

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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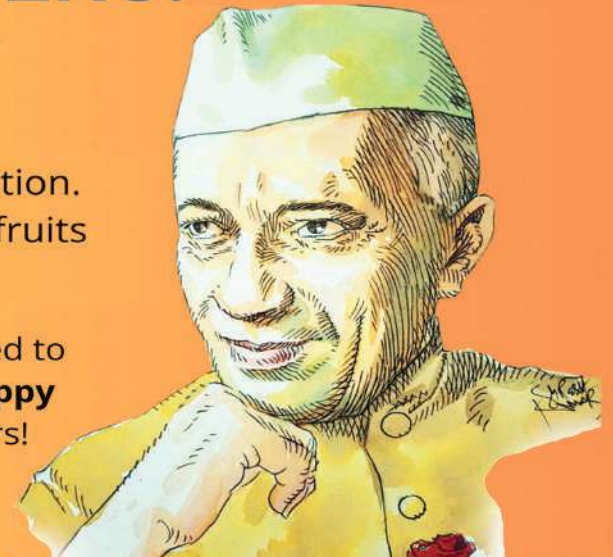


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Quick News Bites

1

Oct 30th : Hosur Road experienced significant congestion towards Electronic City due to the extended festive week-end. Commuters faced delays as vehicle volumes increased.

2

Bengaluru Satellite Town Ring Road to open by March 2025; access-controlled expressway with a route alignment in Karnataka connecting 12 towns which includes Anekal and Attibele.

3

Electronics City air pollution AQI index records highest on Oct 31st and Nov 1st with 147 during the diwali occasions.

4

First mall for Electronic City Area : M5 Ecity : Lulu Mall, 18 F&B outlets, 8 PVR Inox screens (by December).

5

Streetlight rectification work has begun on Bommasandra-Jigani Link Road, with work progressing in phases.

Namma Metro's Yellow Line Ready to Roll: Opening Slated for January

The long-awaited Yellow Line of Bengaluru's Namma Metro, connecting RV Road to Bommasandra through key locations such as BTM Layout, Silk Board Junction, and Electronics City, is finally set for operation between the second and fourth weeks of January.

in opening due to a shortage of trains. Currently, BMRCL has only one prototype train, which arrived from China in February and has since been undergoing trial runs and safety checks.

Assembly of additional train body shells is underway at

collaboration with CRRC Nanjing Puzhen Co Ltd, which is contracted to supply a total of 36 trains to BMRCL. The first two trains from TRSL are expected to arrive by December, allowing for an initial headway of 30 minutes, which will be reduced as more trains become available.

“Meanwhile, the Nagasandra-Madavara stretch on the Green Line, spanning 3.14 km and expected to ease congestion on Tumkur Road, has completed its statutory safety checks. However, its inauguration, initially anticipated after Deepavali, is pending final government permission.”



This line, although ready for some time, has seen delays in opening due to a shortage of trains. Currently, BMRCL has only one prototype train, which arrived from China in February and has since been undergoing trial runs and safety checks.

Empower E-City: Self-Defense Workshop for Women



The Shri Krishna Mahila & Bala Vikas Seva Charitable Trust Bengaluru, in partnership with the Ecity Bangalore Women Forum Rasoi Group and Samsidh International School, warmly invites all residents of E City Phase 1 and 2 to an exciting cultural event featuring a self-defense workshop led by the Rani Chen-

amma Pade Presentation by Bangalore City Police. This lively celebration, organized by the Neo Town Welfare Residents Group, promises a day filled with joy, culture, community spirit, and empowerment. Save the date for Saturday, November 16, 2024, starting at 9 AM, and join us at Samsiddh International School on Gola-

halli Main, E City.

“This event is a fantastic opportunity to immerse yourself in various cultural expressions, connect with fellow residents, and strengthen our community ties. We can't wait to see you for a day of fun, learning, and connection!”
For details, Contact
- Manisha at 96634 70110.

