

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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📍 Bloom Creative Zone - E City 2nd Floor, VJR Arcade, Neotown Main Road, Opposite Maragondanahalli Lake, above Muscle Galaxy Gym, Bangalore, Ecity - 1

Bloom - Your Creative Zone



Bloom Creative Zone: A Hub for Creativity & Community

Nestled in the heart of Neotown, Electronic City, Bangalore, Bloom Creative Zone is a dynamic space designed for *Artists, Performers, and Enthusiasts* of all ages. Whether you're a child exploring your first Dance steps, a teen discovering your passion for Arts or Music, or an adult honing your public speaking skills, this vibrant center is the perfect place to learn, connect, and grow.

With state-of-the-art infrastructure, Bloom Creative

Zone offers a spacious hall, well-lit studios, high-quality sound systems, and comfortable seating areas. The ambient, artist-friendly atmosphere fosters creativity, making it an ideal venue for workshops, rehearsals, and performances. Parents can relax in the cozy waiting area, which doubles as a cafeteria, ensuring a pleasant experience for everyone.

Beyond structured learning delivered by Expert Mentors, Bloom Creative Zone is a hub

for exciting events, including Stand-up Comedy, Live Music Shows, Jam sessions, Meetups, Corporate engagements, and even Birthday parties. Whether you're looking to book a creative event or simply immerse yourself in an artistic experience, this is the place to be.

A one-stop destination for creative minds, Bloom Creative Zone is redefining artistic engagement in Bangalore. Step in and let your creativity "Bloom"!

- Bloom Skills

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1

Neeladri Nagar's air quality deteriorated with a 16% rise in AQI over four years. The highest pollution spike occurred in 2025, urging authorities to address growing environmental concerns & ensure cleaner air; Credit: AQI.

2

Karnataka Deputy CM Mr. DK Shivakumar announced that the Yellow Line of Namma Metro, connecting RV Road to Bommasandra, will be operational by May 2025, improving connectivity in South Bengaluru.

3

Locals urge BBMP to take action against an illegal tea shop near Doddathoguru Lake selling tobacco to minors and causing pollution.

4

Residents near PSR Krish Kamal (Doddathoguru) complain of illegal garbage dumping & burning, causing severe pollution. Toxic smoke poses health risks. Locals urge BBMP and pollution control authorities for immediate action.

5

During the Sri Maduramma Devi Jatre, the Doddanagamangala chariot toppled near Huskur due to heavy rain and strong winds, killing one & injuring several. Citizens urge the government to regulate chariot heights & prevent future incidents through strict enforcement & planning.



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Cleanup Drive at Huskur Lake



Huskur Lake Cleanup Drive: March 12, 2025

What an amazing day of coming together to make a real difference! On March 12, we took action to clean up Huskur Lake and restore its beauty. From picking up

trash to raising awareness, every step we took brought us closer to a cleaner, greener future.

“A HUGE thank you to all the volunteers, local residents, and fellow students who made this possible! Let's

keep this momentum going and continue protecting our lakes for generations to come. Together, we CAN make a change!”

- Shruti Gupta
Xime College,
Electronic City Phase 2

Helmet Safety for Kids: A Parent's Responsibility



Exams are finally over, and it's heartwarming to see mothers taking their kids to various summer classes. Watching women confidently riding their two-wheelers with their children is a sign of independence and progress. But amid this happy sight, one thing stands out—a serious lack of safety. Many children on bikes and scooters are riding without helmets.

I can't help but wonder—

why? Parents spend lakhs every year on education, clothing, and extracurricular activities, ensuring the best for their children. Yet, when it comes to something as simple and life-saving as a helmet, many choose to ignore it.

We need to understand that a helmet is not just an accessory; it's essential protection. No matter how many rules the government enforces, real change will only happen when

parents take responsibility. We admire cleanliness and discipline when we travel abroad, yet in our own country, we often neglect basic safety measures.

“It's time to wake up. A helmet can mean the difference between life and death. Let's not wait for a tragedy to remind us of its importance. Protect your child—because their safety is in your hands.”

- A Voice from the Public



April: Take the "no plastic bag" challenge

Mark the dates when you avoided using single use plastic!

