

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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27th April to 10th May 2025

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1

BMTc introduced Route 399-H from Sarjapura to Anekal on 01-05-2025. It runs via Sompura Gate, Bikanra Hosahalli, Chidka Thimmasandra, Chandapura, Marasur Gate.

2

Just 10 minutes of rain turned Electronic City's Hosur Road into waterlogged lanes. Residents blame poor drainage, mismanagement, and unchecked illegal construction. Authorities remain silent as chaos repeats.

3

April 30: A chain collision involving five vehicles occurred on the E-City flyover. Thankfully, no injuries were reported, though vehicle damage was significant. Drive safe, E-City!

4

A fire near Thirupalya Rajakalve, caused by plastic waste burning, was swiftly contained by Civil Defence. With garbage piling outside ELCITA zones, urgent BBMP and community intervention is critical.

5

Electronics City gets a new 24/7 ambulance service from May 1, 2025! Powered by ELCITA and Timken, it offers free emergency transport within 30 km. 080 4660 2222

MMK

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Trash Trouble Near Signiaa



Residents of Shiram Signiaa are facing unbearable foul smells daily, even up to the 11th floor, caused by improper garbage dumping by the nearby California Burrito

outlet & their PG. The garbage is left unsegregated & has previously been burned on-site, risking public health. **"We urge authorities to take immediate action**

to ensure proper disposal, segregation of waste, & to strictly prohibit burning garbage near residential areas." - Residents of Shiram Signiaa

Operation Abhyaas: Preparedness in Action



Kudos to the Civil Defence Corps - Division-50 from Electronic City and Hulimavu for

their active participation and impressive display of preparedness during Operation Abhyaas,

a statewide mock drill held at the Karnataka Civil Defence Headquarters in Ulsoor.

Neotown Road's Worsening Condition



Neotown Road near Smondoville, E-City Phase 1, is plagued by potholes, broken pavements, and constant garbage buildup. Despite being a busy residential stretch, the area has been neglected for far too long. Garbage dumped openly in public spaces and crumbling roads not only create an eyesore but also pose serious health and safety risks to daily commuters and residents, including children and the elderly.

Residents have raised multiple complaints over the past few months, but there has been little to no response from civic authorities. The situation demands immediate intervention. Citizens now urge BBMP and the concerned departments to take swift and visible action—clean the area, repair the roads, and restore basic civic standards.

"It's time for the authorities to step up and ensure a safer, cleaner, and more livable environment for all who call this neighborhood home."

In Times of Grief & Glory, Stand with the Nation and the Armed Forces

The recent heinous attack on Hindu tourists in Pahalgam, Kashmir, executed by terrorists trained and harbored by Pakistan, has shaken the conscience of every Indian. This was not merely an act of terrorism — it was a direct assault on our nation's values, our people, and our peace. In retaliation, the Government of India launched Operation Sindur, a bold and decisive strike that destroyed nine terror camps in and around Pakistan-occupied Kashmir, demonstrating India's resolve and military prowess.

At such a critical juncture, it is the moral duty of every Indian to rise above political or ideological divides and stand united with the nation and its armed forces. These brave men and women in uniform are the very shield that protects our democracy and our freedoms. Their sacrifice is not symbolic—it is real, pain-

ful, and heroic. They deserve not just our respect, but our unwavering support.

However, what is equally disturbing is the narrative of some self-proclaimed intellectuals and public figures, who, in the name of peace and diplomacy, question the actions of our armed forces and government. At a time when innocent lives have been lost in the most gruesome manner, preaching peace without condemning the perpetrators is not only misplaced but dishonorable. Such statements dilute the sacrifices of our soldiers and embolden our enemies.

Peace is an ideal we all cherish, but peace cannot be one-sided. It cannot be a mask behind which enemies of humanity regroup and rearm. True peace will come only when terrorism is crushed, not appeased. Now is the time for decisive action, and those who fail to acknowledge this real-

ity stand on the wrong side of history.

