

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

Volume 2 : Issue 34

29th Sep - 12th Oct 2024

Free Circulation - 25,000 Copies



From the delicate artistry of Idly, Dosa with Chicken to the hearty satisfaction of Pappu & Biryani!

Starts
@ ₹ 39*
Only

Every bite transports you to the vibrant kitchens of Andhra!

Home Delivery &
Takeaway! Call us at
81510 12365

Order Online

zomato SWIGGY



এখনই
ভর্তি করুন!



কায়লান প্রি স্কুল

প্লেগ্রুপ | নার্সারি
কিন্ডারগার্টেন | ডে কেয়ার

২০২৪-২০২৫ বিশেষ অফার

মধ্য-মেয়াদি ভর্তি জন্য বিশেষ অফার

প্রিমিয়াম সুবিধাসমূহ

- ইংরেজি, গণিত এবং EVS- এর জন্য আধুনিক ল্যাব
- মজার বালু খেলার এলাকা
- বিশাল কার্যক্রমের অঞ্চল
- প্রতিটি শিশুর জন্য ব্যক্তিগত যত্ন
- প্রমাণিত Kreedo পাঠ্যক্রম
- রোমাঞ্চকর সাঁতার পুলের সুবিধা
- ২৪/৭ সিসিটিভি নিরাপত্তা
- যোগ্য এবং স্নেহশীল শিক্ষকবৃন্দ

আরো তথ্যের জন্য কল করুন
96636 30221 | 89046 81801

#29,30 Prkruthi Residential Layout,
Bettadasanapura, ECity, Bengaluru
-560 100 (Near Neo Hospital)



কায়লান ট্রি স্কুল

প্লেগ্রুপ | নার্সারি |
কিন্ডারগার্টেন | ডে কেয়ার

২০২৪-২০২৫ বিশেষ অফার
মধ্য-মেয়াদি ভর্তি জন্য বিশেষ অফার

প্রিমিয়াম সুবিধাসমূহ

- ইংরেজি, গণিত এবং EVS- এর জন্য আধুনিক ল্যাব
- মজার বালু খেলার এলাকা
- বিশাল কার্যক্রমের অঞ্চল
- প্রতিটি শিশুর জন্য ব্যক্তিগত যত্ন
- প্রমাণিত Kreedo পাঠ্যক্রম
- রোমাঞ্চকর সাঁতার পুলের সুবিধা
- ২৪/৭ সিসিটিভি নিরাপত্তা
- যোগ্য এবং স্নেহশীল শিক্ষকবৃন্দ

আরো তথ্যের জন্য কল করুন
96636 30221 | 89046 81801



ট্রিথন সুবিধাসমূহ

- সিঁড়ি, গলি এবং EVS- এর জন্য আধুনিক ল্যাব
- মজার বালু খেলার এলাকা
- বিশাল কার্যক্রমের অঞ্চল
- প্রমাণিত Kreedo পাঠ্যক্রম
- রোমাঞ্চকর সাঁতার পুলের সুবিধা
- ২৪/৭ সিসিটিভি নিরাপত্তা
- যোগ্য এবং স্নেহশীল শিক্ষকবৃন্দ

#29,30 Prkruthi Residential Layout,
Bettadasanapura, ECity, Bengaluru
- 560 100 (Near Neo Hospital)

Quick News Bites

- 1 Chandapura, Anekal citizens were protesting for basic roads on Sep 28th, from Chandapura bus depot to Thirumagondanahalli via Green Apple Hikes apartment.
- 2 Maximum recorded temperature in Electronics City is 35.28°C from the past four weeks and average humidity of 73.44.
- 3 Mega operation repurpose drive initiated by NGO's across Bengaluru conducted on Oct 2nd, PES college campus in ECity venues for collection of plastic, cloths, e-waste, etc.
- 4 Yellow line Metro Update: 3 train sets are to be available by Nov-Dec 2024, and commissioning of Section with three trains is targeted by January 2025.
- 5 New Patch road work started, following with the residents of Rayasandra & Gattahalli, in protest demanding for basic infrastructure on September 21st.

