

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS



Bommanahalli to Chandapura



Akshaya Nagar to Ananth Nagar

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Quick News Bites

1

14 Jan : A massive fire at Bengaluru's Bio Innovation Centre in Electronics City gutted 12 labs, causing ₹50 crore in losses. Minister Priyank Kharge visited to assess damage and review safety measures.

2

The "Bharat Run 2025" on 18th January at Sri Anjaneya Temple, Electronic City Phase 2, saw massive participation, celebrating unity and patriotism. A vibrant, energetic event showcasing community spirit and fitness

3

Bengaluru's Yellow Metro Line is set to launch by April, pending train set arrivals. Spanning 19.5 km with 16 stations, initial operations will run trains every 30 minutes.

4

Commuters on the Kodathi-Huskur road, a shortcut to Electronic City, are facing difficulties due to potholes and dust. Local residents request authorities to repair key spots for a smoother ride.

5

Effective January 4th, traffic changes in ELCITA include two-way traffic on Wipro Avenue, and reversed routes from SBI to Paramount Junction and Gollahalli Junction to Fire Station for smoother commutes.

Traffic Diversion Concerns

ELCITA New One-Way Traffic Route is creating inconvenience and posing safety risks for Electronics City residents. The initial plan, conducted as a trial run until January 4th, worked well for the DMART road to RS Signal. However, the 7th January Plan has shown no significant improvement, with traffic conditions remaining unchanged.

and are unwilling to take a 3 km detour to avoid a mere 10-meter stretch.

Current Status:

- Last week, the ECITY RWA filed a complaint against ELCITA, requesting the ECITY Traffic Police to review the frequent trial route changes and release a more resident-friendly traffic plan.



Ongoing Issues with the New Changes:

- ELCITA has once again made the Prestige Norwood signal near the Sai Baba temple a one-way road. Now, residents of NeoTown, Prestige, and Gollahalli Travelling from DreamMart or Shriram Summitt need to take a longer route, adding an extra 2.5 km.
- The first trial from December 20th to January 4th caused severe traffic congestion & an unreasonable diversion all the way to the Oterra Hotel.
- Although school buses use the new route, it is impractical for them to take such a lengthy detour daily.
- The contested stretch is only 10 meters long and does not significantly affect traffic flow, so it should remain a two-way road. Many residents strongly oppose the change

- Following the complaint, the police contacted ELCITA, highlighting the traffic issues caused by the changes. Despite this, ELCITA's actions appear more aligned with the convenience of IT companies due to their direct connection with the Police Commissioner.

The new route impacts over 40,000 residents of Electronics City, including those from Hulimangala, Neeladri, Gollahalli, NeoTown, Veerasandra, and Thirupalya.

Future Actions:

“Twenty-five RWAs from NeoTown and Gollahalli are organizing a sit-down protest and planning to meet with the Police Commissioner if the route changes are not revised in favor of the residents' convenience.”

Karnataka's Cauvery Stage 5 Project: A Milestone for Bengaluru's Water Supply

In a significant step to address Bengaluru's persistent water scarcity, the Karnataka government has inaugurated the much-anticipated Cauvery Stage 5 project. The ambitious ₹4,336 crore initiative aims to provide piped Cauvery water to over 50 lakh residents across 110 villages, which were integrated into the Bruhat Bengaluru Mahanagara Palike (BBMP) limits in 2007.

A critical milestone was achieved when water from the project reached the Kudlu Ground-Level Reservoir (GLR), facilitating supply to 13 villages in the Mahadevapura constituency. Currently,

the Bengaluru Water Supply & Sewerage Board (BWSSB) is flushing out debris to ensure safe drinking water, a process expected to take 5-7 days.

Under this project, areas such as Haralur, Bellandur, Kadubeesanahalli, and Chikabellandur will benefit from bi-weekly water deliveries. This initiative is expected to significantly alleviate water woes in Bengaluru's peripheral zones, where residents have long struggled with inadequate supply.

The project, in collaboration with the Japan International Cooperation Agency (JICA), will fetch an additional 775

million litres of water daily from the Cauvery River, located 100 km away. It will also boost water availability in key zones, including Yeshwantpur, Yelahanka, and Rajarajeshwari Nagar.