Anomaly of Flat Maintenance

Flat maintenance is often linked to the flat area, despite all residents sharing the same amenities, such as the play area, swimming pool, and security services. A larger flat does not grant priority access to these facilities. Furthermore, water supply should be metered to promote responsible usage. This one-

time investment would allow for monitoring water consumption, encouraging residents to conserve water. Slab-wise rates could discourage excessive use, and publishing individual flat usage monthly would help tenants keep track of their water consumption and manage it effectively.



- Capt R. Thomas Paul,
Ex-Army Captain,
Softskills Trainer.

Chikkanagamangala Lake Recurring Issues of Pollution



Bengaluru: On Friday morning (18th Oct), more than 1,000 dead fish were seen floating in Chikkanagamangala Lake, close to Electronics City, shocking morning walk-

ers. They believe the accident was caused by leachate and sewage from a nearby poorly run waste processing facility. Residents said that the odour coming from the contaminated

lake was not addressed in their letters or protests to the Bruhat Bengaluru Maha-nagara Palike (BBMP) or the Karnataka State Pollution Control Board (KSPCB).

How Government Solar Subsidies Benefit Residential and Apartment Buildings

Government solar subsidies are crucial in promoting solar energy adoption in residential and apartment buildings by making installations more affordable. These subsidies, offered as financial incentives or tax breaks, lower upfront costs, making solar energy accessible and appealing to homeowners and apartment managers.

In India, the government provides subsidies for residential solar installations up to 10 kW, with a maximum subsidy of ₹78,000. Apartment complexes can receive ₹18,000 per kW, up to 500 kW. This significantly reduces the initial investment, encouraging more individuals and complexes to embrace renewable energy.

Subsidies also improve the re-

turn on investment (ROI) by reducing the payback period. For instance, a 5 kW residential solar system costing ₹3 lakh (after subsidy) may have a payback period of 4-5 years, allowing homeowners to start saving on electricity sooner and benefiting long-term from continued savings.

Moreover, these subsidies stimulate the growth of the solar industry by fostering a market for installations, which encourages companies to invest in research and development. This progress leads to technological advancements, further lowering the cost of solar panels and making solar solutions more accessible.

While solar subsidies have effectively promoted adoption,

factors like subsidy terms, installer availability, and solar panel costs can influence their impact.

In summary, government solar subsidies reduce upfront costs, increase ROI, and boost the solar industry, making solar energy a viable option for a sustainable future in residential and apartment settings.



- Saranya,
Managing director,
LugarOne Solution.

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Break the Polyester Myth Why Polyester is the Ultimate Choice for Activewear

In recent years, the athletic and activewear market has exploded, with consumers seeking performance and style in their workout gear. Amidst the buzz, a long-standing debate persists: cotton versus polyester. While cotton has long been heralded as the go-to fabric for comfort, it falls short in many aspects, particularly when it comes to activewear.

One significant drawback of cotton in activewear is its moisture absorption. Cotton readily soaks up sweat, resulting in a heavier, soggy fabric that clings to the skin and can lead to discomfort during exercise. Moreover, once wet, cotton takes longer to dry, which can cause chafing and irritation. This is particularly problematic for athletes who rely on

their gear to perform at an optimal level.

In contrast, polyester fabric is engineered for performance. Its moisture-wicking properties allow it to pull sweat away from the skin, facilitating quicker evaporation and keeping the body cooler and drier during workouts. This functionality significantly enhances comfort and promotes better performance in both casual and competitive sports. Additionally, polyester is lightweight, durable, and resilient, making it ideal for activewear that endures rigorous movement and repeated washes.

Another advantage is that polyester is often more affordable than cotton, making it accessible for a wider range of consumers. With advancements in fabric technology, polyester can also

replicate the soft, breathable feel of cotton, further dispelling the myth that it is solely a less desirable alternative.

"In summary, while cotton has its merits, the advantages of polyester in activewear—such as moisture management, durability, and cost-effectiveness—make it a superior choice for those who prioritize performance. Embracing polyester in your workout wardrobe can enhance your experience and elevate your athletic endeavors."