Pragathi Nagar Residents Push for Independent Resolution of Kaveri Water Supply Issues



Residents of Pragathi Nagar, a community under BBMP limits, are increasingly concerned about ongoing water scarcity, particularly during the summer months. Despite promises of access to Kaveri water through Stage 5 of the Kaveri water facility under the 110 village project, progress has been slow. Residents continue to rely on costly private water suppliers as they await the connection.

Political representatives recently indicated that water meter installations and surveys would commence once Stage 5 is inaugurated.

However, with ongoing issues in Karnataka's political

landscape, including the MUDA dispute, residents worry that further delays are inevitable. In response, representatives from Pragathi Nagar visited the offices of the Chief Minister, Deputy Chief Minister, and Chief Secretary at Vidhana Soudha on October 3, 2024, submitting a formal request to expedite the Kaveri water supply to their locality.

“What stands out is the residents’ resolute independence. Living in the area for over 20 years, they feel empowered to address issues without relying on anyone claiming to be their local leader. They believe they are fully

capable of handling civic matters that impact their lives.”

Rather than waiting for others to act, they’ve taken matters into their own hands.

The community remains optimistic that their efforts will bring about positive change. Pragathi Nagar stands united in resolving its challenges, proving that they are resourceful and determined to address their issues independently, without the need for external intervention.



- Shubhankar C, Legal Associate, General Secretary, SMSC Trust.

CopConnect Café



Bengaluru is witnessing an increase in cybercrimes these days with victims losing hefty amounts to complex cyber frauds. To help citizens fight cybercrimes, the Information Sharing & Analysis Center (ISAC) in association with corporates, industry associations and educational institutions, has established CopConnect cafes. Three such CopConnect cafes are set-up in the city at Rotary Bangalore Udyog, Peenya, AMC Engineering College, Bannerghatta Road Campus in association with Zscaler & Dayananda Sagar Academy of Technology and Management, Kanakapura Road in association with Zscaler.

These CopConnect cafes serve as a vital resource for both the local community and thousands of employees from nearby industries. Such a facility provides a safe space for individuals to seek guidance and support regarding cyber security. The availability of ‘Hacked or not kiosk’ (HONK) tool at the café provides a report on data breaches from smart devices without being intrusive & alert on banned apps present in the phone. 600 of Faculty members and students have been trained as cybercrime first responders, significantly contributing to a safer learning environment and a safe campus.

In addition to these initiatives, ISAC has successfully trained close to 75 Cyber Crime Intervention Officers (CCIOs) in & around E City. This training enhances the area’s capacity to respond to cyber threats, ensuring that both organizations & individuals are better prepared to tackle cybercrimes.

For more information on Cop-Connect Cafes, please contact **Mr. Vinay Chandra:**
Mail: vinaychandra@isac-foundation.org
+91-9731746616
Web: https://isacfoundation.org/



- Chetan Anand, National Cyber Security Scholar and Cyber Crime Intervention Officer

A commercial hub – Doddathogur



Take a walk in Doddathogur in Electronic city and you will be struck by the innumerable array of shops. No matter what your requirement is, you will find a store or a business that caters to it.

Hospitals, schools, textile shops, banks, vegetable shops, supermarkets, salons, temples, pet food stores, bakeries, clinics, pharmacies – you name it,

you will find it here.

This has truly made life so convenient here that we need not travel to other areas. We get everything in one place with ease and at very affordable prices.

The commercial boom in Doddathogur in the past few years has also led to a rise in real estate. People are more than happy to invest in a home here, thanks to the availability of ben-

efits and services in this area. “Doddathogur has also become a preferred spot for retired persons as they don’t have to struggle in commuting long distances for hospital check ups or medications. Even house help is readily available here at nominal prices.”



- Madhumita P, Freelance Writer.