Ecomargdarsak.in

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday shopping, cloth bag is mandatory	Going to bring milk, carry your cloth bag !!	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	Yes!!! you did it!!	Let's continue the effort	Let's avoid single use plastic

PLAY AN EXCITING FAMILY GAME TO START THE CHALLENGE

Choose shape/ color for each member by picking a chit. Each member will use the chosen color/ shape while marking in the calendar everyday. At the end of the month, count the no. of days each member avoided single use plastic bag and crown the winner.

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



SINGLE USE PLASTIC POLLUTES THE ENVIRONMENT, GIVES DISEASES, CHOKES WATER BODIES, KILLS AQUATIC AND LAND ANIMALS

WINNER of the month:

An Eco_lander Calendar designed and developed by @Eco_Margdarsak

Call for Urgent Road Widening in ECity to Ease Traffic Congestion



ECity commuters are urging authorities to widen key roads near Electronics City to ease traffic congestion and improve connectivity. The demand includes expanding the Muthanallur Gate to Chandapura stretch into a four-lane road, which will significantly benefit daily commuters and businesses.

Additionally, the Doddakanelli to Huskur Gate road requires urgent widening to four lanes. Both these crucial routes serve as alternative corridors to Sarjapur Road, which

faces severe congestion during peak hours. Commuters stress that executing these projects before the commencement of metro construction is essential to prevent worsening traffic conditions.

“The expansion will decongest Sarjapur Road, Silk Board, and Outer Ring Road (ORR) while ensuring smoother connectivity to Electronics City, Chandapura, and surrounding areas,” said a commuter.

With Bengaluru's rapid urban growth and

increasing vehicle density, residents and industry stakeholders emphasize the need for swift action. They urge authorities to prioritize these projects to enhance mobility, reduce travel time, and improve overall infrastructure before metro-related roadworks begin.

Authorities are expected to review the proposal and provide updates on the feasibility and execution timeline of these road-widening projects.

Shaping Young Minds: Insights from the Principal's Desk



In the heart of Electronic City, **The Vedam School** stands out as a beacon of excellence in education. Under the visionary leadership of **Ms. Sangeetha Arul, Vice Principal**, the school has carved a niche for itself by blending modern teaching methodologies with timeless values.

A Unique Approach to Learning What sets The Vedam School apart is its commitment to nurturing young minds through a balanced approach. "We focus on a child-centric curriculum that encourages critical thinking, creativity, and practical learning, ensuring that students excel academically and personally," says Ms. Sangeetha Arul.

Blending Tradition with Innovation The school integrates the best of modern technology with traditional ethics, fostering a learning environment rooted in respect, discipline, & curiosity. Smart classrooms, experiential learning, and value-based education ensure that students develop into well-rounded individuals.

Holistic Student Development Beyond academics, The Vedam School emphasizes sports, arts, and leadership programs. "We believe in shaping confident individuals through extracurricular activities, personality development, and life skills training," the Principal adds.

Preparing for the Future Career readiness and life skills are integral to the curriculum. Through career guidance, financial literacy, and entrepreneurship programs, students are equipped to face the challenges of the future.



- Ms. Sangeetha Arul
Vice Principal
The Vedam School

A Message to Parents

"Our goal is to provide a nurturing and stimulating environment where children can thrive. Together, let's empower our children with knowledge, values, & confidence,"

Ms. Sangeetha Arul concludes.

Share your creativity this summer! Send us your articles, stories, or poems for a chance to be featured.
📞 to 96324 44354.

Helping Your Child Choose the Right Career – Dr. Ruupa Rao, Psychologist & ICF PCC

Every parent dreams of a bright future for their child—seeing them as doctors, engineers, or entrepreneurs. But how often do parents ask: What is my child's true interest? What motivates them? What is their learning style and personality?

In my counseling experience, I have met many students who feel trapped in the wrong ca-

reer path. Many lack interest in what they have studied and either want to start over or feel lost. Thousands of engineering students drop out each year, struggling with studies they never truly connected with. If you browse Quora or news websites, you'll find helpless students asking, "What should I do next?" Some even reach a breaking point, feeling stuck

between their passion and parental expectations.

Why Career Counseling is Essential

Imagine buying a new outfit without trying it on—would you risk it? Then why make a life-changing career decision without proper guidance? A wrong choice can lead to frustration, burnout, and unhappiness.

