

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

Volume 2 : Issue 38

24th Nov - 07th Dec 2024

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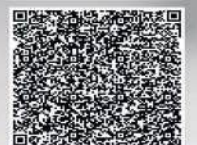
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Quick News Bites

01

Bengaluru's Namma Metro Yellow Line, a ₹5,745-crore project, launches January 2025, connecting RV Road to Bommasandra. Highlight: Jayadeva Hospital interchange, India's tallest metro station at 39 meters.

02

Doddathogur Lake fills with clean rainwater, reaching 10 feet depth in 2 days, thanks to Anand Malligavard's efforts.

03

November 22: A serial crash involving three cars on Electronics City flyover near Singasandra at 7 PM Thursday disrupted traffic, with outbound lanes severely affected until 8 PM. No major injuries reported.

04

BBMP Lakes Department removed encroachments at Beratena Agrahara Lake, reclaiming 3.50 guntas, including apartment and shed areas. The reclaimed space is now fenced to safeguard the ecosystem.

Neeladri Road: A Wide Road Narrowed By Chaos

Neeladri Road, once celebrated as a "wide road," now seems to stretch that claim thin. With countless apartments bringing in more residents and vehicles, combined with bustling shops and thriving roadside vendors, the road's width feels more like an illusion. Add pedestrians, forced to abandon the pavements (more on that later) and walk on the road, and you have a perfect recipe for daily chaos.

Speaking of pavements—or what little remains of them—most have either vanished or moonlight as parking spaces and vendor

stalls. This pushes walkers into the traffic, turning a simple stroll into a game of survival. Dividers, too, make only a token appearance, leaving most of the road open for vehicles to cross sides during jams. The result? Congestion squared.

The 3-way junction near Pai Electronics and the 4-way junction near PCR Nursery are crying out for traffic signals—basic infrastructure that is long overdue. And if making a right turn in a vehicle during peak hours feels daunting, imagine the courage it takes for senior citizens to cross this road.

“Pedestrian crossings, better pavements, no-parking zones, signals, dividers, and dedicated U-turns are not just wish-list items—they are necessities. More importantly, we need to follow these measures to make this road truly navigable for everyone.”



- Naga Vydyanathan, Freelance Writer.

360° Business Parks: Bengaluru's Upcoming Hub for Innovation and Growth

The 360° Business Parks - Labzone, located in Electronics City, Bengaluru, is an upcoming integrated business park designed to revolutionize the workspace environment by combining biotechnology and information technology within state-of-the-art infrastructure.

Development Overview

- Existing Towers**
- Tower 2A — G+14 floors
 - Tower 8A — G+4 floors
- Under Construction**
- Manipal Hospital — G+8 floors
 - Tower 5A — G+13 floors
 - Tower 5B — G+13 floors

Future Developments (Next Phase)

- Tower 1A — G+14 floors
- Tower 1B — G+14 floors
- Tower 4 — G+10 floors

- Tower 3 — G+14 floors
- Tower 6A — G+7 floors
- Tower 6B — G+8 floors
- Tower 7A (Hotel) — G+9 floors
- Tower 7B — G+6 floors
- Tower 8B — G+7 floors

Key Features

- **Total Built-Up Area (BUA):** A significant 8.32 million sq.ft, encompassing office spaces, a hotel, and a hospital.
- **Architectural Philosophy:** Promotes transparency, collaboration, and co-existence to inspire innovation.
- **Strategic Location:**
 - Nestled in South Bengaluru, amidst major tech players like Wipro, Infosys, Siemens, Deutsche Bank, and Biocon.
 - Supports a thriving eco-

system with over 2 lakh employees and 160 companies.

Infrastructure Advancements:

- Region's first 80-foot public access road.
- Proximity to the upcoming metro line and elevated expressway for seamless connectivity.
- **Global Standards:** Offers urban amenities and services designed to meet international benchmarks.
- **Talent Hub:** Tailored for South Bengaluru's exceptional talent pool.

“The 360° Business Parks is set to be a game-changing hub for businesses, combining functionality, modern design, and accessibility to create a vibrant ecosystem for tech & biotech industries.”

Rani Chennamma Parade Team Empowers Youth at Sharada Vikas College



The Rani Chennamma Parade team, South East Bangalore Police, conducted an impactful awareness program at Sharada Vikas PU, Degree, and Law College on Hosur Road. The session covered the POCSO and NDPS Acts,

providing students with critical legal knowledge.