Status on Commissioning of Reach-5 Line (Yellow Line) from RV Road to Bommasandra

Civil / System works have been substantially completed.

Commissioning Plan

- Testing with Proto-Type Train is under progress
- Technical sanction of Railway Board w.r.t. Traction is received
- For Signalling System and Rolling Stock are in advance

stages

Rolling Stock Availability

- 3 Train Sets will be available by Nov-Dec 2024
- Commissioning of Section with Three Trains is targeted by January 2025 with the Headway of 30 minutes Section will be offered for CMRS Inspection

in December 2024

- Further, Trains will be received from TRSL at the rate of 2 Trains per month w.e.f. March 2025 and Headway will be reduced progressively
- All the 15 Trains sets for Reach-5 line will be available by August 2025



ELECTRONIC CITY CREDESCENCE

NAMMA NEIGHBOURHOOD NEWS

CIRCULATION CONTACT

If you regularly receive the Electronic City Credence biweekly newspaper but miss an issue on weekends, please call or message us at **97317 26800**, or info@electroniccitycredence.in We're here to ensure you stay informed!





ELECTRONIC CITY CREDESCENCE

NAMMA NEIGHBOURHOOD NEWS

FOLLOW US ON INSTAGRAM



Scan The QR Code



@ELECTRONICCITYCREDESCENCE





HOLIDAY WORLD EXPRESS

Holiday World Express

TRAVEL & TOURISM

Thailand 4 N/ 5 Days | **2 N Bangkok & 2 N Pattaya 3* Hotel**

Rs. 71,000 Ex. Bangalore with B/f & transfer with Hotel.

For More Info **99730 23637** | Electronic City Phase 1, Bangalore.

Robert.A Designated Partner

Assessment Accounting Solutions LLP

Clarity In Digits

START UPS

- START UP REGISTRATION PROCESS
- SETTING UP NEW BUSINESS
- PROPRIETORSHIP
- PARTNERSHIP
- LIMITED LIABILITY PARTNERSHIP

ACCOUNTING OUTSOURCING

- PREPARATION AND MAINTENANCE OF ALL DAILY ACCOUNTS
- FINANCIALS STATEMENT - MONTHLY QUARTERLY/ANNUALLY
- MIS REPORT - CASH FLOW FORECAST REPORT/ BUDGET
- INVENTORY VERIFICATION
- EXPORT DOCUMENTATION

INCOME TAX

- FILING TDS RETURNS QUARTERLY
- FILING INCOME TAX RETURNS FOR VARIOUS FORMS

REGISTRATIONS

- SHOP AND ESTABLISHMENT
- MSME REGISTRATION
- PROFESSIONAL TAX REGISTRATION
- IMPORT / EXPORT CODE
- PAN REGISTRATION
- TAN REGISTRATION

OTHERS

- SECRETARIAL WORK
- PART TIME CFO SERVICE
- PAY ROLL SERVICES

GST

- GST REGISTRATION
- GST FILING
- GST SERVICES

FOR MORE INFO CONTACT **+91 9980591905** | NO.23 MARGONDANAHALLI, SHIKARIPALLYA MAIN ROAD, ELECTRONIC CITY PHASE I BANGALORE - 560 100

assessmentsolutionsllp@gmail.com

Vegan Makhana Shake

A Delicious & Nutritious

Chef Ilma is excited to present a refreshing and nutrient-packed drink, the Vegan Makhana Shake, a perfect fusion of healthy ingredients designed to nourish your body and tantalize your taste buds.

Recipe Overview:

- Almond Milk - 1 Cup, Fox Nuts (Makhana) - ½ Cup
- Almonds - 1 tbsp, Cashews - 1 tbsp, Seedless Dates - 6 pieces, Grated Coconut - 1 tbsp

• Grind the mixture into a smooth, fine consistency, creating a perfect blend of texture and taste.

• Refrigerate for 10 minutes to chill and enhance the drink's freshness.

