

# ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

Volume 3 : Issue 54

06th to 19th July 2025

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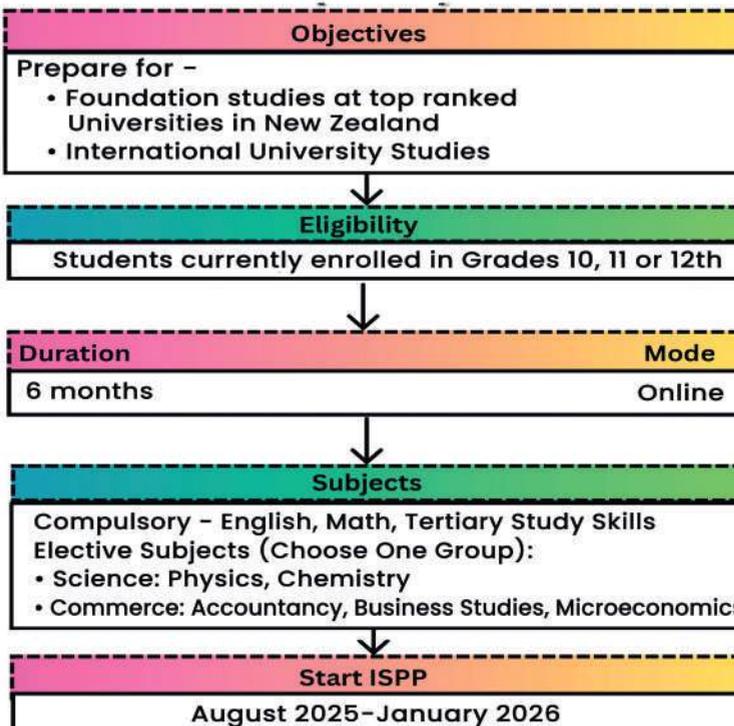


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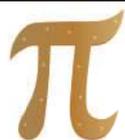


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## A Slice of Joy on Pi Approximation Day



**J**uly 22 – When Math Feels Deliciously Fun!

As July 22 approaches, I find myself smiling at the thought of a day dedicated to one of math's most iconic and quirky constants—pi. Celebrated as Pi Approximation Day, this fun mathematical holiday honors the classic fraction 22/7, a simple yet clever way to represent pi (approximately 3.14159), especially before modern tools existed.

As a math educator, I've seen how moments like this can make math feel less intimidating and a lot more magical. Pi may be infinite and irrational, but it sparks very real curiosity and excitement in young minds.

Here's why I love bringing this day alive for my students:

- Circle Time, Re-imagined:

From tracing circular objects to crafting pi-inspired art, students start noticing math all around—in pizzas, wheels, bangles, and even the moon!

- Math with a Story: Sharing how ancient mathematicians like Archimedes tried to estimate pi helps students understand that math evolves through creativity and persistence.

- Playful Patterns: Exploring pi's never-ending digits and unique pattern-less nature shows that math can be full of surprises.

- Sweet Celebrations: And of course—what better way to celebrate than with a real pie? Learning becomes even more fun when it includes laughter and a slice of something sweet.

Pi Approximation Day isn't just about a number. It's about connecting learning with joy, shaping young perspectives, and celebrating the beauty in patterns that never end.

“So this July 22, let's pause to appreciate the wonders hidden in a simple circle. Because sometimes, the best way to learn math... is to have a little fun with it.”



- Mahak Singla  
Mindful Maths by Mahak



## International Studies Preparatory Program



In an evolving world where education must go beyond academics, a leading academic and career advisory platform, iQuery, offers a comprehensive ecosystem of services aligned with global education standards.

### International Studies Preparatory Program (ISPP)

Exclusive for students of Grade 10 / O-Levels 11 & 12, this program offers an opportunity for structured academic advancement.

It is a rigorous, 6-month online program designed to prepare students for International Educational pathways that lead to guaranteed admission in Top Ranked Universities after Grade 10.

#### Objective

- ◆ To prepare students for Foundation Studies offered by the Top 3 Universities in New Zealand.
- ◆ To build academic readiness and global competencies for International University Studies anywhere abroad.