“This initiative underscores the government's commitment to resolving Bengaluru's water crisis, which has plagued the city since the drying up of the Thippagondanahalli reservoir and Hesaraghatta lake in 1974. The Cauvery Stage 5 project represents a transformative step for the city's growing population and increasing water demand.”

Join the Lions Club: Make a Difference in Your Community

The Lions Club invites individuals to become members of a global network committed to community service and positive change. With over 1.4 million members across 200+ countries, the Lions Club focuses on impactful projects in areas like hunger relief, education, environmental conservation, and health.

Membership offers opportu-

nities for leadership, personal growth, and global impact.



Whether you're a young

professional, retiree, or community-minded individual, the Lions Club welcomes all. To get involved, Contact Dr. Surbhi Bhargava (7760503941), Manisha J. (9663470110), or Soma Bhagat (09739010390) for more details.

Join today and help create lasting change in your community!

Empowering Citizens Through RTI: A Tool for Transparency And Accountability

The Right to Information (RTI) Act, 2005, is a groundbreaking legislation in India that empowers citizens to access information held by public authorities. This law is instrumental in fostering transparency, ensuring accountability, and strengthening democracy. By granting citizens the right to seek information regarding the functioning of government offices, policies, and expenditure, RTI bridges the gap between the government and the people.

The significance of RTI lies in its ability to promote active citizen participation in governance. Citizens can file RTI applications to seek clarity on various issues, such as the purpose of taxes they pay, the allocation of funds for infrastructure projects, or the privileges and expenditures of elected representatives. For example, people can inquire about road construc-

tion projects, maintenance of public facilities, or even the functioning of local bodies. This empowers individuals to monitor the use of public funds and question irregularities or delays in government projects.

RTI is not limited to state or central government offices. Citizens can seek information from public sector banks, educational institutions, and other government-affiliated entities. The law mandates public authorities to respond to RTI applications within 30 days, failing which the applicant can file an appeal. Authorities neglecting their duty to provide information may face penalties, ensuring that the system remains accountable.

RTI has been a game-changer in exposing corruption and inefficiency, enabling citizens to challenge malpractice. It also serves as a tool for creating awareness about govern-

ment policies and decisions.

“Every citizen must exercise their right to information actively. By doing so, they contribute to a more informed and responsible society, ensuring that public resources are utilized effectively. RTI is not just a right; it is a responsibility for those who envision a transparent and corruption-free India.”



Shubhankar C.
Advocate,
General Secretary,
SMSC Trust



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Guilt-free Carrot Halwa



Ingredients:

- Ghee - 2 tbsp
- Grated carrot - 500 gm
- Dates puree - 1/2 cup (8 seedless dates blended with water)
- Coconut milk - 1/2 cup
- Cardamom powder - 1/4 tsp
- Chopped nuts mix (such as almonds, walnuts, or pistachios)

cover the pan. Cook for 15 minutes, stirring occasionally.

- Add the dates puree, coconut milk, and cardamom powder. Mix well.
- Continue cooking until the carrot mixture is soft & mushy.
- Stir in the chopped nuts mix.
- Serve the vegan carrot halwa hot.

- Adjust the amount of dates puree to your desired level of sweetness.
- You can also add other spices, such as cinnamon or nutmeg, to the carrot mixture for extra flavor.



Instructions:

- In a large pan, heat the ghee over low heat.
- Add the grated carrot and

Chef Tips:

- Use a non-stick pan to prevent the carrot mixture from sticking.



Chef ILMA,
Professional Chef
@ ChefILMA's

The Relevance of Libraries in Today's Digital World

Libraries have always been important in the digital world. However, with the advent of the internet's influence on kids and digital technology, libraries have become even more critical. Many people now rarely rely on libraries to access information. Like many other public places, libraries might be losing their popularity a bit, but they're far from being outdated or out of use.

The role of libraries in the digital world involves acquiring and securing ownership of digital content (typically through a license), storing the content on local servers, and making it accessible to a target community. Libraries will continue to play an important role as free public spaces. Even with the rise of digital media, libraries provide free, open, and accessible spaces for people to read, work, study, and socialize. This role will persist in the future as they continue to evolve. Today's libraries go beyond being

repositories of books.