Crafted with care, this beverage is a revitalizing addition to your day, offering a delicious boost of energy and flavor in every sip.

Preparation Method:

- Soak all the ingredients together for 30 minutes, allowing the flavors to meld and nutrients to enrich.

- Chef ILMA, Professional chef @ Chef Ilma's

Fruitful Morning
"Daily Bowls Of Goodness!"

Fruitful MORNING

- Clearer Skin
- Weight Management
- Good Health
- Energy Boost

GET EVERY DAY BOWL OF FRUITS DELIVERED AT YOUR DOOR STEP

THAT'S **100 rs** per day

SUBSCRIPTION **₹3000 GST** PER MONTH

STARTS FROM NOV - 1ST

WHAT'S UP? 82474 48891

FREE DELIVERY FROM ELECTRONIC CITY PHASE -1

SUPPORT YOUR HEALTH, SKIN, AND ENERGY LEVELS WITH FRUITFUL MORNINGS. THAT'S A BOWL OF PURE NUTRITION

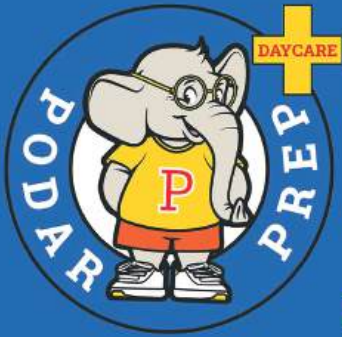
ELECTRONIC CITY CREDDENCE
NAMMA NEIGHBOURHOOD NEWS

If you receive more copies of the Electronic City Credence than expected or find the newspaper scattered, please let us know! You can drop a message to

info@electroniccitycredence.in or us at 97317 26800.

Your feedback helps us serve you better!

96 Years of Experience | 144 Podar International Schools | 400 Podar Preschools | 2,30,000 Students



PODAR PREP PLUS

Upgraded curriculum powered by
NEP2020 & Boosted by EYFS (UK) & EYLF (Australia)

Midterm Admissions Open!



Transportation Available

- 📖 Playgroup
- 📖 Nursery
- 📖 Junior KG
- 📖 Senior KG
- 📖 Daycare



Location



📞 77955 52877 | 77955 52810

📍 Electronic City Phase 1.



SPOT THE LITTLE PICASSO!



It's never too late to catch artistic signs in your child.

India's Largest & Most Experienced Chain of Art Centres

CALL: ELECTRONIC CITY - 97407 76763

Benefitted 90,000 children across 140 Centres in India since 2005

International Presence



Visit our website <https://www.globalart.in/> & follow us on and

Your Journey, Your Success Coaching for Young Adults



One of my clients was a 12th grader. He was pursuing Sciences, although his interest was in law. Why did he do this? His parents felt Sciences were compelling and hence had advised him to pursue it in 11th and 12th. They were fine with him pursuing law later for graduation.

My client was so disappointed in having to pursue science in the immediate term, that he lost sight of the fact that his dream of becoming a lawyer was still achievable. This dissonance between his short term and long term goals translated to his lack of focus towards studies.

Sessions with me allowed him to realise that science at school was a necessary bridge to get to his long term goals. This clarity proved to be beneficial for him. When I circled back with him, I was glad to know he was successful with his schooling.

“Life coaching is like having a partner who helps you figure out where you want to go in life and how to get there. It's not about telling you what to do but helping you find your own answers.”

Example: Imagine you're at a crossroads in your career. You're unsure whether to stay in your current job, switch to

a new field, or maybe even start your own business. A life coach would ask questions to help you clarify your goals, identify what's holding you back, & come up with a plan to move forward. They might help you set small, achievable steps, keep you accountable, & challenge any self-doubt or limiting beliefs along the way.

So, it's like having someone who helps you navigate important life decisions, giving you the tools & support to make the best choices for yourself.



- Archana Sudhir, ICF-certified Youth Foundation Coach, GetMeClarity.