They were also trained in self-defense techniques, empowering them to handle challenging situations. The college Principal presented a letter of appreciation to

the team. Communities can organize similar sessions by contacting Manisha at 9663470110.

“Let's join hands to build a safer, more confident society! learning, & connection!”

Safety at Stake: Traffic Issues on Bommasandra-Jigani Link Road



The Bommasandra-Jigani Link Road, near Svamitva Emerald Square Apartment, faces severe traffic issues, especially during peak hours. This road connects Bommasandra Metro Station, Jigani, and Electronic City, creating heavy vehicle inflow from three sides.

Pedestrians crossing the road face constant risks due to the absence of zebra crossings or designated pedestrian pathways. Moreover, the entire stretch lacks speed breakers, encouraging vehicles to overspeed, further endangering lives.

Immediate action, including

installing speed breakers and zebra crossings, is essential to ensure safety for commuters and residents. Local authorities must address these issues promptly to prevent accidents and improve traffic regulation.

- Resident, Svamitva Emerald Square Apartment.

Cyber & Economic Frauds: A Growing Concern

In today's fast-paced digital world, electronic gadgets and internet access have become indispensable. While these advancements offer immense benefits, they also expose users to various risks, especially those unaware of the potential pitfalls.

One major concern is the misuse of internet access among students. The COVID-19 pandemic accelerated the use of mobile phones and the internet for online education. However, this habit extended to playing games and subscribing to OTT platforms, often leading to unauthorized or automated payments. Many parents are shocked to discover thousands of rupees deducted from their accounts for game upgrades or streaming services. This highlights the need for parents to monitor their children's digital activities and educate them on secure online practices.

Similarly, senior citizens often fall victim to elaborate fraud

schemes. Fraudsters impersonate police officers or government officials, making alarming claims about money laundering or other legal issues. Using video calls to intimidate victims, they demand payments under the threat of filing FIRs or tarnishing family reputations. It's crucial to understand that no legitimate authority will initiate investigations through video calls or demand immediate payments. Written notices via postal addresses are the standard procedure for any inquiry.

Another emerging form of fraud is through fake trading and investment platforms. Victims, believing these to be legitimate opportunities, unknowingly transfer large sums to impersonated websites. This underscores the importance of verifying the authenticity of any online platform before making financial transactions.

To safeguard against these frauds, awareness is key. If you receive threatening calls, re-

main calm and assertive. Ask for written communication sent to your postal address instead of succumbing to pressure. Additionally, report such incidents to the cybercrime helpline at 1930 or the National Cyber Crime Reporting Portal (cybercrime.gov.in).

“By staying informed and vigilant, we can prevent cyber and economic frauds. Empower yourself with knowledge, educate others, and together, we can build a safer digital environment.”



- Shubhankar C Advocate Chairperson Adi Shankara Foundation

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The Importance of Self-Grooming for Personal and Professional Success



Self-grooming is an essential part of maintaining a positive image, both personally and professionally. It encompasses more than just personal hygiene; it reflects one's attitude, confidence, and respect for oneself and others. A well-groomed individual leaves a lasting impression, whether in social situations or at work.

For personal grooming, maintaining cleanliness, a neat hairstyle, and appropriate clothing goes a long way in boosting self-esteem. Regular skincare, oral hygiene, and manicured nails also contrib-

ute to a polished appearance. The way we present ourselves affects how others perceive us, and in turn, how we feel about ourselves.

In a professional setting, self-grooming becomes even more crucial. It demonstrates discipline, attention to detail, and a commitment to one's role. Employees who prioritize grooming tend to be viewed as more competent and reliable. Dressing appropriately for the workplace, keeping personal items organized, and ensuring punctuality are all aspects of grooming that enhance professional relationships.

Self-grooming also has mental and emotional benefits. It fosters a sense of pride and responsibility, promoting positive self-talk and a motivated mindset. By investing time in grooming, individuals not only improve their outward appearance but also cultivate inner confidence and resilience. **“In conclusion, self-grooming is not just about physical appearance—it's a reflection of one's character and professionalism. Embracing good grooming habits is a simple yet powerful tool for success in all aspects of life.”**

The art of Doodling

I remember as a child, the last few pages of all my school notebooks were filled with doodles. I would draw caricatures, abstract art, detailed patterns and complex shapes. This led me to wonder - why do we really doodle?

