

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

Volume 3 : Issue 43

02nd to 15th Feb 2025

Free Circulation - 25,000 Copies



BS International School- Shaping the Leaders of Tomorrow

The BS Montessori, the biggest Montessori in Bangalore!

At BS International School, we recognize that every child is distinct, & we are committed to nurturing that individuality. As the largest Montessori school in Bangalore, we offer an exceptional learning experience that promotes self-paced, personalized education-laying the groundwork for lifelong success.

Our BS Montessori program aims to foster curiosity, independence, and confidence from a young age. Utilizing a carefully developed scientific methodology introduced by Maria Montessori in the early 1900s, we empower children to become self-sufficient, problem-solving individuals.

A Thoughtfully Designed Learning Environment - Our classrooms are equipped with specialized materials and organized spaces that encourage exploration and creativity.

A Proven, Scientific Approach to Learning - In contrast to traditional rote learning, our activity-driven method guarantees deep understanding & practical application.



The BS Montessori Experience - Where Individuality Meets Excellence

With 5 key environments-Arithmetic, Sensorial, Cultural, Language, and Practical Life-your child doesn't just memorize, they experience learning! For example, in Arithmetic, children see, touch, and understand numbers up to 9999 using 44 specialized materials-something traditional schools can't offer. "And this is just one of the five environments! Imagine the wonders your child can experience when they explore all of them.



Experience the Montessori Magic - Walk Through the Journey Yourself!

We invite parents to a special Montessori Activity Walkthrough, where you will explore our thoughtfully designed learning environments and witness how your child will engage in hands-on, activity-based learning.

Live Demonstrations - Experience how Montessori materials make learning engaging and effective.
Interactive Sessions - Get insights into the five major Montessori environments (Arithmetic, Sensorial, Cultural, Language, and EPL).

Personalised Guidance - Understand how the Montessori method builds confidence, problem-solving skills, and independence in young minds.

Q&A with Educators - Get all your questions answered about how your child will thrive in our program.

Book Your Slot!

📅 Weekday Slots:

🕒 1:30 PM - 2:30 PM

🕒 2:30 PM - 3:30 PM

📅 Saturday Slots:

Starting from 9:00 AM onwards (Multiple slots available)

📞 Reserve your spot now: Call +91 9364005827

From early childhood to higher education, BS International School ensures academic excellence with international standards, world-class facilities, and a future-focused curriculum.

Give your child the best start in life-enroll at BS Montessori and experience the power of holistic education!

ISO 9001:2000
CERTIFIED



☺ **Smile**
it happened @
E-City Dental Center

**World Class Dental Care
at Electronic City**

**Mon - Fri : 10 AM to 7 PM
Sat: 10 AM to 5 PM**

**V2 ECity Dental Center has
treated more than
4 Lakh Patients
Since 2005**



TREATMENTS OFFERED

- Implant dentistry
- Crowns & bridges
- Laser dentistry
- Invisible braces
- Endodontics
- Smile design
- Teeth whitening
- Teeth alignment
- Dentures in ONE DAY
- Annual dental checkups
- Single sitting root canal treatment
- Cosmetic dentistry & dental jewelry
- Paediatric & preventive dentistry
- Laser gum surgeries & periodontal treatments

BEST PRACTICES

- ISO:9000 certified clinic
- State of the art facilities
- Trained support staff
- Expert consultants and specialists
- Digital patient record management
- World class technology with digital imaging

Celebrating 20 years of Successful Practice at Electronic City

☎ 080-41303132

☎ 9341213544

🌐 www.ecitydental.com

📍 P-7, ELCITA Building, Electronic City Phase 1, Hosur Road, Bangalore-560 100

Quick News Bites

1

The six-coach train from Titagarh Rail has arrived at Hebbagodi depot. Multiple train testing begins in March, with the Yellow Line launch expected by April, offering a 20-25 min headway.

2

After the Namma Metro fare hike, Bengaluru Metro ridership dropped by 4%. Following public backlash, BMRC plans to address fare anomalies to regain commuters' trust.

3

Rental demand in Electronic City has surged by 29% year-over-year, reflecting a growing demand from tech professionals working nearby, as well as the influx of students and young families moving to the area.

4

Murals on Electronic City Metro pillars pay tribute to champions, with 43 vibrant murals adorning the corridor from Huskur Gate to Hebbagodi, celebrating the city's unsung heroes.

5

BMTC Launches buses via NICE Road(Non-stop) now operate one trip daily: • NICE-5E: 7:50 AM from Summanahalli, 5:30 PM return from E-City Wipro Gate.
• NICE-4E: 7:40 AM from Vijayanagar TTMC, 5:30 PM return from E-City Wipro Gate.

