ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Volume 3 : Issue 44

16th Feb to 01st Mar 2025

Akshaya Nagar to Ananth Nagar

Free Circulation - 25,000 Copies

JUZZKIDZ - PRE SCHOOL Since 2009 Integrated Curriculum - Concept learning & application ILTZZ. **Smaller Class, Bigger Impact** Kidz **OPLAY GROUP NURSERY** 🕑 JR. KG SR. KG **O DAY CARE Preschool Hours of Operation** Playgroup & Nursery: 9:30am - 01:00pm Jkg & Skg: 9:00am - 1:30pm Day care : 9am - 6pm **NEW AMENITIES** 🛎 SPLASH POOL 🍂 PLAY AREA 🚨 SAND PIT **O** 9740559500 | 9108993177 Summer camp April & may @ 261, 2nd Cross, Neeladri Nagar, E City, Timing :10:00 am to 1:00pm Phase 1, Bangalore - 560 100 **Small Changes, Big Results!** 15% Less Maintenance in just 3 months. SYSTEQIndia A MINANA A Lets You Live better **Electrical Consulting Technical** & **Mechanical Services** Services **Systeq Facility Management** & Security Services (India) Private Limited SERVICE WITH **TRUST AND** TRANSPARENCY **Builder to Association** Housekeeping services Handover services www.systeqindia.com crm@systeqindia.com > WHY CHOOSE OUR SERVICES © 7355275805 | 7406111138 24x7 Technical Support Value Added Services No. 1827, 1st Floor, Door **Technology Aided Facility Professional Training** No. 7, AECS Layout "A" Block, Management **R & R Programs**

60 Road, Singasandra Village, Bangalore - 560 068.

www.electroniccitycredence.in

Online Customer Portal

Customer Support Center

>

100% Compliance

For More Info: +91 80503 91010

Quick News Bites

CIVIC

	Q
1	Feb 18: Hebbagodi Police ensured swift road clearance for an ambulance carrying a live heart via NICE Road and NH 44 to NH Hospital, enabling safe, fast transport and saving a child's life.
2	Electronic City Flyover has witnessed multiple crashes & pileup crashes, highlighting serious safety concerns. Overspeeding & tailgating remain rampant, making the flyover increasingly dan- gerous. Authorities must enforce speed regulations urgently.
3	Electronic City residents staged a protest against the MSW Pro- cessing Plant, which violates environmental laws, as confirmed by NGT reports. They demand immediate action to protect public health and the environment.
4	Neeladri Nagar AQI Trends (2021-2025):AQI improved from 2022 to 2024 but spiked 116% in 2025, reaching 108. The overall 27% rise since 2021 highlights the urgent need for pollution control measures. Credit: AQI.in.
5	Yellow Line: Driverless Train Inspection: CMRS will inspect the first driverless train for the Yellow Line. An updated Automatic Train Control Software arrives Feb 28, enabling testing with or without a driver.

Beware of Fraudulent Claims: A Call for Vigilance in **Our Neighborhood**

In recent times, a troubling trend has emerged in our neighborhood where certain self-proclaimed leaders attempt to extort money from unsuspecting new residents. These individuals use deceitful tactics to make easy money without any legitimate effort. Their modus operandi involves targeting property buyers-whether plots or buildings—and coercing them into making payments under false pretenses.

Initially, they pressure the seller for a commission on the sale. If unsuccessful, they shift their focus to the buyer, falsely claiming that they have personally funded the laying of roads, sanitary work, or Kaveri water line connections. They demand compensation, often stating that they have spent lakhs of rupees on such infrastructure. However, a recent clarification from the BBMP office has confirmed that no such payments have been made by private individuals for infrastructure development apart from the prescribed taxes collected by the government.

Residents must be aware that basic infrastructure such as roads, drainage, and water supply is developed and maintained by government agencies using tax revenues. No individual has the authority to claim payments for such work. The perpetrators of these fraudulent demands are attempting to impose their control over the neighborhood through intimidation and misinformation

In the last 20 days alone, at least three to four victims have approached the authorities for verification, only to discover that these claims are baseless. It is imperative for all residents, particularly new homeowners, to remain vigilant against such scams. Any attempt to force payments under these false claims should be reported immediately to the relevant authorities, including the BBMP and the Chairperson Adi Shankara local police.

