

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

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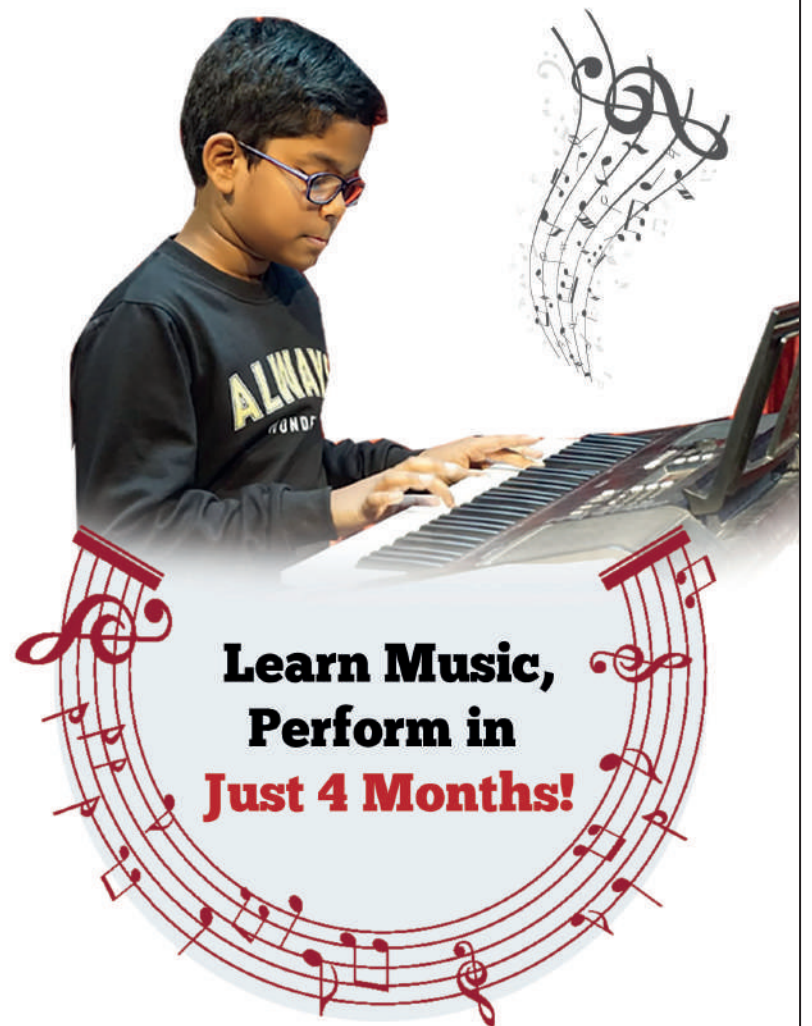
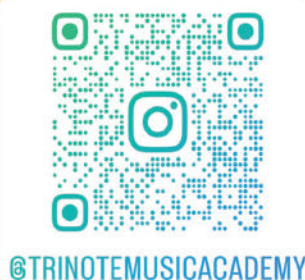
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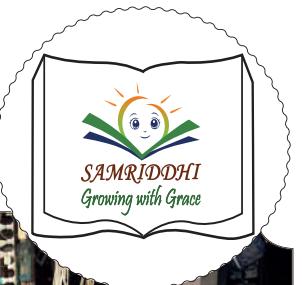
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Neurodiversity Awareness Campaigns by Samriddhi: Early Learning Centre - An Inclusive School



Wall Of Inclusion

An unused public wall was transformed by staff, students, and volunteers, who painted it with the Neurodiversity infinity symbol along with various terms, tags, and labels to create a space for easy and frequent reference and to spread awareness.



To mark Autism Awareness Month, Samriddhi Early Learning Centre celebrates the month of differently-abled individuals every year with various new initiatives aimed at reaching the general public, spreading awareness, and promoting acceptance of neurodiversity.



Street Play

Participated in a street play competition and won first prize on the topic **NEURODIVERSITY - DIFFERENT, NOT LESS**, organized by Mitra for Life in collaboration with 18NOTOUT at the Advaita Art Festival, conducted at Suchitra Cinema during Autism Awareness Month.



Walkathon

Awareness campaign by making people aware of neurodiversity & taking their handprint on walk as a promise to accept, include, embrace neurodivergent, and share equal space.

Let's build a more inclusive world together.

Join us in our journey of awareness and acceptance.

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Young Minds, Big Festive Vibes At Duo City



Children at Duo City kicked off the holiday season by organizing a lively evening filled with food and game stalls. From planning to execution,

the kids took charge—learning to budget, collaborate, and celebrate. The event was a big hit among residents!