Karnataka's Economy in Crisis: The Cost of Freebies and Mismanagement

A State in Financial ICU Karnataka, once known for its robust economy and infrastructure development, is now facing a severe financial crisis. The current government, led by the Congress party, came to power by promising a series of freebie schemes, including free electricity, free bus travel for women, ₹2,000 monthly assistance for women below the poverty line, and ₹3,000 for unemployed graduates. While these schemes were introduced with the intention of helping the economically weaker sections, they have placed an unbearable burden on the state's financial health. In just two years, the state government has exhausted a significant portion of its funds on these welfare schemes, leaving very little for critical infrastructure and development projects. Roads remain in disrepair, new projects have been put on hold, and essential services are suffering due to a lack of funding. The govern-

ment, in an attempt to recover revenue, has increased costs in several areas, including property registration, stamp duties, fuel prices, and now, public transportation fares. This has forced many citizens to rely on private transport, further worsening Bengaluru's already congested traffic situation. The real danger lies in the long-term impact of these short-sighted policies. If the government continues to spend beyond its means, Karnataka will be forced to take large loans, adding to its financial woes. Future governments will inherit an economy struggling under heavy debt, making it difficult to invest in essential infrastructure, healthcare, and education. Ironically, the same leaders who are making these decisions today will likely criticize future governments for the lack of development, conveniently ignoring the fact that they created the financial instability in the first place.

It is crucial for citizens to recognize the importance of responsible governance. While social welfare is necessary, it should not come at the cost of economic sustainability. The people of Karnataka must hold their leaders accountable and demand policies that balance welfare with long-term growth. Otherwise, the state risks slipping further into financial distress, with future generations bearing the burden of today's reckless decisions.



- Shubhankar C. Advocate
Chairperson Adi Shankara Foundation

Residents of Kyalasanahalli Raise Concerns Over Air & Water Pollution Near Biocon Factory

Residents of Upkar Meadows in Kyalasanahalli have raised serious concerns about the environmental pollution in their locality, alleging that the air quality worsens during the rainy season due to strange smells. Many locals suspect that the source of the unpleasant odour is the Biocon Research Limited factory, located at Plot No. 1,2,3,4, and 5 in Bommasandra Industrial Area, Bengaluru.

According to Udaya.L, a concerned resident, the smell is particularly intense behind the

Biocon park area, and it seems to be released at certain times, especially when it rains. "This has become intolerable for people living behind the Biocon park. The smell makes it difficult to breathe, and residents are experiencing nausea, particularly during the monsoon season," he said.

Udaya has requested the Karnataka State Pollution Control Board (KSPCB) to investigate the issue. He suggests installing air pollution detection instruments near Kyalasanahalli lake and conducting

groundwater tests in the area to check for contamination in the local borewells. "We would be happy to help in collecting samples from all borewells in the area," Udaya added.

"This complaint highlights the ongoing concern about industrial pollution in residential areas near industrial zones in Bengaluru. If left unchecked, the issue could lead to serious health problems for the local population. Residents are now urging the authorities to take prompt action before the situation worsens."

KANYATHON 2025

To Educate and Empower the Girl Child



RUN FOR HER

Categories

- 10 Km Pro
- 5 Km Pro
- 3 Km Walkathon
- 5 Km Fun Run
- 3 Km Family Run

2ND MARCH 2025

REGISTER NOW



Contact : 89770 27297

snehith.samala2426@jagsom.edu.in

Infosys Leisure ground, Near IFIM Institutions,
Electronic City Phase 1, Bangalore - 560 100

ELECTRONIC CITY CREDDENCE
NAMMA NEIGHBOURHOOD NEWS



ADVERTISE
WITH US

+91 8050391010

info@electroniccitycredence.in



RM RAMAN

The one stop destination for RWA
Advisory & Support Services

Over 14 years of experience in Society related matters
Currently serving a VERY BIG Association as
Member - Legal, Audit & CRM Functions

Expertise in..... Conducting Elections, Creation of tailor made
SOPs, Getting Cost effective vendors, Expert Guidance in smooth
RWA operations, Training staff, Transition from Builder to Association,
Conducting periodical Audits and enabling RWA Self Management.

+91 98860 46664 ramanexgcpl@yahoo.com

P 801, Ajmera Infinity. Neeladri Road, E.City Phase 1, Bangalore-100



AQUA WELLNESS SPA

- Hot Stone Massage
- Swedish Massage
- Ballanies Massage
- Potli Massage
- Deep Tissue Massage

CARE FOR YOUR BODY

+91 90360 53135
+91 90360 53136

📍 Electronic City Phase 1

ECC Readers Only
GET **25% OFF**
Use Code: ECCAWS25

*Unlock your body's natural healing abilities
A pathway to wellness and renewed vitality*



SHREE VINAYAKA MULTISPECIALITY CENTER

SERVICES

- GENERAL CONSULTATIONS
- HEALTH CHECKUPS
- DIAGNOSTIC LAB
- PHYSIOTHERAPY
- PHARMACY
- SPECIALIST CONSULTATIONS
- FIRSTAID TRAINING
- EMERGENCY CARE
- AYURVEDIC PANCHAKARMA TREATMENT

OPERATING HOURS

Clinic Timings :
8 am to 10 pm

Consultation Timings :
Mon - Sat
10 am to 1 pm & 5 pm - 9 pm
Sunday
5 pm to 9 pm

CONTACT US
📞 90083 35335

📍 SHIKARIPALYA, HULIMANGALA POST
ELECTRONIC CITY, BENGALURU

Avocado Chocolate Mousse

Indulge in the rich, creamy texture and deep chocolate flavor of this unique dessert, made with the unexpected pairing of avocado and cocoa powder.

