ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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B S International School Partners with Institute for Aviators (IFA) to Offer World-Class Pilot Training Programs



BS International

School is pleased to announce its collaboration with the Institute for Aviators (IFA), a renowned institution providing comprehensive pilot training programs.

This strategic partnership aims to equip interested and eligible students with premier training, enabling them to pursue successful careers as professional

The Memorandum of Understanding (MoU) signed between B S International School and IFA formalizes their association, ensuring a seamless and structured approach to pilot train-

The programs offered will meet the stringent regulatory standards set by the Directorate General of Civil Aviation (DGCA), covering:

- Ground school
- Simulator training
- Flying hours

66To support deserving students, B.S. International School and IFA will jointly offer scholarships based on merit & need. This initiative underscores the institutions' commitment to making world-class pilot training accessible to talented individuals. ??





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Quick News Bites

CIVIC

1

Heavy traffic piled up at Hosur Road from Kudlu Junction as the Electronics City expressway remained blocked since 10 PM, causing inconvenience despite safety measures.

2

After delays, the first train for Bengaluru's Yellow Line is set for dispatch on January 6th. Monthly deliveries are scheduled, ensuring operations begin soon.

3

ELCITA, with traffic police approval, begins a 24x7 one-way traffic trial in Electronics City. Signage and marshals assist road users, with effectiveness under evaluation through simulations.

4

Residents complain about pothole-ridden Doddanagamangala Road, stray cattle, & lack of footpaths, raising pedestrian safety concerns. Citizens urge authorities to address these issues immediately.

Hosur Greenfield Airport Cutting Travel Time for ECity & Boosting Growth

The Tamil Nadu government has shortlisted two potential sites near Hosur, Krishnagiri district, for a new greenfield airport aimed at supporting the region's booming industrial and manufacturing sectors. Sources confirmed that the Airports Authority of India (AAI) will soon conduct a detailed study of the shortlisted locations. both within a 20 km radius of Hosur. The decision follows a high-level meeting chaired by Chief Minister

M. K. Stalin, with feasibility studies already conducted in September.

Among the four sites initially assessed—Thogarai Agraharam, Shoolagiri, Dhasapalli, and an area near a private airstrip—two have been shortlisted. The site near the private airstrip is seen as a promising candidate due to existing infrastructure, though negotiations are required to finalize acquisition.

The proposed airport, spanning 2,000 acres & designed to handle up to three crore passengers annually, is expected to transform Hosur into a major logistical and economic hub.

to the current commute to Kempegowda International Airport, Bengaluru, whichtakes 90-120 minutes.

The new airport in Hosur, just 30-40 minutes away, will



The project aligns with the state's vision to promote regional integration and create a twin-city ecosystem with Bengaluru, boosting growth in Dharmapuri, Salem, and beyond.

For residents of Electronics City, the airport will drastically reduce travel time compared provide a faster and more convenient travel option, benefiting professionals, business travelers, and tourists.

Colt's a Win Win for Bengaluru as these 3 additional Airports including #HAL Airport to cater to very high growth of both Passenger & Cargo Volumes by 2034.

ELECTRONIC CITY CREDENCE NAMMA NEIGHBOURHOOD NEWS Scan the QR code ON

Teething Trouble Namma Metro Yellow line

It appears that the long wait for the commencement of the R. V. Road- Bommasandra line will just get a little longer. For passengers seeking an early inauguration on this stretch, it is going to be a frustrating wait. However, many issues need to be addressed if the authorities are looking to make this venture a success.

For starters, in all probability, the second train set can be expected to reach in mid Jan 2025 for the yellow line, and the third set will follow by early Feb. These 2 train sets are in a fairly advanced stage of test and trials at Titagarh, pushing the launch date to March 2024. The yellow line with 3 train sets proposes a 30-minute frequency with limited stoppages. So what does this imply?

To begin with, a successful

metro has 3 ingredients viz. reliability, punctuality, and frequency. If any one of the 3 elements is found wanting, sure enough, it is a recipe for disgruntlement. Major metros around the world have regular fast frequencies.