"As citizens of a proud and sovereign nation, we must resolutely support the actions taken by the government and the military. Let us honor our martyrs by standing firm with our forces and speaking out boldly against those who cast doubt on their mission. In the face of barbarism, unity is our greatest strength and patriotism our foremost duty."



- Shubhankar C Advocate
Chairperson
Adi Shankara Foundation

Brief - Junction Beautification at Wipro Junction (Scope of Work)

The beautification project at Wipro Junction includes comprehensive surface preparation through groove cutting and scarifying, followed by excavation and subgrade enhancement. Key construction involves PCC laying, heavy-duty pavers and cobbles, and reinforced concrete works. Precast medians and LED-illuminated MS bollards will enhance traffic control.

Recharge pits are planned for rainwater management, while tactile flooring ensures pedestrian accessibility. Thermoplastic road markings, zero tolerance zones, and advanced road studs will improve safety and night visibility. The project emphasizes durability, safety, and urban aesthetic improvement while complying with civic and environmental standards.



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- Both the child and mother should work together to create a stunning visual.
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The Future of Surgery: Advantages of Robotic Surgery in Gastro and General Surgery



How does robotic surgery enhance precision?

▲ Robotic systems provide high-definition 3D visualization and precise instrumentation, allowing for intricate dissections and suturing.

Does robotic surgery reduce recovery time?

▲ Yes, minimally invasive robotic surgery reduces tissue trauma, resulting in less post-operative pain, scarring, and faster recovery.

Is robotic surgery suitable for complex procedures?

▲ Absolutely! Ranging from Hernias, Gallstones, Appendicitis, thyroid to complex procedures, such as gastrointestinal surgeries, colon cancers, pancreatic disease, Uterus removal surgery and ovarian cysts, where precision and dexterity are crucial.

What are the patient benefits of robotic surgery?

▲ Robotic surgery offers pa-

tients a safer, more effective, and less invasive alternative to traditional surgery, with improved outcomes and faster recovery.

"As robotic technology continues to evolve, I believe it will become an essential tool, providing patients with the best possible care."



- Dr Javed
Robotic surgeon
RAYA HEALTH CARE,
E city

Health benefits of coconut water

- Keeps you hydrated
- High in potassium
- Low in calories
- Free of fat and cholesterol
- Helps in reducing the risk of kidney stones
- Keeps your skin healthy



Silent Separation – The Invisible Relationship Breakup

Not every relationship ends with a fight. Some end in silence.

Silent separation is a growing phenomenon, especially in modern relationships.

It's not loud or dramatic — it's quiet, gradual, and often painful. It's that feeling of being alone even when you're together. You sense something is 'off', but you

can't name it. Conversations shrink, emotional sharing disappears, and eventually, you drift apart — not by choice, but by emotional default.

What does it look like?

Less talking, more routine.

Reduced emotional vulnerability.

Diminished excitement in each other's company.

No closure — just confusion.

It's not about who was right or wrong. It's about emotional disconnection. & that hurts more because there's no one moment you can point to — only a series of silent pauses that grew into a gap.

Why is it damaging?

It leaves people questioning themselves.

It affects self-esteem and the ability to trust again.

It delays healing, keeping you stuck in loops of "what went wrong?"

What can help?

Self-reflection: Was the connection truly mutual?

Honest conversation: If possible, speak up — closure matters.

Clarity of needs: Misalignment often begins in unspoken expectations.

Mutual respect: Relationships

thrive on empathy and space to grow.

Professional help: Sometimes we need someone to help us 'see' what we feel.

Whether you choose to rebuild or walk away, the key is to do it mindfully.

Because silence may not shout, but it speaks volumes.



Dr. Ruupa rao
Psychologist
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The joy of Imperfection!!

Strangely enough we are all surrounded by the images and expectations of being perfect almost all the time. We are always on the lookout for a perfect house, the perfect car, the perfect spouse, the perfect child, the perfect body, the perfect lifestyle and the list is endless. And all this even without understanding what perfection actually is. This could be the confusion when you are not sure of what you really want.

Most of the time the cause of our misery could be the race of achieving this perfection in everything. I wish we all could realize that we are humans and it's perfectly perfect to have and accept the inherent flaws in us and in those around us. We can still be happy and content with what we have if only we realize that we are blessed to have what we have and enjoy every bit of what we have.