2 Vanilla Essence - 2-3 drops

Instructions:



- In a blender, combine sliced avocado, seedless dates, cocoa powder, coconut milk and vanilla essence.

• Blend the mixture until smooth and creamy, stopping to scrape down the sides of the blender as needed.

- Spoon the mousse into individual serving cups or a large serving dish.

Tips & Variations:

- Garnish with a sprinkle of cocoa powder on top.
- For a lighter texture, add a little more coconut milk.
- Experiment with different flavors by adding a pinch of cinnamon or a handful of chopped nuts.
- Serve chilled and enjoy!

- Chef ILMA, Professional Chef @ Chef ILMA's

Servings: 1-2

Ingredients:
Sliced Avocado - 1/2 cup
Seedless Dates - 6
Cocoa Powder - 1 tsp
Coconut Milk - 1/2 cup



Want the Best Art Programme for Your Child?

Let them learn from the expert

globa/art
Think Creative
For 5 - 15 years

650+ CENTRES ACROSS 23 COUNTRIES | 19+ YEARS IN INDIA

Book a Free Experience Class Now
📞 97407 76763



ELECTRONIC CITY CREDDENCE
NAMMA NEIGHBOURHOOD NEWS

Scan The QR Code

FOLLOW US ON INSTAGRAM

📱 @ELECTRONICCITYCREDDENCE

Disclaimer
The Editor and Publisher does not vouch for any claims made by advertisers and hence shall not be held liable for any adverse consequences. We recommend readers to make appropriate enquires before entering into dealings with advertisers. Electronic City Credence is not responsible for any such liabilities.

Rich Regional Art Forms of India:

Indian art reflects a rich tapestry of regional traditions, each offering unique styles and stories. Beginning this journey as an art enthusiast felt like diving into a deep ocean of creativity.

Mughal miniature paintings, depicting royal courts, battles, and traditions with vibrant detail.

In Western India, Rajasthani Mandala art showcases intricate geometric patterns,

spirituality, and myth. Chhattisgarh's Bastar tribal art is bold and expressive, while Jharkhand's Sohari art uses natural materials to create geometric wall patterns.

Southern India presents Kerala mural art, with temple walls featuring bold, vibrant depictions of gods. Tamil Nadu's Tanjore paintings are adorned with gold foil and semi-precious stones, portraying religious themes. Andhra Pradesh's Kalamkari art stands out for its intricate brushwork and natural dyes, while Karnataka's Mysore paintings capture South Indian culture with royal elegance.

“Indian civilization's artistic heritage is unparalleled. It's our responsibility to preserve this legacy, sharing its beauty and cultural significance with future generations.”



After exploring East Indian art, let's look at other regions. The North boasts Kashmiri stitching, known for intricate designs inspired by nature and Persian influences. Himachali Pahari paintings capture Himalayan spirituality with delicate brushstrokes, while Punjab's Kissa art uses vivid colors to narrate cultural stories. Uttar Pradesh is famous for

serving as a tool for meditation. Gujarati and Maharashtra Warli paintings, though simple, vividly illustrate tribal folklore and everyday life. Goa's Christian art blends Indian and European styles, often seen in church paintings.

Central India contributes Gond painting from Madhya Pradesh, celebrating connections between nature,



- Amrita Hazra
Artist, Art teacher
Founder, Pathshala Art

Value education in children: Need of the hour

“Value education is not just about imparting knowledge, but about shaping character and creating responsible citizens.”

- Kailash Satyarthi

Value education plays a vital role in shaping the character, behavior and moral framework of children. It helps them grow into responsible, compassionate and well-rounded individuals, who can contribute to society. In today's fast-paced and technology driven world, instilling strong ethical value is more critical than ever.

Importance: Value education is important for **Character building**, values like honesty, empathy, respect and responsibility, that help build a strong moral foundation, shaping children into ethical individuals. **Social harmony**, it fosters respect for others belief's, encouraging tolerance and peaceful coexistence in a diverse society. **Decision making skills**, a strong value system

guides children to make ethical decisions during challenging situations. **Personal growth**, perseverance, discipline and self-respect promote personal and professional growth. **Civic responsibility**, it creates awareness of social and environmental responsibilities.

“**Action often speak louder than words**” To inculcate moral values in children is the responsibility of elders by creating a positive, honest and respectful home environment as it reinforces the importance of values. Discuss moral dilemmas and ethical issues to help children understand right and wrong. Teach respect for different cultures, beliefs and perspectives to promote equality and tolerance.

Moreover, in school, children are members of a small society that exerts a tremendous influence on their moral development. Teachers serve as role models to students in school. The children are taught basic

morals and values in school. They are taught by emphasizing the idea through many activities, stories and tales, which will encourage them to engage in more helping behaviors. The school is a place to learn appreciating the children for developing prosocial behavior; especially for any specific action they have done to help others.

“Above all, the most important need is to inculcate the core values such as truth, righteousness, peace, love and non-violence among the people to make them good human beings in true sense.”