The yellow line initially can not boast of good frequencies posing challenging times to the BMRCL authorities.

The second major issue is the last mile connectivity. Whilst at almost all stations, tenders have been invited for 2 wheeler parking spaces. However, the provision for space for 4 wheeler parking has not been factored as yet. This will discourage users who need to use a car to reach the metro station. A third point pertains to last mile connectivity of the BMTC schedule. This hasn't been re-

leased as yet, and it certainly is an area that merits consideration.

thrown open to the public, urban mobility experts feel, the stations between Raggigudda and Central Silk Board Metro stations will witness overwhelming crowds, and the 30-minute frequency will be a logistics challenge to cope up with both traffic and passenger movement management.



- Tilak Subramaniam

Community Voices Addressing Public Concerns

The residents of Bommasandra-Jigani Link Road are voicing their frustration over ongoing infrastructure issues, particularly the lack of streetlights in the area. For the past three nights, the streetlights have been off, leaving the area in darkness and raising safety concerns.

Adding to the issue, residents have noted that road repairs have been completed only on 3 km out of the 5 km stretch, leaving a significant portion of the road in poor condition. The incomplete work has sparked dissatisfaction, as residents feel they are not receiving the services they are paying for despite contributing a significant amount in income tax. GST. and

property taxes.

With these concerns mounting, some residents are questioning

locality

While this idea may raise questions about governance and



the effectiveness of the taxes they pay and whether they are being used to improve local infrastructure. This has led to a provocative thought: Should residents be allowed to redirect their property taxes toward improving infrastructure in their

accountability, it is clear that the community feels the need for a more hands-on approach to improving their surroundings.

What do you think? Share your thoughts with us by emailing info@electroniccitycredence.in

Greenhouse Residents Thank BBMP



The residents of Greenhouse Layout, Doddathogur, express heartfelt gratitude to BBMP and our Ward Councillor for laying the much-needed Third Cross street.

This improvement has significantly enhanced



safety and mobility for all. We appreciate the swift action and look forward to continued efforts to resolve other community issues.

- Mrs. Jayamangalam Ramamoorthy Freelance Writer







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January: Take the no paper cup challenge Eco_margdarsak Mark the dates when you avoided using paper cups!

Ecomargdarsak.in

GENERAL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Packing for 31st trip; keep reusables :)	Monday blues, don't forget your mug for Coffee	Wishing you happiness and health the year ahead!!	Ţ	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	You all made it !! Partyyyyy!!! without paper cups!! :D

PLAY AN EXCITING FAMILY **GAME TO START THE** CHALLENGE

Choose shapes (e.g square, rectangle, triangle etc.) for each member by picking a chit. Each member will use the chosen shape while marking in the calendar everyday. At the end of the month, count the no.of days each member avoided paper cups and crown the winner.

Post & tag or Send marked calendar photos on Insta @eco_margdarsak, get featured & inspire others; Also check the page after 20 Jan for Feb calendar with another exciting challenge

PAPER CUPS ARE HAZARDOUS FOR YOU, YOUR FAMILY & MOTHER EARTH

WINNER of the month:

An Eco_lander Calendar imagined and created by @Eco Margdarsak



Food trash Truth: Our Mindless Actions



When we eat at street food stalls, cafes, or small eateries, we often don't think twice about our actions. We leave plates on the tables, throw tea cups on the ground as we chat with friends, and discard used tissues anywhere. We don't bother to put bottles or tea glasses in the designated recycling stations. Sometimes, we even throw used cups or plates into nearby plants. These mindless actions may seem harmless, but they have serious consequences.

These careless habits not only harm the environment but also create an unpleasant experience for the next customers who use the same tables or space. Moreover, they pose health risks and create trouble for the workers who clean up after us. While eateries are giving us a pleasant experience by serving something yummy when we need it, let's not forget that our actions can make a big difference. By being mindful of our waste, we're not only doing our part for the environment, but also setting a good example for our kids to learn from.