ELECTRONIC CITY CREDDENCE
NAMMA NEIGHBOURHOOD NEWS

ADVERTISE WITH US

Occupational Therapy in Pediatric Society

Occupational Therapist: We work with mentally and physically challenged children who have conditions such as autism, **ADHD (ADD)**, cerebral palsy, Down syndrome, and those with poor tolerance, poor peer group interaction, behavioral issues, and handwriting problems in academic areas.

Occupational therapy interventions are structured to promote developmental skills, cognitive skills, independence in daily living, academic performance, and social interaction and communication skills. Various approaches in occupational therapy, such as sensory integration, neurodevelopmental therapy, and applied behavioral analysis, help children overcome barriers and achieve their potential.

We have been in the field for the past three years, working to standardize our profession and services for the neurodiverse community. Our experienced and dedicated professionals

provide customized therapy plans, advanced interventions, social programs, and home-based parental guidance to ensure development. **“Accept Different, Make a Difference”** for a neurodiverse society.



- **Dr. TAMILARASAN NAGARAJ**
Director Tiny CDC and Rehab

Inclusiveness for Beneficial Societies

Inclusiveness is a way of life where individuals support one another in both joyous and challenging times. In the past, strong bonds enriched communities, creating a harmonious environment. Community events and initiatives united people, ensuring success and offering moral support.

However, in today's fast-paced world, the essence of inclusiveness seems to have diminished. People often neglect meaningful interactions, spending limited free time on social media rather than fostering real connections with family and neighbors. Apathy toward community activities persists, with many preferring to benefit from others' efforts without contributing themselves. To counter this trend, we must

embrace inclusiveness.

Strategies such as organizing community events, encouraging open communication, and volunteering for local causes can foster a sense of belonging. **“Let us practice inclusiveness by engaging with our communities, supporting one another, & setting an example for younger generations.”**



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



Balancing Mental and Physical Health for a Fulfilling Life



Mental and physical health are equally important components of overall health. Mental health refers to our emotional, psychological, and social well-being, while physical health refers to our fitness, flexibility, nutrition, and immunity levels. Although the mind and body are

often viewed as separate, mental physical health are closely related, with mental health affecting our physical health both positively & negatively.

Regular exercise boosts our mood, reduces stress, decreases body fat, strengthens bones, and increases our energy and stamina. Eating a well-balanced diet that includes protein, fat, and carbohydrates, along with staying hydrated, is essential.

Getting adequate sleep—between 6 to 9 hours—is important for maintaining

a calm mind and focused concentration. Exposure to sunlight every day promotes healthy skin. Practicing good oral hygiene, listening to music, picking up a new sport or hobby, and reducing screen time by taking breaks from social media all contribute to overall well-being. Staying connected with people & spending time with family & friends is important, as is contributing to society through volunteering in areas that align with our abilities & interests. Practicing mindfulness & gratitude

also enhances well-being. **“Good mental & physical health help us cope with the daily stresses of life, maintain healthy relationships, & enjoy life to the fullest.”**



- **Asha Balasubramaniam,**
Cafe Croffle
Tummy Fuel Eatery.

Managing Anger Strategies for a Healthier Life

Anger is a natural emotion that affects everyone at some point in their lives. However, unmanaged anger can lead to serious consequences, affecting relationships, mental health, and overall well-being. Effective anger management involves understanding the causes of anger, recognizing its signs, & developing strategies to manage & express anger in a healthy manner. Being aware of anger signs is crucial for effective management. These signs may include increased heart rate and blood pressure, tight muscles and clenched fists, irritability and mood swings, raised voice or aggressive tone, and physical symptoms like headaches or stomach aches. Identifying personal trig-

gers and recognizing early signs of anger are vital steps in managing anger. Relaxation techniques such as deep breathing exercises, progressive muscle relaxation, mindfulness meditation, yoga, and physical exercise can help.

