

# ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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## Quick News Bites

1

Sarla Aviation plans to launch seven-seater electric flying taxis in Bengaluru, cutting travel time between the airport and Electronics City to 19 minutes. Fares are expected to be Rs 1,700 per trip.

2

M5 E-City Mall, developed by Mahendra Homes, will open on October 25th Electronics City Phase II, Bengaluru, offering 4,20,000 sq. ft. of retail space, brands, an entertainment centre, and an 8-screen PVR Inox.

3

Bengaluru will become water-surplus with the launch of the Cauvery Phase 5 project on October 16, supplying water to 50 lakh more residents (including Bangalore south). The project includes India's largest water treatment plant.

4

Electronics City month to date recorded rainfall 289.5mm, with Average High temperature recorded 28° C to Lowest 19° C. Source: weather.com.

5

Electronics City Phase-2 Huskur Fruit Market area roads are full of potholes and driving/riding on those roads is very pathetic. Residents urge attention on road development.

## Neotown Residents Discuss Garbage, Street Lighting, and Road Conditions with CMC Officials



Electronic City, Bengaluru, October 20, 2024:

Residents of Neotown Road, particularly the board members of the Birchwood Apartment, have taken proactive steps to address the pressing civic issues in their locality.

On October 20, the board members held a meeting with City Municipal Council (CMC) Working Committee Chairman Shri Manjunath and area corporator Shri Prakash to discuss the irregular garbage collection, lack of street lighting, and the deteriorating road conditions.

The residents, especially

those near Prestige Sunrise Park and La Moon Stone Apartments, raised concerns over the increasingly sporadic garbage collection.

“The garbage menace has resulted in a surge of mosquitoes and rodents, posing serious health risks,” said a representative from Birchwood. The residents stressed the need for more consistent garbage collection and an immediate cleanup near Gollahalli Junction.

Street lighting was another key topic of discussion. The stretch from La Moon Stone Signal to Gollahalli Junction

has been left unlit for months, making it dangerous for pedestrians, especially women and children. “The absence of streetlights is a safety hazard, and we’ve seen several near-accidents at night,” one of the board members added.

Lastly, the poor condition of roads, worsened by potholes, was highlighted. The residents urged Shri Manjunath and Shri Prakash to expedite the road repair work to ensure safer commuting, especially during the rainy season.

Officials have assured the residents that these issues will be addressed promptly.

## Support Siva Nagendra Fight Blood Cancer



P Siva Nagendra, a loving husband and father of 7-year-old

twins, has been courageously battling Early T-cell Precursor Acute Lymphoblastic Leukemia/Lymphoma (ETP ALL, Blood Cancer) for the past six months. After spending ₹43 lakhs on chemotherapy, Siva now requires a bone marrow transplant, which will cost an additional ₹30 lakhs. We are reaching out to you for support to help cover the costs of his life-saving procedure. Your contribution can make a significant difference in Siva's fight

for survival.

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## The Silicon City Drowning in Neglect Amid Heavy Rains

Bangalore, known as India's IT hub, Silicon City, and the City of the Future, boasts a diverse population and fast-paced life, attracting people from across the globe. However, beneath its modern façade lies a harsh reality that becomes all too apparent during the rainy season. Once celebrated for its planning and infrastructure, the city now turns into an amusement park of sorts, with flooded streets, submerged neighborhoods, & overwhelmed drainage systems during even moderate rains.

Last week's downpour once again exposed the inadequacies in Bangalore's urban planning and civic infrastructure. Several areas of the city were underwater, transforming roads into waterways. Water filled houses, residential complexes, and tech parks alike. Manyata Tech Park, one of the city's premier IT hubs, witnessed a waterfall-like scenario, while several tech parks found themselves submerged. Roads in many residential layouts were also submerged, leaving residents questioning the accountability of those responsible for approving such projects without considering the natural flow of water.

The flooding has far-reaching consequences. Water enters

homes, damaging personal property and leading to a surge in dangerous encounters with reptiles like snakes, which find their way into houses through the rainwater. The poorly maintained drainage systems, blocked with debris and inadequately cleaned, only worsen the situation. Vehicles suffer damage as floodwaters seep into engines, and tragically, lives are lost when people accidentally fall into water-covered manholes and drains.