- Manisha Tiwari
M Lib & I Sc./ Librarian
VIBGYOR High

The Importance of First Aid Training in a Fast-Paced World:

In today's fast-paced world, accidents and health emergencies can occur unexpectedly, and the ability to respond quickly can be the difference between life & death. First aid training is crucial as it empowers individuals to act effectively during emergencies, from minor injuries at home to more severe incidents like road accidents, heart attacks, or seizures. It equips people with the knowledge to provide immediate care, preventing situations from worsening while awaiting professional help.

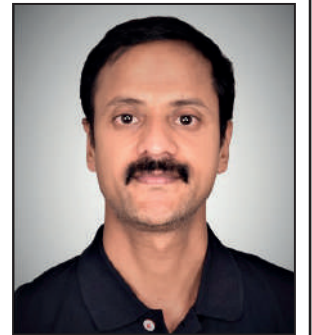
For instance, basic first aid skills can help manage knife injuries in the kitchen, treat burns, or stop bleeding from cuts. In road accidents, knowing how to assess the scene, apply CPR, or manage shock

can save lives. Additionally, recognizing the symptoms of medical conditions like heart attacks or seizures, and knowing how to intervene, can prevent further complications.

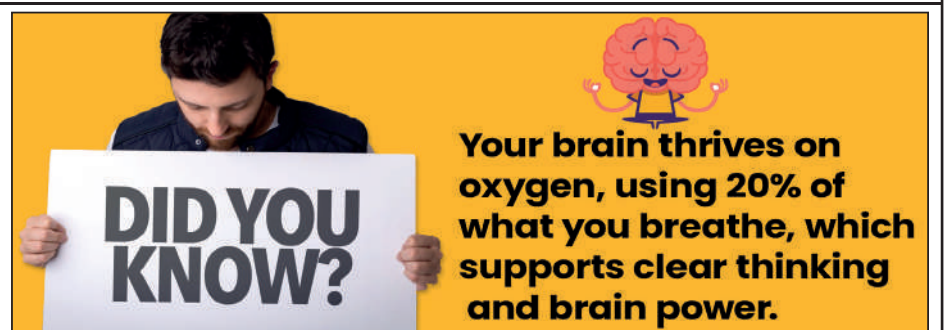
Public awareness and accessibility to first aid training are vital for creating a more resilient society. First aid courses need to be widely available in schools, workplaces, and public institutions, making these life-saving skills accessible to all. With regular refreshers and updates, people can stay confident in their ability to respond to emergencies.

“Ultimately, first aid training empowers individuals to step up in critical moments, offering immediate assistance and potentially saving lives.”

By fostering a culture of first aid awareness, we not only improve individual well-being but also create a safer, more supportive community where everyone can rely on one another in times of crisis.”



- Ashok Kumar Dasari
A life Science Professional
Initiator of Abhyudaya
Knowledge Hub
www.abhyudaya.com



Celebrating Togetherness: The Essence of Community Living

In modern urban landscapes, gated communities have become microcosms of India's cultural diversity, fostering harmonious living among people from various backgrounds. These apartment complexes, particularly in metropolitan cities like Bangalore, serve as a melting pot of traditions, languages, and lifestyles.

Residents in such communities often come from different states and cultural contexts, yet they share a common space that nurtures unity. Festivals such as Diwali, Christmas, Eid, and regional celebrations are observed collectively, turning every occasion into a vibrant, multicultural event. This inclusivity strengthens social bonds and encourages mutual respect among neighbors.

Moreover, gated societies often have forums and associations that encourage par-

ticipation from all residents, ensuring that everyone's voice is heard. These initiatives promote a sense of belonging and collective responsibility, whether it's managing resources, organizing events, or maintaining shared spaces.

Children growing up in these communities learn invaluable lessons in tolerance and cultural appreciation, interacting with peers from diverse backgrounds. Elderly residents, too, find solace in the warmth of a supportive community.

However, fostering harmonious living requires active efforts. Open communication, mutual respect, and empathy are vital in resolving conflicts and building trust. Community programs such as cultural workshops, sports events, and eco-friendly initiatives further strengthen the bonds among residents.

“In essence, gated societies exemplify the spirit of unity in diversity, reminding us that harmonious living is not just about coexisting but thriving together with understanding and compassion. They offer a glimpse of an inclusive future where community living transcends individual differences.”



- Prasanna Navaratna
Software Engineer with a
Passion for writing



Cyberbullying: Understanding, Impact, and Protection

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, laptops, and tablets. It can occur through SMS, text, and apps, or online in social media, forums, or gaming platforms where people view, participate in, or share content.

The exact causes of cyberbullying are unknown, but many believe that the anonymity and permanence of the internet have played a large role in its spread. People are likely to say things without repercussions, and the permanence & searchability of online information make it difficult to remove offensive posts. Bullies are more likely to have friends who bully, be male, and have low grades in school (Nunes & Nowell, 2013). They may also come from families characterized by dysfunction. Low self-esteem is another risk factor for both bullies & victims.

Kids who are bullied are more likely to experience depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns, and a loss of interest

in activities they used to enjoy. These issues may persist into adulthood.