66So, let's make a conscious effort to remember our forgot

ten good habits. Use a dustbin. it's a right habit, good habit, and a mindful action. Remember, our waste, our responsibility, our society. Every little helps!



- Asha Balasubramaniam **Cafe Croffle** tummy fuel eatery

SIP Academy's Green

SIP Academy inaugurated their 3rd Miyawaki forest in Bangalore University, Karnataka on 23rd December, 2024.

galore University. Dinesh Victor, Managing Director - SIP Academy, presided over the function. Around 3000 plants



The Chief Guest for the function Prof. S.T. Girisha, Coordinator-Bio Park Department, Jnana Bharathi Campus, Banand around 80 different native species were planted by 50 SIP Abacus and Globalart students, along with their parents, franchisees & teachers. Plantation area - 9500 sq.ft.

SIP Academy's vision is to significantly impact the mental potential of children, so that they are equipped with skills to achieve their dreams and to contribute positively to the future of the nation. He mentioned that it is equally important to instil in students, the sense of responsibility towards nature. SIP Academy recognises that climate change and environment conservation are key issues the students will grow up to experience - and therefore SIP Academy has chosen to involve in contributing positively with efforts that combat climate change.

Hope & Care Transcends to Wonders !!!

A boy was born in a poor farmer's family... he was blind. Everybody around was coming and saying this blind son never would be helpful for you and he is going to be a burden for you as he grows and they suggest them to neglect that boy.

Unconditional love towards their child, parents grew him up very affectionately. His parents were financially poor but they had a rich heart. At the age of 5, he joined a local school. He got depressed mentally as he was not treated rightly and left the school.

His father encouraged him, and he achieved a remarkable score in the blind school. After the 10th standard, he applied for intermediate studies but was rejected because of his blindness. He didn't get any opportunity to pursue further. He filed a case against the intermediate board. Finally, he won, joined the intermediate course, and performed outstandingly.

He searched extensively and finally found out about American universities that offer courses for blind people. He applied to universities in the USA and received four offers from world's top universities. He pursued his higher education in MIT (Massachusetts Institute of Technology), one of the world's greatest universities. He was offered many jobs but rejected all of them to serve his country.

He returned to India, opened a startup, named BOLLANT INDUSTRIES in Hyderabad. His company had an ₹80 crore turnover (as of 2017), provided employment

to many people, and offered 3,000 underprivileged students free education, food, & accommodation every year.

He is none other than BOLLA SRIKANTH born in Krishna District of Andhra Pradesh. He is 33 now. His story is a testament to how resilience and determination can turn challenges into opportunities.



- Sangeetha AnandaVenkatesh Carnatic Musician

Organic Farming: A Sustainable Agricultural Approach

Organic farming is the use of an agricultural product system reliant on green manure compost, biological pest control, and crop rotation to produce crops, livestock and popularity. In the other words, organic farming does not allow the use of synthetic chemical fertilizer, antibiotics, herbicides, or pesticides. Organic centered agricultural production system fosters the cycling of the resources to conserve biodiversity and promote ecological balance.

ical activity are the primary aspects of organic farming. Difference Between Organic and Inorganic Farming

Organic farming is ecologically oriented, enhancing soil fertility and ecosystem health, while Inorganic farming uses chemicals, deteriorating both soil and the environment. Organic farming relies on bio-fertilizers and manual weed removal, whereas Inorganic farming uses chemical fertilizers, herbicides, and intensive irrigation.

promote natural pesticide use. Pure Organic Farming: Uses only organic manures and bio-pesticides.

• Integrated Organic Farming: Combines nutrient and pest management for balanced crop growth.

Techniques and Methods

Key methods include crop rotation, green manure, compost, and biological pest control. Soil management through natural bacteria, crop diversity, and weed management (mowing, mulching) are vital practices.