We tend to get lost in the

race to achieve this so-called perfection and end up letting ourselves down in the process most of the time. A simple example could be; we know we need to get that beauty sleep but instead of picking ourselves up from the couch we insist on either watching useless reels on phone or picking up that television remote.

What is it to be perfect? What is it to have a perfect house or spouse or child or lifestyle? There is actually no perfect answer or a perfect solution to this. A situation beyond which no improvement is feasible theoretically or practically could mean perfection, but again, which is the situation where no further improvement is possible? We always end up looking and wanting more every time.

Any place where you can find happiness, a person with whom you spend even 5 min-

utes and feel good and happy, eating a slice of cake and enjoying it, a hug from your child, a little smile on your face on watching a cute video, all this could be perfect in that particular moment. I am sure you all would agree if I say that being happy is perfection. I would sum it up by saying, anything that you can enjoy and feel good about..... is perfection.

“It is absolutely perfect to be imperfect and still enjoy these little moments of joy!”



- Alka Thakur
Freelance Content Writer
Electronic City

When Vacations Meant Cousins, Chaos, and Camaraderie

There was a time when summer holidays did not need an itinerary. No flights, no resorts. Just a suitcase packed with cotton clothes, a train ride with a tiffin full of puris, and weeks spent at a cousin's or grandparent's home - often in a smaller city, a slower place. Those homes burst at the seams, joyfully full - with mattresses rolled out on every inch of floor, mangoes cooling in buckets of water, and meals that somehow stretched to feed whoever showed up. Grown-ups chatted late into the night while kids ran wild through corridors, always finding someone to play with, argue with, or quietly learn from.

Of course, there were fights - over board games, who got the window seat, or whose turn it was to fetch water. But

there was no storming off. You stayed, sulked, and slowly figured out how to get along.

I remember the first time I travelled alone - a long train ride with a packed lunch, a window seat, and a slightly nervous heart. I felt grown-up, even heroic. At my aunt's place, I was sent off with cousins - unsupervised - to the zoo, to a movie theatre, or just to buy ice cream from the corner shop. I still remember the thrill of sitting in that theatre, just us cousins, feeling all responsible and older than our years.

Those weeks away were more than just fun - they quietly shaped us. We absorbed different parenting styles, new foods, unfamiliar rules. We learned how to fit in, adjust, speak up, stay quiet - all in a very organic way.

Today, with everyone working and time tightly scheduled, summer fun is often limited to weekend sleepovers. Sleepovers, though lovely, are meticulously planned - right from food to games. But I do think there's value in bringing back a bit of that beautiful summer chaos. Perhaps there is a sweet spot in between - where spontaneity and community can still find space in our modern summers!



- Naga Vydyanathan,
Freelance Technical,
Content & Creative Writer



Creamy, Cool & Power-Packed!

Ingredients:

- ▲ 1 ripe avocado
- ▲ 1 ripe banana
- ▲ 1 cup chilled milk (or almond/oat milk)
- ▲ 1 tsp honey or dates (for sweetness)
- ▲ Ice cubes (optional)

▲ A pinch of cinnamon or cardamom (optional)

Instructions:

- ▲ Scoop out the avocado flesh and slice the banana.
- ▲ Blend all ingredients until smooth and creamy.
- ▲ Serve chilled with a

mint leaf garnish!

Health Benefits:

- ▲ Avocado: Rich in healthy fats, fiber & antioxidants - great for skin, heart, and brain health.
- ▲ Banana: Boosts energy & digestion; adds natural sweetness.

▲ Milk/Almond Milk: Provides calcium & protein.

▲ Honey/Dates: Natural energy source & immunity booster.

“Tip: Add a spoon of chia seeds or protein powder for a post-workout drink!”

The Teen Talk Column

How do I stop comparing myself to others when it feels like everyone else has their life figured out & I'm just stuck?