Many libraries are evolving to meet changing needs by embracing technology. They are providing access to high-speed internet, digital lending of e-books, and various multimedia resources like audiobooks and online courses.

But libraries are still very important because not everyone has a computer, and some people simply can't afford one.

Additionally, the internet is not available everywhere. Libraries are funded by taxes collected from the population of an area.

Here are some things that libraries can offer that the internet can't: Libraries provide access to physical resources. They have a wide variety of physical materials, including books, magazines, newspapers, DVDs, music CDs, and audiobooks. They also keep important information and knowledge in specialized books, written by journalists,

scholars, and experts. These resources can be difficult or impossible to find on the internet because not everything is available online, and anyone can publish anything, including through AI. The internet is vast but often shallow, making it hard to find specific information easily. So, we suggest that libraries are better than the internet in some respects.

Google can bring you back 100,000 answers.

A librarian can bring you back the right one.



- Ume Ruman
2 PU Student
Sharada Vikas PU College

ನೀತಿ ಪಾಠ

ಗಗನದ ಒಳ್ಳೆ ಕೈಗೆಟುಕುವುದು ದುಃಖವು
ಆಸೆಯೆಂಬುದು ಮಾಯೆ
ಇದ್ದುದರಲ ಸುಖವ ಕಾಣು
ದೂರದ ಬೆಟ್ಟ ನುಣ್ಣಗೆ ತಿಳಿ
ನಣ್ಣೆ ಮಾಯೆ ಕಾಯಕವ
ಹುಣ್ಣಿನೆಂದರು ಸಲ್ಲ
ವ್ಯರ್ಥವಾಗುವುದು ಬೆವರಹನಿ
ಮೆಣ್ಣೆ ವೆಣ್ಣವ ಕಾಣುವೆ
ವಿದ್ಯೆಯೊಳು ಭಗೀರಥನ ನಾಗು
ಪುಟದೊಳು ಕಾರಂಜಿಯಂತೆ
ಬದಲಾಗಿಯಂತೆ ಹೊರ ಬಾ
ಕಲಕು ಸಮುದ್ರವ ಕೈಯಲ್ಲ
ಸಮಸ್ತ ಜಗತ್ತೆ ಅಂಗೈಲ
ಸಮಾಜಕ್ಕೆ ಅಂತಿಯ ಜತ್ತು
ವಿಶ್ವ ಮಾನವ ತತ್ವ ಹಸರಿಸು
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Future-Ready Learners

As the world becomes increasingly connected and dynamic, education systems must evolve to meet the needs of modern learners. Much as formal education through examinations and rote learning is no longer effective given the changing times that have been brought about by technological advancement and globalization, there is a need to prepare children for the challenges and complexities of a modern world by developing a more holistic and diverse set of long-lasting skills.

with fresh ideas.

Digital Literacy
Apart from knowing how to use a computer, competency includes being responsible while on the web, practicing cyber security, and checking out the legitimacy of the information being consumed.

Lifelong Learning is Key
World is changing. Knowledge is power and shall always be embraced.

Global Perspective
Being aware of and appreciating international differences and international culture

ing. Integrating these skills into educational Curriculum requires a paradigm shift from traditional teaching methods to more dynamic, student-centred approaches. Project-based learning, experiential activities, & the incorporation of technology can create engaging learning environments that mirror real-world scenarios.

“Moreover, fostering partnerships between educational institutions, communities, & industries can provide practical experiences that bridge the gap between theory & practice. This way, learners don't merely survive, but thrive in the complexities of modern life.”



Critical and Problem-Solving Skills
The ability to comprehend multifaceted issues and come up with solutions to those problems.

Creativity and Innovation
Fostering creativity and allowing children to experiment with their thoughts to come up

broadens the outlook of, and makes better citizens.

Collaboration and Communication
Interpersonal and intercultural collaboration & communication, when practiced, leads to better solving of problems.