As responsible members of the community, we must unite against these unethical practices and prevent such fraudsters from exploiting innocent residents. If unchecked, these individuals may turn into habitual offenders, posing a larger threat to society. We urge all residents to stand firm against such extortion and take necessary legal action when faced with such demands.

66By staying informed and acting together, we can safeguard our neighborhood from these unlawful elements and ensure a safe and harmonious living environment for all.??



- Shubhankar C. Advocate Foundation



Bengaluru Traffic is a Myth



The government can easily solve Bengaluru's traffic problem to a large extent-if they truly want to. Long flyovers and tunnel roads are not the solution

The real issue is that traffic is concentrated within the city. While vehicle density is high. there are still remedies. For instance, someone traveling from Attibele to Whitefield. Bellandur, or KR Puram is forced to take routes that pass through the city, often crossing the Electronic City flyover. Although alternate routes exist, they are not in good condition.

The solution lies in devel-

oping a proper Ring Road to decongest the city. NICE Road is a good alternative for those traveling from the south to the west, but there are no viable options for commuters heading east or north. The priority should be to expedite Metro route expansion and accelerate the construction of the STRR (Satellite Town Ring Road), which can serve as a true Ring Road and ease congestion.

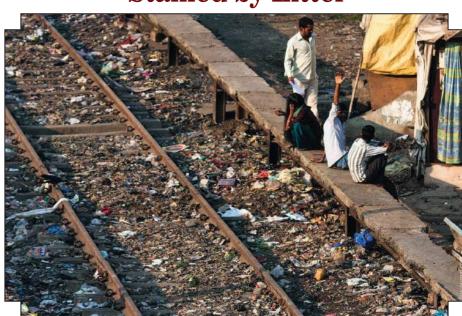
Another major issue is the slow-moving traffic at junctions-even when the signal is green. The reason? Vehicles take 10-20 seconds to navigate potholes, which are often lo-

cated right at intersections. Uneven roads and terrible potholes across the city further slow down traffic.

Solving Bengaluru's traffic woes does not require billion-dollar investments that destroy Mother Earth for tunnel roads. A functional Ring Road is a basic necessity for a metropolitan city, yet this plan has been deferred for too long. Additionally, the roads running through the heart of the city are riddled with potholes. **G**Make Bengaluru's roads

pothole-free first—then see the difference!?? - Prabhu P **Software Engineer**

A Journey Through Nature, **Stained by Litter**



Train journeys have always been my favorite-a chance to sit back, relax, and admire the beauty of nature. As I gazed out of the window, I watched the lush green fields, distant mountains, and rivers flowing peacefully. It was a refreshing escape from the usual city cha-

But my joy was short-lived. Along the railway tracks, the sight changed drastically. Scattered paper plates, plastic bottles, and empty snack wrappers lined the route, turning the scenic landscape into a dumping ground. It was disheartening to see how irresponsibly we treat our surroundings.

I couldn't help but wonder-who is responsible for this mess? Who will clean it up? The railway authorities? The government? Or is it we, the passengers, who should take responsibility? While I felt helpless at that moment,

I realized that the real solution starts with us. If each of us stops littering and spreads awareness, we can make a difference.

GLET's pledge to keep our environment clean. Carry a small trash bag while traveling, dispose of waste responsibly, and encourage others to do the same. A little effort from everyone can help restore the beauty of our landscapes.?? - Environmental Enthusiast

ELECTRONIC CITY CREDENCE



Ø

Ø

The Importance & Benefits of Natural & Handmade Hair Colors

In a world where chemical-laden hair dyes have become the norm, natural and handmade hair colors offer a gentle, safe, and effective alternative

One of the biggest advantages of natural hair colors is that they are free from harsh chemicals, reducing the risk of scalp irritation, dryness, & hair breakage.



Unlike conventional hair dyes that contain ammonia, parabens, & synthetic additives, Ayurvedic hair colors are crafted from herbal ingredients like henna, indigo, amla, & bhringraj. These plant-based formulations provide rich, long-lasting color and nourish the hair & scalp

Handmade hair dves are enriched with essential nutrients, strengthening the hair from the roots and enhancing its natural shine. Additionally, they work as a conditioning treatment, improving hair texture and promoting overall hair health.

Ayurvedic hair colors are also eco-friendly & sustainable, making them a responsible choice for personal care and the environment.