Preventing cyberbullying requires a comprehensive approach that includes education, parental involvement, and legal measures. Education plays a key role, as young people need to learn how to use computers and the internet responsibly. Parental involvement is equally important. Monitoring and restrictions, combined with open communication between parents and children about their online experiences, can help identify and address issues before they escalate. Legal measures are also crucial, as many countries have laws in place that can result in severe penalties for cyberbullying, including fines and imprisonment.

To stay safe from cyberbullying, it is important to keep passwords private, even from friends. Learn about privacy settings and reporting features on social media. Be mindful of what you post and share online, block people who make you feel unsafe, and secure your home

Wi-Fi network. Protecting personal information with strong passwords is also essential.

In terms of cybersecurity, areas such as network security, application security, information security, cloud security, endpoint security, zero trust, and operational security are important to address.

“The National Cyber Crime Helpline number in India is 1930. Cybercrimes can also be reported online at the National Cyber Crime Reporting Portal (NCRP). In case of an emergency, you can contact your local police by calling 112. Additionally, the National Women Helpline can be reached at 181.”



- Ayesha
2 PU, Sharada Vikas
Group of Institutions

Redbridge International Academy Presents Transformative Initiatives For 2025-26

Redbridge International Academy, a leading institution renowned for its commitment to excellence in education, at its vast green expansive campus has unveiled a series of groundbreaking initiatives for the 2025-26 academic year. These new measures aim to enhance the educational experience, foster a dynamic learning environment, and prepare students for a rapidly evolving global landscape.

• Enhanced Curriculum Integration

One of the most notable changes is the integration of IGCSE & ICSE, into a more comprehensive and globally-oriented curriculum.

• Advanced Technology in Campus

The Academy has significantly upgraded its technological infrastructure. New interactive smartboards, state-of-the-art virtual reality (VR) systems, and advanced learning management systems (LMS) have been implemented.

• Expansion of Extracurricular Programs

The new initiatives include the introduction of specialized clubs and programs focusing on areas such as coding, robotics, and environmental sustainability. Along with partnerships like Furtados School of Music, Holding professional Art Exhibitions & auction of art work of students is a hugely motivational tool, started by the school.



• Emphasis on Mental Health and Wellbeing

The well-being of students remains a top priority. The Academy has introduced a comprehensive mental

health program that includes workshops, counseling services, and wellness activities.

• Sustainable Practices and Green Initiatives

In line with global sustainability goals, Redbridge International Academy is adopting a range of green practices. These include a new waste reduction program, energy-efficient facilities, and educational modules on environmental stewardship.

Organic farming & Occasional outdoors, gurukul type classes are efforts in this direction.

• Parent Communications
In an endeavor to address

any parent concerns, asap, Redbridge has created a new communication desk, with an officer, solely tasked to interact with parents, as a single window & address concerns if any, along with a separate parent & whatsapp line. Besides, “We’ve been listening” Webinar series are held for direct interaction of top school management with the parents.

• Hostel

“The hostel’s comfort facilities have been upgraded to offer boarders modern amenities, aesthetics & comfort, along with delicious homemade food and interesting activities & outings.”

By embracing cutting-edge technology, expanding educational programs, and prioritizing student well-being, the Academy is set to continue its tradition of excellence in education for the 2025-26 academic year and beyond.

- Redbridge International Academy

A Waldorf Perspective on Parenting

It is not very uncommon for young and new parents to find themselves in situations that challenge them about their own parenting skills because of their life situations where it is needed for both parents to keep their jobs while they have to raise children.

In situations where it is beyond their comprehension about a certain behaviour or a behavioural outcome in the child it is a common practice to turn towards the learnings from their own parents and others from older generations. However, today’s family structures popularly are more nuclear in nature, which makes it all the more difficult and limits the accessibility to these help options.

Ever since a new quest in turning back to the timeless ancient practices has begun, many approaches have emerged like old wine in a new bottle.

Being a parent myself for more than a decade now, who has always been on the path of understanding the impacts of parenting and different styles of raising children even before I was a parent has led me to different schools of thought and philosophies. Here is something I have gathered some ideas that are understood and practiced universally based on a philosophy that helps parents, teachers and caregivers;

understanding a child during the first seven years. The first seven years in the life of a human is seen as a being in the process of coming into the world, with a focus on physical, emotional, and sensory development.

Here’s a deeper look at who the child is during this early stage according to Waldorf principles:

• A Being of Imitation: Children at this age are deeply imitative. They naturally absorb and replicate the actions, speech, and emotions of the adults and environment around them. But as adults we often expect them to understand and execute instructions without knowing that the faculty of abstract thinking is yet to develop before the seventh years.

• A Sensory Explorer: Young children are highly engaged with their senses. They explore the world through touch, taste, sight, sound, and smell, learning about their environment in a direct and experiential way.

• A Whole Person: Waldorf education views children as whole beings, meaning their development is seen as an interconnected process that includes physical growth, emotional well-being, and emerging individuality.

• A Guardian of Inner Life: Children’s inner worlds are rich with imagination and fantasy. They experience life with

a sense of wonder and creativity that Waldorf education seeks to nurture and protect.

• A Being in Rhythm: Establishing and maintaining daily rhythms and routines are seen as essential for providing a sense of security and predictability for young children.