Who is responsible for this alarming situation? The Bruhat Bengaluru Mahanagara Palike (BBMP), the city's municipal body, seems to be at the center of the blame. It is questionable how buildings and residential layouts are approved, especially when built on what were once natural lakes or water bodies. The BBMP's failure to enforce proper urban planning and drainage maintenance has left Bangalore vulnerable to severe flooding during every monsoon season.

Meanwhile, city officials, including the BBMP Commissioner, enjoy the luxury of lavish bungalows, cars, and round-the-clock security. The concerned ministers, also provided with similar amenities, appear indifferent to the plight

of the people they are supposed to serve. Despite their comfortable lifestyles, the residents of Bangalore live in constant fear of their homes being submerged during the rains, while officials fail to act promptly to clean drains or address known flood-prone areas.

The streets of Bangalore, once known for their charm, now turn into temporary lakes and ponds after every heavy shower. The crumbling infrastructure and lack of foresight from those in charge are transforming this once-garden city into a city of chaos every monsoon.

“The pressing question remains: When will the authorities prioritize the safety and well-being of Bangalore's residents over their own comfort? It's time for decisive action—before the city's legacy is washed away in the floods.”



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

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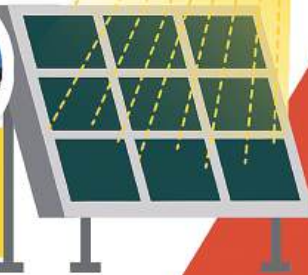
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## Marriage in the Danger Zone? 8 Red Flags You Must Resolve

Marriage is like a garden – if you don't nurture it, the weeds creep in. While every relationship faces challenges, some red flags should be addressed before they grow into bigger problems. Let's explore eight common issues couples face and why it's important to address them right away!

risk emotional disconnection. Start with simple, heartfelt talks to bring back the spark!

- **The Critic Inside:** We all have quirks, but if you find yourself nitpicking your partner more than appreciating them, it's a red flag! Criticism without kindness can hurt self-esteem.

Reignite that emotional bond by spending quality time together, free of distractions. Sometimes, a simple "How was your day?" can work wonders.

- **Trust Issues:** A healthy marriage is built on trust. If doubts and insecurities are clouding the relationship, it's time for some honest conversations. Trust isn't built overnight, but with transparency and consistency, you can rebuild a solid foundation.

- **The 'D' Word – Disrespect:** Name-calling, dismissing feelings, or belittling your partner in arguments – disrespect is like termites in your marriage. Treat your partner with kindness and respect, even during disagreements. You can disagree without being disagreeable!

- **Unfinished Business:** Do arguments always end in silence, never to be resolved? This just leads to pent-up frustration. Instead, work on effective conflict resolution – it's less about who's right and more about what's right for the relationship.

- **Too Much Emotional Cling:** While leaning on your

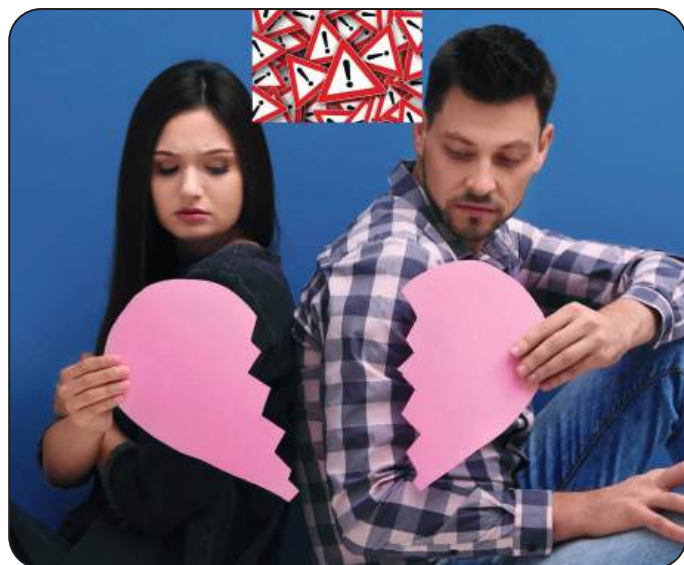
partner for support is natural, becoming overly dependent can suffocate the relationship. Cultivate personal interests and give each other space to breathe. A little independence can strengthen your bond.