The world doesn't stand still, and neither should learn-



- Divya R Krishnan
Academic Director, Active Edu Technologies India Pvt Ltd



9 Best Tips For Exam Preparation



- Plan Your Study Schedule**
- A good rule of thumb is to study for 25 to 50 minutes and then take a 5 to 10-minute break. It will help you avoid burnout and improve your concentration. Focus on one topic and review it thoroughly.
- Find a Suitable Study Environment**
- Make sure your desk and chair are at the right height and position for you to work comfortably and avoid stress.
 - Turn off TV, laptop, TAB or silence your phone, social media, and other notifications. If you are easily distracted by noise, use headphones, earplugs to block it out.
- Understand the Exam Format**
- Before plunging into your studies, familiarize yourself with the exam format. Understand the types of questions, marking scheme, and time constraints.
- Prioritize Topics**
- Not all topics are created

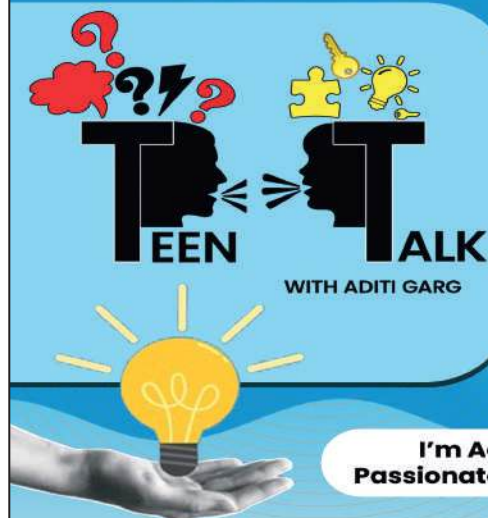
- equal. Identify the most important and challenging subjects, and prioritize your content accordingly.
- Use Active Learning Techniques**
- Test yourself with quizzes, questions, flashcards, or problems. Explain the material to someone else, such as a friend, a family member, or a peer.
- Practice Regularly**
- Practice makes you perfect. Regularly solving past papers, sample questions, and quizzes can significantly improve your exam performance.
- Stay Healthy**
- A healthy body supports a healthy mind. Make sure you get enough sleep, eat nutritious food, and exercise/ do yoga regularly.
- Use Mind Mapping**
- Mind mapping helps you remember and recall information better because it uses keywords, colours, pictures

- and symbols that stimulate your brain.
- Review and Reflect**
- Review your study notes regularly and reflect on your progress. Identify areas of improvement and adjust your study plan accordingly. Reflective practice is a powerful tool for continuous improvement.
- “Remember, success is not just about results but a journey of continuous learning and improvement.”



- Mrs. M. Triveni Krishnaraj
Co-founder & Principal
SPROUTS
The Happy Playschool

**BE HEARD WITH YOUR QUESTIONS,
ADVICES AND DISCUSSIONS.
THIS COLUMN IS GEARED TOWARDS
THE TEENS IN OUR COMMUNITY.**



ADITI GARG

**I'm Aditi, a high school student,
Passionate writer, and Voracious reader.**

My journey began with essay-and story-writing contests. As I continue to evolve as a writer, I contribute to my school's Newsletter and maintain a social awareness blog. Through The Teen Talk, I hope to offer an inclusive, conscious, and fresh perspective to problems we all face.

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The Impact of Parenting Styles on Child Development

Parenting style plays a significant role in shaping a child's development, influencing their social, emotional, cognitive, and behavioral growth. There are primarily four parenting styles, each with distinct effects on children's development. They are as follows:

- Authoritative Parenting Style
- Authoritarian Parenting Style
- Permissive Parenting Style
- Uninvolved Parenting Style



Authoritative Parenting Style

Authoritative parents provide clear boundaries, set high expectations, and use positive reinforcement. They are supportive, affectionate, and communicative, making them emotionally in tune with their children. Children raised by authoritative parents tend to have higher emotional intelligence, independence, and social skills, and they are less likely to experience anxiety and depression.

Style

Authoritarian parents set high expectations but demand "blind obedience" from their children. They often use strict punishments while showing less affection and nurturing. Children of authoritarian parents tend to have difficulty making friends, and may experience mental health issues such as depression and anxiety.

Permissive Parenting Style

Permissive parents are lenient, indulgent, and avoid conflict. They rarely discipline or set boundaries, which can lead to children struggling with self-regulation, responsibility, and impulse control. This parenting style often results in increased behavioral problems, lower academic achievement, and social issues.

Uninvolved Parenting Style
Uninvolved parents are un-

responsive, neglectful, and detached from their children's needs. This style can result in emotional distress, low self-esteem, and social isolation. Children raised in this environment may struggle with academic performance, behavioral regulation, and forming healthy relationships.