Oh, comparison. It's one of those soft, sneakily envious, and almost lethal whispers that slowly sneak into one's mind, gradually affecting one's self-esteem. Not a single one of us is immune to comparison; not a single one of us has never felt stuck. It's a universal experience and completely natural. However, there are definitely ways to overcome the cycle of comparison and focus once again on your growth, as an individual.

Firstly, I would like to remind you that you are your own unique, wonderful person, who has so much to offer, a lot of which you may not recognise at all. We are often the hardest on ourselves. Recognise that how you perceive others may be an illusion — an individual who seems to have figured out all aspects of their life may feel just as lost as you, in private. While comparison may evoke

feelings of stagnation, being curious about why you're feeling stuck and the steps you can take to overcome it can inspire you to innovate. Ask yourself what you can learn from the situation you're in and where you see yourself in a year, or five. Furthermore, try to reflect on where you were a year ago, and reminisce about the ways you have progressed over the months. You will find that neither is everyone else constantly in motion, nor have you been continually stuck.

In addition to this, I would also like to recommend maintaining a journal, in which you document even the smallest of daily victories. This will eventually help you build self-awareness and remind you that you are blossoming, too. Trust yourself, and you will eventually figure it all out, as and when you need to. Finally, it is always imperative to share your feelings with any confidant, a friend, parent, family member, counsellor, or any other adult. Talking it out

always helps one feel more at peace.

Each one of us is on a different path, with different timings, priorities, and challenges. Though comparisons are inevitable, they are not necessarily defining or eternal. Compare yourself to who you were the previous day along with looking inward rather than outward, and you will find that the tiniest steps forward count as movement.

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



- Aditi Garg,
High School Student

AI: A Blessing or a Curse for Human Relationships?

The rise of artificial intelligence (AI) as a ruling force can be viewed from both positive and negative perspectives, significantly impacting human relationships. On one hand, AI enhances efficiency, improves communication, and fosters global connectivity, creating opportunities for stronger relationships and collaboration. It also alleviates mundane tasks, freeing up time for more meaningful human interactions. However, excessive dependence on AI in decision-making and daily life may lead to detachment, reducing genuine human connections. The personal touch and empathy inherent in human interactions could erode, increasing social isolation as people engage more with machines than with each other. Overuse of AI in relationships might also lead to misunderstandings and a loss of emotional depth.

AI presents several blessings in human life. It enhances efficiency and convenience by automating tasks, improving communication, and personalizing experiences. Healthcare is another domain where AI brings revolutionary advancements,

aiding in accurate diagnoses, better treatments, and improved patient care. Additionally, AI-powered tools grant easy access to vast knowledge and resources, contributing to better education and opportunities.

Despite these advantages, AI also poses significant challenges. The increasing reliance on AI can lead to dehumanization, weakening human connections as people depend on AI for emotional support and problem-solving. The loss of autonomy is another concern, as AI-driven decisions might reduce individuals' sense of free will and control. Automation could also lead to unemployment, widening economic inequalities and causing social unrest. Moreover, AI-controlled systems raise concerns about privacy and surveillance, potentially threatening individual freedom.

Visually, a world dominated by AI might depict distant human relationships, where technology overshadows real interactions. Platforms like ChatGPT illustrate AI's power, engaging in a silent yet competitive digital attraction war. Whether AI is

a blessing or a curse is debatable, much like the two sides of a coin. The depth of its impact can only be understood through discussion and careful consideration.

“In conclusion, AI's influence on human relationships depends on its integration into society and the balance individuals maintain between technology and authentic human connection. As AI continues to advance, a conscious effort towards empathy, communication, and ethical AI usage will be essential to ensure that technology enhances rather than deteriorates human relationships.”



- Deepa
2 PU
Sharada Vikas PU and
Degree College

Chess Challenge with Shiva: Puzzle #2 Awaits!

Hello again, dear readers! I'm Shiva, and in the previous edition, I shared a chess puzzle—its solution was Qxh7#.



White to Move & Checkmate in one move

Now it's time for the next challenge! Try solving the new puzzle before the upcoming edition. Good luck!



