

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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- 1 BMTC 378 bus boarding point moved below Infosys Metro Station. Commuters, take note of this new pick-up location.
- 2 Shikaripalya Lake to be fenced soon, after MP Dr. C.N. Manjunath intervenes to stop sewage inflow and garbage dumping.
- 3 Report garbage in your area via WhatsApp to BBMP (94481-97197). Click, send, and help keep Bengaluru clean!
- 4 Bike taxi ban hits over 1 lakh drivers. Public voices call for regulated, licensed operations instead of complete ban.
- 5 Amazon joins the quick-commerce race! Launches 'Amazon Now' in select Bengaluru pin codes like HSR Layout. More areas are coming soon!

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Broken Road, Broken Promises: Sai Baba Temple to Treamis School



The road from Sai Baba Temple to Treamis School is in pathetic condition — riddled with potholes, uneven patches, and severe waterlogging during rains. Commuters,

especially school-going children and parents, face daily risks navigating this broken stretch.

Residents strongly urge Hulimangala Panchayat officials to travel this route themselves and take immediate repair action. This is not just a matter of inconvenience anymore — it's a growing safety hazard that demands urgent attention.

“The community demands action — not just promises.”

Footpath Encroachments Put Pedestrians at Risk in Electronics City



Electronics City, Bengaluru — Once designed to be a pedestrian-friendly tech hub, Electronics City is now becoming increasingly unsafe for those on foot. A rising number of footpaths across Phase I and Phase II are either encroached by street vendors or completely missing, forcing pedestrians to

walk on busy roads.

Areas like Wipro Gate, Neeladri Road, and the stretch near Infosys Gate have become particularly hazardous. What was once a planned layout has now been taken over by unregulated vending carts, parked vehicles, and construction debris. Parents, senior citizens, and differ-

ently abled residents are most affected. With the onset of the rainy season, conditions have worsened, making walking even more dangerous due to slippery roads and stagnant water. ECC urges civic bodies to take swift and firm action to restore safety and accessibility to Electronics City's walkways.

The Cost of Glory Who is responsible?

The recent IPL victory of Royal Challengers Bengaluru (RCB) — their first since the inception of the league — ignited an emotional wave across Karnataka. For a team that carried the hopes of millions for over a decade, the win was historic. The joy was raw, electric, and contagious. Yet, what should have remained a moment of pride for the state turned into a dark chapter of mismanagement, political overreach, and loss.

RCB, being a private IPL franchise, is not a state-owned team. However, the Government of Karnataka chose to officially host a felicitation event for the team at the grand steps of Vidhana Soudha, followed by another event at Chinnaswamy Stadium, organized by the RCB management. This was announced hurriedly — just hours after the final match — giving no time for proper coordination or preparedness. The police force, already stretched thin after managing post-match celebrations till 4 AM, were suddenly handed the responsibility of securing a high-security event involving the Governor, Chief Minister, Deputy Chief Minister, and several Cabinet

ministers.

Tragically, the excitement spiraled into chaos. Overwhelming crowds swarmed both Vidhana Soudha and the stadium. The situation at Chinnaswamy turned fatal as a stampede at the gates led to 11 deaths & 33 injured. Emergency services were hampered by the crowd density. Yet, the show went on — celebrations proceeded as though nothing happened, highlighting a stark disconnect between power and public suffering.

It is appalling that while fans were struggling outside, grandchildren and associates of ministers were on the stage, basking in celebration. This selective access, enabled by political privilege, starkly violates the spirit of public service.

The principle of volenti non fit injuria — that one who consents to a risk cannot claim damages — cannot be blindly applied here. While the crowd came willingly, the state's invitation and assurances gave a sense of legitimacy and safety. When state machinery officially hosts an event, it assumes the duty to ensure public safety. Hence, responsibility cannot be shifted to the attendees alone.