Conclusion

“Parenting styles significantly impact children's development. The authoritative parenting style is widely considered the most effective, as it balances warmth and responsiveness with clear boundaries and high expectations. By understanding these different parenting approaches, parents can make informed decisions to support their child's healthy growth and well-being.”



Shalini Gupta
2 PU, Sharada Vikas Group of Institutions

Effective Exam Tips for Student Success

Exams can be a challenging time for students and parents alike. Having worked as a math tutor for years, I've seen how the right strategies can significantly boost both confidence and performance.

Drawing from my experience preparing students for boards like CBSE, ICSE, IGCSE, IB and competitive exams, here are some tried-and-tested tips:

- **Prioritize Health:** A healthy body supports a sharp mind. Ensure students eat balanced meals with fruits, vegetables, and nuts while staying hydrated. Minimize junk food intake.
- **Structure Over Stress:** Cramming rarely works. Break the syllabus into manageable parts and follow a structured study plan to en-

sure consistent progress without feeling overwhelmed.

- **Presentation Matters:** Neatly presented answers make a difference, especially in math. Encourage clarity in steps to enhance understanding and communication.

- **Simulate Exams:** Practice with previous papers and sample questions to get familiar with exam patterns, improve time management, and build confidence.

- **Revise Regularly:** Daily or weekly revision reinforces key concepts and formulas, aiding retention.

- **Rest Is Crucial:** Sleep deprivation hampers learning. Encourage sufficient sleep, regular breaks, and a balanced routine to optimize perfor-

mance.

“With these strategies and a supportive home environment, I've seen students unlock their true potential. Consistency and calmness go a long way in turning exams into opportunities for growth.”



- Mahak Singla
[MSc. & B.Ed,
KARTET & CTET
Qualified]

Rich regional art forms of India

India is a treasure mine for its diversity in art. Indian art is known for its artistic traditions and indigenous style for regional effect from far west “Rajasthani miniature paintings” to far east “Bengal's Kalighat Patachitra”.

From Northern high mountain, “Kashmiri stitch design” to warm Southern “Kerala Mural Art”, each state contributes uniquely to the country's art mosaic.

More or less 52 types of traditional and folk-art form are there all across India.

and unique art style, shows folk mythology stories of gods.

Legendary artist ‘Jamini-Ranjan Roy’ was world-famous for his “Patachitra”.

Odisha's “Pattachitra”: derived from Sanskrit which means art on clothes, shows the mythological story of Gods and folklores by intricate drawing and vibrant colour.

- Bihar's Madhubani Art: also known as “Mithila Art”, with bold lines and bright colour, it celebrates rural life and spiritual beliefs.

folklore based on Mythology and religious beliefs.

North-east Indian states North-East states offer us some unique forms of art including:

- Meghalaya-Naga Tribal Art
- Manipuri painting
- Sikkim's famous Thangka Art: a very complex art style showing Buddhist gods in their heavenly realm painted on cotton canvas using vegetable dyes.

“The Indian regional art form is so vast that it is not possible to describe in one note. These are few from the east zone as an appetizer to satisfy our art hunger. There are so many regions still to explore and describe one big platter of Indian regional art form. Hope to present that soon next time.”



East-Indian States:

- West Bengal's Patachitra: is an indigenous art style from Kalighat with vibrant colour

- Assamese Tribal painting: practice by Tribes by using natural colours and intricate designs to convey the ancient



- Amrita Hazra
Artist, Art teacher
Founder, Pathshala

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which can improve heart health &
help absorb more nutrients from
other foods.**



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5 Simple Tips for a Healthier Lifestyle



In today's fast-paced world, maintaining good health can seem like a daunting task. However, small, consistent steps can significantly improve your overall well-being. Here are five simple tips to help you lead a healthier lifestyle:

• Stay Hydrated

Water is essential for your body's proper functioning. Aim to drink at least 8-10 glasses of water daily to stay hydrated, improve digestion, and maintain healthy skin. Carry a water bottle with you to develop a consistent habit.

• Prioritize Balanced Meals

A well-balanced diet includes a variety of fruits, vegetables, whole grains, lean proteins, &

healthy fats. Incorporate more fiber-rich foods, such as green vegetables and oats, while reducing processed foods & sugar for better long-term health.