Previous Edition's Puzzle



- Shiva Chawla,
Student, Puzzle Creator

Impact of Technology on Modern Society: A Double-Edged Sword

Technology has improved society in many ways including education, health, and communication. The technology and society in the twenty-first century have become an indisputable force, influencing how people live, work, and interact globally. We are living in a time of unparalleled change and transition due to the quick development and pervasive internet of technology into many aspects of our everyday life. The technology in society lays the groundwork for a more in-depth investigation into its many facets.

Technology advancements are closely related, as technology develops, human civilization is frequently shaped and reshaped. Numerous innovations in the last few years have completely changed the way we work, live, and interact. This talk will explore some of the significant technological developments that have a lasting impact on society, delving into their intricate working and profound effects on day-to-day life.

New developments in technology (Artificial Intelligence) — the quick development is one of the 21st century's most revolutionary technological developments. Neural networks and machines learn and adapt, opening up possibilities in a wide range of industries. Virtual assistants, process automation, and big dataset interpretation are all made possible by Artificial Intelligence-driven systems.

5G technology is a major turning point for the telecom industry. 5G offers speeds up to 100 times faster than 4G, making it possible to connect seamlessly and enable the (Internet of Things). Communication has been completely transformed by this technology, which also makes real-time data transfer possible and promotes the growth of smart cities. Autonomous vehicles, augmented reality, and remote healthcare will all be impacted by the widespread deployment of 5G.

A one-minute speech on social

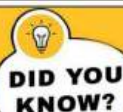
media can discuss the benefits and drawbacks of social media, and how to use it responsibly.

Social media can be both good and bad depending on how it is used. It can be a way to connect with others, but it can also lead to addiction, depression, and other mental health issues.

“Technology addiction is a behavioural addiction that involves excessive use of technology, such as (computers, phones, games, and social media). It can lead to problems in relationships, work, and health.”



- Hema Sampath
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Advitha Pet Hospital 2.0 Opens in Bengaluru: A New Era in Pet Care



Advitha Pet Hospital 2.0— one of Bengaluru's largest pet care facilities—officially opened on 30th April 2025 in Electronic City Phase 1. Established in 2019, Advitha now offers 24/7 emergency services, advanced diagnostics, surgeries, grooming, pet board-

ing, a temperature-controlled swimming pool, hydrotherapy, and more. Spearheaded by Dr. Bharath Raj S.V., the hospital aims to deliver compassionate, state-of-the-art care in a pet-friendly environment.

“The grand opening was graced by leading veteri-

nary professionals and community members. With two additional centers in Chandapura and Attibele, Advitha continues its mission to provide high-quality care for every paw.”

Visit Now: www.advithapethospital.com

Nature is a gift for the soul



Sarah's Art work

Creative Spark: These vibrant paintings are by Sarah, a talented 11-year-old from Hydra Apartments and a student of Grade 7. Her artwork beautifully reflects her imagination and love for colors!

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Mother's Day: Honoring Our Mothers and Mother India



As we celebrate Mother's Day, our hearts are with the grieving mothers of those martyred in recent terror attacks, and the countless others who stand strong while their children serve on the borders. In the wake of the brutal assault on Hindu pilgrims in Kashmir and India's resolute response through Operation Sindoor, the spirit of Mother India shines through the courage and sacrifice of her people.

Just as a mother fierce-

ly protects her child, our armed forces rise to defend the nation's soul. Behind every brave soldier stands a mother—silent, strong, and proud. Today, we salute not only the love and sacrifice of the mothers in our homes, but also the strength of Mother India who weeps and roars in times of war.

“This Mother's Day, let us honor both—with love, with unity, and with unshakable patriotism.”

- Jai Hind. IN

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This summer, let your imagination shine in Electronic City Credence !

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Children of all ages in E City are welcome to participate. Get featured & inspire the community with your creativity!

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📍 Electronic City
VRR SPORTS CLUB
KIDS: Rs 4500
ADULTS: Rs 5000



📍 Jigani Link Rd
RK TOWNSHIP
CLUB HOUSE
YARANDAHALLI



📍 Nisarga Layout
KOPPA GATE
HARAPPANAHALLI