They support holistic well-being by aligning with the body's natural balance, ensuring that beauty does not come at the cost of health.

66By choosing natural and handmade hair colors, you embrace a safer, gentler way to color your hair while benefiting from the wisdom of Ayurvedanaturally beautiful, healthy, and vibrant hair.?? For more information **Explore on** www.lifepurified.in



- Lakshmi Priya TT Founder & CEO Life Purified



Disclaimer

Ø

Ø

Hot Stone Massage

🧭 Deep Tissue Massage

Potli Massage

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.

GENERAL

ELECTRONIC CITY CREDENCE

Frequency Healing: Rise of Alternative Medicine

At its core, frequency healing revolves around the idea that every living organism emits a unique vibrational frequency. These frequencies play a crucial role in maintaining the body's balance and overall health. The concept draws inspiration from quantum physics and the understanding that everything in the universe is in a constant state of vibration.

In the context of frequency healing, the focus is on identifying and harnessing these vibrations to promote healing. It is known that our bodies, cells, and even our thoughts have distinct frequencies. By tapping into these frequencies, practitioners of frequency healing aim to restore balance and harmony to the body's natural state

What is Frequency Healing? Frequency healing uses shapes and signatures to resonate with the body's frequencies, promoting relaxation and healing. Bioresonance, on the other hand, utilizes electromagnetic signals to detect and address imbalances in the body. Frequency healing uses devices to emit specific frequencies that have healing properties.

One can experience:

- Increased Mental calmness
- · Gain clarity & focus
- Increased emotional balance
- · Improved sleep quality
- Increased energy levels

· Increased sense of control

Frequency healing is gaining recognition as a no-touch method where the client is not required to perform any tasks apart from experiencing the benefits of it.

While some may view these practices as unconventional or even mystical, there are scientific pieces of evidence that these approaches work on holistic well-being if one continues to experience them for a minimum of 3-6 months. This method can be viewed as a traditional or standalone approach towards wellness.

CWhether one is a skeptic or believer, the exploration of frequency healing is a journey to explore because of its ease and convenience.??



- Sapna Jumde, **Internationally Certified** Aura Reader and Healer.

Good Food or Good Fraud?

cheese) in some restaurants.

In today's fast-paced world, it's easy to overlook the importance of mindful eating. We often rely on restaurant advertisements and publications, but how often do we read the fine print? A recent experience at a burger chain restaurant highlighted the need for greater transparency in food labelling.



While excited to try their millet bun option, I discovered that only 22% of the bun was made from millets. Although slightly better than refined flour, the advertisement didn't clearly convev this information. Another concerning example is the use of oil-based paneer (cottage

products, and consider banning them altogether. It's time for authorities to crack down on misleading ad-

vertisements and demand clear ingredient labelling. But

Authorities should ensure that restaurants clearly label such tion sizes

what can we do as consumers?

Practical Solutions While cooking at home is ideal, it's not always practical. Here are some alternative

• Curiosity is the key: Research restaurants that offer healthy options without added colours, MSG, and palm

solutions

• Check menus carefully: Be aware of ingredients & por-

• Limit outside food: Allow for occasional indulgence, but maintain a balance.

Support transparent restaurants: Encourage eateries that prioritise clear labelling and healthy options.

66By promoting transparency and awareness, we can make informed choices about the food we eat. Stay healthy, stay happy!??



- Ashwini Bhat Software engineer

Your brain thrives on

oxygen, using 20% of

and brain power.

what you breathe, which

supports clear thinking

The Future of Blue-Collar Jobs in **India: Navigating the AI Revolution**

Blue-collar jobs, forming the backbone of India's economy, are set for transformation due to advancements in Artificial Intelligence (AI) and Generative AI (GenAI). These technologies present both challenges and opportunities for blue-collar workers

Current Landscape

Blue-collar roles in manufacturing, construction, transportation, and logistics contribute significantly to India's GDP. As of 2024, over 80% of India's non-agricultural workforce is blue-collar. McKinsey forecasts that by 2030, 70% of 90 million new jobs in India will be blue-collar.

