

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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Quick News Bites

1

Menstrual Hygiene Awareness Session at Vedam School : Lions Infinity ECity conducted an exclusive session on menstrual hygiene for grades 8-12, promoting awareness, sustainable products, and eco-friendly disposal, empowering students through open discussions and knowledge.

2

Traffic Alert: Hosur Road Flyover Maintenance : NHA will conduct major maintenance on the Hosur Road Elevated Flyover from March 5, 2025. Traffic will be restricted from 11 PM to 6 AM. Commuters should plan accordingly.

3

Neeladri Nagar Air Quality Update : Over the last 30 days, AQI ranged from 71 (best) on March 2 to 130 (worst) on Feb 25. Let's work towards a cleaner, greener future for healthier air! .

4

Electronic City's Connectivity Gap : While E-City enjoys fast access to Mysuru Road, CBD, and the airport, direct connectivity to Whitefield remains missing. A Peripheral Ring Road (PRR) is essential to link Whitefield and Hoskote efficiently.

5

Groundwater Extraction Approved for Labzone Electronics City : Labzone Electronics City Pvt. Ltd. is permitted to extract 734 m³/day from four bore wells in Electronic City Phase-1 for infrastructure use, with strict monitoring and restoration charges.

Bangalore's Governance Crisis: The Dire Consequences of Delayed BBMP Elections

Bangalore, India's Silicon Valley, is struggling under the weight of administrative inefficiency due to the absence of an elected local government. The Bruhat Bengaluru Mahanagara Palike (BBMP), the city's municipal corporation, has been functioning without an elected body since September 2020, when the term of the last council ended. Despite repeated demands from citizens and court directives, elections have been delayed indefinitely, leaving Bangalore in a state of governance paralysis.

The last BBMP elections were held in 2015, and the elected representatives served their full five-year term until September 2020. Since then, the city has been under the administration of government-appointed bureaucrats, with no elected representatives to voice the concerns of citizens. The Karnataka government's repeated postponements of elections—citing reasons such as delimitation of wards, legal hurdles, and political considerations—have only worsened the crisis. The absence of local governance has resulted in multiple challenges across the city:

- **Lack of Accountability and Public Representation**

Without elected corporators, citizens have no direct representatives to address their grievances. Bureaucrats, though competent, lack the public connect and political mandate to resolve local issues effectively.

• Administrative Bottlenecks

Key developmental projects remain stalled due to a lack of decisive leadership. Road repairs, infrastructure upgrades, and waste management suffer from bureaucratic red tape, as officers hesitate to make major decisions without political backing.

• Deteriorating Infrastructure & Civic Amenities

Bangalore's roads continue to be riddled with potholes, flooding remains a persistent issue during monsoons, and garbage disposal remains inefficient. An elected council could have ensured faster decision-making and budget allocation.

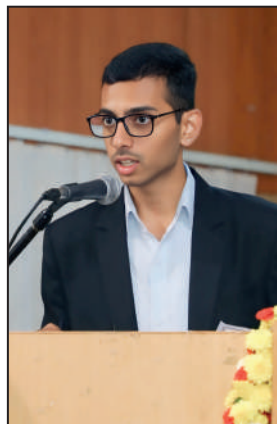
• Inefficient Fund Utilization

BBMP's budget is being handled without political oversight, leading to uncoordinated spending. Local representatives could have ensured that funds are allocated based on the needs of each ward.

- **Weak Public Engagement**

Citizens' involvement in governance is minimal, as there is no structured platform for grievances, ward meetings, or local governance initiatives. Public participation in decision-making has taken a backseat.

“The prolonged delay in BBMP elections is harming Bangalore's growth and quality of life. A democratic system thrives on public representation, and without it, governance becomes sluggish and unresponsive. The Karnataka government must prioritize holding BBMP elections immediately to restore administrative efficiency and uphold democratic values in one of India's most important cities.”



- Shubhankar C.
Advocate
Chairperson
Adi Shankara Foundation

K-RIDE Speeds Up Land Acquisition for Suburban Rail Kanaka Line Corridor-4

K-RIDE has accelerated land acquisition for Bengaluru's Suburban Rail Corridor-4 (Kanaka Line: Heelalige to Rajanukunte). The project, expected to be completed by 2026, involves acquiring 48.122 acres across Yelahanka, Ben-

galuru East, and Anekal taluks.