Suspending the Bengaluru Police Commissioner reeks of scapegoating. The police were under legislative pressure and made extraordinary efforts to manage two high-profile events with inadequate resources. Punishing officers who acted under political compulsion is unjust, while those who ordered and promoted the event remain untouched.

“This tragedy raises vital questions — Who takes accountability when public life is lost? Is power above responsibility? A moment meant for pride became a reminder of systemic failure. The price of this celebration was 11 innocent lives — and that cost can never be justified.”



- Shubhankar C
Advocate
Chairperson
Adi Shankara Foundation

Potholes & Poor Drainage Plague Electronics City Residents



Electronics City, Bengaluru — once envisioned as a tech-forward suburb — is now grappling with worsening civic issues that residents say are being ignored by authorities. The primary concern: dangerous potholes and poor drainage systems, particularly around Doddathogur, Neeladri Road, and Muthanallur Cross.

The onset of the monsoon has only worsened the situation. Commuters face daily challenges navigating cratered roads filled with stagnant rainwater. “It's like driving through a minefield,” said S. Ravi, a tech employee who travels to Phase

I daily. “The lack of basic road maintenance is a serious safety risk.”

Despite repeated complaints to BBMP, Municipal and GP's, residents allege that no long-term solutions have been implemented. Temporary patchwork has failed to withstand even a single spell of heavy rain. Moreover, clogged drains are causing water to overflow onto streets, increasing the risk of vehicle skidding and mosquito-borne diseases.

Many believe that the rapid expansion of infrastructure, combined with a lack of planning, has left the area's basic

amenities overstretched. Civic groups and RWAs have demanded a comprehensive audit of the roads and proper drainage planning.

“It's unacceptable that a major tech hub like Electronics City faces such poor infrastructure,” said Uma Maheswari, Editor of Electronic City Credence. “Authorities need to wake up before accidents and health issues escalate.”

Residents are now rallying for collective action and are planning to escalate the issue through petitions, local campaigns, and online civic platforms.

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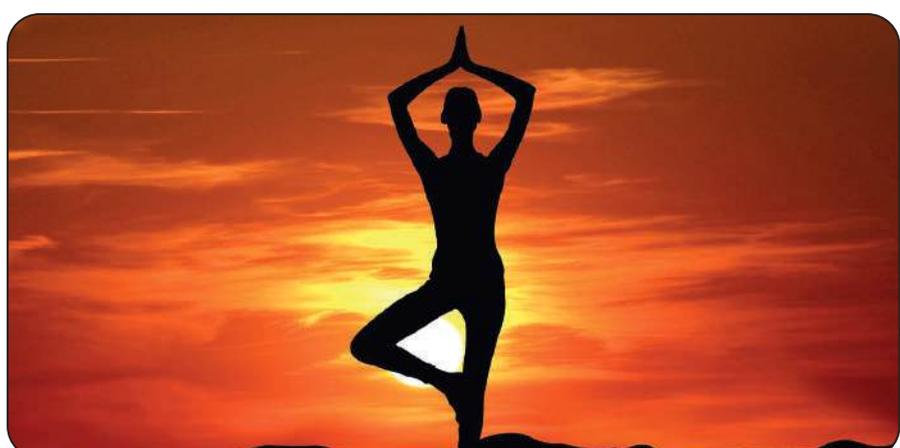
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Embracing Wellness Through Yoga

Celebrating International Yoga Day



International Yoga Day, observed every year on June 21, celebrates the ancient Indian practice of yoga and its timeless relevance in modern life. Introduced by the United Nations in 2015, this global event underscores the power of yoga to harmonize the body, mind, and spirit.

Yoga, which originated thousands of years ago in India, is more than just a series of physical postures. It is a comprehensive lifestyle discipline that incorporates asanas (poses), pranayama

(breath control), meditation, and mindfulness. These elements together foster inner peace, improve flexibility, strengthen immunity, and promote emotional resilience.

The theme for International Yoga Day 2025 is "Yoga for Self and Society", encouraging individuals to explore yoga not just as personal wellness but also as a tool for building compassionate and balanced communities.