Impact of AI and GenAI

AI and GenAI are expected to revolutionize blue-collar jobs, automating routine tasks and boosting productivity. EY India reports AI adoption could transform 38 million jobs by 2030, increasing economic productivity by over 2.6% in the organized sector and 2.82% in the unorganized sector. Automation of repetitive tasks will allow workers to focus on more complex activities. AdverselyImpacted Blue

Collar Jobs

- Manufacturing Workers
- Construction Workers
- Warehouse Workers
- Delivery Drivers
- Agricultural Workers
- Retail Cashiers
- Assembly Line Workers
- Data Entry Clerks
- Machine Operators
- Maintenance Workers **Opportunities & Challenges**

AI and GenAI offer upskilling opportunities but also pose challenges such as talent shortages. Only 3% of Indian enterprises have sufficient AI talent, necessitating investment in training. Public-private collaborations and robust AI policies are crucial

The Road Ahead

India's future blue-collar jobs depend on adaptability. Upskilling, vocational training, and industry-education partnerships are key to preparing the workforce for an AI-driven economy. By fostering lifelong learning, India can harness AI's potential for economic growth



- Alok Thakur **Techno Manger (Learning** & Development)



Market Fresh, a renowned chain, opened its first departmental store in Ajmera Infinity on the 22nd Feb. Any association interested in having them in their apartment can approach their Managing Partner, Mr. Jamshed : 98864 58168.

DID YOU KNOW? **Decline in Public Etiquette**

> Technology has had a hand in this decline. While smartphones and social media have made life easier, they've also created a generation that prefers staring at a screen to making eve contact with the person next to them. Public spaces once filled with conversations are now drowned in the sound of people loudly chatting on the phone or lost in their Instagram feeds. And let's not even get started on the selfie culture. In a world where taking selfies in the middle of a sacred temple seems acceptable, it's no wonder basic etiquette is taking a backseat.

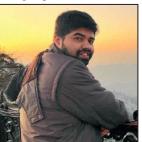
Remember the days when your elders would gently remind you to say "please" and "thank you" in public? That's becoming rarer, thanks to the rise of nuclear families and busy schedules.

Parents, juggling work and life, often don't have time to teach their children the art of social grace. Meanwhile, schools are more focused on grades than on teaching students how to be decent human

beings in a crowded metro.

In short, public etiquette is facing a crisis. Urbanization, technology, and changing family dynamics have eroded the simple courtesies that once made public spaces more harmonious.

GBut all hope is not lost. If we can teach the younger generation to put down their phones, stand in line, and maybe offer a smile now and then, we might just bring back a little bit of old-school charm to our daily interactions. After all, a little "please" and "thank you" go a long way-especially when you're elbowing your way through a packed metro.??



Prasanna Navaratna **Software Engineer with** a passion for writing

In recent years, public spaces have started to resemble a chaotic battlefield rather than the serene, orderly environments they once were. Whether it's the hustle on a crowded bus or

the rudeness at a restaurant. it's clear that public etiquette is on a rapid decline. So, what happened to the "Atithi Devo Bhava" spirit, and why do so many people seem to have forgotten the basics of good man-

ners? Historically, India was known for its respect and hospitality. Elders were revered, guests were treated like royalty, and public spaces were governed by unwritten rules of courtesy. But as the country rapidly urbanized, these traditional values started to crumble under the weight of overcrowded cities and a focus on individualism. In jam-packed urban spaces, personal space becomes an afterthought, and the "me-first" mentality takes over. Cutting in line, pushing people aside, or simply ignoring oth-

ers' comfort has become the

new normal.

Mental health awareness in schools

Mental health awareness in schools is crucial for promoting students' emotional well-being, academic success, and overall quality of life. Here are some reasons why mental health awareness in schools is important:

Strategies for Promoting Mental Health Awareness in Schools

• Integrate Mental Health into the Curriculum: Incorporate mental health education into existing subjects, such as health class or physical education.

• **Provide Teacher Training:** Offer teachers professional development opportunities to learn about mental health, its impact on students, and strategies for support.

• Establish a School Mental Health Team: Assemble a team of educators, counselors, and administrators to promote mental health awareness and provide support services.

• Host Mental Health Events and Activities: Organize events, such as workshops, assemblies, or awareness campaigns, to promote mental health awareness and reduce stigma.

• Encourage Student Participation: Engage students in mental health awareness efforts through student-led clubs, peer support groups, or advocacy initiatives. Benefits of Mental Health Awareness in Schools

• Early Intervention: Identifying mental health issues early on can help prevent more severe problems from developing later in life.