Government Initiatives

Programs like MOVCD-NER (Mission Organic Value Chain Development for North Eastern Region), ICAR contributions, MIDH (Mission for Integrated Development of Horticultural), and the National Centre of Organic Farming promote Organic



- Khushboo Lal 2 PU Student, Sharada Vikas PU & Degree College



The use of green manure. cover crops, animal manure, and soil rotation, to interrupt the habitation of pests and diseases, improve soil fertility and maximize the soil biolog**Objectives and Types of Organic Farming**

Organic farming aims to increase genetic diversity, ensure proper soil cultivation, control pests and weeds, & **EDUCATION**



Samriddhi - Early Learning Centre, an inclusive school, organized a first-of-its-kind talent show event for the differently-abled on 21st December 2024, beautifully showcasing the essence and possibilities of

The event was filled with joyful surprises as children aged 2 to $22\,$ years, regardless of their challenges, delays, or syndromes, showcased their talents. They celebrated their differences with remarkable support and encouragement from their peers and families, truly embodying the spirit of "Inclusive Heroes."

Magical Moments Created

The event was graced by the Guest of Honor, Dr. Syed Sallauddin Pasha, a recipient of the National Award and a pioneer in inclusive art forms. As the founder of Miracle on Wheels and Abilities Unlimited, and an international performer, his energetic participation, charismatic performances, and inspiring knowledge enriched the event.

66 The open platform provided an opportunity to present skills, build connections, and share opportunities for everyone equally, reinforcing the values of an inclusive society.



Special Acknowledgments

Dr. Syed Sallauddin Pasha and his son Ashiq Pasha shared the stage with Dr. Mahesh, Neetu, and their daughter, the Founders of Samriddhi - Early Learning Centre, Electronic City. Their collective efforts made this event a resounding success.





Waldorf Education - A glance

Waldorf Education or Steiner Education, founded by Austrian philosopher Rudolf Steiner in 1919, is an alternative approach to traditional education. This educational philosophy emphasizes the holistic development of students, integrating academic, artistic, and practical skills. The core principle of Waldorf Education is to nurture the "threefold" nature of the human being: thinking, feeling, and willing.

and artistic activities to foster deep exploration of topics.

One distinctive feature of Waldorf schools is the integration

Students engage in activities

such as painting, music, dra-

ma, and handwork, which helps

creativity and emotional development. As students progress, the curriculum evolves to include more structured academic content, but always with an emphasis on experiential and hands-on learning. Subjects are often taught in thematic blocks, allowing for

66At Aikya the teachers and staff are experienced with a deep understanding of the philosophy and are well trained who strive their best in caring for children and facilitate learning while upholding the child's individuality.

develop their fine motor skills

and aesthetic appreciation.

Additionally, Waldorf education

avoids standardized testing in

the lower grades, instead using

narrative assessments to track

Globally, there are over 1,000

Waldorf schools, each adapting

Steiner's principles to fit their

student progress.

cultural context



Ferdinand Udaykumar **Co-founder and parent** Aikya Waldorf Inspired School

Congratulations to Iris Florets Neo Town!



Iris Florets Preschools spread across 3 countries with over 145 schools in India, Nepal and Uganda. All the preschool franchises of iris florets have been made sure to maintain the standards in curriculum, bleeding edge infrastructure, teaching capabilities and the excellent standards set through our vision and mission. Regular aid in teaching assistance and any other help needed by the preschool franchisees are provided by us to

make sure the schools are functioning at their best.

Our collective experience of over 50 years has enabled us to curate the perfect curriculum for kids. We have designed innovative learning spaces to enhance learning and maximize students' participation.

For all our efforts we have received more than 100 awards, and we have received the "No.1 Franchise Model Preschool" award from Times Preschool Ranking Survey

for the fifth time in the last six years. Proving that Iris Florets is one of the best preschool chains in India.

66 Iris Florets The Happy

Play School, Neo Town received the TRAIL BLAZER PRESCHOOL of the Year 2024-25 @ ET TECH X Educational Conference held in Hyderabad. Kudos to the team for their outstanding achievement and commitment to excellence in preschool education!??