As our modern lives become increasingly hectic and

stressful, yoga offers a path to slow down and reconnect with oneself. Whether practiced at home or in a group, yoga has the ability to bring clarity, calm, and vitality to everyday life.

On this International Yoga Day, let us roll out our mats, inhale deeply, and embrace a practice that continues to heal, uplift, and empower—one breath at a time.

Electronic City Credence team wishes everyone a peaceful, healthy, and mindful Yoga Day!

Celebrating Father's Day: Super Dad in the New Era



Bigger than the sky. Deeper than the ocean. Forever and for always. A Father's Love.

— Jeannie Hund

Father's Day is a special occasion celebrated worldwide to honor the invaluable role fathers play in our lives. While every day is an opportunity to acknowledge their efforts, one special day gives us a chance to pause, reflect and celebrate the superstars of our families. The significance of a father is beyond words as he is the person who works tirelessly to fulfil the requirements of his family.

The "Super Dad" initiative launched by UNICEF in June 2017, to highlight the fundamental role that fathers play in their children's early development. Children's formative years are critical for their cognitive, social, emotional and physical development.

What children experience in the earliest days and years of life shapes and defines their futures. Research shows that positive interactions with fathers allow children to have better psychological health and life satisfaction in the future.

The scenario is changing and now fathers have evolved to become more nurturing and involved, breaking the traditional stereotype of being just the breadwinner. They are shouldering equal responsibilities which were supposed to be a mother's task only, like from taking care of a new born baby during paternity leave, they spend more quality time with their kids while working from home, so as to make them feel more confident and emotionally strong. Being a story teller, teaching how to ride a bicycle, helping them in small activi-

ties, a friend who plays outdoor games. Once the children are grown up they find themselves surrounded with lots of information.

Father is the one who makes them aware about and shows the world by narrating the real life stories and experience of his life, discussing about his struggles and success. How to overcome failure and not to give up in challenging situations. Father is a bridge connecting two generations.

Father's Day is not just about gifts and cards, it's about spending quality time, sharing laughter and making memories. Even a simple thank you can mean the world to a father.

“Fathers are like stars: you may not always see them, but you know they're always there.”



- Manisha Tiwari
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Where Numbers Meet Namaste



As International Yoga Day approaches on June 21st, I'm reflecting on how mathematics and yoga, seemingly distinct, beautifully intertwine. For me, math sharpens the mind with precision, while yoga nourishes the body and spirit through balance, breath, and focus. In my teaching, I've seen both are vital for a child's holistic growth.

Having had the privilege of teaching students across various countries and diverse curricula, I've witnessed firsthand the remarkable impact of a child feeling physically grounded and emotionally at ease. It's something I often emphasize to parents: 'A calm mind and a healthy body are, without a doubt, the strongest founda-

tions for learning.'

Here's how I've seen math and yoga connect in truly meaningful ways:

► **Geometry in Motion:** Think about yoga poses like Trikonasana (Triangle Pose) or Bridge Pose. They aren't just stretches; they're precise shapes that allow students to literally embody geometry, feeling the angles & lines with their own bodies.

► **Breathing with Rhythm:** Pranayama, or breath control, often follows specific patterns—like the 4:8:12 rhythm for inhale, hold, and exhale. This isn't just about relaxation; it's a powerful exercise in focus, discipline, and recognizing patterns, all skills deeply rooted in mathematical thinking.

► **Mindful Learning:** I've consistently observed that students excel in math when they approach it with a sense of calm, focus, and emotional presence. Yoga, with its emphasis on mindfulness, cultivates exactly this kind of mental clarity.

► **Confidence Through Calm:** Yoga is incredible for reducing anxiety, improving posture, and building inner strength. These benefits naturally spill over into academic confidence, empowering students to tackle challenges with a more assured mindset.