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1

Bengaluru's 19-km Yellow Line with 16 stations nears completion. BMRC expects CMRS approval by April-end, aiming for June-July launch, introducing driverless CBTC trains to ease city traffic.

2

IIHMR ECity, in collaboration with Mithra Multispeciality Hospital, successfully conducted a free health check-up camp on April 7, 2025, benefiting attendees with screenings, consultations, & wellness guidance.

3

To safeguard land reserved for the PRR-2 project, BDA has directed Hulimangala Gram Panchayat to halt khata issuances & new building plan approvals. Property stakeholders are advised to stay informed.

4

Property owners from E City Phase I under CMC Hebbagodi have welcomed the pro-people E-Khata initiative & urged authorities to implement an online E-Khata portal similar to BBMP's for hassle-free services.

5

The 21 km Hoskote-Hosur stretch of the Satellite Town Ring Road (STRR) has been delayed, with completion expected not sooner than end of 2025, postponing key traffic decongestion benefits.



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Rotary Club (Wellness Warriors) Hosts Awareness & Menstrual Cup Drive at Vedam School



Date: April 4, 2025

Electronics City, Bangalore – The Rotary Club (Wellness Warriors), Electronics City, organized a significant event today at Vedam School aimed at raising awareness about menstrual health and promoting sustainable menstrual hygiene solutions. The event featured a session on menstrual health awareness, coupled with the free distribution of menstrual cups, as part of the club's ongoing commitment to improving women's health & wellness in the region.

The distinguished Chief Guests for the event were Dr. Nandini K.R., Taluk Health Officer for Bangalore South (Govt. of Karnataka), and Smt. S.K. Gayathri, Managing Trustee of Vivekananda Rashtriya Seva Trust. Also gracing the occasion was Smt. Sangeetha, Vice Principal of Vedam School, along with several other notable figures from the community.

The session's keynote ad-

dress was delivered by

Dr. Lavanya Kiran, President of Rotary Club (Wellness Warriors), Electronics City, Chairperson of Orya Healthcare, and Lead Consultant & Robotic Surgeon at Kauvery Hospital. Her insightful talk highlighted the importance of menstrual health awareness and the benefits of using menstrual cups for both personal health and environmental sustainability.

The event saw an enthusiastic participation of over 40 Asha Karyakartas, who were invited for the session. They not only received menstrual cups for their personal use but were also encouraged to spread awareness about menstrual health and the sustainable use of menstrual cups within their respective communities.

Smt. Manisha J, who runs the SMSC Trust, was entrusted with distributing a major share of the menstrual cups to needy individuals, in-

cluding those in government schools in the area. The distribution was accompanied by an awareness session through NGOs SMSC Trust led by Smt Manisha J & Adi Shankara Foundation led by Advocate Mr. Shubhankar, ensuring that the message of menstrual health reaches the wider community.

This event was an initiative of the Rotary Club (Wellness Warriors), organized under the guidance of Mr. Hardik Thakkar, Secretary of the club and Secretary of the Electronics City Gujarati Samaj, along with Mr. Parashuram Yaragudri, President of the Neeladri Nagar Residents Welfare Federation.

“The Rotary Club (Wellness Warriors) continues to lead initiatives focused on community health, empowerment, and sustainability, with this event marking another milestone in their ongoing efforts to improve the well-being of women in the region.”

Karnataka's Rising Milk Prices: A Path to Malnutrition?



The recent increase of ₹4 per litre in milk prices in Karnataka has sparked widespread concern, particularly for low-income families. The government claims this hike is intended to support dairy farmers and those dependent on animal husbandry. However, when viewed alongside the continuous price hikes in essential commodities and services over the past two years, it raises serious questions about the financial burden being placed on ordinary citizens.

Since 2023, the state has witnessed a sharp increase in petrol and diesel taxes, stamp duties, alcohol taxes, bus fares, and metro fares. Now, milk—a fundamental

source of nutrition, especially for children—has also become more expensive. While the government is focused on sustaining its welfare schemes, it appears to be shifting the financial strain onto the common people.

This is particularly alarming when considering Karnataka's history with malnutrition. During Chief Minister Siddaramaiah's previous tenure, the government introduced the Ksheera Bhagya scheme, which provided school children with milk two or three times a week to combat malnutrition. At the time, the scheme was hailed as a significant step towards improving child health. However, the recent price hike directly contradicts this effort, making it harder for many families—especially migrant and daily wage workers—to afford milk for their children.

For these families, even the current price of milk is a struggle. With yet another increase, many children may be deprived of essential nu-

trients, potentially leading to a rise in malnutrition rates. If milk, an essential dietary staple, continues to become unaffordable, the state may soon witness a crisis affecting the most vulnerable sections of society.