- Neethu A
Director: Design & Product - Jolger Activewear

Stress Management Through Physiotherapy: Techniques a Healthier You

Stress is state of mental, emotional or physical strain. Managing it has been an inevitable part of life. Excessive stress can cause muscle tension, lethargy, headache, respiratory problems and many more.

maximum possible at least for 10 seconds and exhale slowly through your mouth with slightly opened lips. This will help reduce anxiety, lift mood etc.

• Exercise:

Regular exercise like lifting weights, calisthenics etc,

• Ergonomics/posture:

Following improper ergonomics is one of the main cause for physical stress, back pain, lethargy etc. Following Proper ergonomics can help in relieving physical stress, maintaining correct posture, reducing pain etc.

• Stretch:

It is equally important to move around atleast once in 30 mins, and stretch your body this will help in increasing blood circulation, elevates the mood, reducing lethargy etc.



Physiotherapy offers effective strategies for managing stress, promoting relaxation, and enhancing overall health.

For BUSY BEES OUT THERE, FOLLOW BEES-

• Breathe:

Practice a few breathing exercises like breathing through your nose, hold for

will help in releasing hormones like endorphins which will help relieving stress, physical tension, elevating mood and increasing overall strength, relieving anxiety etc.

“Endurance exercises like jogging, walking, running etc will increase the cardiac fitness too.”



- Shrivani
3rd Year Physiotherapy
Narayana Hrudayalaya
Institute Of Physiotherapy

Healthy Tips for Happy Living

We live in a fast-paced world and as such, being healthy becomes a huge task. The sedentary lifestyle led by most of us is leading to many lifestyle diseases and mental health problems. Hence, it's become imperative to take care of our physical and mental health. Though it's difficult to break out of patterns, the easiest way to start is taking out a few mins a day for ourselves – it could be going for a walk, doing Yoga or meditating. If a stronger exercise regime is not possible, these small

activities help reduce daily stress and make our minds a happier place to be.

Supplement this routine with healthy eating habits and you'll start seeing a change in just a few weeks. One of the worst things we do to our body is snacking between meals – start by removing the namkeens and related items eaten with tea – and yes, tea/coffee when had alone does not cause acidity. Reduce the carbs in your meals, remove the snacks with tea – and see your body transform. Along with all

this, staying hydrated is of utmost importance – it'll keep your energy levels right and help your skin look good.

“And remember, the most important mantra for a Happy Life is - Always be kind to yourself!”



- Shivi Mishra,
Health Enthusiast

- arrogance, addiction, and a refusal to see beyond his own pride—that led him to lose touch with those around him. He thought he was above others, that his greatness was untouchable.

He distanced himself from loved ones and allowed ego to cloud his perspective. This mindset led him into massive debt, and without the support he once had, he felt trapped. Ultimately, he took a tragic step and ended his own life.

This incident sheds light on how

self-destructive ego and isolation can be. When we let pride take over, we start distancing ourselves from people who genuinely care. We start believing we're always right, that we're better than others, and we fail to see the impact of our actions. It becomes easy to attack others, pushing them away until there's no one left to lean on when times get tough.

But life gives us countless chances to change. Every day, we can learn from our mistakes, get back

up, and rebuild. People often think, “If I've lost it all, what's the point?” But this isn't true. Just like a ball bounces back after hitting the ground, we too have the strength to rise again, even if we feel completely broken. Our worth isn't tied to fame, wealth, or success—these things come and go. What truly matters is staying humble, being kind, and not letting ego drive our actions.

“For anyone facing a dark time, know that there is always hope.

Yes, setbacks hurt, and it's easy to feel hopeless when life isn't going our way. But ego, fear, and doubt don't have to control us. We can choose humility, compassion, and courage, understanding that life itself is the most valuable gift. There is always a path to recovery, no matter how far we've fallen.”

May we all strive to support each other and remember that no mistake, loss, or failure is beyond repair. We're stronger than we think, and every challenge is a new

chance to grow and start over.