• A Developing Individual: While children are deeply connected to their surroundings and caregivers, they are also seen as individuals who are beginning to develop their own unique personalities & capacities.

“This perspective emphasizes the importance of creating a nurturing, predictable, & sensory rich environment that supports the holistic development of the child. Waldorf educators aim to honor the natural unfolding of each child’s abilities and individuality during these formative years.”



- Ferdinand Udaykumar
Co-founder and
Parent Aikya
Waldorf Inspired School

The Journey of Womanhood in India

Today, I want to share my thoughts on what it means to be a woman in India. So let’s start by reflecting on the past.

Throughout history, figures like Rani Lakshmi Bai, Jhansi Ki Rani, and Sarojini Naidu have stood as symbols of strength and resilience. However, their rise to prominence wasn’t without immense struggle. They faced societal challenges and hardships, along with stereotypes and discrimination. Even though they were great personalities, they, too, had limitations in society.

Fast forward to today, the status of women in India has evolved significantly. We now see women leading nations as Presidents, excelling as CEOs, and emerging as powerful entrepreneurs. Remarkable progress has been made across various fields, and more doors are opening for women to shine.

Now, what I think about being a woman in India is that I have equal opportunities and am not held back by procrastination or unnecessary

barriers. However, there are still places in India where gender inequality continues to persist.

My Hopes for the Future

I want the women of India to not only be recognized as symbols of strength but also to be celebrated for their full potential and contributions across every domain of life. Women are so much more than just symbols—they are thinkers, creators, innovators, and leaders, and their potential should be recognized in its entirety.

Thank you.



- Nawal Ahmed
Grade 7
Karnataka Rifle Shooter

Disclaimer

The Editor and Publisher does not vouch for any claims made by advertisers and hence shall not be held liable for any adverse consequences. We recommend readers to make appropriate enquires before entering into dealings with advertisers. Electronic City Credence is not responsible for any such liabilities.

Dental Awareness Among Public

Most of my patients come to me when there is severe pain or a big swelling in the tooth. Now what is in my hands is either going to do complex treatments like RCT or Simple extraction. If they would have consulted at the earliest, the treatment would be simpler we could have saved the tooth.

When we need a whole-body physical checkup yearly once, we need a routine dental check up every six months once. Few reasons why people delay their dental checkups are

- Anxiety and Fear of dental treatment
 - Cost of dental treatments
 - Neglecting dental health
- Yes, Dental pain is unbearable. Prevention is always better than cure. Visit your family

dentist regularly with your family and treat your teeth at the earliest.

Maintaining good oral hygiene not only protects your teeth; it helps in improving your general health. Mouth is the first organ of digestion. When you chew your food, the digestion of your food starts right in the oral cavity. Those people who don't have a tooth for a long time have indigestion problems as a long-term effect of gulping the food without chewing. It's always better to replace your removed tooth as quickly as possible.

Similarly in diabetic patients the gum health is directly related to the blood sugar levels. So, we recommend a deep cleaning every three months once for good gum & bone health.

Mouth is a mirror of the body.

“Maintain good oral hygiene. Consult the right expertise at the right time for your dental problems.”

Lead a Beautiful life with a Beautiful Smile



- Dr. Suhanya Prasanna Kumar, MDS
Chief Dentist
Implantologist

What is growing in your gums?

The oral cavity is filled with bacteria. Some of them are actually good bacteria and they give us primary immunity against disease -which means they are our warriors.

Then there are germs found in the sulcus or the canals next to our teeth. These germs cause gum disease (gingivitis) and disease of the bone around the teeth. This causes bleeding gums swelling in gums, bad breath and loose

ing of teeth.

Guess what!! all these problems have a simple solution.

- Brushing 2 times a day
- Using an oral irrigator
- Cleaning once a year from the dentist
- Eating healthy

Visit your neighborhood dentist for more info. V2 E-city Dental Center - bringing smiles to ECITY for 20 years
www.ecitydental.com
Call : 080-41303132



- Dr. Rajani
BDS MPhil
Principle Dentist
& Implantologist
V2 E City Dental Center

Dental Fit Electronic City Organized Free Dental Camp at Godrej E-City Apartments

Dental Fit Clinic, a leading dental care provider in Electronic City Phase 1, conducted a free dental camp at Godrej E-City Apartments, bringing quality oral healthcare to the community. The camp, held on 01-02-2025 aimed to raise awareness about dental hygiene and provide residents with essential check-ups and consultations.



The event attracted a large number of residents, including children, adults, and senior citizens. A team of experienced dentists from Dental Fit Clinic

provided free dental check-ups, expert consultations, and guidance on maintaining good oral hygiene. Attendees also received information about preventive dental care, common oral health issues, and the importance of regular check-ups.

Dr. Sangeetha Priya, the chief dentist at Dental Fit Clinic, emphasized the importance of oral

people on preventive care and early detection of dental issues,” she said.

The team educated the importance of fluoride applications for kids and demonstrations on proper brushing and flossing techniques.

Residents of Godrej E-City Apartments praised the initiative, calling it a valuable service to the community. “It's great to have access to professional dental care right at our doorstep. The camp was well-organized, and the doctors were very informative,” said one resident.