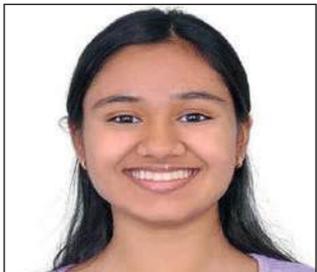
“This International Yoga Day, let's remember: a healthy mind thrives in a healthy body. When numbers meet namaste, learning becomes productive, peaceful, and joyful.”



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

Preparations done, Ready to fly
Time to take off, dreams to reach the sky.
New chapters starting, moving forward, Leaving behind the past.
Photos sent, unaware of the fact that they would be their last.
Thick black smoke engulfing hopes, dreams, families and lives in a single blast.
A flight and careers barely reached mid air,
Who is to blame? A nation in shock,
This is not fair!
12 June, a mayday call to crash in seconds just thirty two.
All left stunned, not knowing what to do?
Both journeys ending even before their start.
The cloud of gray, leaving a sinking feeling of the heart.
Bless those late by minutes that day,
Grace of god for the quick reaction of seat 11A,
And remembrance of their goodbyes that they weren't able to say.
The doctors in Ahmedabad,
The souls en route to London,
A longing for it all to be undone,
Prayers for those affected by Flight AI-171.

Flight AI-171



-Krisha Karani

Simplified RESUME Mastery: Essential Steps for Clear Success

A well-crafted resume highlights skills, experience, and achievements clearly. Follow these concise guidelines to create a standout career document today.

Key Resume Guidelines

- Use a simple font and consistent formatting for readability.
- Keep margins between 0.5 and 1 inch.
- Include contact details at the top with name, phone, email, and LinkedIn link.
- Write a brief summary of your strengths and career goals.
- List work experience in reverse chronological order. Begin each entry with specific action verbs like managed, designed, and coordinated.
- Quantify achievements

with numbers and percentages. Highlight relevant skills matching the job description.

- Add education details with degree, institution, and graduation date.
- Incorporate keywords from the job posting to pass Applicant Tracking Systems (ATS).
- Avoid using images, graphics, or tables in an ATS-friendly resume.
- Limit the resume to one page for early-career professionals or maximum 2 pages.
- Use bullet points to improve scanning and comprehension.
- Proofread for spelling and grammatical errors.
- Tailor the resume for each role by emphasizing most relevant experiences.
- Create a clean header and logical section order.

- Save as a PDF with a professional file name.
- Review and update your resume regularly with new skills and achievements.

“Strong keywords, clear structure, and targeted content ensure your resume bypasses initial screenings and impresses recruiters for interview invitations quickly.”



- Nayagam PP
CERTIFIED Career Coach
EduJob360

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The Power of Multilingualism: How Learning Languages Enhances Children's Cognitive Development:

Our brains use cognitive skills to think, read, learn, remember, evaluate, and concentrate. Powerful intellectual abilities are crucial for children's overall growth because they allow them to solve problems, make decisions, and successfully learn new information. These skills have a significant impact on children's social and academic achievement by determining how they understand their immediate surroundings.

Learning multiple languages is a good way to improve your mental abilities. Studies have shown that youngsters who are bilingual or multilingual usually demonstrate improved memory, more precise close attention under control, and better problem-solving abilities. Speaking an unfamiliar language increases mental agility and innovative thinking by stimulating the brain to understand, develop a meaning, and interact in various ways.

Young minds are engaged in complex thinking that fosters a variety of cognitive abilities when they shift between the different languages. The executive nervous system, the area of the brain in responsible for

controlling attention, working memory, and cognitive flexibility, is improved by this continuous language change. Research shows that when experienced with difficult tasks, multilingual kids have better problem-solving abilities and increased mental flexibility.

A child who switches among different languages, for example, develops the ability to quickly change their focus and adjust to new rules, which improves their multitasking skills. Additionally, learning a language improves working memory, which helps kids remember directions, finish assignments, and follow instructions with greater success.