- Dr Ruupa Rao,
Psychologist and Psychotherapist,
And ICF PCC, www.ruuparao.com

Understanding Subarachnoid Hemorrhage & Brain Aneurysms A Treatable Yet Serious Condition

On World Stroke Day, October 29th, it's crucial to understand different types of strokes, especially the lesser-known yet severe subarachnoid hemorrhage (SAH). SAH is often caused by a ruptured brain aneurysm—a bulging, weakened section of a blood vessel. While many aneurysms go unnoticed until rupture, when they do burst, it can lead to a sudden and severe “thunderclap headache” often accompanied by nausea, vomiting, or loss of consciousness.

What Is a Brain Aneurysm?

A brain aneurysm is a balloon-like bulge in a blood vessel that weakens over time and may rupture, causing bleeding around the brain. While many aneurysms remain undetected, certain factors like high blood pressure, smoking, and a family history of aneurysms increase the risk of rupture. Early diagnosis through CT or MRI

with angiography can be life-saving, especially for individuals at high risk.

Treatment Options

For a ruptured aneurysm leading to subarachnoid hemorrhage, emergency treatment is crucial.

conditions for hard-to-treat aneurysms. With advancements in medical technology,

These minimally invasive options have improved patient outcomes dramatically.



Surgical or minimally invasive procedures can seal the aneurysm. The two primary options are:

• Clipping:

A surgical procedure where a metal clip is placed at the base of the aneurysm.

• Coiling:

A minimally invasive technique where platinum coils are inserted to block blood flow into the aneurysm.

In recent years, newer techniques like flow diverters have emerged, offering effective solu-

“Though a subarachnoid hemorrhage is a life-threatening condition, advances in technology provide hope, making early detection and treatment key to saving lives.”

Participants :

Parashuram, President,
Neeladri Nagar Residents
Welfare Federation.
Hardik, COO Care
Diagnostics.

- Dr. Vikram Huded

Director Interventional
Neurology
Narayana Health Group

Choosing Strength Over Ego



Recently, the Kanna- had once been celebrated for two blockbuster films. Success came quickly to

him, but, just as quickly, things began to unravel. It was a series of choices—

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Ovi Chakurkar

Eight-year-old Ovi Chakurkar, from the Green Terraces apartment in the Neotown area, is a third-grade student at Treamis School and a rising star in swimming. She has won multiple medals in inter-school competitions since July 2023.

Eight-Year-Old Ovi Chakurkar Shines in Swimming Competitions

Her impressive achievements include a silver in the 50m butterfly at Marlin Aquatic Centre, along with multiple gold, silver, and bronze medals at events in Bengaluru, Mysuru, and Chennai. Balancing her rigorous training with academics, Ovi also pursues classical singing under the guidance of Mrs. Smita Verma, showcasing her diverse talents. With dreams of representing India in the Olympics, Ovi inspires many young athletes in her community!

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Interested in contributing an article? We'd love to hear from you!

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Parenting 2.0 When Did It Get So Complicated?

Hey Parent! Have you ever noticed how our parents casually drop that line "It wasn't this difficult when we raised you"? Welcome to modern parenting, where getting your kid to eat breakfast feels like negotiating world peace!

Remember those dreamy pre-baby days? We all had that moment - hand on belly, full of hopes, thinking "I'll never be that mom who loses it. I'll handle everything with grace."

So what's really cooking in our parenting pressure cooker?

There we are, trying to nail this gentle parenting thing - drowning our kids in pleases and thank yous, praising them for existing, labeling every tiny win... until we snap and turn into that very parent we swore we'd never be. The guilt trips? Oh, they're real!

And here's what's making us lose our sanity:

- Information overload that's frying our mom-brains.
- Digital invasion (hello, YouTube Kids addiction!)
- That constant pressure to communicate "perfectly" (because apparently, one wrong word can traumatize them for life!)
- Missing that good old commu-

nity support (remember when neighbors actually helped?)

Those invisible troublemakers? Processed foods turning our angels into tiny tornados faster than we can say "no more sugar!" Add to that the screen time battles, & we're basically running a daily circus!

The challenge is real: Changing social norms, economic pressures, safety concerns... it's like juggling flaming torches while riding a unicycle. Blindfolded.

But here's a thought - maybe we need to cut ourselves some slack. This parenting gig? It's evolved. It's different. & guess what? We're all in this together, figuring it out one meltdown at a time.