Disclaimer

In the early years, the Wal-

imaginative play, storytelling,

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Uterine Fibroid Embolisation Have You Heard About It?

Awareness is the key to informing the public about a critical women's health condition that impacts so many. The focus is on empowering women with more information about Fibroid Disease and available methods of treatment.

What Are Uterine Fibroids and Symptoms?

Uterine fibroids are benign, non-cancerous growths of the uterus commonly seen in women of childbearing age. While some fibroids cause no symptoms at all, others can impact women's overall well-being and interfere with daily activities by causing:

- Increased Menstrual Cramps
- Heavy Menstrual Bleeding, sometimes associated with clots
- Menstruation That Lasts Longer Than Usual
- Back Pain, Leg Pain
- Abdominal Swelling/Protrusion
- Pressure Symptoms such as urinary and bowel problems
- Complications with fertility, pregnancy, and childbirth
- Pain during intercourse

For some women, repeated heavy bleeding month after month becomes dangerous enough to require blood transfusions. All of the above symptoms affect women's quality of life, which in turn impacts their mental health, social, and pro-

fessional lives.

HEALTH

Treatment Options

There are numerous treatment options, both surgical and non-surgical. For years, the standard of care for fibroids included surgical procedures such as Myomectomy and Hysterectomy (uterus removal). In some cases, they remain the right treatment. However, most women don't realize there are less invasive options to treat fibroids and related symptoms. Uterine Fibroid Embolisation (UFE) is one such unique procedure in today's world of evolving technology-a minimally invasive and low-risk, non-surgical pro-

What Is Uterine Fibroid Embolisation (UFE)?

Uterine fibroids, when symptomatic, usually have dilated uterine arteries that predominantly feed the fibroids. Uterine Fibroid Embolisation (UFE) leverages this knowledge.

- Procedure: Interventional radiologists access the uterine arteries through a tiny incision in the skin.
- Technique: Using imaging guidance, a catheter is advanced to the vessels supplying the fibroids. Micron particles are then injected to block blood flow to the fibroids.
- Result: The fibroids shrink over time, providing imme-

diate and dramatic symptom relief.

The American College of Obstetricians and Gynecologists (ACOG) recognizes UFE as a safe and effective procedure. It is recommended as an alternative to hysterectomy for women with symptomatic fibroids who wish to preserve their uterus.

Note: UFE is generally suited for women who have completed their families, as data on its impact on reproductive outcomes is limited.

Conclusion

In today's world, with advancing technology and healthcare systems, it is vital to provide women with all the information they need to make informed decisions. Fibroid Awareness Month is an initiative to spread awareness about fibroid-related issues and encourage women to explore treatment options to improve their overall health.



- Dr. Basavaraj Biradar Consultant Interventional Radiologist Naravana Health.

DIABETES MELLITUS

Type 2 diabetes mellitus is characterized by high sugars in the body due to either reduced secretion of insulin or insulin resistance (body cells do not respond properly to insulin). It should be differentiated from type 1 diabetes, which is seen in younger patients and is due to absolute deficiency of insulin in the body.

In insulin resistance, the postmeal sugar increases first, and later, the fasting sugar increases. There is also increased glucagon hormone in the body, which causes increased sugars. As time passes, the secretion of insulin gradually reduces, and later, most patients require insulin administration.

The symptoms of diabetes are increased thirst, frequent urination, weight loss, and increased hunger. Many patients may not have symptoms and may remain undiagnosed for many years.

Complications of Diabetes Mellitus

Patients can have retinopathy affecting the eyes, neuropathy causing burning and tingling in the limbs, nephropathy in which kidneys are affected, ischemic heart disease or heart attack, stroke or paralysis affecting speech, peripheral vascular disease in which gangrene develops in the toes, chronic ulcers, and various limb deformities, etc.