Doodling is considered to be a form of self-expression. It is usually done while we are engaged in other activities like phone calls or long lectures. Although it may seem counter-productive, it is actually helpful in retaining information and processing complex ideas.

Children engage in this activity when their mind wanders. Fortunately, it is a healthy outlet for them to express their creativity. Studies prove that doodling calms the amygdala which is located in the tem-

poral lobe of the brain. It is a healthy alternative to relieve feelings of distress and handling intense emotions.

“Multiple areas of the brain are engaged, including those responsible for motor skills, vision, and creativity. The neurological benefits of doodling can therefore help you deal with negativity, stress and boredom. Happy doodling!”



- Madhumita P, Freelance writer

Growing Strong Minds: Parenting Tips for Today's Fast-Paced World

Encouraging a growth mindset in children can significantly impact their resilience, move on, and overall success.

Here are some practical tips to help foster this mindset:

- **Praise Effort, Not Talent:** Focus on praising your child's effort in tasks rather than their innate abilities. For example, say, "You worked hard on that project!" instead of "You're so smart!" This helps them understand that effort leads to improvement.
- **Teach About the Brain:** Explain to your children

that their brains can grow and change through effort and learning. This concept, known as neuroplasticity, can be empowering and motivate them to embrace challenges.

• **Embrace Mistakes as Learning Opportunities:**

Encourage your children to view mistakes as a natural learning process. Share your own experiences with failure and what you learned from them. This helps them see that making mistakes is okay and an opportunity to grow.

- **Set Realistic Goals:** Guide your children in setting achievable goals and

celebrate their progress. This helps them build confidence and understand that improvement comes with consistent effort.

• **Model a Growth Mindset:**

Demonstrate a growth mindset in your behavior. Show enthusiasm for taking new things and be open about the challenges you face and how you overcome them.

• **Discuss the Value of Persistence:**

Share stories of people who achieved success through determination and hard work. This can inspire your children to keep trying even

when things get tough.

“By incorporating these strategies into your parenting, you can help your children develop a growth mindset that will serve them well throughout their lives.”



- Ashok kumar Dasari Employee in a Life Sciences company.

Flavored Ragi Milk Recipe

Embrace the goodness of health with a delightful twist!

Ingredients:

- Ragi (Finger Millet), soaked overnight and washed - 1 cup
- Water - 2 cups
- Jaggery powder - 1/4 cup
- Vanilla essence - a few drops (optional)
- Almonds - 6-8
- Cardamom powder - 1/4 tsp



Preparation:

- Blend the soaked and washed ragi with 2 cups of water until smooth.
- Strain the mixture using a fine strainer or muslin cloth to extract the ragi milk.
- Add jaggery powder, cardamom powder, and vanilla essence (if using) to the milk.
- Toss in the almonds and blend again until creamy.
- Pour into glasses and serve chilled.

Benefits of Flavored Ragi Milk:

- **Rich in Calcium:** Ragi is a powerhouse of calcium, essential for strong bones and teeth.
- **Boosts Immunity:** Packed with natural antioxidants and amino acids, it strengthens the body's defense system.
- **Great for Digestion:** The high fiber content aids digestion & helps prevent constipation.
- **Low Glycemic Index:** Ideal for diabetics as it releases energy slowly, maintaining blood sugar levels.
- **Vegan-Friendly:** A plant-based alternative to dairy, suitable for lactose-intolerant and vegan diets.
- **Heart-Healthy:** Jaggery and almonds provide natural sweetness and good fats, promoting cardiovascular health.



- Chef ILMA, Professional Chef @ Chef ILMA's

Travel Light with Lightweight & Easy Care Activewear

In today's fast-paced world, traveling light has become an essential mantra for many adventure seekers and globe-trotters alike. One of the keys to efficient packing is choosing the right activewear—specifically, lightweight and easy-care options that can keep up with your dynamic lifestyle.

When selecting activewear for travel, prioritize fabrics that are breathable yet durable. Look for materials such as moisture-wicking polyester or nylon blends that effectively manage sweat while ensuring minimal bulk.

These lightweight fabrics not only provide comfort during physical activities but also help you stay fresh during long journeys.