“Remember, behind every “perfect” parent is probably a hidden stash of chocolate and a silent scream. You're doing just fine, mama!”



- Suma Chunduri
Certified Parenting
Coach & Author

Technology: Boon or Bane for Children?

When considering the relationship between technology and children, we must remember that a child's mind is still developing, while technology is already highly advanced. Should we introduce this "adult" concept to young children?

In my opinion, technology and children cannot be friends at such a tender age. Childhood is often the best phase of life. We recall navigating the highs and lows of relationships with grandparents, classmates, and friends, all under our parents' guidance to ensure appropriate social development.

Today, technology permeates the lives of even preschoolers. For working parents like me, eliminating access is challenging. Reg-

ulating technology use has become crucial; our absence often drives children to seek engagement with devices, creating a new world that can adversely affect their mental health.



While writing this article, I spoke with my daughter, who is nearing adulthood. I asked her how she felt when we initially denied her a smartphone. She admitted to feeling angry, especially as many

peers had one, but later expressed gratitude for our decision. It pushed her to explore various activities and develop new hobbies. Numerous studies discourage excessive technology use

for us:

- Less personal Gadgets. No gadgets allowed during dinner.
- Missing school; no gadgets until 4 PM.
- Invested in an alarm clock instead of using a cell phone.
- Purchased digital timers to help focus on tasks without distractions.

What strategies have worked for you? Do share your thoughts @techexperiments18@gmail.com



- Anshu Sachdev Anand
Tech & Parenting Lover

FOOD CORNER

Healthy Hara-Bhara Kebabs



- Chef ILMA,
Professional chef
@ Chef Ilma's

- Ingredients:**
- Oil: 2 tbsp
 - Cumin seeds: 1/2 tsp
 - Onion (chopped): 1/4 cup
 - Capsicum (chopped): 1/4 cup
 - Spinach (chopped): 1/4 cup
 - Green beans (chopped): 1/4 cup
 - Green peas: 1/4 cup
 - Cumin powder: 1/4 tsp
 - Salt: 1/4 tsp
 - Garam masala: 1/4 tsp
 - Chaat masala: 1/4 tsp
 - Green chili: 1 (finely chopped)

- Instructions:**
- Heat 2 tablespoons of oil in a pan. Add 1/2 teaspoon cumin seeds and let them crackle. Add 1/4 cup chopped onions and sauté until they turn translucent, releasing their sweetness.



Stir in 1/4 cup each of chopped capsicum, spinach, green beans, and peas. Sauté for 2-3 minutes, allowing the vegetables to soften. Add 1/4 teaspoon cumin powder, 1/4 teaspoon salt, 1/4 teaspoon garam masala, and 1/4 teaspoon chaat masala. Toss in 1 finely

chopped green chili for a bit of heat. Mix well and sauté for another 10 minutes until the vegetables are cooked through.

Turn off the heat and let the mixture cool slightly. Once cooled, blend it into a paste. Note: Do not add water while blending. Take portions of the mixture and shape them into small round or oval kebabs.

Heat a little oil in a non-stick pan and pan-fry the kebabs for 2-3 minutes on each side, until they turn golden brown and crispy.

Garnish with fresh coriander or lemon wedges and serve hot with mint chutney or yogurt dip.

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Real-Time Deepfakes and Their Tangible Consequences

Deepfakes utilize advanced video and audio technologies, often driven by artificial intelligence, to produce strikingly realistic interpretations of individuals. These digital fabrications can create the false impression that someone has said or done something they have not. Initially, deepfakes were used for entertainment purposes. As innovations have enhanced their realism, transforming them into a serious threat to both individuals and organizations.

The Multifaceted Dangers of Deepfakes

- Social Engineering and

Phishing: Deepfakes can generate convincing requests for sensitive information or financial transactions.

- Disinformation and Reputational Damage: Malicious players can use deepfakes to disseminate false evidence, this can severely tarnish their reputation.

- Espionage and Sabotage: Deepfakes can be employed to manipulate personnel into sharing confidential information or making harmful changes to projects.