• Get Moving

Regular physical activity boosts your mood, strengthens muscles, and reduces the risk of chronic illnesses. Find a physical activity you enjoy, whether it's walking, cycling, yoga, or dancing, and aim for at least 30 minutes of exercise most days of the week.

• Sleep Well

Quality sleep is just as important as diet and exercise. Poor sleep can affect your mental health, immunity, and overall productivity. Aim for 7-9 hours

of sleep each night to ensure your body gets enough time to repair and rejuvenate. Develop a consistent sleep schedule by going to bed and waking up at the same time every day.

• Manage Stress

Chronic stress can impact your physical and emotional health. Practice mindfulness, meditation, or deep-breathing exercises to reduce anxiety. Taking breaks and enjoying hobbies can also help rejuvenate your mind and body.

“Making small, sustainable changes in your daily routine can lead to lasting health improvements. Consistency is key—embrace these habits to live a healthier, happier life!”

Inclusive Education and Therapy

I believe that every child deserves access to high quality Education and therapy services. Inclusive education program is designed to support the unique needs of each student, fostering a love of learning and promoting social, emotional and academic growth. In our approach Inclusive classroom that welcomes students of all abilities, personalized learning plans tailored to each student needs and goals. Integrated services of Occupational therapy, Speech and language therapy, counseling and mental health support to promote all the developmental areas.

Benefits of Inclusive Education with therapy, Improving academic performance and confidence,

Enhances the social skills and relationship and fine motor skills, better emotional regulation and resilience, increase independence and self advocacy, preparation for future education and career opportunities, occupational therapy to enhancing daily living skills, sensory integration and fine motor skills, speech and language therapy for developing communication skills, language development & literacy, counsellings and mental health support to supporting emotion-

al well being, social skills and behavioral development.

Let's work together to empower every child to thrive.

Accept differences, make a difference.



**Dr.Dhiyva bharathi G
Senior Occupational
Therapist
Tiny Child Development**

Understanding the Dangers Of Crash Dieting

Crash dieting involves drastic, unsustainable weight loss methods, typically through severe calorie restriction or extreme dietary changes. While initially effective, crash diets can harm both physical and mental health.

Crash dieting can cause nutritional deficiencies, muscle loss, decreased metabolism, and fatigue. It can also promote unhealthy attitudes towards food and body image, increasing the risk of eating disorders. Most people regain the lost weight after returning to normal eating habits.

A balanced approach to weight loss, emphasizing long-term lifestyle changes like regular exercise and a nutritious diet, is safer and more effective. Prioritizing

health and well-being over quick fixes is crucial for weight management.

Examples of crash diets include:

• Cabbage Soup Diet:

Consuming mostly cabbage soup for a week, leading to rapid weight loss but lacking essential nutrients.

• Lemon Detox Diet (Master Cleanse):

Drinking a lemon juice mixture for several days, extremely low in calories and nutrients, not scientifically supported.

• Liquid Fasting/Juice Cleanse:

Consuming only liquids for days, lacking essential nutrients and potentially harmful long-term.

• Fruit-Only Diet: Eating only fruits, insufficient for

health and well-being over quick fixes is crucial for weight management.

• One Meal a Day Diet:

Skipping one or two meals daily, aiming for quick weight loss.

“These diets often fail to provide long-term benefits and can cause negative side effects. A balanced approach focusing on regular exercise and a nutritious diet is safer and more effective for weight management.”



**Shreyas Sanjay,
Sports/Clinical
Nutritionist, WildFit**

The Benefits of Waking Up Early & How to Make It a Habit

Waking up early has long been associated with a range of benefits for both physical and mental well-being. One of the most significant advantages is the increase in productivity. Early risers often find they have more time to plan their day, accomplish tasks, and reduce stress by starting with a clear and calm mindset.

Early mornings are also ideal for engaging in physical activities like exercise, yoga, or a morning walk, which boost energy levels and promote overall health. A morning routine allows time for healthy habits like a nutritious break-

fast, meditation, or journaling, setting a positive tone for the day.

Furthermore, waking up early can enhance sleep quality. By establishing a consistent early wake-up time, you promote a better sleep cycle, leading to improved mental clarity and focus throughout the day. Early risers tend to feel more rested and less fatigued.