Additionally, consider multi-functional pieces that can transition from workout to casual outings with ease. For instance, a stylish tank top can be worn during a morning run and then paired with shorts or skirts for a day of sightseeing. Versatile clothing items can reduce the number of pieces you need to pack, further contributing to your travel light philosophy.

Easy-care properties are

another vital aspect of travel-friendly activewear. Opt for machine-washable items that dry quickly—the last thing you want is to lug around damp clothing after a spontaneous swimming session or a rainstorm. Fabrics that resist wrinkles are also a boon, allowing you to go from gym to dinner without worrying about looking disheveled.

“Incorporating lightweight and easy-care activewear into your travel wardrobe means you can maximize your adventures without the burden of heavy luggage. This mindful approach to

packing empowers you to embark on your journey, ready to embrace new experiences without the hassle of excess baggage. So, get ready, pack smart, and enjoy the freedom of traveling light!”



- Neethu A Director: Design & Product Jolger Activewear



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Strengthening Bonds: 5 benefits of socializing

“Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.” - Marcel Proust

Socializing with friends and family is not just a pleasant activity; it is essential for mental and emotional well-being and creating a support system that helps individuals navigate life's ups and downs.

Socializing reduces stress and boosts mood, and this emotional support enables us to better cope up with hard times and depression.

Socializing reduces the risk of serious health hazards. When we are connecting with the people socially and sharing our challenges, we feel very connected and when we feel supported by others we do not feel lonely and

this tends to have better self-esteem and healthier life.

Moreover, socializing improves quality of life. Engaging in group activities such as walking, dining, dancing, playing games, trekking, traveling etc. also promotes a more active lifestyle.

Apart from that, Socializing improves our positive thinking. It allows

individuals to express themselves freely, fostering emotional release & mutual understanding. It changes our perspective about life positively.

Opportunity to acquire new skills, every human being has a special quality or skills and when we meet people, we exchange our thoughts and perspectives & this results to inculcate a new quality in ourselves.



- Manisha Ravi Tiwari MLib & ISc/ Librarian VIBGYOR High, Ecity, Bengaluru



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Location

Annual Sports Day 2024 at Maple Bear Canadian Preschool



Maple Bear Canadian Preschool, Singasandra and Hosa Road Centres, celebrated their Annual Sports Day 2024 on Saturday, 23rd November, at Decathlon, Bommasandra. The event kicked off with great energy as Centre Director, Mr. Shivaprasad SB, welcomed guests. The chief guest, Mr. Nagaraja G H, accompanied by

CBSE National Volleyball players from DPS E-City, shared inspiring stories about the importance of sports in building resilience and focus. Exciting activities like the flame run, parachute show, and sunflower drill showcased the dedication of our little champions. Toddlers to Senior Kindergarten students

participated enthusiastically in games, spreading joy & cheers. "Parents enjoyed a selfie corner and welcome kits, while the day echoed the importance of participation over winning. Sports Day 2024 left lasting memories of teamwork, determination, and joy." - Maple Bear Canadian Preschool

Hope

Some say life is fun
 Some say life is tough
 Some might want some more
 While some might have had enough

Seeing the rainbow flutter
 Some may get some hope
 But when the clouds darken
 They got to hang on the rope

Life is an obstacle
 Where people hang on to survive
 No matter poor or rich
 There is always someone to revive

There is always a way out
 Weaklings do give up
 Yet some do stand and work hard
 And succeed, trust me it's no luck!

Inspired by "Hope" is a thing with feathers by Emily Dickinson



- Kavin Karthikeyan
 BVM Global School

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Know your Moisturiser- Tips to keep your skin healthy & glowing this winter

• Apply moisturiser twice a day daily to maintain skin hydration year round. Your skin constantly loses moisture. Daily moisturising strengthens the skin barrier, retains moisture, prevents dryness, shields against pollution, cold air & improves elasticity for a healthy glowing skin.

• Hydration is the key for all skin types-oily, dry and combination. Even oily skin needs lightweight non comedogenic moisturiser.

• Switch your routine while the season changes.

In colder months -Use thicker and nourishing moisturisers like ceramides and fatty acids.

In warmer months -lighter gel based ones like hyaluronic acid.

• Choose gentle cleansers & avoid soap & hot showers.

• Moisturise right after cleansing while your skin is still damp. Don't forget your lips.

• Use a moisturiser with SPF in daytime.

• Men's skin also needs a moisturiser daily.

• Serums should be applied before moisturiser. Moisturiser acts as a barrier locking in the serum's active ingredients.