These sophisticated tricks underscore the urgent need for vigilance and enhanced secu-

rity measures to mitigate the risks associated with deepfake technology.



Detecting Deepfakes: Methods and Tools

As deepfakes become increasingly sophisticated, detection poses a significant challenge.

However, several methods & tools can aid in identifying them:



- **Lighting and Shadows:** Deepfakes may fail to accurately reproduce natural lighting conditions so examine carefully.

- **Artifacts and Blurriness:** Be alert for distortions, blurriness, or mismatched edges around the face, which can indicate manipulation.

- **Use Deepfake Detection Tools** and Google Reverse Image Search to verify the authenticity of media.

- **Behavioral analysis** of unnatural behavior or speech patterns, irregular blinking, or lip sync issues.

- **Confirm Source Verification** Confirm the source & origin of the media. Authentic content is typically associated with credible & verifiable sources.

By combining these methods, individuals and organizations can enhance their ability to detect deepfakes and safeguard against potential misuse.



- Ashok Kumar Dasari
Employee in a Life
Sciences company.

Karnataka: The Land of Rich Heritage and Linguistic Pride

Karnataka, formerly known as the state of Mysore, stands as a testament to India's diverse linguistic and cultural landscape. Formed on the foundation of Kannada-speaking regions after India's independence, the state was aptly renamed Karnataka or "Karunadu," which translates to "the land of fertile black soil." This renaming honored the linguistic heritage of the region, home to Kannada speakers whose legacy has enriched Indian literature and culture.

yar of the Mysore dynasty further elevated Karnataka's cultural heritage, nurturing art, music, and literature.

The architecture of Karnataka, particularly the temples built by the Hoysala dynasty, is a marvel. These temples, with intricate carvings, reflect the state's skilled craftsmanship and architectural expertise.

Karnataka's geography is equally magnificent, from the lush Western Ghats to the serene coastal stretches.



Kannada, one of India's 22 scheduled languages, holds a prestigious position in the country's literary world, having received eight Jnanapeetha Awards—the highest literary honor in India. This achievement not only celebrates the language but also recognizes the works of Kannada writers and poets, who have profoundly contributed to Indian literature. Karnataka's commitment to preserving its language reflects its dedication to cultural identity and pride.

“Kannadigas are known for their warm hospitality and openness, embracing people from around the world. This spirit, combined with a rich tradition, has made Karnataka a harmonious, diverse, and vibrant state that stands as a jewel in India's crown.”

Sirigannadam Gelge Sirigannadam Balge



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

Beyond language, Karnataka is renowned for its cultural richness and historical significance. The land has been a cradle for Sanatan Dharma, with spiritual leaders like Shri Adi Shankaracharya, Shrimadvaacharya, and Sri Ramanujacharya dedicating their lives to philosophical and spiritual pursuits here. The visionary ruler Nalwadi Krishnaraja Wode-

Kannada Rajyotsava Day celebration

Kannada Rajyotsava Day celebration in Concorde Silicon Valley in Neeladri Road, Electronic City on 1st November, 2024.

The celebration started with Karnataka flag hoisting followed by the Karnataka Anthem. Cultural programs included music, folk dance, classical dance and fashion show by kids. The sight of small kids dressed as different Karnataka freedom fighters was spectacular. The day concluded as a day of unity, pride, and cultural celebration for the people of Karnataka.

Neotown Residents Group

along with Residents of Gollahalli, Tirupalya, Shikaripalya, Hulimangala invites you for the Grand Celebration

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- **Manisha: 96634 70110**
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Warm Regards,
[Neotown Residents Group]

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Dear Residents,

We are delighted to invite you to join us in celebrating Kannada Rajyotsava, a day to honour the Rich Heritage, Culture, and Spirit of our Beloved State.

We are excited to announce the celebration of Kannada Rajyotsava in our layout and invite you to join us for this special event.

Date: 16 th November 2024
Time: 8.30 AM onwards
Venue: Samsidh International School on Golahalli Main, E City.

To make this celebration a grand success, we kindly request your participation. Additionally, if you'd like to sponsor the event or display your banners, please connect with our organizing team.

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- Click a pic of the sheet
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