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