

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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Toll Fees Increased on Elevated Expressway
Starting July 1, toll rates on the Electronic City elevated corridor have gone up. Cars, LCVs, and minibuses will pay ₹5 extra. Monthly pass fees increased by ₹20 to ₹40, impacting daily commuters between Silk Board and Electronic City Phase 1.
- 2

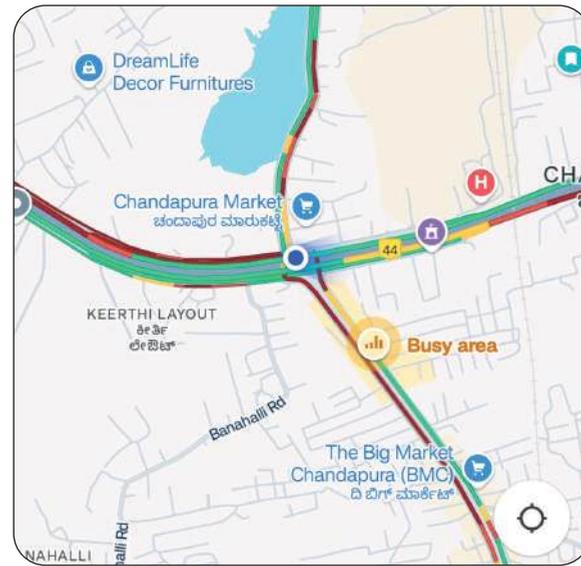
ELCIA Tech Summit to Debut on July 26
The Electronics City Industries Association (ELCIA) announced its first-ever Tech Summit, to be held on July 26. The event will focus on AI, robotics, sustainability, and includes a hackathon. It aims to support innovation, especially among MSMEs and startups within the tech hub.
- 3

Electronic City station: Fully structurally ready—platforms, concourses, tracks—all set. Currently awaiting train operations. Expected opening with line's full rollout by August 2025
- 4

New Hotel on the Horizon : IHG plans to open a Holiday Inn in Electronic City by early 2029, featuring 200 rooms, a ballroom, fitness center, and dining facilities to support business and leisure travelers
- 5

BMTC expanded its NICE Road network with five express routes (e.g., Majestic–Attibele, Majestic–Devanahalli), introduced a ₹1,400 unlimited monthly pass, and launched a ₹600 weekend AC tour to Ghati-Isha.

Chandapura Market Circle A Daily Traffic Nightmare



Chandapura Market Circle has become a persistent choke point, with school children and office-goers stuck in gridlock for hours. Despite repeated concerns from residents, the traffic congestion remains unaddressed.

The situation demands immediate attention from civic and traffic authorities.

A well-planned decongestion strategy and effective traffic management are essential to ease daily struggles and ensure safe, timely commutes for all—especially school buses navigating through the chaos.

Vitasandra Turns into a Dump

Vitasandra Road, a crucial route for Vibgyor School commuters, is now plagued by overflowing garbage. Despite multiple complaints, the local panchayat remains unresponsive. The unchecked waste not only defaces the area but also endangers the health of residents — especially children. How long will the panchayat ignore this mess? Is public health not their responsibility?



BMRCL Progress Report March–May 2025



₹100 crore Kadubeesanahalli Metro Station under Phase-2A. BMRCL also placed orders for seven additional train sets from BEML to support Phases 2, 2A, and 2B. Sustainability initiatives include compost-based gardens on metro medians, developed with Pelican Kenterra and Wipro Foundation. The STAMP behavioural challenge was launched to promote public transport among commuters using tech-driven nudges.

BMRCL continues enhancing commuter safety with AI-based CCTV surveillance and mock counter-terrorism drills. Additionally, 10 self-service ticket vending machines were installed at Baiyappanahalli Station, reducing queues and enabling digital ticketing.

The Bangalore Metro Rail Corporation Limited (BMRCL) has reported major progress in its infrastructure and urban mobility initiatives during March–May 2025. The Karnataka Cabinet approved a revised budget for Metro Phase-2, increasing the cost by ₹9,729.9 crore to ₹40,425 crore. This covers cost escalations in civil works and land acquisition. Phase-2 now extends to 75 km, with Purple and Green line extensions operational and the Yellow Line nearing completion.

Yellow Line Update: The much-anticipated Yellow Line (RV Road–Bommasandra, 18.82 km) is on track for commissioning by July 2025. BMRCL has received its third train

set from Kolkata in June, with assembly and static testing underway. Dynamic testing and statutory inspections by the Commissioner of Metro Rail Safety are scheduled. Full-scale operations are expected to begin between August and September 2025. The corridor will significantly ease congestion between key industrial and residential zones.