The Railways has already handed over 115 acres, ensuring faster progress. L&T was awarded the construction contract for ₹1,040.51 crore, with preliminary works, including

minor bridges and geotechnical studies, already underway.

“Corridor-4 spans 46.88 km, featuring 19 stations, viaducts, and grade separators, bringing Bengaluru closer to an efficient suburban rail network.”

Massive Protest in Chandapura Against STP Plant



Chandapura witnessed a large-scale protest as residents of Ramasagara and nearby villages gathered outside the Municipality office, demanding the relocation of the Sewage Treatment Plant (STP) in Survey No. 111. Protestors, including farmers and local activists, voiced

concerns over environmental pollution, health risks, and the plant's proximity to schools, colleges, and residential areas.

They also highlighted that farmers had applied for land in the same area for cultivation.

“Community leaders warned that if authorities do not

take immediate action, they will escalate the protest to the District Collector's office. In response, Municipality Chief Officer Srinivas assured discussions with higher authorities.”

- Residents await further action on their demands.

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Graduation Day at Maple Bear Canadian pre school, Singasandra



Graduation Day at Maple Bear Canadian Preschool, Singasandra, is a unique program to celebrate the successful completion of pre-schooling and the transition to primary school, a totally different learning environment.

The school's Graduation Day for AY 2024-25 was celebrated with enthusiasm on Sunday, 9th March 2025, at D. A. Pandu Memorial RV Dental College, J. P. Nagara, Bengaluru.

The chief guests of the event, Mr. Deepak Kumar T S and

Mrs. Mamatha B M, Directors of Maple Bear Canadian Pre-school, Uttarahalli, and BSK 2nd Stage, Bengaluru, inaugurated the Graduation Day event along with Maple Bear Canadian Pre-school, Singasandra Centre Director, Mr. Shivaprasad SB, Maple Bear South Asia's educator and Centre Head, Mrs. Thejeswini, and Mrs. Vanitha Somanna, Managing Trustee of Shampur Eduserve Foundation.

Senior kindergarten kids enjoyed wearing graduation

robes and hats, remembering their school days. The kids' parents and grandparents expressed their happiness onstage and shared their experiences with the school and management.

“Mr. Shivaprasad S B, Centre Director of Maple Bear Canadian Preschool and President of Shampur Eduserve Foundation, especially thanked all the parents for their unconditional support in enabling the school to deliver world-class early childhood education.”

Menstrual Hygiene Awareness Project: Project FLY FREE



Breaking Taboos, Promoting Health

Shri Krishna Mahila and Bala Vikas Seva Charitable Trust, Bengaluru, presents an inspiring and exclusive initiative to promote menstrual hygiene and break societal taboos.

The project aims to educate young girls, women, and communities **on safe menstrual practices, proper hygiene, and the need for open conversations about menstruation.**

Ending the Stigma, Spreading Awareness

For far too long, menstruation has been a subject of silence and misinformation,

leading to unhygienic practices, health risks, and gender inequality. Recognizing this, the program focuses on educating participants about the menstrual cycle, proper use and disposal of sanitary products, and the importance of self-care during periods.

Interactive sessions conducted by experts and healthcare professionals include myth-busting discussions and practical demonstrations to ensure that menstrual hygiene is understood & prioritized.

Empowerment Through Knowledge & Accessibility

A significant highlight of

the project is the distribution of free sanitary kits to underprivileged girls, ensuring that access to hygiene products is not a barrier to their well-being. Additionally, the initiative encourages the adoption of sustainable menstrual products, such as reusable pads and menstrual cups, promoting both affordability and environmental consciousness.

Encouraging Open Conversations

The program also features an open discussion forum, where participants can share their experiences, ask questions, and engage in candid conversations about menstruation. Breaking the silence around periods fosters a supportive environment where no girl or woman feels ashamed or unprepared.

A Step Towards a Healthier Future

This Menstrual Hygiene Awareness Project is more than just a project—it is a movement toward empowering women and girls, advocating for policy changes, and ensuring that menstrual

health is a priority in public discourse.