“The government must find a balanced approach—one that supports dairy farmers while ensuring essential nutrition remains within reach for all. Otherwise, Karnataka risks reversing its progress in tackling malnutrition, pushing thousands of children into nutritional insecurity.”



- Shubhankar C
Advocate
Chairperson Adi Shankara
Foundation

Helmet Safety for Kids: What Will It Take to Change?



Despite growing awareness, real-life incidents in Bengaluru continue to show how children's safety is being compromised.

In February, a tragic accident in Whitefield took the life of a 10-year-old boy riding pillion with his mother—neither wore helmets. Near Bannerghatta Road, another child suffered severe head injuries when a two-wheeler skidded on a

pothole. These aren't isolated cases. In 2024 alone, over 270 accidents involved children on two-wheelers, with head injuries in nearly 60% of them.

A 2024 study revealed that children are 93% less likely to wear proper helmets than adults. Many wear poor-quality helmets or none at all.

What's worse—this is not just unsafe, it's illegal. Under

Section 138(7) of the Central Motor Vehicle Act, 2022, kids above 4 must wear BIS-certified helmets and a safety harness. Violating this rule means a ₹1,000 fine & a three-month suspension of the rider's license.

Parents, skipping a helmet is not a small oversight—it's a life risk. No class or errand is worth more than your child's safety.

Act now. Buy a proper helmet. Use a safety harness. Set the example.

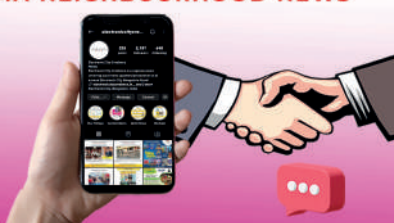
Let's not wait for another tragedy to make the change.

“Note: If this article inspires you to buy a helmet for your child, send us a photo—we'd be happy to feature your safety story in our next edition!”

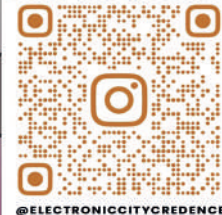


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Common Myths and Facts About Total Knee Arthroplasty

What is Total Knee Arthroplasty- It is a Procedure of Replacing an Arthritic or Diseased Joints With Implants (Prosthesis) Which is Made Up of Metal, Plastic or Polyethylene Liner.

Myth 1: It is Not Possible to Undergo TKR Surgery at the Age of 65-70 Years.

Fact: No Age Limit, Common Age 50-70 Years, Depends on Individuals Overall Health.

Myth 2: After TKR It Takes Months on Bed Rest?

Fact: Patient Can Be Mobilised Same Day of Surgery or Next Based on Pain, Recovery Time May Vary for Elderly Patients With Comorbid Conditions.

Myth 3: TKR Surgery Does Not Last for More Than 10 Years ?

Fact: Lasts for 15-25 Years Under Standard Condition.

Myth 4: It is Not Advised to Undergo TKR for Both the Knee at the Same Time ?

Fact: Can Be Done but Carries Slightly Higher Risk of Complications Compared to Single Knee Replacement or Staged Bilateral Replacement.

Myth 5: Squatting is Difficulty on the Floor After TKR ?

Fact: Squatting /sitting Cross Legged is Possible, but Increases Poly Wear in Hip Region.

Myth 6: In TKR, the Implant is Rejected as a Foreign Body With Side Effects.

Fact: TKR Implants Are Made From Materials Like Metals & Polymers That Are Designed to Be Well Tolerated by Body.

Myth 7: I Should Stop Participating in Sports.

Fact: You Can Typically Resume Sports, but Crucial to Have Low Impact Activities.

Myth 8: I'll Always Require Walking Aids.

Fact: Walkers or Crutches Initially, Progressing to Cane as You Regain Strength & Mobility.

Myth 9: I Should Delay TKR Surgery as Long as I Can Bear the Pain.

Fact: Might Not Be Best Approach for Every One as It Lead to Increasing Joint Damage, reduced Mobility & Potentially More Complex Surgery & Recovery.

Myth 10: TKR Surgery is Expensive.

Fact: It Ranges From 1.5L to 6L, Depends on Type of Surgery, Implant Type, Patient Health Condition & Hospital Charges.



- Dr Akshay TM
Chief Orthopedic Surgeon
NeoTrueNorthHospitals, Doddathoguru

Tiny teeth big changes: Early Orthodontic Wisdom

A straight smile isn't just about looks, it's about health, confidence, and lifelong comfort. Many teenagers struggle with crooked teeth or jaw problems, often caused by habits like mouth breathing, thumb sucking, or genetics. The good news? Early diagnosis and the right treatment can make a big difference.