In further developments, the Central Government sanctioned 45 km of Phase-3 and is reviewing a proposal for Phase-3A (37 km). DDC contracts for Phase-3 have been awarded, covering a 44.65 km network with 31 stations, targeted for completion by 2029.

Public-private partnerships are driving growth. Embassy Office Parks is funding the

Infrastucture upgrades include plans for a ₹50 crore pedestrian skywalk at Banashankari and LED lighting of metro pillars at major junctions. Operationally, BMRCL recorded over 9 lakh passengers in a single day in April and achieved 94.3% physical progress in Phase-2 works, with near-total land acquisition.

Garbage Menace on Shikaripalya Road



Despite daily garbage collection, the stretch from Shikaripalya Road towards Tech-turf, Meadows, and Mahendra Elena 5 remains littered. Residents report a foul smell, especially for those commut-

ing towards Wipro. The issue is worsened by individuals dumping garbage at night from bikes and cars. A practical solution would be the installation of CCTV cameras with clear signage stating “Under Surveillance.” This

could deter offenders and support enforcement.

“Public Note: Clean surroundings begin with responsible citizens. Let’s stop dumping & start caring.”

- Concerned Resident, Electronic City

Footpath or marketplace?



At Mutthanallur Cross on Chandapura Road, the designated pedestrian footpath has been overtaken by roadside vendors, banners, and illegally parked vehicles. This alarming encroachment is forcing pedestrians, including schoolchildren and the

elderly, to walk on the busy main road, putting their lives at risk. Authorities must act swiftly to restore public walkways. Footpaths are for people — not for profit.

“We request the traffic police to take immediate action and ensure pedestrian safety.”

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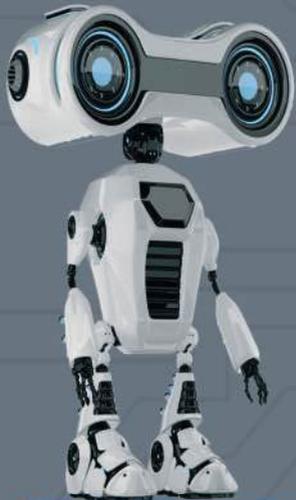
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Invisible Candles



Vihaan sat quietly at the table, staring at the untouched slice of bread. It was his ninth birthday. No balloons. No wishes. Just the sound of typing and ringing phones. His parents, caught in deadlines and meetings, didn't notice the slight tremble in his voice when he

said, "Good morning." The day passed. No cake. No hug. No "We're proud of you." That night, he wrote:

"I didn't want gifts. Just to be remembered."

The next day, his mother found the note. Her heart cracked. They had missed his day—not because they didn't

love him, but because they thought he'd understand.

But what feels small to adults—a hug, a few kind words—is the whole world to a child.

In the rush of life, parents sometimes forget that children don't need big things. They just need to feel seen.

Bluepea Infused Panacotta

Get ready to wow your taste buds and your Instagram followers with this stunning blue-hued dessert!

Gather your magic ingredients:

- 1 cup heavy cream
- 1/2 cup granulated sugar
- 1 tsp vanilla extract
- 1/2 tsp veg gelatin
- 1/4 cup dried bluepea flowers

Let's brew some magic!

Steep the magic flowers:

Let the bluepea flowers steep in the heavy cream for 10-15 minutes. Strain the mixture into a clean bowl, and voilà! Your cream is now infused with mystical bluepea powers. Discard the flowers – they've done their job!

Sugar and spice and everything nice:

Heat the infused cream mixture and sugar in a saucepan over medium heat, stirring occasionally, until the sugar dissolves and the mixture simmers. Remove from heat and let cool slightly – don't let it boil over, or you'll lose the magic!

Enjoy your enchanting bluepea panna cotta, and don't forget to share those Instagram-worthy pics!



Gelatin magic:

In a small bowl, sprinkle the veg gelatin over 1/4 cup cold water and let it soften for 5 minutes. Add the softened gelatin to the warm cream mixture and stir until dissolved.

Chill the panna cotta:

Pour the mixture into individual serving cups or a large serving dish.

Serve and dazzle:

Serve the panna cotta chilled, and watch as your guests' faces light up with wonder!



- Chef ILMA,
Professional Chef @ Chef ILMA's

Digital Detox: Why Your Mind Needs a Break from Screens



In today's fast-paced, hyper-connected world, screens have become an inseparable part of our daily lives. From smartphones and laptops to TVs and tablets, we're constantly bombarded with digital content. While technology brings convenience, overexposure to screens is silently impacting our mental and physical well-being.