- **The Intimacy Gap:** A dwindling physical connection often signals deeper issues. Don't be shy – talk openly about your needs and desires. Sometimes, a small shift in attention and affection can reignite passion.

“Addressing these red flags with care and compassion can not only save your marriage but also help it thrive. After all, a well-tended garden blooms!”



- Dr Ruupa Rao  
Psychologist & psychotherapist, And ICF PCC  
www.ruuparao.com



- **Silent Treatment:** If meaningful conversations have turned into grunts and monosyllabic responses, it's time to break the silence. Communication is the heartbeat of a marriage – neglect it, and you

So, swap complaints with compliments, and see how love grows.

- **Emotional Absence:** Your spouse is physically present, but emotionally checked out? It's like living with a ghost!



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tion, and slow down the aging process.

Moringa tea is also rich in vitamins A, C, and E, which contribute to a strong immune system, promote healthy vision, and improve skin health. Its anti-inflammatory properties can help in managing conditions like arthritis and may lower blood sugar levels, potentially benefiting those with diabetes.

Additionally, moringa tea has been known to aid in digestion by promoting gut health due to its antimicrobial properties. It may also enhance energy levels and mental clarity with-

out the jittery side effects associated with caffeine.

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### Principal Introduction

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At Podar Pre Plus, we embrace a child-centered approach that aligns with NEP-2020, EYFS (UK), and EYLF (Australia), ensuring holistic early childhood education. Our curriculum focuses on social skills, respect for diversity, mother tongue learning, experiential activities, & physical development, fostering literacy, numeracy, and personal growth. We nurture a love for learning while preparing children for cognitive, emotional, & social success.

Podar Pre Plus offers innovative programs to nurture curious and active learners.

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### • Spiral Integration:

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donations or money. Instead, we are seeking contributions of menstrual cups to support teenage girls in Government schools.

“Starting from next month, we will be holding awareness sessions in and around Electronic City (ECITY), and your donations will help these young girls manage their menstruation with dignity, hygiene, and comfort.”

Please consider joining us in this mission

**Together, we can make a difference.**

- Team SMSC  
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## Beyond Happiness: Discovering a Meaningful Life

For years, I believed happiness was the ultimate goal in life. However, a study by Florida University[1] introduced me to another vital aspect: a “meaningful life.” There are two distinct ways to live: happily and meaningfully. While often intertwined, these concepts differ.

Happiness stems from fulfilled needs and desires, focusing on the present. It's the joy of finding a lost book or celebrating India's cricket win. Meaningfulness, however, encompasses purpose and long-term impact. Helping others boosts meaningfulness, but

not necessarily happiness. **Research reveals surprising insights:**

- Spending time with friends increases happiness, not meaningfulness.
- Time with family enhances meaningfulness, but may reduce happiness (e.g., parenthood paradox).
- Healthy individuals are happier, but health doesn't guarantee a meaningful life.

Healthy people are happier than sick ones. But healthy and sick people can have equally meaningful lives!

In today's pursuit of happiness, we often overlook mean-

ing. Earning enough money can bring happiness, but it's fleeting. Choose a meaningful life instead.

**Reflect on Your Life**

- What brings you happiness?
- What gives your life purpose and meaning?
- Are your choices aligned with your values?

“Embracing a meaningful life requires introspection. Take time to discover what truly fulfills you. Remember, happiness is temporary, but meaningfulness endures.”

Prioritise happiness or strive for a meaningful life? The answer lies within. The

Choice is Yours.  
[1] Baumeister, R. F., Vohs, K. D., Aaker, J. L., & Garbinsky, E. N. (2013). Some key differences between a happy life and a meaningful life. *The Journal of Positive Psychology*, 8(6), 505-516.



- Prasanna Navaratna,  
Software Engineer, passion  
for writing & inspiring others.

## Life is a GAME or Gaming is LIFE?

Gaming has become a ubiquitous part of modern life, captivating millions of players across the globe. While it offers numerous benefits, it also comes with its share of drawbacks. The evolution of gaming from traditional board games to cutting-edge virtual reality experiences reflects its transformation into a substantial industry that significantly influences culture, technology, and society, the Global revenue of online gaming is approx. \$27.97 billion in 2024.