• **Reduced Stigma :** Educating students, teachers, and staff about mental health can help reduce stigma and promote a culture of acceptance and understanding.

• Improved Academic Performance: Good mental health is essential for academic success. By promoting mental well-being, schools can help students achieve their full potential.

• Increased Empathy and Resources for Mental Health Awareness in Schools

• National Alliance on Mental Illness (NAMI): Offers educational resources, workshops, and support groups for students, teachers, & families.

 American Psychological Association (APA): Provides mental health resources, including educational materials, research, and advocacy tools.
 Mental Health America: Offers educational resources, screening tools, and advocacy initiatives to promote mental health awareness.

• The Jed Foundation: Provides educational resources, support groups, and advocacy initiatives to promote mental **Compassion:** Mental health awareness can foster a more supportive and inclusive school environment, encouraging students to look out for one another.

• Better Teacher-Student Relationships: Teachers who are trained in mental health awareness can better understand and support students' emotional needs, leading to stronger relationships and improved academic outcomes.

• Prevention of Mental Health Crises: By educating students and staff about mental health warning signs, schools can help prevent mental health crises, such as suicidal thoughts or behaviors.

health awareness and prevent suicidal behaviors.

By prioritizing mental health awareness in schools, educators can help create a supportive and inclusive environment that promotes students' emotional well-being, academic success, & overall quality of life.



- Seema Educator, Artist, Psychological Counsellor.

Hello Kids 15th Annual Day Showcase



Hello Kids Champs, Basapura, marked its 15th Annual Day with great enthusiasm and joy. The event was a grand celebration where young learners from Play Group, Nursery, LKG, and UKG showcased their talents on stage through mesmerizing dance performances. The little stars captivated the audience with their graceful moves, vibrant costumes, and infectious energy. Each performance was a testament to their confi-

dence, creativity, & the nurturing environment provided by the school.

Parents and teachers were delighted to witness the children express themselves with such enthusiasm. The event was graced by esteemed dignitaries, school faculty, and proud parents who applauded the children for their hard work and dedication. The program highlighted the importance of early childhood education, holistic development, and fostering creativity in young minds.

Speaking on the occasion, Director Dr. Ekta Bagadiya appreciated the efforts of the teachers and parents in shaping the future of these young learners.

(The school management extended their gratitude to everyone who contributed to making the event a grand success.??
Hello Kids Champs,

- Heno Kius Champ Basapura. **The Teen Talk Column**

• How do we deal with stress caused by career-related confusion? How can we prevent this stress from influencing our decisions in this aspect?

• Are there any ways to overcome social anxiety and learn how to speak confidently while in a group setting?

- Anahita Singaraju Dear Anahita,

Teenage years add much flavour to our lives, and, it seems, a myriad of stressors, too! Amidst the whirlwind of activity during this time is the added challenge of career-confusion, oof. The idea of choosing the 'right' path that'll shape our futures is unquestionably daunting. With a melange of personal aspirations, societal expectations, and uncertainty weighing in, making an informed decision becomes imperative.

Careful self-reflection through goal-setting, penning

down how you envision your future, interacting with professionals, creating career maps, journaling, and meditation can all aid exploration in this aspect. Break decision-making into smaller, manageable bits. Ponder upon one aspect — stream, college, job — at a time. A balanced approach is the key for clarity.

Maintaining composure while making such decisions is essential to prioritise longterm goals and overcome anxiety. Explore a wide range of options and work towards your goals in bits. Everything else will fall into place!

As for your second question, it truly hits home! As an awkward girl myself, I often find myself at a loss for words in group settings, only to overthink every statement I made afterward, ha! I am currently working on tackling these nerves as well. Firstly, positive self-talk is invaluable. Embracing your individuality helps forge deeper connections with others, too. Meaningful conversations start at home and with close friends. Open up to those you feel at ease with; express your ideas, discuss, debate, and reflect with them to gain exposure.

CCFinally, be yourself. Donning your unique thoughts naturally brings out your confident side and helps you shine. All the best!**?**

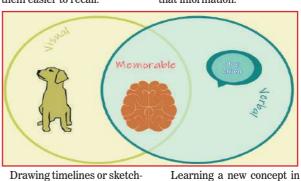


- Aditi Garg, High School Student



Art & Memory Enhancement

Creating visual representations of study material with diagrams, mind maps, or illustrations can make information more memorable. Visual elements are processed differently by the brain, which makes them easier to recall.