One gentle and effective option is myofunctional appliances like the Myobrace system. These devices help to correct poor oral habits that often lead to misaligned teeth. Instead of just fixing the problem after it appears, Myobrace works to guide natural jaw growth and

prevent issues from developing in the first place.

Interceptive orthodontics offers treatment options as early as 9 years and above, reduces malocclusion complexity and, in some cases, avoids braces altogether. And if braces are needed later, the process is often quicker and more comfortable thanks to early groundwork.

Recent advances in orthodontics offer many options, from clear aligners to smaller, more comfortable braces. But no matter the method, the goal is the same: A well aligned bite supports easier cleaning, reduces the risk of decay, and improves function and a smile that

boosts confidence.

“With right guidance and timely treatment, we can restore a healthy, beautiful smile that lasts a lifetime.”



- Dr. J.M. Sangeetha Priya
Founder
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The Natural Shift: Rethinking Sun Protection This Summer

Summer brings longer days, outdoor fun, and the need for stronger sun protection. With increased UV exposure, choosing skincare with both SPF and PA ratings is more important than ever.

tial—it represents the highest grade of UVA protection, introduced by Japanese dermatological standards and scientifically validated for its effectiveness in shielding against deep cellular damage.

butter, aloe vera, red raspberry seed oil, licorice, zinc oxide, and kale to offer broad-spectrum protection. These botanicals not only shield from UV damage but also hydrate, calm, and rejuvenate the skin.

“This summer, go beyond sunblock—choose sun nourishment. Embrace sun care that's safe, effective, and rooted in nature.”

Discover more at www.life purified.in



SPF (Sun Protection Factor) defends your skin from UVB rays, which cause sunburn. A higher SPF, such as SPF 45 or above, offers extended protection. But sunburn is only half the story. UVA rays penetrate deeper, causing premature aging, pigmentation, and long-term damage. That's where PA++++ becomes essen-

Yet, not all sunscreens are skin-friendly. Many chemical-based products can clog pores or trigger irritation. This has led to a conscious shift towards natural and Ayurvedic sun care.

Brands like LIFE PURIFIED use time-honored ingredients such as grapeseed oil, mahua butter, carrot seed oil, kokum



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



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South-East ignites business success.

An entrance must have a nameplate, a beautiful door mat, auspicious symbols like Om, Shree etc. The entrance must be clean & clutter free, also the shoe rack to be covered. If the door is facing north or west, a metal nameplate is advised. If the door is facing south or east,

use a wooden nameplate. The nameplate should be installed on the main door's left side.

Unbeknownst to many, entrance mats are usually overlooked, and are silent guardians of energy flow. Often regarded as mere accessories, their colours, aligned with the doorway's direction, subtly shape the vibes entering the home.

East is associated with sun and hence blue, white and all shades of green to be used.

1

2

West is of Saturn and hence white, yellow and shades of cream to be put.

North for Mercury and hence the shades should be blue, white, green or cream.

3

4

South is of Mars and preferred color tones should be pink, coral, red, brown and yellows.



“A conscious selection can bring so much change to our life without our knowledge. It works in the background slowly turning our life beautiful. Design with purpose and let your home flourish!”



- Tanushre Dey
Founder & Vastu Planner
HAPPY HOMESS

Why is it important to let your child Explore

Children are, by nature, very curious and explorative in nature. They want to explore everything themselves and learn practically. Encouraging and helping to find out

their curiosity, helps in the well-being of children. Let us see why children should be let to explore around themselves.

•Value Experiences

Exploring out can make the kids realise the value of experiences rather than the materialistic things.

6

1

•Become Independent

Leaving a child to explore safely can make him/her independent which will help them when they grow up.

• Learn to Appreciate Small Things

Exploring out and observing around can make the kid understand the value of small things which they have but others may not.

5

2

•Build Confidence

Confidence is the biggest gift you can give to your kid. Letting the kid explore & find out various things help build confidence.

•Quality Time Together

Exploring with family and friends can give them opportunities to spend some quality time together.

4

3

•Show the Real World

Exploring out the world helps a child to see and understand the real world outside the cocoon of their home.



So, instead of buying expensive toys for kids, it's always worth letting them explore, giving them an experience which they will cherish for their lifetime.

Parents can support their child's exploration by:

• Taking them on nature walks or museum visits.

• Allowing them to ask questions and experiment with new things.

• Encouraging hands-on activities like gardening, cooking or simple science experiments.

• Letting them play freely and creatively without too many restrictions.

How do you let your child explore around? Which is the best memory so far that you have created together?

Would love to hear your thoughts!



- Poonam Dhungana
Vastu Consultant, Health, Wellness
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