The key principle for gaming is moderation and balance. Establishing healthy boundaries helps players enjoy gaming's benefits while mini-

mizing drawbacks. Strategies like setting limits, monitoring screen time, and taking breaks maintain a healthy relationship with gaming while avoiding addiction and isolation. Balancing gaming with other activities is important with prioritizing balance for a fulfilling gaming experience. Beyond mere entertainment, gaming serves as a medium for social interaction, personal challenge, and the enhancement of Cognitive and Problem-Solving Benefits which enhances cognitive skills

like problem-solving, spatial awareness, and strategic thinking, the players improve real-life problem-solving by adapting and devising cre-

ative solutions. Increase the Social Interaction and Connection with the multiplayer games and online communities foster global friendships and collaboration. Social interactions through gaming benefit those struggling with traditional social settings.

“Adding value benefits to the Educational & Learning Tools in teaching subjects like history, math, & science using engaging, real-world scenarios. Physical & Emotional Advantages of gaming are noticed in improving the hand-eye coordination & reaction times – used as a therapy, beneficial for precision tasks, also provides stress relief platform & a creative sanctuary to unwind & enjoy.”

Games can be highly addictive due to their engaging narratives, challenging puzzles that encourage repeated play. They create immersive worlds for players to escape reality, filled with adventures and relatable characters. The multiplayer games enhance social interaction through collaboration & competition, fos-

tering community and rivalry with a hint of immersive storytelling by adding compelling narratives which draw players, creating emotional investment. Challenging Gameplay adds the thrill of reward, enhances skill development and satisfaction, adding up to the Social Connections where the Multiplayer interactions foster community and friendly competition, which also opens a new virtual world with an expansive environment offering unlimited freedom to explore and create personal, self-controlled adventures. The rewards are the achievements benchmark and keeps the player to come back hooked to the gaming to become an addiction.



- Manju Mehra  
Cyber Awareness Enthusiast

## THE WOES OF GREEN HOUSE LAYOUT

The Third Cross street in Greenhouse Layout, Doddathogur, is in a very sorry state. The road has not been laid properly. Many a time, a road-laying engine appears but does nothing and vanishes into thin air. This poses a great problem for all of us, whether it be senior citizens or youngsters on their bikes and cabs. In fact, many have tripped and fallen. With the Rain God around the corner, the street will become non-motorable.

Greenhouse Layout has become a commercial hub where you name a shop and

you see it. It also houses innumerable apartments with people from all walks of life, but alas! there is neither a branch of a bank nor an ATM.



We have to go all the way to Velankanni Gate or Neeladri Road for banking services. This is another problem we face in this layout.

Bengaluru loves dogs, no doubt, but this love cannot be at the cost of human safety.

The street dog menace in our area is overwhelming. When they see a person in black attire, roughly 10 dogs follow, making our hearts skip a beat.

I request the Bruhat Bengaluru Mahanagara Palike (BBMP), our Ward Councilor, and relevant authorities to urgently address the issues of road laying, the lack of banking facilities, and the street dog menace in Greenhouse

Layout, Doddathogur. These issues affect the daily lives and safety of all residents.



- Mrs. JAYAMANGALAM  
RAMAMOORTHY  
Retired employee of  
National Insurance Co Ltd,  
a public sector undertaking.



## Vibrant Durga Puja in Electronic City



**BongoDol 2024 Durga Puja: A Grand Celebration of Tradition, Inclusivity, & Community**

In just its second year, the BongoDol 2024 Durga Puja has quickly become one of the most vibrant and authentic Durga Puja celebrations in Bengaluru, standing out among other events in the city. This celebration wasn't just for one community or religion—it welcomed people from all backgrounds, who came together to enjoy, take photographs, and capture the best moments of their lives. Despite challenging rainy weather, the Puja committee worked tirelessly to ensure everything went according to plan, delivering a seamless and joyful experience for all. The well-organized event embodied the true essence of Bangla Durga Puja, providing a warm, family-friendly atmosphere.

Families enjoyed trampolines, rides, and daily cultural performances, while the unlimited Bhog—hygienically prepared and served to over 600 people daily—was a highlight. The diverse food stalls catered to ev-

ery taste, adding to the festive spirit.