By educating communities, providing resources, and promoting open conversations, initiatives like these help create a world where menstruation is not a barrier to education, health, or dignity. Periods are natural, and so should be the right to manage them safely and confidently.

Dr. Lavanya Kiran is leading the project for the next 3 months.

Founder Chairperson & Medical Director – Orya Care Lead Consultant – OBG, Reproductive Medicine, Minimal Invasive Surgeon (Lap-Robotic), Kauvery Hospitals, Bangalore Visiting Surgeon – Milann Hospitals, Bangalore

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Founders:

• Ms. Manisha J

• Ms. Mayuri

Shri Krishna Mahila and Bala Vikas Seva Charitable Trust, Bengaluru

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Double Centurion Blood/sdp Woman Donor of India

Asha Suryanarayan, a passionate blood donor from NAMMA BENGALURU, has been dedicated to this cause for the last three decades. On March 1, 2025, she completed her 200th Blood/SDP donation at HCG Hospital, Bangalore. As a Lion member of the Sanjaynagar Lions Club, her club, along with the HCG Blood Bank & hospital staff, felicitated her on this milestone achievement.

So far, she has contributed 60 whole blood donations and 140 Single Donor Platelet (SDP) donations. Asha's mission is to support cancer victims, believing that blood and SDP donations can help reduce their pain and strengthen them in their fight against the disease.

With this remarkable feat, Asha stands as a leading lady in Blood/SDP donations in Karnataka & India. She firmly believes that everyone who is capable should donate blood, emphasizing that blood must be circulated and passed on to save lives.

Beyond being a dedicated blood donor, she extends her support to various social causes, including educating the girl child, providing shelter for the destitute, and counseling those in distress. Additionally, she played a vital role as a Covid Warrior, single-handedly cremating 26 Covid-19 victims during the pandemic.

“Asha strongly encourages more women to step for-

ward as blood donors, asserting that women are strong and excel in many fields. She calls for action to unlock equal rights, power, and opportunities for women.



- Asha Suryanarayan
Officer C-DOT, Telecom
Technology Centre of
Govt. of India

Mini Baklava Ghujia with Fruit Compote Filling



This delightful fusion dessert combines the richness of baklava with the fruity freshness of a compote, all encased in a flaky puff pastry.

Ingredients:

1 package Switz puff pastry sheet (thawed).

For the Baklava Filling:

1/2 cup chopped pistachios, 1/2 cup chopped almonds, 1/4 cup granulated sugar, 1/4 teaspoon ground cinnamon, 1/4 teaspoon ground cardamom.

For the Fruit Compote Filling:

1 cup mixed berries (strawberries and blueberries), 1/2 cup granulated sugar, 2 tablespoons lemon juice, 1/4 cup water.

For Garnishing:

Chopped nuts (pistachios or almonds), whipped cream or heavy cream, piping bag and piping tips.

Instructions:

To make the Baklava filling, mix together the chopped nuts, granulated sugar, cinnamon, & cardamom in a small bowl.

To make the Fruit Compote Filling, combine the mixed berries, granulated sugar, lemon juice, & water in a small saucepan. Cook over medium heat, stirring occasionally, until the berries break down & the mixture thickens (about 10-12 minutes).

To Assemble the Mini Baklava Ghujia:

Preheat the oven to 180°C (350°F). Cut out small squares of pastry, about 3-4 inches per side. Grease a mini tart mold with butter or cooking spray. Place a small square of pastry into the tart mold, pressing it into the corners. Brush the pastry with a little milk or ghee. Repeat the process, creating two layers of pastry, brushing each layer with milk or ghee.

Place a small spoonful of the baklava filling in the center of the pastry layers. Top the Baklava filling with a small spoonful of the fruit compote filling. Fold the excess pastry over the filling to seal the gujia. Brush the tops with a little milk or ghee. Bake for 20-25 minutes, or until the pastry is golden brown.

To Garnish:

Allow the Mini Baklava Gujia to cool completely on a wire rack. Sprinkle chopped nuts over the top of each gujia. Whip the heavy cream until stiff peaks form. Transfer the whipped cream to a piping bag fitted with a piping tip. Pipe a dollop of whipped cream on top of each gujia. Serve immediately & enjoy!