Too much screen time can lead to eye strain, poor posture, sleep disturbances, and even increased stress and anxiety. Our brains are not designed for continuous stimulation. The constant stream of notifications, social media updates, and digital distractions often leads to reduced attention span and mental fatigue.

A digital detox—tak-

ing a planned break from screens—allows the mind to reset. It encourages better focus, deeper sleep, improved mood, and enhanced creativity. Even short breaks, like keeping devices away during meals or taking tech-free walks, can make a significant difference.

Start small. Designate "screen-free" hours during your day. Replace screen time with hobbies like reading, sketching, gardening, or spending time with loved ones. Use technology mindfully—turn off non-essential notifications, track your screen time, and avoid screens at least an hour before bedtime.

"Remember, balance is key."

A digital detox isn't about abandoning technology—it's about reclaiming control and prioritizing your mental health in a tech-driven age."

SILENT CRISIS AMONG THE YOUNG

A WAKE-UP CALL ON LIFESTYLE HEALTH



In recent months, an alarming trend has emerged: rising cases of sudden cardiac arrests and heart attacks in young individuals aged between 20 and 40 years. Once considered rare in this age group, these tragic incidents are now frequently making headlines, shocking families, communities, and healthcare professionals alike.

Initial concerns pointed toward the aftereffects of COVID-19 vaccination; however, thorough scientific studies and expert analyses have ruled out these claims. The vaccines have been declared safe. The real culprits lie elsewhere deep within our daily choices and modern lifestyle.

Today's fast-paced hybrid life has altered our habits drastically. The air

we breathe is polluted, the water we consume despite purification is not always safe, and the food we eat is often laced with pesticides, preservatives, and synthetic flavorings. The excessive use of chemicals in agriculture and food processing to increase profit is silently poisoning our bodies.

Moreover, there is a growing addiction among youth to smoking, alcohol, recreational drugs, and an unhealthy party culture. Screen time has replaced physical activity. Irregular sleeping and eating patterns, lack of sunlight, sedentary jobs, and high-pressure corporate environments are pushing young people into a state of chronic stress, fatigue, and burnout.

Mental and physical

health are being sidelined in the race to meet deadlines, impress superiors, and chase social media validation. This constant stress wreaks havoc on cardiovascular health, often without visible symptoms until it's too late.

This is a call for awareness. It's time we rethink our choices. Youngsters must be educated and encouraged to adopt preventive measures, regular health check-ups, adequate sleep, clean and balanced diets, digital detox, stress management, physical exercise, and mindfulness practices.

"Let us not wait for another young life to be lost before we take action. A healthy life is not a luxury, it's a necessity."

Pause. Breathe. Reflect. Live mindfully. Your heart matters.



- Shubhankar C
Advocate
Chairperson
Adi Shankara Foundation

Blueprint for Student Success: Grades 6 to 12



Key Strategies

- ◆ Set SMART goals and measurable milestones to clarify purpose and track progress effectively.
- ◆ Incorporate time-bound objectives within a flexible daily schedule to balance study and activities while maintaining focus.
- ◆ Start early-morning study sessions and regular physical exercise to boost concentration and cognitive performance.

- ◆ Implement year-long planning to spread workload evenly, identify weak-tops early, and prevent last-minute stress.
- ◆ Use video tutorials for visual learning and maintain dedicated notebooks for challenging concepts to aid revision.

◆ Strategically allocate time between school curriculum, coaching modules, and Olympiad preparation to develop analytical skills.

◆ Consult quality reference books and preview chapters before classroom teaching to reinforce understanding.

◆ Practice mindfulness-based stress management and seek guidance from teachers and mentors to prevent burnout and accelerate growth.

Beginning these practices early cultivates habits that endure throughout the academic journey and beyond.

“By combining strategic planning with consistent effort, dedicated students can secure pathways to prestigious institutions and build rewarding careers.”



Nayagam PP
CERTIFIED Career Coach
EduJob360

International Yoga Day at Redbridge International Academy!



Redbridge International celebrated Yoga Day with great enthusiasm, promoting wellness, balance, and mindfulness among the students. Above are a few glimpses from the day!

DID YOU KNOW?

If you drive to the sun at 55 mph, it would take you about 193 years.



Guiding Little Steps



- Anu PC, Founder
Feather Touch Preschool

Unique Teaching Approach & Curriculum

Feathertouch's proprietary research based Curriculum is rooted in active learning and child-led discovery. Inspired by global best practices, it focuses on age-appropriate, theme-based learning that nurtures curiosity, creativity, and independent thinking — laying a strong foundation for school and life.