#### Eligibility

- ◆ Students currently enrolled

in Grade 10, 11 or 12 (any academic stream)

► **Program Duration & Mode**  
6 Months, fully online

► **Program Schedule**

◆ Next Batch: August 2025 – January 2026

◆ Assessment & Admissions Support: April 2026

► **Compulsory Subjects:**

- ◆ English
- ◆ Mathematics
- ◆ Tertiary Study Skills

► **Elective Subjects (Choose One Group):**

- ◆ Science Group: Physics, Chemistry
- ◆ Commerce Group: Accountancy, Business Studies, Microeconomics

► **Admission Process**

- ◆ Submit Application Form
- ◆ Attach Academic Records
- ◆ Merit-Based Shortlisting & Interview
- ◆ Counselling Session with Academic Consultant
- ◆ Program Commencement (August 2025)
- ◆ Completion Pathway
- ◆ Final Assessment: Admission

Test in April 2026

- ◆ Certification: Transcript + Course Completion Certificate
- ◆ Post-Program Counselling

► **Additional Benefits-**

- ◆ Replaces tuitions more effectively with lasting benefits and long term success
- ◆ Personalized mentoring and academic tracking
- ◆ Free Career Assessment
- ◆ Foundation for international curriculum, study formats and expectations
- ◆ Step-by-step university application, visa & transition support
- ◆ 50% scholarship awarded to students enrolling before 15 August, 2025



- Ani Krishna  
International Career Guidance Officer



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Think Creative



# CELEBRATION

## Creative Drawing Contest

Date: July 26th, 2025  
Time: 2:00 PM – 3:00 PM  
Age Group: 5 – 10 years

Let your imagination shine!  
A fun-filled hour of colours,  
creativity & celebration



**Win exciting prizes!**

**Registration closes  
on July 24th**

 To participate, call & register at 9740776763

 Neeladri road, Electronic City

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1

**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**

2

**Thief from apartment steals ₹60 lakh valuables: A jobless graduate hiding in an apartment complex stole valuables worth ₹60.4 lakh from neighbours in Electronics City**

3

**Footpaths at Mutthanallur Cross, Chandapura Road are blocked by vendors and vehicles, forcing pedestrians onto the road. This dangerous encroachment risks lives and demands immediate action from authorities.**

4

**Public Works Department issued a notice to NICE for increasing toll rates by 7.5% without government approval. The unilateral hike has raised public concerns and triggered official scrutiny.**

5

**Deplorable road conditions in Classic Paradise Layout, Ward 192 continue despite multiple complaints. No action on asphaltting stretch from DLF to Begur—a vital link to Electronic City & Hosur Road. Urgent intervention needed! #BangaloreRoads #Ward192**

## Public Concern: Garbage Dump on Heelalige Road



**G**arbage has been piling up on Heelalige Road, between Lakshmi Clinic and a hardware shop, causing inconvenience to residents and passersby. Despite raising the issue with the Chandapura Gram Panchayat, no action has been taken so far.

Residents are urging the Panchayat to initiate immediate cleanup and ensure regular monitoring to prevent further dumping.

Location: Heelalige Road, Amulya Royale Layout, Phase 2

Concern raised by a local resident as part of our Public Voice initiative.

## Garbage Pile-Up on Neotown Road Raises Health Concerns



**R**esidents of Neotown Road, Thirupalya (Electronic City Phase 1), have raised concerns over mounting garbage along the roadside. Despite repeated complaints, waste collection remains irregular, posing serious hygiene and safety issues. The unattended garbage is not only an eyesore but also a breeding ground for pests. Locals urge BBMP and relevant civic authorities to take immediate action to clear the waste and enforce stricter monitoring.

## Know Your Rights Under Rule 145 of Karnataka Registration Rules

**I**n the realm of property and legal document registration, misinformation often causes unwarranted delays and manipulation. One such frequently misunderstood area is the objection to registration of documents. Citizens must be aware of Rule 145 of the Karnataka Registration Rules, which clearly bars the Registering Officer from entertaining any protests or objections during the registration process.

According to Rule 145, the \*Registering Officer (Sub-Registrar) shall not accept any petition or objection against the registration of a document. If any such protest is made, the officer must immediately return it with an endorsement citing Rule 145, stating that such objections are legally impermissible. Importantly, no record of such objection is maintained in the office, and hence, no certified or photo copies can be issued because the document is not retained.\*

This rule applies to all types of registrations conducted by the Sub-Registrar, including property deeds, partition deeds, gift deeds, powers of attorney, partnership agreements, and more. The only exception where registration can be withheld is when there exists a specific court order directing competent authority, not to carry out the registration of that particular document.