“The Navami Dandiya night with a DJ was a lively hit, and the eco-friendly Puja was flawlessly managed with excellent traffic control, e-toilets, and a smooth idol immersion under police supervision. Cultural competitions were held for children, with prizes awarded to all participants, keeping the young ones excited and motivated for the next year.”

The success of this community-driven Puja is a testament to a dedicated team effort. The positive feedback from attendees, aged 5 to 70, was heartwarming, with many already looking forward to next year. BongoDol, despite being a non-corporate event, has already made a grand mark on Bengaluru's festive landscape, and we can't wait to see it continue to grow in the coming years.

- **BongoDol Bengaluru, Ananthnagar**



**ECCA's 13th Anniversary Durga Puja: A Grand Celebration of Tradition and Culture**

The 13th Anniversary of Durga Puja/Dussehra celebrations by the Electronic City Cultural Association took place at the White Feather Convention Center from October 9 to 12. Known as one of Bengaluru's top-rated Durga Puja events, ECCA impressed with its easily accessible location, air-conditioned venue, and ample parking. Devotees enjoyed

blessings from Devi Durga, Prasad, and free bhog, along with captivating cultural programs each evening. Highlights included the traditional Sandhya Arti, Dhunuchi dance, Dandiya Nights in collaboration with Desiclans on October 11, and a live concert by Kolkata-based band BHOOMI on October 12.

- **E City Cultural Association, White Feather**

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Electronic City Gujarati Samaj proudly hosted its 3rd year Dandiya Nights from October 10th to 12th at Redbridge International School, Begur Koppa Road.

The event kicked off with a traditional puja led by Shri Parashuram Yergudri, President - Neeladri Nagar Residents Welfare Federation.

On the second day, we were honored to welcome esteemed guests, including Honorable MLA Shri M. Krishnappa, Honorable MP Dr. C.N. Manjunath, & special guest Shri Zala Dharmendra Singh, President of Rajkot Sahakar Group from Gujarat.

“The three-day celebration attracted over 3,000 attendees, who enjoyed dancing in a stunning 3-acre green venue, complemented by more than 12 food stalls. The excitement culminated with prizes for the first two winners, each receiving a bicycle worth 25,000.”

President Maulik Vyas and Secretary Hardik Thakkar announced that this successful event is just the beginning, with plans to host similar traditional celebrations annually.

- **E City Gujarati Samaj, Redbridge International Academy**



**Electronic City Gujarati Samaj Dandiya Nights-24**

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## Unlocking the Power of Plant Stem Cell Technology

In recent years, the beauty industry has witnessed a surge in innovative skincare ingredients, with plant stem cell technology emerging as a frontrunner. This revolutionary approach has transformed the skincare landscape, offering a natural and effective solution for combating aging and rejuvenating the skin.

### Understanding Plant Stem Cells

Stem cells are undifferentiated cells found in both plants and animals and possess unique properties that enable them to regenerate damaged tissues and adapt

to environmental stressors, making them invaluable in skincare formulations.

### Plant Stem Cells: Nature's Fountain of Youth

At the heart of this skincare revolution lies the remarkable capabilities of plant stem cells. They're packed with potent antioxidants that shield the skin from environmental aggressors, stimulate collagen production, and enhance skin elasticity, unveiling a smoother and more youthful complexion.

Employing advanced biotechnology, plant stem cells are meticulously harvested,

encapsulated, and delivered deep into the skin's layers.

### The Benefits of Plant Stem Cell Technology

One of the primary advantages is their potent antioxidant properties. Plant stem cells contain high levels of antioxidants that help reduce the signs of aging, including fine lines, and wrinkles, stimulate collagen production and hyperpigmentation, resulting in a more youthful and radiant complexion.

At LIFE PURIFIED we leverage cutting-edge Plant Stem Cell technology in our products to harness

the regenerative power of plants, naturally rejuvenating and protecting the skin to deliver youthful, healthy, and radiant results.

“Plant Stem Cell Technology harnesses the regenerative potential of plants to promote healthy and youthful-looking skin. By incorporating plant stem cell extracts into skincare products, consumers can enjoy a range of benefits, including antioxidant protection, collagen stimulation, and skin regeneration.”

- **Lakshmi Priya TT Founder and CEO, Life Purified**

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# 15, 3rd Floor, 4th Main, 4th Cross, Duo South  
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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
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