Practical Guidance for Parents and Educators:

Start exposing children to languages early on through interactive games, stories, and songs. Create immersive circumstances by allocating specific time frames or areas of the house for communicating in various languages. Simple tactics such as watching cartoons in foreign or other languages or labeling household items in multiple languages can also be very helpful.

For practical applications, consider conversation execution, think about finding friends who speak the language or enrolling kids in language immersion programs. By encouraging children to participate in memory games, puzzles, and multilingual storytelling, both educators and parents can encourage their intellectual growth.

“In summary, engaging in multilingual education fosters stronger, more flexible minds that will benefit children in their academic endeavours and beyond, going beyond communication skills. Early initiation can yield long-lasting advantages in both the personal and professional areas.”



Name: Ashok kumar Dasari
A life Science Professional
Initiator of Abhyudaya Knowledge Hub
www.abhyudhaya.com

Beyond the Usual Sports Nurturing Sports beyond the Usual

India is historically known for unity in diversity. A land where everything is different, yet unique, everyone is different but united. In such a multifaceted community of thriving cultures and communities, yet a deep-rooted sense of shared identity binds us together. This richness in culture is one of our nation's greatest strengths. Ironically, however, this diversity does not seem to fully reflect in the sports preferences of school-going children. A closer look at playgrounds across the country reveals a rather narrow focus on just two or three sports — primarily cricket, football, and basketball.

While these sports certainly have their value and global appeal, the consistent spotlight on them has resulted in the sidelining of a wide range of other equally enriching and skill-building sports. India is home to many traditional and modern sports such as kho-kho, kabaddi, badminton, table tennis, archery, athletics, fencing, gymnastics, and more. Each of these activities provides unique benefits — physically, mentally, and socially — that mainstream games alone may not offer.

Encouraging children to diversify their sporting interests is not just about promoting lesser-known

games; it's about nurturing well-rounded development. For instance, sports like gymnastics improve flexibility and balance, track and field build endurance and self-discipline, while archery demands intense concentration and emotional control.

These attributes play a crucial role not just in sports performance, but also in academic and personal life. Additionally, exploring a variety of sports helps students discover their true passion and potential. Every child is different — some may thrive in high-contact team sports, while others may find joy and fulfillment in individual pursuits like swimming or martial arts. When schools limit exposure to only a few popular sports, they unintentionally restrict a child's opportunity to find where they truly shine.

From a broader perspective, diversification in sports also lays the foundation for a stronger national sports culture. India has started making its mark in international arenas like the Olympics, Commonwealth Games, and Asian Games — not just in cricket, but in wrestling, boxing, badminton, shooting, and more. The next generation of champions in these fields is likely sitting in today's classrooms — provided they are given the opportunity and

encouragement to explore beyond the obvious.

Schools, therefore, play a pivotal role. Physical education programs must be inclusive, offering structured exposure to a variety of sports throughout the academic year. Sports days, intramurals, and after-school clubs should feature a wider range of games, with trained coaches guiding students. Parental support is equally essential — encouraging children to try something new, even if it's not what's trending on TV.

“While cricket, football, and basketball will always have their place in the hearts of young Indians, it is crucial to remember that a nation of such immense diversity deserves an equally diverse sports culture. Let's open the field wider and allow our children to explore, engage, and excel in the full spectrum of sports. After all, true unity in diversity must reflect in every aspect of life — including the playground.”



- Prem Kiran
Educator & Marketer

Aditi Leads Team India at FIBA U16!



A proud moment for the August Park family! Aditi S. is representing India as Captain at the FIBA U16 SABA Championship in the Maldives this weekend.

A win here secures a spot in the FIBA U16 Asia Tournament this September. Wishing Aditi and Team India all the best!

Chess Challenge

Greetings, here is this week's chess challenge. Think, analyse and figure out the winning path. Send your answer to credence's email Id:

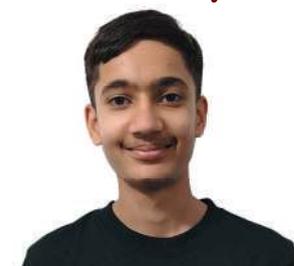
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Good Luck!!!