Journaling thoughts and feelings helps in processing and releasing anger. Seeking support from a trusted friend, family member, or mental health professional can provide valuable insight. Letting go of resentment and anger through forgiveness is another essential strategy.

Additional tips for managing anger include practicing gratitude, engaging in physical activity, limiting alcohol and caffeine consumption, and getting enough sleep.

“Effective anger management requires patience, self-awareness, and practice. By understanding the causes of anger, recognizing its signs, and implementing these strategies, individuals can manage anger in a healthy, constructive way, leading to improved relationships, mental well-being, and overall quality of life.”



- **Seema,**
Educator, Artist,
Psychological Counsellor.

Paper cups can give you health hiccups !!

Paper cups are widely used to consume coffee, tea or any beverage. The reason for their popularity is the myth that paper cups are eco-friendly. Most of us think that paper cups are just made of paper. Let us pause and reflect if paper cups were only made of paper, would it be able to hold liquid? No! Paper cups are lined with polyethylene (plastic) that functions as a moisture barrier.

A research by IIT Kharagpur gives evidence of microplastic contamination in the hot beverage (tea, coffee etc.) consumed from disposable paper cups. The research quotes: “A

person drinking three cups of tea in disposable paper cups will end up ingesting 75,000 tiny microplastic particles”. Not only these, these microplastics also act as carriers for contaminants like ions, toxic heavy metals such as Palladium, Chromium, Cadmium, Lead etc. When human beings ingest these heavy and toxic metals, the health consequences could be as serious as cancer.

“Although it seems safe to drink cold water in paper cups, we must think twice before using them as paper cups are the largest litter waste

product only outdone by plastic bottles.”

Let us discuss solutions now:

- We can easily carry our own bottle, glass/ cup for ourselves and our family while traveling, visiting public places or during any outdoor visits.
- While organizing any function at home, we can use steel/ glass cutlery if we have enough or borrow it from neighbors/ friends, if possible
- While organizing functions at large scale, we can rent steel cutlery as there are many organizations which provide cutlery on rent at a certain rate.
- Organizations/ Apartments

can also invest in steel cups/ glasses. This one-time investment can serve both the purposes of saving our health & avoiding littering.



- **Parul Sharan,**
MBA (HR), Writer,
Environment Enthusiast,
Founder, Eco_Margdarsak.
Insta: @eco_margdarsak

Disclaimer

The Editor and Publisher does not vouch for any claims made by advertisers and hence shall not be held liable for any adverse consequences. We recommend readers to make appropriate enquires before entering into dealings with advertisers. Electronic City Credence is not responsible for any such liabilities.



On September 29th, Narayana Health City, Bengaluru,

Bengaluru, proudly organised a walkathon in celebration of World Heart Day, held along Neeladri Road in Electronic City. The event aimed to raise awareness about the importance of maintaining a healthy heart and promoting cardiovascular well-being in the community.

With over 1000+ participants the walkathon united people of all ages in a spirited show of support for heart health. Dr Kapil Kumawat - Sr Consultant Cardiology - Adult, Narayana

Bengaluru, September 29th, 2024 — Kauvery Hospital,

Electronic City, successfully hosted the fourth edition of its flagship event, Kauvery BEAT 2024, celebrating World Heart Day. The triathlon-style event brought together over 3500+ enthusiastic participants, aged from 2 to 80 years, promoting heart health awareness through walking, running, & cycling activities.

The event's highlight was the formation of Karnataka's biggest heart shape, symboliz-

ing unity for a healthier future. Attendees pledged to care for their heart health by imprinting handprints on a giant pledge board, while each participant was awarded a medal and a sapling to symbolize growth & a commitment to wellness.

Health City, Bengaluru addressed the gathering with heart-healthy tips, emphasising the vital role of lifestyle modifications to keep heart diseases at bay and suggested having regular health-checkups to prevent any cardiac event.

“Narayana Health remains committed to fostering health awareness and empowering individuals to take charge of their heart health. We extend our gratitude to everyone who joined us in this important initiative.”