• Consume hydrating foods like Cucumber, Oranges & Berries along with healthy fats such as Avocados and nuts to enhance skin moisture.

• Stay hydrated. Drink 7-8 glasses of water daily. Limit caffeine and alcohol.

• Limit the frequency of exfoliating your skin in winter.

- once in 15 days for oily and acne prone skin.

- once in a month for dry skin.



- Dr. K Jyothshna
MBBS MD DVL
Consultant Dermatologist,
Dr Jyothshna's Skin Clinic.

Essential Tips for Securing Your Mobile Device in the Digital Age

In today's digital age, securing mobile devices is crucial due to their role in communication, banking, and storing sensitive information. Unauthorized access can lead to identity theft and fraud, making vigilance essential.

One key step in securing devices is using strong passwords, combining letters, numbers, and special characters. Regular updates and password managers enhance security. Enabling Two-Factor Authentication (2FA) adds a secondary verification method, making access harder for hackers.

Keep software updated to protect against vulnerabilities, and use automated updates for timely patches. Avoid public Wi-Fi for sensitive activities;

instead, use a VPN to encrypt your connection. Always download apps from trusted sources, review permissions, and revoke unnecessary ones. Utilize built-in security features like fingerprint recognition and facial ID for added protection.

Backup data regularly to cloud services or external drives for easy restoration if needed. Monitor for unusual activity, such as slowdowns or unfamiliar apps, and address any suspicious behavior immediately. Beware of phishing scams and verify sources before providing sensitive information.

“Install reputable antivirus software for regular scans, disable Bluetooth and Wi-Fi when not in use, and enable

device encryption for extra security. Implement remote wipe capabilities and a secure lock screen. Avoid public charging stations, and don't jailbreak or root the device to maintain security. Secure backups should be encrypted & safely stored. Lastly, clear browsing data regularly to protect privacy & security.”



- Manju Mehra,
Cyber Awareness
Enthusiast.

Rising Awareness of Gestational Diabetes Mellitus (GDM): A Key Maternal Health Issue

Gestational Diabetes Mellitus (GDM) is impaired glucose tolerance identified during pregnancy, affecting about 10% of pregnancies globally, with 90% of cases being GDM. In India, GDM rates range from 10-14.3%, significantly higher than in the West.

What Is GDM?

GDM occurs when the body cannot produce enough insulin during pregnancy, leading to high blood sugar levels. While GDM typically resolves after childbirth, it increases the risk of Type 2 diabetes for the mother and long-term metabolic issues for the child.

Risk Factors:

- History of GDM in previous pregnancies
- Obesity or overweight
- Family history of diabetes
- Sedentary lifestyle or poor diet
- Advanced maternal age (over 35)

Health Implications:

Unmanaged GDM can lead to:

• For the baby: Excessive birth weight, premature birth, neonatal hypoglycemia, and long-term risk of obesity or diabetes.

• For the mother: High blood pressure, preeclampsia, & a higher risk of cesarean section.

Diagnosis:

Routine screening is done at 12-16 weeks and again at 24-28 weeks of pregnancy using the oral glucose tolerance test (OGTT). For Indian women, universal screening at the first antenatal visit and later at 24-28 weeks using a 75g OGTT is recommended.

Management:

• **Dietary Modifications:** Focus on whole grains, lean proteins, and low-glycemic foods.

• **Physical Activity:** Moderate exercise improves insulin sensitivity.

• **Blood Sugar Monitoring:** Regular checks guide treat-

ment adjustments.

Medications:

Insulin or oral hypoglycemic drugs may be used if lifestyle changes are insufficient. and education are key to mitigating the long-term risks of GDM for both mother and child.

“Maintaining a healthy weight, balanced diet, and exercise before pregnancy can reduce the risk of developing GDM. Early intervention and education are key to mitigating the long-term risks of GDM for both mother and child.”



- Dr. Shobana Raman,
DGO DNB MRCOG(UK),
Obstetrician &
Gynaecologist,
Mithr Women's Health

A Solve to Man-made Radiation

A living space should be an oasis for rest, healing, and growth. There is increasing proof that our contemporary space environments, whether workplaces or residences, are more detrimental to our health than ever. We are disconnected from the natural energy forces of health and wellness in our insulated artificial environments.