Treatment

- First and foremost are lifestyle changes, which include losing weight if obese, doing exercise for at least 30 minutes per day, for at least 5 days a week.
- Taking small, frequent meals to prevent the spike of sugars, eating more lentils, legumes, and millets like jowar, bajra, and ragi.
- Reducing the intake of rice and wheat.

- Basically, any food or fruits whose glycemic index is less than 55 are good for diabetics.
- than 55 are good for diabetics.
 Oral medicines and insulin should be taken regularly and not missed.
- Visit the doctor regularly for proper maintenance of blood sugars.
- With proper lifestyle changes and regular medicines, any diabetic patient can lead a healthy life without complications.



- Dr Huzefa I Suratwala MBBS, DTCD(CHEST) DNB(MEDICINE) Medfine Clinic

Neo TrueNorth Hospitals Deploys Ambulances for Community Safety During New Year Festivities



Neo TrueNorth Hospitals demonstrated its commitment to community health and safety during this year's New Year celebrations by deploying six ambulances to serve the Electronic City community. The initiative, operational from 6 PM on December 31st, 2024, to 6 AM on January 1st, 2025, aimed to provide immediate medical assistance to residents during one of the busiest nights of the year.

locations in the area to ensure swift response times. Fully equipped with advanced medical technology and staffed by trained paramedics, these ambulances were on standby to address emergencies ranging from minor injuries to critical situations.

The event was inaugurated by Mr. Dattatreya Bhat, Treasurer of the Federation of Electronic City Residents Association (FERA), who flagged premises

Speaking about the initiative, Dr. Ramesh Karmegam, CEO at Neo TrueNorth Hospitals, said, "New Year's Eve is a time of celebration, but it's also a period when accidents and health emergencies tend to spike. As a responsible healthcare provider, we felt it was our duty to ensure the safety and well-being of the community during this time."

TrueNorth Hospitals' dedication to fostering a healthier and safer community. With plans to expand such community-oriented programs in the future, the hospital continues to set a benchmark for healthcare services in Electronic City. ??

Neo TrueNorth Hospitals and their community programs, visit their website www.neotruenorthhospitals. com or Contact their Enquiries helpline 9900089601.

For more information about

Ayurvedic Winter Skincare Rituals for Radiant Skin



Winter's chill can be tough on the skin, often causing dryness, dullness, and irritation. To keep your skin glowing, adopt an Ayurvedic skincare routine rooted in nature and ancient wisdom.

Understanding Winter Skin Concerns

Winter brings a drop in temperature and humidity, leading to decreased moisture levels in the skin. As a result, many people experience dryness, flakiness, and sometimes, even redness or itching. The first step towards achieving radiant winter skin is understanding and addressing these concerns.

Ayurvedic Principles for

Winter Skincare Avurveda balar

Ayurveda balances the Vata dosha, predominant in winter, bringing dryness and cold. Here are key practices:

- Nourishing Oils: Replenish moisture with oils like sesame, sweet almond, or jojoba. Use oil-based body and face products to protect and hydrate.
- Hydration Inside Out: Drink warm water with ginger or tulsi, and choose products with hydrating ingredients like aloe vera and rose water.
- **Gentle Exfoliation:** Use Ayurvedic herbs like neem and turmeric for natural exfoliation without over-drying.
- Mindful Cleansing: Avoid

harsh cleansers; opt for ones with chickpea flour or sandalwood to cleanse gently.

66 Embrace Ayurveda's holistic approach this winter for skin that's nourished, hydrated, and naturally radiant.



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



The ambulances were strategically stationed across key

off the ambulances in a brief ceremony at the hospital

Honouring Heroes and Pushing Human Limits

Marathons are celebrated for their rigorous test of runners' endurance and speed over a grueling 42-kilometer distance, typically completed in 2 to 6 hours. However, honor the Indian Army's victory in the 1971 war against Pakistan. Nagaraj (57 yrs, E City) successfully completed this race, which spans a 160-kilometer route, retracing



Races extending beyond 50 kilometers enter the demanding domain of Ultra Marathons, which push the human body to its endurance limits. Among the most challenging ultra runs in India is the Hellrace Border Run, held annually in December in Rajasthan. This formidable race was established to

the Army's path from Jaisalmer to their triumphant battle at Longewala, near the Pakistan border.