“With expert talks, fun fitness activities, & a powerful message for heart health, Kauvery BEAT 2024 was more than just an event—it was a movement towards a heart-healthy lifestyle.”

- Narayana Health City, Bengaluru.

- Kauvery Hospital, Bengaluru.

Walking Towards Health: Empowering Communities for Heart and Cancer Awareness

Communities united in impactful walkathons, raising awareness for heart health and breast cancer through these inspiring events.



Narayana Health City, Bengaluru, Hosts Successful Walkathon for World Heart Day



Steps of Strength: A Mini Walkathon for Breast Cancer Awareness by Apollo Hospitals, Bannerghatta Road

A mini walkathon was held on 2.10.24 at Apollo Hospitals,

Bannerghatta Road, Bengaluru in connection with the commemorative function of Breast Cancer Awareness Month. The oncological unit of the hospital supported that early diagnosis and screening of breast cancer among other activities helped them successfully carry out this encouraging event.

The 2nd Annual “Pink Saree Run” was a creative and noteworthy concept wherein people wore pink sarees for the cause of breast cancer awareness. The 6 am walk started from Apollo Hospitals and went to Delmia Circle, in which more than 700+ enthusiastic participants, including the hospital staff, doctors, patients, and their relatives and friends took part.

Dr. Manish Mattoo, CEO, Apollo Hospitals-Karnataka and Central Region; Dr. Jayanti Thumsi, Lead Surgeon - Breast Oncology; & Dr. Vijay Agarwal, Lead & Senior Consultant, Medical Oncologist, Dr. Vishwanath S Senior Consultant & Academic Advisor -Department of Medical Oncology led the medical parade.

“This initiative motivates

many women to turn self-screening or having a mammogram or a breast exam into a priority,” stressed Dr. Thumsi. “It will also encourage them that catching the disease early allows for quick and efficient treatment.”

The Pink Saree Run was also an extremely significant march for hope, & even for happiness. “Saree-clad participation provides a creative and cultural perspective to the event, thus increasing the level of participation, as well as enjoyment,” asserted Dr. Manish Mattoo, CEO Apollo Hospitals-Karnataka and Central Region.

“It also works towards bringing people together in the spirit of fitness and breast cancer awareness.”

Such a humane approach served as helpful rehabilitative strategies encouraging mothers and their families to adopt health as part of their normal daily living which in turn transformed households and reinforced the society.

- Apollo Hospitals, Bannerghatta Road.

feature your articles in our upcoming edition! Email us to info.electroniccitycredence.in



Kauvery Hospital's BEAT 2024 Event Witnesses an Overwhelming Response

Ganga Vertica Onam Celebration 2024
A fiesta of colours



Onam was celebrated with great enthusiasm at Ganga Vertica, Neeladri Road, on Saturday, September 28th, 2024.

The cultural programs began around 7 PM, starting with Thiruvathirakali, a tribute to Kerala's rich cultural heritage. This was followed by children's dance and skit per-

formances, along with Onam songs.

A mesmerising Mohiniyattom performance by Vis-maya C. A., Sneha K. S., and Indulekha, trained by Kalamandalam Kavya took the whole program to another level. The highlight of the evening was the much-anticipated Kathakali performance by

Kalamandalam Shjukumar and Kalamandalam Aryajith, who delivered a captivating 25-minute excerpt from Narakasura Vadha.

Onam 2024 celebration left a lasting impact on both the audience & organisers, making it a day filled with cultural pride, joy, and togetherness.

- Meenakshi Nair

Ajmera Hosts Creative Navratri Lippan Art Activity



The Ajmera Infinity Durga Pooja Association hosted a pre-puja Lippan Art activity on October 6th for Ajmera residents. Lippan art, originating

from Kutch, Gujarat, is a traditional craft that uses clay and mirrors to form intricate designs. Focusing on the Navratri theme, children celebrated the

occasion by crafting beautiful images of Maa Durga using clay and mirrors, displaying both creativity & cultural pride.