Drawing timelines or sketching key events can help you remember dates and their significance in history better than just reading about them. The dual-coding theory suggests that we process information better when it's presented in both verbal and visual formats. When you pair your study notes with images or sketches, you're strengthening the mental connections to that information.

physics, creating both written

explanations and correspond-

ing diagrams can make the in-

formation more accessible and

easier to recall during exams.

Art can create memory cues. When you associate an image or symbol with a piece of information, it acts as a prompt to trigger recall. Associating a specific color or symbol with a particular idea or fact helps reinforce it in your mind.

Studying anatomy, drawing a human body and labeling different parts can help you remember the names of muscles, bones, or organs. **(GRemember, using diagrams**)

and pictures is a great way to recall key topics—visualizing what you've learned can make things so much easier! Stay calm, take your time, and trust yourself. You've got all the tools you need to do your best!" Globalart Wishes all the kids a stress free exam.?? - Globalart.

Electronic City

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.



 20+ years of Transformative Experience, Celebrity Psychologist.

nargdarsa	States and the	March : Take the "no plastic bottle" challenge Mark the dates when you avoided using plastic bottle! Ecomargdarsak.in 2025					
JNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Summer Iready In MARCH ?	Thristy	Let us Carry Our own Bottle And Refill	Avoid Plastic Bottles!!	STAY SAFE!!	ECO MAREDABSAK	1	
2	3	4	5	6	7	8	
9	10	n	12	13	14	15	

16 17 18 19 20 21 22 23 24 25 26 27 28 29 31 30



S

Eco_I

su

It's

Ali

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 disposable plastic bottles and crown the winner

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

A PLASTIC BOTTLE / SINGLE USE WATER BOTTLE IS SOURCE OF MICROPLASTIC AND DISEASES.

WINNER of the month:

An Eco_lander Calendar designed and developed by @Eco_Margdarsak

Silent Struggles: Understanding & Helping Your Teen Through Tough Times

"Ready To Transform Your Life ? Book a Session Now"

Teenage years are a rollercoaster of emotions, challenges, and self-discovery. It is a phase where children seek independence yet struggle with societal pressures, academic stress, and peer relationships. Many teens suppress their emotions, leading to anxiety, depression, or behavioral changes that parents often misinterpret as defiance or mood swings. Understanding their struggles and offering the right support can make all the difference. Let's explore a real-life case that highlights the importance of parental awareness in helping teens navigate their emotions.

Rohan (name changed),13year-old boy, who was struggling with depression had come for counseling. His parents brought him in, confused about his sudden withdrawal, irritability, and poor academic performance. "He doesn't talk to us anymore," his mother said helplessly.

During our sessions, Rohan revealed his suppressed sadness and anger. He had been facing bullying at school—his friends constantly mocked him for his appearance and interests. He wanted to stand up for himself, but fear held him back. Instead of expressing his emotions, he buried them deep, leading to overwhelming frustration. At home, his parents misunderstood his silence as defiance, worsening his feelings of isolation.

This is a common struggle among teens. They are at a stage where they crave independence but also need guidance. Suppressed emotions, when unaddressed, can lead to anxiety, depression, and even risky behaviors.

So, how can parents help? • Listen Without Judgment: Instead of advising or criticizing, just listen. Let your teen feel safe expressing their emotions.

• Validate Their Feelings: Telling them to "ignore bullies" or "be strong" may invalidate their struggles. Acknowledge their pain.

• Encourage Open Conversations: Create an environment where they can share freely without fear of punishment. • Teach Emotional Expression: Help them channel their emotions through journaling, art, or sports instead of bottling them up.

• Seek Professional Help If Needed: Sometimes, counseling is essential to help them navigate deep-rooted emotions.