Tips:

“Use a variety of nuts for the garnish, such as pistachios, almonds, or walnuts. Experiment with different piping tips to create unique designs. Consider adding a sprinkle of cinnamon or cardamom powder over the whipped cream for extra flavor.”



- Chef ILMA,
Professional
Chef @ Chef ILMA's

Mobile Phones: A Boon or a Bane?

Mobile phones have become an integral part of modern life, offering advanced, convenient, and time-saving technology used by people across the globe. With various sizes, shapes, and technical features, smartphones serve multiple purposes. However, like every technological invention, mobile phones come with both advantages and disadvantages.

Advantages

Smartphones have revolutionized education, enabling students to browse the internet, access study materials, and complete assignments. They facilitate seamless communication, helping individuals stay updated on current affairs worldwide. Additionally, mobile phones provide entertainment through movies, TV news, music, and games.

In today's digital era, smartphones are also essential for financial management, allowing users to check balances, transfer money, and pay bills with ease. Furthermore, they play a crucial role in professional life by scheduling meetings, sharing documents, and applying for jobs, making them indispensable for working professionals.

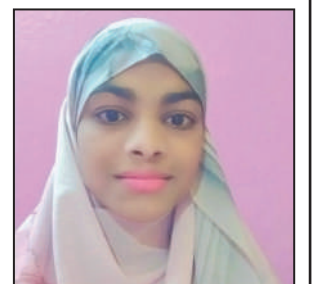
Disadvantages

Despite their benefits, mobile phones pose significant challenges. Privacy concerns have escalated, as personal information can be easily accessed. Excessive smartphone use can also lead to time wastage, particularly among students who get distracted by games and social media instead of focusing on studies.

A concerning issue is the use of mobile phones while driving,

which increases the risk of accidents. Additionally, exposure to inappropriate content negatively impacts young minds, affecting their behavior and moral values.

“While mobile phones offer numerous benefits, their misuse can be detrimental. It is crucial to use them wisely and in moderation to ensure a balanced & hassle-free life.”



- Akifa Kulsum
2nd PU, Sharada Vikas
PU & Degree College

Does Love Fade Away? In couples

As couples journey through years of marriage and raising children, love can seem to fade like a sunset. Life gets busy, and priorities shift. Romance and excitement give way to routine and responsibility. Physical changes can also play a role, leading to feelings of insecurity and disconnection.

But here's the truth: love doesn't fade away; it just needs attention and nurturing. Couples can revive the love they once shared by making a conscious effort to reconnect. So, what can couples do to make love last? Schedule regular date nights, even if it's just a walk or dinner at home.

Have meaningful conversations, listen actively, and show appreciation for each other. Surprise each other with small gestures, like a love note or a favorite meal. Practice forgiveness and understanding. Show interest in each other's lives, hobbies, regular workout and passions.

When both spouses prioritize their relationship, the entire family benefits. Children feel secure and loved, and senior citizens in the family feel happy and supported. By staying committed to each other, couples create a loving and supportive environment that nurtures everyone around them.

“Remember, love is a choice, not a feeling. Choose to prioritize your relationship, and watch the spark reignite. Don't let love fade away; revive it, nurture it, and make it last a lifetime.”



- Asha Balasubramaniam
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Finding Your Path: Choosing the Right Stream After 10th

Choosing your stream after 10th grade is a big decision, and it's completely normal to feel a little overwhelmed. But remember, the right choice isn't about impressing others; it's about finding what truly excites you.

Discovering Your Passions:

- Reflect on your favourite classes: What subjects made you eager to learn? Were you captivated by scientific discoveries, challenged by complex equations, or moved by beautiful writing? These are clues to your passions.
- Identify your interests: What do you enjoy doing in your free time? What topics do you naturally gravitate towards?
- Consider your strengths: What are you good at? What comes easily to you?

Understanding Your Options:

- Science: If you're curious about the world around you, from the smallest cell to the vast cosmos, science could be your calling. Explore careers

in medicine, engineering, research, and more.

- Commerce: If numbers and business intrigue you, consider Commerce. This stream opens doors to finance, marketing, entrepreneurship, and other business-related fields.