Nagaraj Ramanathan's race commenced at 12 PM on December 14, 2024, and concluded at 4 PM on December 15. Throughout this period, runners faced the scorching sun during the day and extremely

cold temperatures, plunging to 2°C at night. To endure the frigid conditions, participants donned additional layers such as jackets, gloves, and monkey caps during nighttime hours. The organizers provided hydration and food support, including water, oranges, salt, Electral, & bananas, at every 10-kilometer checkpoint. Additionally, meals consisting of rice, dal, curry, and curd were provided at the 60-kilometer, 100-kilometer, and 130-kilometer marks. Nagaraj completed the 160-kilometer challenge in 23 hours & 40 minutes.

dedication to the ultra marathon, Nagaraj Ramanathan has not only honored the legacy of the Indian Army but also showcased the incredible potential of the human spirit. His perseverance is truly inspiring and deserving of commendation.

A Merry & Magical Christmas at Concorde Silicon Valley



Concorde Silicon Valley celebrated Christmas on 15th December 2024 with lots of fun and fare. A crib representing the birth of Jesus was also set up along with Christmas tree decoration.

The entire layout was soaked in the festive atmosphere when the procession went through each lane singing Christmas Carols. Right from small children to senior citizens, everyone got engaged in the celebration.

They also performed various programs. Children's excitement was beyond imagination when they received their gifts from Santa. A Secret Santa game was also organised for the residents and the gifts were exchanged there. Christmas Market was also organised "By the CSVians, for the CSVians" where the residents put up stalls show-casing their umpteen talents. Overall, it was a pleasant and happy evening where everyone had a great time together.

- Resident of Concorde Silicon Valley

Family Melodies 2024 A Harmonious Celebration



Trinote Music Academy hosted its first-ever Family Melodies 2024, an unforgettable evening where students performed on stage alongside their family and friends.

The event was a delightful blend of talent, energy, and heartwarming connections, showcasing the true spirit of togetherness through music. Rehearsals were a highlight, offering amateur performers a supportive environment to gain confidence and explore their creative sides. Parents, children, and friends practiced together, sharing laughter and camaraderie, which translated beautifully

on stage.

From soulful duets to lively group performances, every act was a testament to the joy of making music as a family.

This multigenerational gathering was a resounding success, with audiences cheering for participants of all ages. Beyond the music, Family Melodies 2024 fostered deeper bonds—not only between kids and their families but also with their teachers and peers. It was a reminder of the unifying power of music and the importance of shared experi-

66 Kudos to Trinote Music Academy for this innova-

tive endeavor, which turned into a fun, enriching exercise in building relationships through the universal language of melodies. Here's hoping this becomes a cherished annual tradition!



Naga Vydyanathan,
 Freelance Writer

Ajmera Cricket Kings Club Hosts Thrilling Hero's Cup

Ajmera cricket kings club organized Hero's cup one day cricket tournament this month, which was a 3 matches series. The battle got carried over to all three days since the first two matches led to a tie between Ajmera

Royals and Ajmera Tigers.

Most of the players be-

longed to the category of seventy plus and few are new to playing cricket. Ajmera Tigers won the trophy in a nail biting finish. Ajmera Infinity is committed to offering the elders better and happy living conditions, there was great appreciation from the spectators, families and friends. The Hero's cup is a revolving trophy and will be played for every December.

- Ajmera Infinity



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Editorial Contributor — Meera Shyam

Reporter — Manish Sharma
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Internet Design — Vittal Diwakar
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Aggressive/Submissive Child Sleep Concerns Sibling Rivalry



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"Receive the children in reverence, educate them in love, and send them forth in freedom." - Rudolf Steiner



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www.electroniccitycredence.in

For More Info: +91 80503 91010

info@electroniccitycredence.in