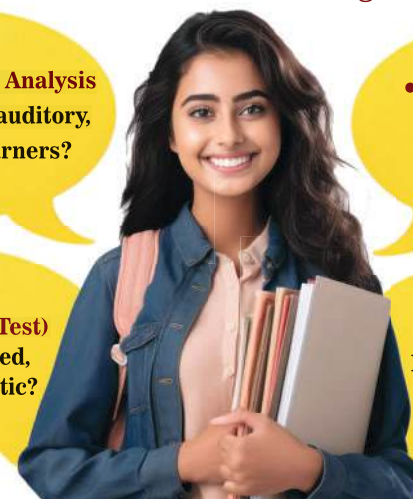
A well-structured career counseling session involves:

• **Learning Style Analysis**
Are they visual, auditory, or hands-on learners?

• **Interest & Passion Assessment**
What excites and engages them?

• **Personality Evaluation (MBTI Test)**
Are they introverted, analytical, or artistic?

• **Motivating Factors**
Do they prefer stability, creativity, or leadership?



Making an Informed Decision: With scientifically backed tests & expert guidance, children can choose a fulfilling career, not a forced one. A child

passionate about design may thrive in architecture or fashion, while an analytical mind may excel in finance or technology.

of clarity & confidence. Let them build a future where they don't just survive—they truly thrive."

"Give your child the gift

- www.ruuparao.com

Career Counseling

Make the Right Career Choice With Professional Guidance

Unsure about your strengths & skills?

Confused about your career path?

Need guidance for studying abroad?

Are you on the verge of career shifting?

Which course to choose after 10th/12th?



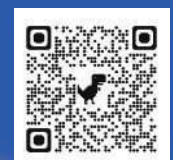
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Dental Implants A Change for good



Dental implants are a revolutionary treatment that has become the gold standard for replacing missing teeth. Dental implants offer more advantages over traditional dentures and bridges.

Unlike dentures, dental implants do not cause bone loss; instead, they stimulate bone growth. They last long when proper oral hygiene measures are followed.

Implants mimic the natural tooth root with good functional efficiency, comfort, & easy maintenance. They are made of biocompatible materials like titanium, with no side effects, making them suitable for replacing a single

tooth or multiple teeth.

Patients can eat and chew their food with ease, increasing their self-confidence both functionally and aesthetically. Implants replace missing teeth without compromising the health of adjacent teeth, whereas dental bridges require support from neighboring teeth for replacement.

Advanced modalities in implants, such as All-on-4 implants, implant overdentures, grafting procedures, and digital implantology, have made implant treatment more practical and feasible for most patients.

Overall, if you have a missing tooth, your first choice should be

implants. Consult your implantologist for proper planning and execution.

“Technology is a boon when used in the right way.”



- Dr. Suhanya Prasanna Kumar
Dentist, Implantologist
Crown Dental Care, E-City

Getting married Have you booked your dentist?



A bride begins her wedding preparations at least 6 months in advance... This includes visiting a dermatologist for the skin, a fitness coach, a beautician, and even custom-made makeup and lipstick. Hey, wait... but what about your smile? Don't you want per-

fect teeth and a smile for your big day?

Ask your trusted dentist for SMILE MAKEOVERS, veneers, smile design, tooth cleaning, and whitening. Ask them to evaluate your oral health. You do not want to have bad breath, bleeding gums,

and gaps in your teeth before your big day. Crooked teeth, crowded teeth, and gaps in teeth are a big NO in your bridal shoot.

Visit your dentist NOW!!!



- Dr. Ranjani Rao
V2 E city Dental center

Fitness Hacks for Busy Professionals

Staying fit with a hectic schedule may seem challenging, but small, smart changes can make a big difference. From scheduling workouts like important meetings to integrating movement into daily tasks, maintaining an active lifestyle is achievable.

Here are practical tips to help busy professionals stay fit without disrupting their routine.

Prioritizing fitness like an important meeting helps ensure consistency. Scheduling workouts as fixed appointments and setting reminders on a phone or smartwatch makes it easier to stay committed.

Technology makes fitness more accessible. Smartwatches, fitness apps, & virtual trainers provide AI-based custom workouts, helping busy professionals stay on track.