66 Rohan gradually learned to express his emotions and set boundaries. With time, he regained his confidence. Parents play a crucial role in shaping a teen's mental well-being. Understanding, rather than controlling, is the key to helping them grow. **99**



- Dr Ruupa Rao Psychologist & Psychotherapist

ELECTRONIC CITY CREDENCE

16th Feb to 01st Mar 2025

Pongal event in GM Infinite Ecity Town Tamil Sangam 2025



The vibrant Pongal celebrations at GM Infinite Ecity Town Tamil Sangam 2025 have been an extraordinary showcase of Tamil Nadu's rich culture and traditions. Starting from mid-January and held every weekend, the event featured an exciting array of activities, including badminton, chess, carrom tournaments, gully cricket, kids' games, and even Souid Games for adults with a nostalgic day dedicated to traditional Tamil Nadu games from the late 90s. The festiv-

ities culminated on February 8th the entire ground was transformed into a picturesque village scene, with families cooking Pongal over traditional firewood, followed by the enchanting Bommalatam (puppet show) with Tenali Raman stories. February 9th began with Molapari Alaipu, accompanied by Maddattam and Maliyattam, and saw captivating performances of kids' Kummi and women's Kummi dance. The day's cultural extravaganza included Bharatanatyam, kids' Patti-

mandram, and the fun Connections game. The evening concluded with a stunning cultural stage program, featuring Karupanasamy Attam, Fire Silambattam, and Karagattam, from folk music to contemporary acts, the lineup is a celebration of global artistry. Concept inspired performances, Folk, Tribute to Cinema Stars, Fashion Parade, and much more leaving the audience in awe of Tamil Nadu's artistic heritage. - Kumerasan **GM Infinite Ecity**

BAF Connects RWAs with Civic Authorities



From Left to Right...Arun Prasad, Cluster council member, Deepak Badolia, Cluster Secretary, Chandrasekhar AE Bescom, RM Raman, Cluster President, Sharan, EE Bescom, Puttappa, AEE Bescom, Ms Valli, GC Member, Radhika Margabandhu, GC Member and Vishnu Gattapalli, Secretary BAF

BRIDGING THE GAP:

The Bangalore Apartments' Federation (BAF) facilitates interactions between apartments and government officials. One such event was held on Feb 16, 2025, in Electronic City Cluster, bringing together over 35 Management Committee members from apartments across the

cluster.

Discussions focused on kev regulatory and civic concerns such as lift license renewals, STP and fire NOC compliance, BESCOM meter transfers, and Cauvery water supply issues. BESCOM AEs and JE of various jurisdictions covering the cluster addressed audience queries

and committed to looking into power supply concerns raised by the community, said R M Raman, cluster president.

66 The meeting aimed to equip RWAs with knowledge to address statutory compliance challenges and strengthen collaboration with civic bodies.?? - BAF E City Cluster



February was a lively month for our locality, filled with creativity and cultural celebrations. Two major events brought residents together, making it a time to remember. The excitement began on

February 8th with Global Art's Hi Buddy Exhibition at their Neeladri Road campus. The exhibition featured over 50 artworks from children aged 5 to 15, displayed under different study levels. Visitors and parents could vote for their favorites while enjoying interactive games like a unique drawing challenge using only shapes and orientations as clues. Adding to the creative charm

were hand-painted tattoos, handmade bookmarks.

CIRCULATION CONTACT

If you regularly receive the

City C

jewelry, and intricate mandala

art-all crafted by the talented students.

A Month of Art and Festivities

In Our Community

The celebrations continued with Pongal festivities at Concorde Manhattans, spanning from February 14th to 16th. The festival kicked off with a rangoli competition, where participants of all ages decorated the entrance with colorful designs. On the 15th, a cultural fest and DJ night showcased vibrant music and dance performances, culminating in an energetic dance session led by choreographer Mohan Kumar. A highlight of the event was a beautiful recreation of a traditional village scene in the clubhouse, designed by the talented ladies of Concorde. The setup featured a bullock cart, colorful rangoli,

and a charming hut, bringing the rustic charm of Pongal to life. The festivities concluded on Sunday with a traditional Pongal puja, the making of chakkarapongal in clay pots, and a delicious South Indian breakfast and thali lunch. **G**It was truly a month of art,

culture, and celebration!??



- Naga Vydyanathan, **Freelance Writer**



Website : www.electroniccitycredence.in Email: info@electroniccitycredence.in

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

Published and owned by MMK Media, Editor - Uma Maheswari, printed at Newsline printers Bangalore, # A-356, 1st stage, 1st Main road, Peenya Industrial Estate, Bengaluru-560058 and published at # 15, 3rd Floor, 4th Main, 4th Cross, Duo South County Layout, Basapura, Bengaluru-560100

Regd.with Press Registrar General of India 88460