“Dental Fit Clinic plans to organize more such camps in the future, reaching out to different communities in and around Electronic City, Bangalore. The clinic remains committed to promoting oral health awareness and providing top-notch dental care to the residents of Bangalore.”

For more information about Dental Fit Clinic & upcoming camps pls call Dental Fit Team : [70222 07071]

health in overall well-being. “Many people neglect dental health until they experience pain or discomfort. Through this camp, we want to educate

Menopause: What and How

Menopause is the stopping of your periods, in simpler terms. It is a phase of natural aging and a part of life. Essentially, there is reduced production of estrogen and progesterone due to a decline in ovarian function. The average Indian age for menopause is 46 years!

Is there any test to diagnose menopause?

No! There is no particular test to say if you are menopausal. It requires blood tests, an ultrasound scan, and a detailed history. Twelve months of 'no periods' establishes menopause. Menopause doesn't start suddenly in a day. As it is a phase, it gradually sets in over a period of years.

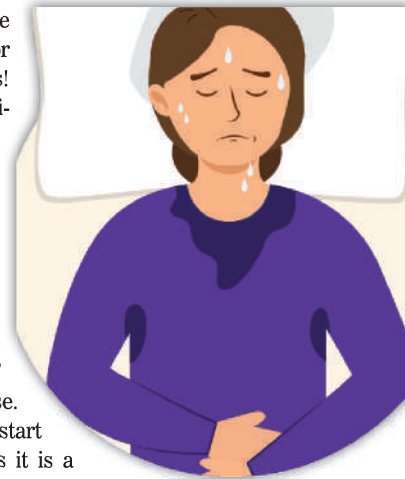
How do I know if I'm menopausal?

Three to five years before it starts, there is a period called 'perimenopause.' Most of the time, it starts with irregular periods, hot flashes, night sweats, or even mood swings. Symptoms usually include irregular cycles, loss of libido, mood swings, vaginal dryness, weight gain, hot flashes, and night sweats. Women are also prone to osteoporosis, atherosclerosis, coronary heart disease, and cerebrovascular disorders because estrogen has a protective effect on bones and the heart.

What can you do to deal with it?

Navigating menopause needs effort from yourself, your family (for emotional support), and, of course, your doctors.

- Avoiding alcohol, caffeine, spicy foods, and wearing light



clothes will help with hot flashes and night sweats.

- Kegel exercises, Vitamin E intake, and water-based lubricants can help with vaginal dryness.

- An active lifestyle with regular exercise and healthy eating not only benefits overall health but also helps reduce weight gain, which happens due to reduced fat metabolism.

HRT (Hormone Replacement Therapy) is suitable only for selective women who don't have high risk factors for developing breast cancer, endometrial cancer, or blood clot formation. This will be decided by your doctor.

When should you consult a

doctor?

- If, during perimenopause or menopause, you experience heavy, very frequent, or painful bleeding (which wasn't present before)

- If you had 12 continuous months of no periods and suddenly start bleeding or spotting (whether it occurs one year after menopause or even 20 years later)

- If your yearly scan shows an endometrial thickness of more than 5 mm

YOU MUST VISIT YOUR DOCTOR!!

“It is important to understand that menopause is just a part of midlife, and how informed we are and how smartly we navigate through it will make the future part of life easier!

A proper holistic approach is essential during menopause to address the various issues that arise with this phase of life.”



Dr. Sabiha Anjum,
MBBS, DGO, FRM,
(MRCOG UK)
Raya Healthcare, E City

Learning difficulty in children



Specific Learning Disorders (SLD) represent a significant challenge in educational psychology. Characterized by difficulties in acquiring and using academic skills, SLD affects approximately 8% of children in India. These difficulties stem from an imbalance in the coordinated pathways of visual perception, linguistic processing, and cognition, crucial for learning.

SLD manifests differently, impacting reading, writing, or mathematics, with varying severity from mild to severe. Early identification, ideally around age 7, is crucial for effective intervention.

Remediation with a special educator, coupled with school adjustments to the curriculum, significantly improves outcomes & mitigates the potential for low self-esteem, reduced confidence, & depression.

For children with severe SLD, accommodations such as exemptions from written exams or oral exam options can be implemented during board examinations. Parental & teacher awareness is paramount. Parents play a crucial role in supporting their child's self-esteem & advocating for appropriate educational support.

The example of Albert Einstein highlights the importance

of parental understanding and support in navigating academic challenges. A developmental pediatrician's evaluation is recommended for suspected cases of SLD. Early intervention and a supportive environment are key to helping children with SLD reach their full potential.

“The condition is not a reflection of a child's intelligence or effort, but rather a neurological difference that requires specialized support. HAPPY PARENTING”



Dr. Harikah
MBBS MD PGDDN
Sprout children's clinic
and developmental centre

The Teen Talk Column

Hi Aditi - I am a student and my finals are approaching & I am getting too distracted and I don't know how to actually study actively. Could you help me with some tips to prepare?