The Hon'ble Supreme Court of India, in a recent ruling in Civil Appeal No. 3954/2025, K. Gopi vs. The Sub Registrar & Others, has reaffirmed this principle. In paragraphs 13 to 15 of its judgment, the Court reiterated that unless restrained by a valid court order, the registering officer must carry out the registration and cannot act based on external objections or petitions.

This legal position raises an important question: How often are innocent citizens misled or harassed by those falsely claiming that objections

can stall registrations? Many individuals, unaware of the law, fall prey to such deceit and suffer delays or even loss in crucial transactions.

Therefore, awareness is key. Citizens must equip themselves with knowledge of Rule 145 and not be intimidated by baseless objections during registration. A well-informed public can not only protect its rights but also uphold the integrity of the legal process.

“Let us not allow ignorance of the law to become a tool for manipulation. Spread awareness, stay alert, and stand firm on your legal rights.”



- Shubhankar C  
Advocate  
Chairperson  
Adi Shankara Foundation

## Is Overpopulation and Lack of Dustbins the Real Culprit?



**T**o all responsible citizens of India who believe our cities are unclean because we lack dustbins or restrooms nearby — it's time to reconsider.

The truth is, India has more accessible public dustbins and toilets than many so-called “developed” countries. In India, one can often find a restaurant willing to let you use their restroom — something that's far less common in Western

cities. Yet, despite easier access to these facilities, our cities remain less clean.

So the issue isn't lack of infrastructure — it's lack of usage.

Likewise, those who blame overpopulation for India's cleanliness issues should note: the majority of India's population is concentrated in Tier I and Tier II cities. But what about the countless small towns and villages with much

fewer people? They too face sanitation and cleanliness issues.

Clearly, it's not just a matter of population — it's a matter of mindset, awareness, and accountability.

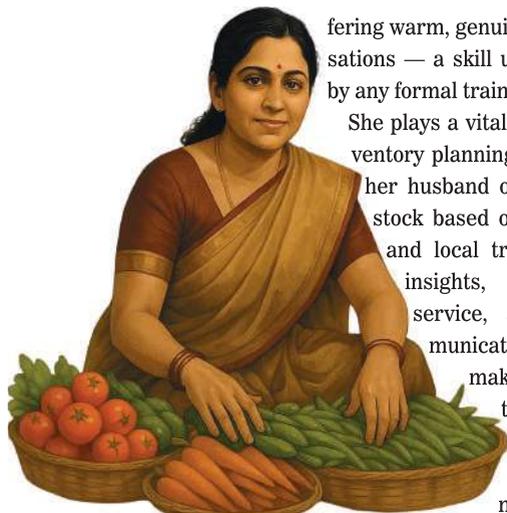
Yes, there are indeed some areas that genuinely lack basic infrastructure. That needs to be addressed.

But for the majority, the real solution lies not in more dustbins — but in more responsible citizens.

“Let's stop making excuses and start taking ownership. A cleaner India starts with us.”

- Prabhu P  
Software Engineer  
Passion for Building a New India

# Grace in Action: A Traditional Woman's Extraordinary Journey



fering warm, genuine conversations — a skill unmatched by any formal training.

She plays a vital role in inventory planning, advising her husband on what to stock based on seasons and local trends. Her insights, customer service, and communication skills make her the true backbone of their business.

In a world that celebrates degrees and designations, there exists a woman whose strength lies not in academic credentials, but in her unwavering spirit, resilience, and dedication to her family and community.

At just 35, with only school-level education, she manages her family's vegetable business with entrepreneurial excellence. In an era dominated by supermarkets, she has built loyal customer relationships by remembering personal stories, asking about their families, and of-

fering warm, genuine conversations — a skill unmatched by any formal training. She also doesn't stop there. She is the pillar of her home — caring for her aging in-laws with patience and love, supporting her children's education with discipline and encouragement, and offering emotional strength to her extended family.

Rooted in faith and tradition, she performs daily poojas, celebrates major festivals like Varalakshmi Vratam, Dashara and Vinayaka Chavithi, and visits temples in Bangalore and Tamil Nadu. Despite health challenges and household duties,

she works almost 360 days a year, never once giving up on her responsibilities.