Holistic Development Focus

We believe in nurturing the whole child. Our program balances structured learning with creative play, encouraging growth across seven key domains: literacy, numeracy, physical development, social-emotional skills, cognitive skills, artistic expression, and environmental awareness.

Parent Involvement & Collaboration

We view parents as vital partners. Through regular communication, digital updates, parent workshops, and open classroom observations, we keep parents involved in their child's journey and foster a strong sense of community.

Popular Activities for Children

Children enjoy our theme-based days like **“Little Scientists,” “Mini Chef,”** and cultural celebrations. Activities like music, storytelling, and drama help children connect learning to the real world in joyful and memorable ways. Our annual days are the most watched event with children from all our 60+ branches participating enthusiastically.

Transition to Formal Schooling

School readiness is at the heart of our program. We equip children with the confidence, habits, and foundational skills needed for success in primary school. Feathertouch also has tie-ups with leading schools, ensuring our preschoolers have guaranteed admission into Grade 1 — giving parents added peace of mind during this important milestone.

From Crayons to Confidence



ence experiments, and writing assignments.

Children feel proud when they create something on their own. This boosts their self-esteem and reduces anxiety, making them more confident in school.

“Talking about their art helps kids expand vocabulary, describe thoughts, and express feelings—supporting language and writing skills.”

Creating art requires attention to detail and patience. This strengthens a child's ability to focus—skills that directly help with subjects like math, reading, and science.

Art involves observation, imagination, & ex

pression. When children draw or visualize concepts (like drawing the solar system or a food chain), they remember them better. Art encourages thinking differently and finding creative solutions—skills that help with math puzzles, sci-



- Uma Muthu,
Franchisee,
Globalart Electronic City



Why Modern Marriages Feel So Difficult

Marriage today is no longer about just surviving together, it's about thriving emotionally, mentally, and even spiritually. But why do so many couples struggle, despite love and intention?

Why marriages are not working out:

High emotional expectations from one partner, Poor conflict resolution skills, Unrealistic ideas of love and perfection, Lack of role clarity and mutual respect, Social media comparison and digital

distractions, Reduced tolerance for discomfort or effort, Limited emotional vocabulary & self-awareness.

What you can do about it:

Learn how to listen without reacting, Build emotional safety through daily rituals, Address unmet needs without blaming, Understand modern relationship dynamics, Replace assumptions with honest conversations, Create new definitions of partnership, Seek tools, not just time, to heal.

Marriage is still one of the most meaningful human con-

nections when nurtured with the right mindset & tools. If you're feeling stuck or confused, don't wait until things fall apart.

“Start rebuilding, one insight, one step, one conversation at a time. Consider joining a relationship course or seeking relationship counseling to explore what's possible beyond the struggle.”



- Dr. Ruupa Rao
Psychologist
ICF PCC COACH



Yoga and Health



In today's fast-paced world, maintaining good health can be challenging. Yoga offers a holistic approach to well-being, connecting the mind, body, and spirit. This blog post explores the profound health benefits of yoga and provides practical tips for incorporating it into your daily life.

Physical Health Benefits

Yoga is more than just stretching; it's a comprehensive exercise system. Regular practice offers a multitude of physical benefits:

Improved Flexibility:

Yoga postures stretch and lengthen muscles, increasing flexibility and range of motion.

Increased Strength:

Many yoga poses require you to support your body weight, building strength in your arms, legs, and core.

Better Balance:

Balancing poses enhance stability and coordination, reducing the risk of falls.

Cardiovascular Health:

Certain styles of yoga, like Vinyasa, can elevate your heart rate and improve cardiovascular fitness.

Pain Relief:

Yoga can alleviate chronic pain, such as back pain, arthritis, and headaches.

Mental Health Benefits

Yoga's benefits extend beyond the physical realm, positively impacting mental and emotional well-being:

Stress Reduction:

Yoga incorporates breathing techniques (pranayama) and meditation, which calm the nervous system and reduce stress hormones.

Anxiety Relief:

Regular yoga practice can help manage anxiety symptoms and promote relaxation.

Improved Mood:

Yoga stimulates the release of endorphins, natural mood boosters that can alleviate symptoms of depression.

Increased Focus:

Yoga requires concentration and mindfulness, enhancing focus and cognitive function.

Better Sleep:

Practicing yoga before bed can promote relaxation and improve sleep quality.

Incorporating Yoga into Your Daily Routine

Start Small:

Begin with 15-20 minute sessions.