- Vani Jayasankar

Dear Vani

With finals season just around the corner, your concerns and strains are shared by every other student in the city. Distractions, deterrent obstacles, and stresses are ever-persistent, but with adequate training and by employing apropos study techniques, no exam is too insurmountable to tackle.

To improve your performance and concentration

during exams, I recommend practicing mindfulness every day. Avoid your phone, use a stopwatch to measure the period of undivided attention while studying, and take sufficient breaks to eliminate diversions to boot.

Additionally, you may try memory- and learning-enhancing techniques, such as the Feynman Technique, the Method of Loci, blurring, the Traffic Light Method, and a personal favourite, Thomas and Robinson's PQRS (Preview, Question, Read, Self-recite, and Test). Go ahead and research further on these methods, my friend! They're incredibly riveting, and their benefits are numerous.

“Finally, I wish to remind you that being grateful and confident in your preparation and abilities can significantly ameliorate your learning journey. Don't look at exams as a burden, but accept them as another part of a student's life. All the best!”

Email your queries at info@electroniccitycredence.in



- Aditi Garg, High School Student

Historic Achievement For Karnataka In Shooting Sports!



Hawk-Eye Sports Rifle and Pistol Shooting Academy, Electronic City, Bengaluru, has once again brought immense pride to Karnataka with outstanding victories at the national and international levels!

Master Jonathan Gavin Antony clinched the Individual Gold Medal in 0.177 Air Pistol at the 38th National Games—a remarkable feat that showcases his dedication and training! Gamberiya V Gowda

represented India at the World Championship in Lima, Peru, marking a prestigious international milestone!

Miss Avanthika Madhu secured the Individual Gold Medal at the National SGFI Games 2024-25, proving her dominance at the school level.

The same trio also won 2 Gold & 2 Bronze medals in the Mixed Team event at the 67th National Championships, adding to Karnataka's medal tally!

All these star shooters are training under National A-Grade Certified Coach Sharanendra KY at Hawk-Eye Sports Academy, Electronic City, Bengaluru. Their achievements reflect the academy's excellence in producing world-class shooters.

“Karnataka's shooting future is brighter than ever! Congratulations to the champions and their mentor!”

- Hawk-Eye Sports Academy

MMK Media

ELECTRONIC CITY CREDESCENCE
NAMMA NEIGHBOURHOOD NEWS

Scan the QR Code

FOLLOW US ON facebook

A Divine Beginning: Concorde Silicon Valley Celebrates Its First Saraswati Puja



For the first time, Concorde Silicon Valley resonated with the chants of Saraswati Puja, marking a beautiful and heartfelt celebration of Vasant Panchami on February 2nd. Dedicated to Goddess Saraswati, the embodiment of knowledge, wisdom, and arts, the festival brought together the community in devotion and joy.

The place of worship was adorned with vibrant decorations, radiating faith and festivity. Dressed in shades of yellow,

symbolizing spring and new beginnings, children led the celebration with unwavering enthusiasm. In a rare and touching moment, young devotees performed Homam, their innocent voices reciting mantras, invoking the goddess's blessings for wisdom and academic success.

Books and writing materials were placed at Saraswati Maa's feet, a sacred tradition seeking her divine grace. The puja, guided by a priest, was followed by anjali (flower offerings) and

soul-soothing hymns. Prasad and bhog were lovingly distributed, strengthening the sense of togetherness.

“The next morning, the visarjan was performed with equal devotion, bidding farewell to the goddess, promising to welcome her again next year. The spirit of unity, tradition, and faith shone brightly, making this first-ever Saraswati Puja at Concorde Silicon Valley truly unforgettable.”

- Concorde Silicon Valley

Honoring Culture Through Celebration



Residents of MJR Clique Hydra celebrated Saraswati Puja over two days, bringing together children and elders

to instill traditional and cultural values. A large gathering participated in mantra chanting, puja rituals, and

prasad sevan, making the event a joyous and spiritual occasion.

- MJR CLIQUE HYDRA

MMK Media

ELECTRONIC CITY CREDESCENCE
NAMMA NEIGHBOURHOOD NEWS

CIRCULATION CONTACT

If you regularly receive the Electronic City Credence biweekly newspaper but miss an issue on weekends, please call or message us at 97317 26800. or info@electroniccitycredence.in We're here to ensure you stay informed!

ELECTRONIC CITY CREDESCENCE NAMMA NEIGHBOURHOOD NEWS

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

Editor	—	M.Uma Maheshwari
Publisher	—	Shivakumari Dhammaraj
Editorial Contributor	—	Meera Shyam
Reporter	—	Manish Sharma & Mohith Sharma
Internet Design	—	Vittal Diwakar
Graphic Designer	—	Nikhesh Alva
Advertising Executive	—	Maria D'souza



Lesser Pain, Faster Recovery.



A Comprehensive Robotic Surgery Program With **Dedicated Surgical Teams** for Every Specialty



Cardiac



Orthopaedics &
Joint Replacement



GI & Hepatobiliary



Paediatric



Spine



Gynaecology



Thoracic



Urology



Oncology

The Only Hospital in South India with Three Da Vinci Robots under one roof

📍 Narayana Health City, Bengaluru | **Take Care**

📞 180 0309 0309