White to Play and Checmate in One Move



Previous edition Puzzle
Answer: Qe8#



- Shiva Chawla,
Student, Puzzle Creator

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Effects of Tobacco in Oral Cavity



The usage of tobacco in any form is detrimental to oral and general health. Tobacco usage has to be taken seriously, and the youth of our nation should be given proper awareness in quitting tobacco.

Smoking causes cancer. Liquor drinking is injurious to health.

These are common sayings we see everywhere, but how seriously we take them into action is a query. Tobacco is one of the highest risk factors for cancer. Tobacco is the major reason for some of the oral diseases like oral cancer, submucous fibrosis, smoker's palate, leukoplakia, and nicotinic stomatitis. Smoking or chewing tobacco in any form alters the mucosa and induc-

es dysplastic changes, which is a forerunner of oral cancer.

Tobacco also affects the healing capacity of the body, taking a longer time to heal even a simple injury. It also can alter the taste sensation and cause dry mouth, which in turn causes tooth decay and periodontal problems. It can cause a burning sensation of the oral mucosa with difficulty in having spicy foods, which we usually call nicotinic stomatitis.

Tobacco also causes extrinsic stains on the tooth with melanin pigmentation of the oral cavity, affecting the aesthetic appearance of the tooth and its supporting structures. These diseases affect the quality of life of patients.

Creating awareness among

the public about the ill effects of tobacco is very important.

Tobacco is a slow poison.

You are smoking the poison;

Chewing the poison;

When you know this, will you do it?



- Dr. Suhanya Prasanna Kumar
Chief Dentist,
Crown Dental Care

From Code to Consciousness... From Fear to Faith A 30-Year Journey Through Yoga, Miracles & Devotion

On this International Yoga Day, we honour yoga not just as a set of postures but as a way of life—a path from stress to serenity, from chaos to clarity.

Yoga is more than physical movement; it is love, joy, and union with the Divine. Over the decades, countless practitioners have experienced yoga as a source of strength during illness, clarity in moments of confusion, and spiritual connection in times of surrender.

Many have found that healing arises not solely through medicine, but through mantra, mindfulness, and deep devotion. Whether recovering from physical injury

or emotional turmoil, yoga becomes a tool for profound inner transformation—reminding us that the real cure often lies within.

Today, yoga reaches far beyond mats and studios. It flows through our breath, our choices, and our ability to live with awareness and compassion. It teaches that we are not defined by our circumstances, but by our presence, our perspective, and our practice.

Let this Yoga Day be more than a celebration. Let it be a remembrance of who we truly are. **Yoga is not only breath—it is bhakti.**

Not just balance—it is becoming.

Not just posture—it is prayer.

“In every inhale, there is peace. In every exhale, a release. May this day awaken your spirit—and reconnect you to the divine within.”



- Dr. Rakesh J Dashpute
Toxin Loss Expert | Author
President - Hanuman
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Green Spirit at Ajmera



Ajmera Infinity Senior Citizen Manch celebrated World Environment Day on 15th June 2025 at Ajmera Infinity Apartments with great enthusiasm and community spirit.

The event began with a vibrant procession led by the children of Ajmera Infinity, followed by a thought-provoking Nukad Natak highlighting current environmental issues and their solutions.

The program was formally inaugurated by Mrs. Usha Kalra (Convenor - Senior Citizen Forum), who planted trees

along with children and senior residents as a symbolic gesture of commitment to environmental conservation.

Participants across all age groups showcased their talent through skits, speeches, and poetry recitations, all centered around the theme of protecting our environment and promoting sustainability.

“The celebration concluded with the distribution of gifts and potted plants to all participants as a token of appreciation and a reminder to nurture nature.”
- Ajmera Infinity

MMK Media

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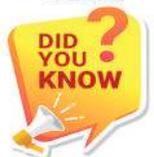
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