Integrating fitness into daily life makes it sustainable. Cycling to work, walking while listening to audiobooks, and using a standing desk are effective ways to stay active.

Following the 80/20 nutrition rule—eating 80% whole foods while allowing 20% indulgences—ensures a balanced approach. Meal prepping on weekends makes healthier choices easier.

Planning workouts around peak energy levels enhances consistency. Whether in the morning, during lunch, or in the evening, choosing a time that aligns with natural energy cycles improves performance.

Short, intense workouts save time while delivering great results. A 20 to 30-minute HIIT session, including squats, push-ups, planks, and burpees, with 40 seconds of effort and 20 seconds of rest, can be highly effective.

Micro workouts throughout the day help maintain activity levels. Taking the stairs, doing bodyweight exercises, or walking during calls are simple ways to incorporate movement. Small activities add up over time.

Staying accountable with a workout buddy, trainer, or online support group helps maintain consistency. Fitness is possible with smart time management—start small, stay consistent, and make it a priority!



- Harish G
Green Fitness Studio

The Role of Free Play in a Child's Development

Free play offers a multitude of benefits for children, especially during their early developmental years. Here are some of its key advantages:

• **Encourages Creativity and Imagination:** Free play allows children to explore their creativity by inventing scenarios, role-playing, and finding new uses for ordinary objects. This fosters innovative thinking and problem-solving skills.

• **Promotes Social Skills:** When children engage in free play together, they learn to share, negotiate, and cooperate. These interactions help develop communication skills, empathy, and the ability to work in teams.

• **Boosts Emotional Resilience:** Through play, children process their emotions & experiences in a safe & expressive way. This helps them build emotional intelligence & develop coping mechanisms for life's challenges.

• **Supports Cognitive Development:** Free play stimulates the brain, aiding in the development of critical thinking, planning, and decision-making abilities. It lays the groundwork for academic learning by fostering curiosity and exploration.

• **Enhances Physical Skills:** Activities such as running, climbing, and other forms of active play help improve motor skills, coordination, and overall physical health.

• **Fosters Independence:** By leading their own play activities, children gain confidence in their abilities, boosting self-reliance and a sense of autonomy.

Free play is a vital aspect of childhood, providing a holistic foundation for growth while nurturing a lifelong love of learning and exploration. It's more than just fun—it's essential!

Facilitating Waldorf-style free play at home is a wonderful way to nurture your child's creativity, independence, and holistic development. Here are some tips to get started:

• **Create a Simple, Open-Ended Environment:** Use natural, versatile materials like wooden blocks, silks, wool, and stones. Avoid overly complex or

battery-operated toys that limit imagination.

• **Encourage Imaginative Play:** Provide items like cloths, baskets, or cardboard boxes that can transform into capes, forts, or anything your child imagines. Keep the space uncluttered to allow free-flowing ideas.

• **Incorporate Nature:** Bring elements of the outdoors into play. Leaves, pinecones, sticks, or shells can become treasures for imaginative scenarios. Outdoor play in gardens or parks is also fantastic for exploration.

• **Establish a Rhythm:** Waldorf education emphasizes a balanced daily rhythm. Dedicate specific times to free play, balancing it with other activities like storytelling, crafts, or shared mealtimes.

• **Minimize Adult Interference:** Let your child lead the play. Resist the urge to direct or instruct—instead, observe and support their ideas subtly if needed.

• **Model Creativity:** Children often mirror adult behaviors. Show your creative side by engaging in artistic or imaginative activities yourself, inspiring them to do the same.

• **Include Storytelling:** Stories, whether told or acted out, can spark their imagination & enrich playtime.

“Above all, trust in your child's natural ability to create and explore. Waldorf-style free play thrives in an environment of freedom, simplicity, and love. It's not about perfection—it's about letting your child's imagination take flight.”