With the rise in the use of devices, such as communication tools, power lines, Wi-Fi routers, satellite communicators, medical tools, etc., there is ongoing energy exchange with our surroundings. This energy results in radiation, which is one of the possible causes of health concerns today.

Here are a few health risks associated with radiation

- **Neurological Symptoms:** Headaches, Insomnia, anxiety, depression, dizziness.
- **Cardiovascular Symptoms:** Heart palpitations, chest

pain, shortness of breath.

• **Dermatological Symptoms:** Skin rashes, itching, burning sensations.

• **Reproductive Symptoms:** Infertility problems, miscarriages.

• **Gastrointestinal Symptoms:** Digestive issues, nausea, loss of appetite.

A study indicates that most of the current population is impacted by and experiences these health problems. With today's lifestyle, dependency on equipment has increased without assessing the health risks that come with it.

Here are a few suggestions that can help minimize the damage:

- Using wired connections instead of wireless ones
 - Turning off electronics when they're not in use
 - Cutting down on device usage
 - Keeping electronics away while sleeping
- As a permanent solution one

should opt for Home Energy Balancing Solutions, which are installed to enhance home environments, reducing stress caused by electromagnetic energies, geopathic stress, materials, and disturbances caused by the location and design structures of the living space.

“These solutions work in harmony with the rapid technology changes that affect our living surroundings and also help people feel more aligned, energized, and at peace in their homes, which directly impacts overall health and happiness.”



- Sapna Jumde,
Internationally Certified
Aura Reader and Healer.

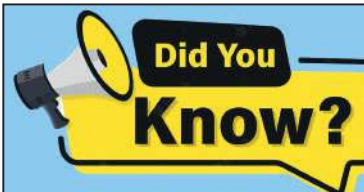


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help you live a longer, healthier
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Kannada Rajyotsava 2024 A Cultural Extravaganza at Shriram Signiaa



Shriram Signiaa celebrated Kannada Rajyotsava with grandeur, starting with a flag hoisting by **Dr. Manohar Madgi, a professor from KLE University in Hubballi**, on 1st November. The two-day festivities on 23rd & 24th November showcased Karnataka's culture through Dollu Kunitha, music, dance, a Karnataka quiz, & stand-up comedy. Drawing, Rangoli, & sports competi-

tions added a creative touch, with winners honored by **Global Arts Academy & The Vedam School**. The event, featuring traditional cuisine & vibrant performances, brought the community together in celebration of heritage & unity. A heartfelt thanks to the organizing committee for their dedication in making the event a success.
@ Shriram Signiaa

Children's Day Celebration At Ajmera Infinity



Ajmera Infinity celebrated Children's Day with a vibrant Kids Flea Market, where over 200 talented kids participated. The event featured 55 creative stalls offering games, food, and arts & crafts, with ₹1,20,000 in business generated in just 6 hours. Special prizes were awarded for

Unique Menu, Best Decorated Stall, and Best Marketing, with 12 kids recognized for their exceptional efforts. Congratulations to all the participants for their creativity and energy in making this event a grand success!
- Ajmera Infinity

Ajmera Infinity Celebrates Guru Nanak Dev Ji's Gurpurab



On November 15th, residents of Ajmera Infinity celebrated Guru Nanak Dev Ji's Gurpurab with a vibrant Prabhats Pheri, followed by soulful Kirtan and Ardas. The event culminated in a community Guru Ka Langar, served to over 750

attendees, including society members and staff, who came together to seek the blessings of Guru Nanak Dev Ji. It was a day filled with devotion, unity, and community spirit.
- Ajmera Infinity

Victory on the High Seas Kudos to Uma Devi!



Heartiest congratulations to **Nadella Uma Devi from Ajmera Infinity** for her remarkable victory in the Table Tennis tournament aboard the Cordelia Cruise. Your achievement inspires us all!

You have shown that age is no barrier to greatness, proving that determination and passion can lead to triumph at any stage of life.
- Ajmera Infinity

Hebbagodi Police's Dedication Shines in Swift Rescue Mission



Heartfelt gratitude to Hebbagodi Police for their relentless efforts in rescuing a missing girl. Led by **Inspector Praveen**

Kumar and Officer Nagendra, the team worked tirelessly, prioritizing the case. Their dedication and determination brought

her home safely. True heroes, we salute you for your exemplary service and commitment to justice!

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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

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Publisher	—	Shivakumari Dharmaraj
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