- Ajmera Infinity.

Dussehra Celebration



With Dussehra, the magnificent nine-day Navratri celebration comes to a conclusion. This fortunate festival's tenth day represents the triumph of good over evil. The seventh month of the Hindu Luni-Solar calendar, Ashvin, is when it is typically observed. That falls between September and October on the Gregorian calendar. This event is also known by the names Vijaya Dashami, Dasara, and Dussehra.

Different regions of India and Nepal mark Vijaya-dashami for different rea-

sons and celebrate it in diverse ways. Vijayadashami, which commemorates goddess Durga's victory over Mahishasura to restore and safeguard dharma, marks the conclusion of Durga Puja in the southern, eastern, northeastern, and certain northern provinces of India.

It commemorates the deity Rama's victory over Ravana and signifies the conclusion of Ramlila in the northern, central, and western states. Alternatively, it symbolizes respect for a facet of the deity Devi Durga.



Grand Navaratri & Durga Puja Celebration At Prime City, Doddathogur, Bangalore



Ayudha Pooja at Doddathoguru Town Panchayat

ELECTRONIC CITY CREDESCENCE
NAMMA NEIGHBOURHOOD NEWS

CELEBRATING OUR DUSSEHRA RANGOLI CONTEST CHAMPIONS



EXCITING PRIZES AWAIT



Shriram Summitt Apartment, Golahalli

Ritu Parate
Vijaya Shete
Shalini Koshe

Palette Pioneers

+91 96324 44354

info@electroniccitycredence.in

www.electroniccitycredence.in

SPONSOR ANNOUNCEMENT

SLY NAILS & BEAUTY PROFESSIONAL

79966 23692

Neeladri Road, E city Phase - 1




Navratri Golu, Sumathi Sundar aka Krishnaama, Genesis EcoSphere

SERVICES

We repair all kinds of Washing Machines and Refrigerators! Reliable and efficient service you can trust. We also undertake House Shifting Works.
Contact: Mohan Raj
9448853467 / 6363391461

DESSERTS

The Paan Dynasty
Indulge in royal treats at our new outlet in Electronic City, Bangalore! Discover the finest traditional paans and paan-based desserts. Order now to avail our inaugural offer! Shop No.7, Neeladri Main Road, 12th Cross, Electronic City, Bangalore
Contact: 9731001222

ELECTRONIC CITY CREDESCENCE
NAMMA NEIGHBOURHOOD NEWS

Editorial & Publishing Office:

15, 3rd Floor, 4th Main, 4th Cross, Duo South
County Layout, Basapura, Bengaluru - 560100

Website : www.electroniccitycredence.in
Email : 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



INDULGE IN A FEAST LIKE NO OTHER WITH OUR

Lavish buffet

ENJOY 40% OFF*

WITH OUR INAUGURAL OFFER!

#121/122, HARIPRIYA SAMRUDDHI, 14TH CROSS, NEELADRI RD ABOVE MC DONALD'S, ELECTRONIC CITY PHASE I, ELECTRONIC CITY, BENGALURU, KARNATAKA - 560100

CONTACT US ON : 9606092047 | 9606092054

The Big Baadshaah
EAT - DRINK & ROAR

JUZZKIDZ - PRE SCHOOL

Why Choose JUZZKIDZ?

- Integrated Curriculum : Builds thinking & problem-solving skills in children.
- Sports Curriculum : Improves fine motor skills & inculcates enthusiasm.

JOIN US TODAY AND EXPERIENCE THE BEST IN EDUCATION

NEW AMENITIES

- PLAY GROUP
- NURSERY
- JR.KG
- SR.KG
- DAYCARE
- SPLASH POOL
- PLAY AREA
- SAND PIT

FREE TRANSPORT*

Contact Us
9740559500 | 9108993177

261, 2nd Cross, Neeladri Nagar, E City, Phase 1
Bangalore - 560 100