- Humanities: If you're fascinated by people, history, culture, and ideas, Humanities might be the perfect fit. Explore careers in law, journalism, social work, and many other fields.

- Vocational: If you love to build, create, or fix things, vocational streams offer hands-on training for skilled trades like carpentry, plumbing, electrical work, and more.

Making the Right Choice:

- Explore your options: Talk to teachers, counselors, and professionals in fields that interest you. Research different career paths and educational requirements.

- Talk to yourself: What kind of future do you envision? What

impact do you want to make on the world?

- Trust your instincts: Ultimately, the decision is yours. Choose the path that feels right for *you*.

“As a teacher, I've seen firsthand the incredible things students achieve when they follow their hearts. I have no doubt you'll find your way. Trust yourself – you've got this!”

Warm regards,



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



The Teen Talk Column



“I am a student going to 7th standard. Some kids at school call me ‘Blacky’ because of my skin color, and it makes me feel bad. How should I handle this and make them stop?”

• How can I handle peer pressure when my friends want me to change to fit in, and how do I avoid negativity?”

Thank you so much for reaching out. I'm truly sorry that you're facing this. It is absolutely horrid to comment on another individual, let alone their appearance or skin colour.

To begin with, you are not alone. Although this is an incredibly wearying situation, I know that you are capable of overcoming it. Often, bullies display such unacceptable behaviour merely to see others' reactions. Remaining unbothered and not reacting to such names can take away their power. You may even try replying to them firmly and calmly: “Stop. That's not funny.”

Surround yourself with supportive, accepting friends. If this continues, however, I urge you to speak to an elder, perhaps a teacher, school counsellor, or your parents. Reaching out is an act of strength, resilience, and standing up to bullying.

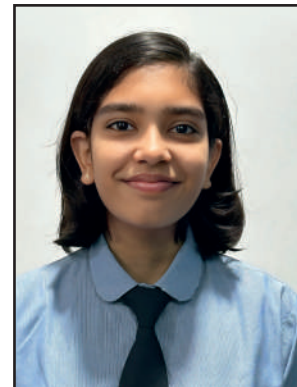
Finally, your skin is a beautiful, integral part of who you are. Your appearance, heart, and personality make you a remarkable individual. Affirmations to remind yourself of your fortitude are essential. Be confident, for it is your strength.

As for your second question, I deeply relate to the desire to fit in, but true friends will cherish you for your unique self. If you're feeling pressured by your friends to change, know your worth and recognise that if they ask you to be someone you are not, you don't have to.

Moreover, set boundaries, for those who genuinely love you will respect and support you no matter what. Keep uplifting company close to avoid pessi-

mism. Authentic connection invariably positively impacts one's self-esteem. Explore yourself through hobbies, music, books, or activities that leave you feeling content and hopeful.

“I would like to conclude by sharing one of my favourite phrases: don't be afraid to stand out. Indeed, it is more of a universal truth than a phrase, for being independent and bold is paramount. The only person's acceptance you need is your own.”



- Aditi Garg
High School Student

Fuel Your Child's Exam Success

Essential Nutrients for Exam Success

✓ Protein for Brain Development

Sources: Eggs, paneer, lentils, tofu, yogurt, chicken, fish, and nuts
Why? Helps in brain function and keeps children alert and focused.

✓ Complex Carbohydrates for Sustained Energy

Sources: Brown rice, whole wheat roti, oats, quinoa, sweet potatoes

Why? Provides a slow and steady release of energy to avoid fatigue.

✓ Omega-3 Fatty Acids for Memory Boost

Sources: Walnuts, flaxseeds, almonds, chia seeds, fatty fish (salmon, sardines)

Why? Improves memory and enhances cognitive performance.

✓ Iron for Focus and Alertness

Sources: Spinach, beetroot, dates, raisins, legumes, fortified cereals

Why? Prevents tiredness and boosts focus.

✓ Vitamins & Antioxidants for Stress Reduction

Sources: Oranges, berries, bananas, apples, carrots, bell peppers

Why? Helps reduce stress and improves overall well-being.

✓ Hydration for Mental Clarity

Encourage: Water, coconut water, buttermilk, lemon water
Avoid: Sugary drinks and excessive caffeine, which cause energy crashes.