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



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Vibrant Holi Celebrations at MJR Clique Hydra



At MJR Clique Hydra, we celebrated the colorful festival to the fullest! The festivities lasted three days, starting with Holika Dahan on Thursday (Feb 13). Residents danced and embraced fellow neighbors while grooving to energetic tunes on Friday (Feb 14). Saturday was the highlight of the celebrations, with rain dance, colors flying in all directions, and kids joyfully engaging in water fights with pic-

karis, balloons, and water guns, all set to lively music. Senior citizens added a special touch by preparing a delightful spread of gujiya, pakoras, namkeen, and laddoos for everyone to relish. The celebrations continued until 4 PM, and it was heartwarming to witness the strong community spirit and joyous togetherness!

- MJR Clique Hydra

Chess Klub Grand Opening at Hosa Road – A New Era for Chess Begins!



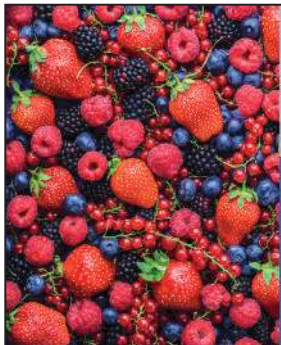
Hosa Road welcomed its first-ever chess club with the grand inauguration of Chess Klub on March 22, 2025. The event was graced by Grandmaster M. S. Thejkumar, Ex-Corporator Srinivas S N,

and the founders of The Karibas Academy, Mr. Shivaprasad S B and Mrs. Vanitha S. Chess enthusiasts, including young talents, added to the celebration. The club aims to nurture future champions, inspired by

Thejkumar's success.

“Chess Klub is more than a club—it's a movement, empowering Hosa Road's chess community to reach new heights!”

- Chess Klub Hosa Road



F A C T S

Berries like blueberries and strawberries are packed with antioxidants that can boost brain health & reduce inflammation.

The Teen Talk Column

• How can one effectively manage the emotional fluctuations and challenges of adolescence to prevent them from adversely affecting academic performance?

• What should I do when my parents don't understand my dreams and career choices? Adolescent years truly feel like a rollercoaster. One moment, determination and elation fly high, and at another, every aspect of life seems overwhelming. Emotional fluctuations and obstacles are almost preordained for this period, I think!

This may prove to be a challenge while trying to focus on academics, but managing emotional ups and downs effectively can help us grow, preparing us for the challenges beyond teenage. The key to this? Maintain a balanced routine to enhance focus while cultivating a sound outlook towards academics.

This encompasses, but is not limited to, quality sleep, exercise, eating habits, and sufficient breaks for rejuvenation. Journaling, mindfulness, and hobbies help manage nerves.

Moreover, meditating helps process emotions in a healthy manner. It is paramount to remain consistent to evolve academically. Break long-term goals into short-term action items, and watch the magic happen!

It is further frustrating dealing with this when you don't feel supported to pursue dreams. It's an indescribably overwhelming feeling when parents don't understand one's career aspirations. I firmly believe that open and respectful communication is crucial in this situation.

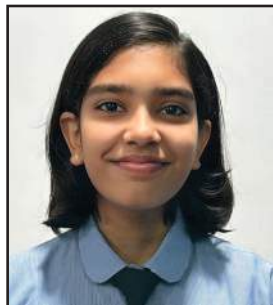
Instead of engaging in heated arguments, opt for a calmer expression of your passion for your career path. Research its prospects, formulate concrete plans, share potential job opportunities, new developments and scope for growth in the field, required qualifications, success stories and assertively present the same. Creating a career map proves your conviction, while easing their concerns.

Besides, understanding where your parents are coming from is important, too.

Hesitation may stem from doubts over financial stability and job security. Not only acknowledge their worries, but approach a career counsellor, teacher, or mentor as well.

“This can provide additional clarity to all of you. In case contention persists, prove your dedication through projects and internships. Your persistence may help them realise your commitment to your choice, and prove that it's not a mere fleeting fancy. All the best!”

Teens! Got questions, advice to seek, or topics to discuss? Send your queries to info@electroniccitycredence.in and let your voice be heard!



- Aditi Garg
High School Student



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Compulsory**

Group of 5 & above will get 10% discount

☎ 98451 20635 | 98451 30635

- We Renovate your Swimming Pool
- Swimming Pool maintenance Undertaken
- Swimming Coaching provided in your Pool
- Any Swimming Pool Will Be Taken On Rent

Open for PUBLIC to Swim
Mon to Sat 11:30 to 2:30
Sunday Full day