To develop the habit of waking up early, start by setting a consistent bedtime. Gradually shift your sleep schedule by 15-30 minutes each night until you reach your desired wake-

up time. Avoid screens before bed, as the blue light can interfere with sleep. Creating a relaxing bedtime routine, such as reading or listening to calming music, can help you wind down.

Incorporating these steps into your routine can help you experience the numerous benefits of waking up early, leading to a healthier and more productive lifestyle.

“Wake up early, seize the day. Rise with purpose, rest with satisfaction. Own your mornings to transform your life. Start small, stay consistent, and embrace change.”

**Ministry of Health and Family Welfare
Government of India**

Seasonal Flu

To protect yourself and others from seasonal flu

- Avoid shaking hands or other contact greetings**
- Do not spit in public places**
- Avoid sitting and eating together**
- Never take antibiotics or medicines without consulting a doctor**
- Cover your mouth and nose with a tissue or the inside of your elbow**
- Wash hands regularly or use hand sanitizer to reduce the spread of germs**

FACT

Leafy greens like spinach are high in iron and vitamins, supporting energy levels and a strong immune system.

Festive Cheer & Togetherness



The vibrant celebration of Makar Sankranti and Pongal at our apartment on the 13th & 14th of January brought the community together in a joyous spirit. Residents participated in tradi-

tional activities, showcasing cultural dances, festive decorations, & delicious festive treats, creating cherished memories for everyone.

- Pradeep Gudla, MJR Clique Hydra



Sankranti Celebrations 2025, the festival of new beginnings at Duo City and South County Layout, is aimed at creating a harmonious ambience as we paint a canvas of traditions that have stood the test of time.

Let us gather to embrace the cultural richness and deep-rooted values that define this jubilant festival.

The Duo family gathers for the celebration at 7:30 a.m. While the women of the family begin preparing the traditional Pongal and Avarekayi delicacies to be offered for prayers, the men and children participate in decorating the place with Rangolis and traditional decorations.

Young girls dressed in traditional outfits greet

and welcome the gathering with flowers and rose water.

Special guests were invited from the Begur goshala, and the calf was the center of attraction, allowing children to interact and play. Light music created a joyful atmosphere, filling our hearts with positive vibes.

In offering our respect to the sun god for his warmth and brilliance, and to Bhoomi Matha for the abundant harvest awaiting, the family continued to enjoy the indigenous games of the festival. The uriyadi game, native to Tamil Nadu, was a big hit and enjoyed by all.

The celebration aimed to minimize the budget while maximizing fun and togetherness!

Sankranti: A Festival of Joy, Games, and Family Reunions

Sankranti, one of the most celebrated festivals in South India, Sankranti, also known as Pongal in Tamil Nadu, Makar Sankranti in other parts of India, is one of the most significant and vibrant festivals celebrated in South India marks the harvest season and is a time of immense joy and socializing. The festival is not just about rituals but also a chance for people to reconnect with their roots and loved ones. Families from all over the globe world gather in their native villages and towns, making it a homecoming celebration.

and friends together in a competitive yet fun atmosphere. In villages and small towns, people also enjoy sports like bullock cart races, kite flying, and games like kabaddi and Gilli-Danda. The youth especially revel in these traditional sports, with some even investing in new equipment for the festivities.

For women, Rangoli (or kolam) competitions are a significant part of the celebrations. These colorful, intricate designs represent prosperity and are a way of welcoming guests. Alongside Rangoli, cultural performances like

Sankranti, however, is the reunion of families. People travel long distances to reunite with relatives and childhood friends, often facing high travel costs and crowded transportation.

Tickets for buses, trains, and flights surge during this peak season, creating additional challenges for travelers. Yet, despite the struggles with transportation, the joy of being with family and the vibrant celebrations make Sankranti an unforgettable experience for all.

“In essence, Sankranti is a blend of tradition, entertainment, and family, bringing people together through games, art, and, most importantly, the spirit of unity.”



The days leading up to Sankranti are filled with entertainment and games. Traditional card games like Rummy, Teen Patti bring families

traditional dances, music, and feasts are organized, with families investing in attire and decorations.

The biggest highlight of



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