Exams can be a stressful time for children, demanding mental focus, energy, and endurance. Proper nutrition plays a crucial role in enhancing memory, concentration, and overall brain function. A well-balanced diet can help students stay alert, stress-free, and physically active during this period.



Final Tip:

Along with good nutrition, ensure children get enough sleep, stay hydrated, and take short study breaks. A well-balanced diet fuels the brain, improving focus, memory, and exam performance.

Wishing all students the best of luck for their exams!

The Importance of Free Play in Kindergarten



‘Free play’ as it is called in a Waldorf Kindergarten like Aikya Waldorf Inspired School is a key aspect of its educational philosophy, emphasizing unstructured, child-led activity as a foundation for healthy development.

It refers to periods when children are free to explore, imagine, and create in an environment designed to inspire curiosity and imagination. Unlike directed or teacher-led activities, free play allows children to take the lead, choosing their own paths of exploration.

The materials provided for free play are simple, open-ended, and often crafted from natural elements like wood, wool, or silk. These items can transform into whatever the child envi-

sions—a wooden block might become a car, a house, or a piece of food in their imaginative play.

Nature also plays a vital role, with outdoor play often woven into the daily rhythm to deepen children's connection to the environment.

During free play, teachers serve as gentle guides, observing and subtly supporting without interfering. This approach helps children develop independence, problem solving skills, and a sense of confidence.

In essence, free play in Waldorf Kindergartens is more than just a time for fun—it is a dynamic and meaningful process that nurtures creativity, social abilities, emotional resilience, and a lifelong love of

learning. It allows children to be themselves, fostering holistic growth in an atmosphere of freedom and respect.

“Free play offers a multitude of benefits for children, especially during their early developmental years.”



- Ferdinand Udaykumar
Co-founder & parent
Aikya Waldorf
Inspired School

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- School readiness program (Dining etiquette, packing backpack)
- Basic handwriting skills
- Gross, fine, balance & coordination activities
- Emotional regulation & coping skills (expression of emotions, building patience, self control & impulse control management)
- Sensory play (sand & water play)
- Outdoor games (Park visit & swimming pool)



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Foot problems in Diabetic Patients

People suffering from diabetes are prone to developing problems with their feet due to multiple causes. Diabetes causes manifold problems like damage to the blood vessels, nerves and increased risk of contracting infections.

Common symptoms that people living with Diabetes face includes dry skin with cracked soles, Calluses or thickened skin on the toes and feet often leading to cracks, recurrent wounds, numbness in feet, inability to maintain balance, whitish skin between toes, non healing wounds for more than 3 weeks and pain while walking.

Self-care and protection for your feet:

- Wear properly fitted foot-

wear

- If you are having calluses use diabetic footwear
- Keep feet dry
- Moisturize daily
- Avoid scratching
- Do not walk barefoot
- Use socks or shoes
- Avoid dipping feet in hot water without supervision
- Check you feet daily for any cuts / bruises / watery discharge or colour changes. Report these to your Doctor if any
- Walk for 30 to 40 mins daily to maintain foot circulation
- Most importantly control your Diabetes.
- Daily supervision of your feet will help detect problems early. If you observe

any changes or in case of any infections, please seek immediate medical advice as a delay of 2-3 days may lead to a spread of infection leading to loss of Toes or Limbs.”



- Dr. Prasenjit Sutradhar, Consultant - Vascular & Endovascular Surgeon, Narayana Health City, Bengaluru.



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📍 Electronic City, Bangalore

Inauguration of Lions Club of Bangalore, Infinity Ecity



On March 1, 2025, the Lions Club of Bangalore, Infinity Ecity was officially inaugurated by the Honorable District Governor, Lion Chandra H. Reddy Ma'am.

During this momentous occasion, Dr. Surbhi R. Bhargava was installed as the President of the club, alongside Lion Manisha Anant Rane as Secretary and Lion Soma Bhagat as Treasurer. The installation took place in the esteemed presence of distinguished District and Cabinet officials, including: Lion Ramachandran (ID Endorsee) Lion Ashwatha Narayan Swami Prof. Pratap Yadav Lion Sudha Reddy Lion Soumya B.A. Lion Rakesh Sendwal Dr. Hemavathi Srinivas

Lion Abraham

The event was further graced by Shri Lokesh Reddy (President, Karnataka Rakshana Vedike, Bangalore South) and Smt. Pramila P. Ramchandra (President, CMC Hebbagodi), who attended as the Chief Guests of the oath ceremony.