Find a Style

Explore different yoga styles (Hatha, Vinyasa, Restorative) to find what resonates with you.

Use Online Resources

Utilize yoga apps, videos, or online classes.

Be Consistent

Aim to practice yoga several times a week.

Making yoga a regular part of your life doesn't require drastic changes. Here are some practical tips:

Morning Yoga:

Start your day with a gentle yoga flow to energize your body and mind.

Desk Yoga:

Take short yoga breaks during the workday to stretch and relieve tension.

Evening Yoga:

Wind down with a relaxing yoga sequence before bed to improve sleep.

Weekend Yoga:

Dedicate a longer yoga session on weekends to deepen your practice.

Mindful Breathing:

Practice deep breathing exercises throughout the day to manage stress.

Conclusion

Yoga offers a powerful pathway to improved health and well-being. By incorporating yoga into your daily routine, you can unlock its physical and mental benefits, leading to a healthier, happier, and more balanced life. Start your yoga journey today and experience the transformative power of this ancient practice!

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Silent Fire in Your Gums: Stop Gingivitis Before It Steals Your Smile



Gingivitis is the first sign of a silent inflammatory disease in your mouth. If left untreated, it can advance into periodontitis — a serious gum infection that destroys the tissues and bone that support your teeth, eventually leading to tooth loss.

At Dental Fit, we stress early detection, because gingivitis is reversible — but periodontitis is not.

Watch for These Red Flags:

- Bleeding while brushing or flossing
- Red, swollen, or tender gums
- Persistent bad breath
- Gums pulling away from teeth (receding gums)
- Loose teeth in advanced cases

What Causes It?

Gingivitis is primarily caused by bacterial plaque, a sticky layer that collects near the gumline. Poor brushing, flossing, and skipping dental visits allow it to harden and inflame the gums.

Other risk factors include:

- Smoking and tobacco use
- Diabetes, pregnancy, & hormonal changes
- Certain medications
- Juvenile Periodontitis:

A rare, aggressive gum disease that affects teenagers and young adults, causing rapid bone loss

Advanced Treatment at Dental Fit:

For advanced gum infections, we offer Laser-Assisted Flap Surgery a modern, minimally invasive solution. This procedure gently lifts the gum, removes infected tissue, disinfects deep pockets using laser technology, and promotes faster healing with minimal discomfort.

Prevention is Powerful:

- Brush and floss daily
- Get dental check-ups every 6 months
- Don't ignore early gum signs
- Take extra care during pregnancy or in systemic conditions



Gum disease doesn't always hurt but it's quietly damaging your health. Act early. Treat smarter.



- Dr. Sangeetha Priya,
Founder, DentalFit Multispecialty
Dental Clinic, Electronic City

Fitness is Not a Phase It's a Lifestyle

In today's fast-paced world, health often takes a backseat to busy schedules and digital distractions. But fitness is no longer a luxury — it's a necessity. A consistent workout routine doesn't just shape your body; it sharpens your mind, boosts immunity, and builds long-term resilience.

Contrary to popular belief, fitness isn't only about lifting heavy weights or running marathons. It's about moving your body regularly, challenging your limits, and being mindful of your well-being. Whether it's a 30-minute brisk walk, a strength session

at the gym, or a relaxing yoga flow — movement in any form counts.

Group classes and bootcamps are also becoming increasingly popular, offering not just structure, but community. When you're surrounded by like-minded people and guided by a trainer, staying motivated becomes much easier.

But remember — results don't come overnight. Fitness is a long game. Con-

sistency beats intensity, and progress matters more than perfection. Start with small goals. Drink more water. Stretch daily. Sleep better. Your body will thank you.

“Ultimately, fitness isn't about fitting into a certain size — it's about feeling strong, energetic, and confident in your own skin. Choose movement. Choose health. Choose you.”



- Harish G
Green Fitness Studio

ASHTANGA YOGA CENTRE MARKS IDY 2025



On International Yoga Day 2025, Ashtanga Yoga Centre held energizing sessions at Bettadasanapura Government School and its E-city centre, spreading awareness on holistic health and environmental harmony.

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Plastic Free July : Take the no paper cup challenge

Mark the dates when you avoided using paper cups!

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2025

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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	31		

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Choose shapes or colors for each member by picking a chit. Each member will use the chosen shape while marking in the calendar everyday. At the end of the month, count the no.of days each member avoided paper cups and crown the winner.

Post & tag or Send marked calendar photos on Insta @eco_margdarsak, get featured & inspire others ; Also check the page after 20 July for Aug calendar with another exciting challenge

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- ✿ You're struggling with constant clashes or silence
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