A Vision of Service and Impact

The Lions Club has always been a beacon of hope & kindness, dedicated to serving communities in need—bringing light to the visually impaired, nourishing the hungry, and championing meaningful causes that make the world a better place.

With the establishment of the Lions Club of Bangalore, Infinity Ecity, we are not merely creating an organization; we are building a strong family of compas-

sionate individuals committed to service and action.

Our Mission: We Serve Our purpose is clear—to uplift, support, and create positive change. Whether through environmental sustainability, education, or medical aid, our initiatives will uphold the core values of the Lions Club.

As individuals deeply passionate about the environment, we recognize the vital role we can play in fostering a greener and more sustainable future. Through tree plantation drives, land restoration projects, and eco-friendly initiatives, we aim to leave a lasting impact on our community and beyond.

“Together, we embark on this journey of service, compassion, and transformation—committed to making a difference, one act of kindness at a time.”

Maha Shivaratri Celebration



Maha Shivaratri, a significant Hindu festival, is celebrated annually between February and March to honor Lord Shiva. The festival marks the divine wedding of Shiva and Parvati and commemorates the Tandava, Shiva's celestial dance.

This year, SPROUTS – The Happy Playschool celebrated Maha Shivaratri on February 26, 2025, at Sri Jangama Mallikarjuna Swamy Bramarambika Temple, Basapura Main Road, Electronic City Post. The event featured a cultural program, including a mesmerizing Bharatanatyam performance and soul-stirring Shiv Bhajans, presented by talented dancers and singers trained by Mrs. Swathi Govind, Director of Agniya School of Arts, and Mrs. M. Triveni Krishna Raj, Principal & Co-founder of Sprouts – The Happy Playschool.

The Sri Jangama Mallikarjuna Swamy Bramarambika Temple stands as a unique architectural

marvel, built strictly in accordance with the Agama Shastras. The temple houses a majestic Mallikarjuna Swamy idol as the moolavar, alongside an awe-inspiring standing statue of Goddess Bhramaramba. The temple's intricate carvings and divine aura added to the spiritual significance of the celebrations.



- Mrs. M. Triveni Krishna Raj
Sprouts – The Happy
Playschool
Veera Bhadra Nagar

Celebrating Women's Day with Strength, Inspiration, and Sisterhood



March 8 was recently celebrated as International Women's Day! Every year, this day marks a global

celebration of achievements, resilience and contributions of Women across different fields and is a call

to action for accelerating gender parity. While the day stands out with events being held across Corporations and celebrations being done throughout the world - it's equally important to acknowledge the spirit of this day. The day is about honouring women's fight for equality and a fight against violence on women. And it's also a privilege to be able to celebrate this day freely.

To honour and acknowledge the occasion, our group of ladies from MJR Hercules decided to get together for a brunch. There were a lot of games planned and a fun spread arranged at an E-City outlet. Over a delect-

table spread, we discussed not only about women who inspire us, but also how we, as women, motivate each other. It was a wonderful way to free the mind from daily stress and just let us be! The get together included, of course, an incredible number of pics taken over a course of almost 4 hours!

“As the celebration ended, we were reminded about the fact of having amazing women by our side & a motivation to keep breaking the glass ceiling! After all, as Laurel Thatcher Ulrich rightly said: Well behaved Women Seldom make history.”

- Shivi Mishra
Health Enthusiast

A New Adventure in Kannada Cinema



Electronic City's Rtd.Col. A Rajendiran co-produces Monk The Young, a Kannada vintage fantasy thriller directed by Maschith Suriya.

Released on February 28, 2025, the film blends adventure, action, and philosophy, featuring Sarovar R, Soundarya A S Gowda, & Babloo Prithiveeraj. Now in its second successful week, a pan-India release is planned.

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Editorial & Publishing Office:

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Website : www.electroniccitycredence.in

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