Married at 20, a mother of two, she has earned respect in society, built a home, and quietly uplifted others through home remedies, kindness, and guidance.

She may not hold a professional title, but in her own world, she is a leader, healer, entrepreneur, and nurturer.

**“In today's age of fast living and constant complaints, she remains a living inspiration — reminding us that true success is measured in compassion, courage, and the lives we touch.”**



- Narayana  
Content Writer



# Vastu Shastra for Harmonious Living



- ◆ **Goals of Vastu:**
- ▶ Promote health, wealth, peace, and prosperity.
  - ▶ Balance human life with the cosmic energies and the natural forces.
  - ▶ Enhance spiritual and material wellbeing.

It's important to note that while Vastu Shastra is a culturally significant practice with many who find it beneficial, some view it as a pseudoscience. The decision to incorporate Vastu principles is a personal one.

**“Would you like a help in applying Vastu principles to a specific space, like a home layout or office design? Then watch out for the next issues.”**



- Poonam Dhungana  
Vastu Consultant and  
Content Writer

Vastu Shastra (from Vastu meaning dwelling and Shastra meaning science) is deeply rooted in ancient Indian philosophy and connects architecture with the laws of cosmic energies, which helps to balance between the man-made environments and the natural world.

**Here are a few key principles of Vastu Shastra:**

- ◆ **Directional Importance**  
Each cardinal direction is governed by a specific deity and element:
  - ▶ East (Indra / Sun)- associated with prosperity and beginnings (ideal for entrances or windows).
  - ▶ North (Kubera)- wealth & career (good for safes, offices).
  - ▶ West (Varuna)- stability, education.

- ▶ South (Yama)- strength and comfort.
- ◆ **Five Elements (Pancha Bhootas)**  
Harmonizing the elements:
  - ▶ Earth (Bhumi) – stability, foundation.
  - ▶ Water (Jal) – flow, prosperity.
  - ▶ Fire (Agni) – energy, power.
  - ▶ Air (Vayu) – movement, health.
  - ▶ Space (Akasha) – openness, communication.
- ◆ **Vastu Purusha Mandala**  
The space is divided into grids and a mythical figure, Vastu Purusha, is positioned in this gridded space in such a way that each grid section corresponds to a specific Hindu God. Such positioning helps to decide the most favorable positions and layout for homes or offices.

# SWACHHA SWASTHYA ECITY Initiative Launched in E City



The team proposed selecting a pilot site from among several suggested by residents, followed by engaging local authorities for support, including the provision of dustbins marked for dry and wet waste. Awareness through posters, selfie points, and local “Vigilant Officers” will be key components of the campaign. **“Future plans include placing bins every 200 meters, setting up composting and recycling centres, and involving school children in regular clean-up drives. The initiative marks a strong step toward community-driven cleanliness and environmental responsibility in ecity.”**

A group of concerned citizens gathered on Friday at 4 PM to launch the “SWACHHA SWASTHYA ECITY” initiative — a community-driven effort to tackle waste management in

Electronics City. A total of 12 members participated in a productive planning session focused on cleaning and maintaining black spots (blind dumping areas) in the locality.

# LINKEDIN Success Crafting Profiles That Open

An outstanding LinkedIn profile is your digital handshake, bridging opportunities and connections for both freshers and seasoned professionals. Mastering its essentials raises your visibility and professional appeal.

- Key steps for a compelling profile:**
- ▶ Craft a memorable, keyword-rich headline that showcases your unique selling proposition.
  - ▶ Use a high-quality, friendly profile photo and a relevant background image.
  - ▶ Write a concise, impactful summary focused on value, skills, and career aspirations.
  - ▶ List experiences with action-oriented descriptions; quantify results where possible.
  - ▶ Detail academic achievements, certifications, and hands-on projects for credibility.
  - ▶ Exhibit technical expertise and soft skills in a dedicated

‘Skills’ section; regularly update them.



dia samples to showcase real work.

Fresh graduates should highlight internships, academic projects, and extracurricular accomplishments. Experienced professionals must emphasize leadership, impact stories, and measurable growth.

**“Maintaining LinkedIn profiles with regular updates, genuine storytelling, and engagement unlocks networking and career opportunities.”**



- Nayagam PP  
CERTIFIED  
Career Coach  
EduJob360

## DID YOU KNOW?

A snail can Sleep for up to 3 Years during Hibernation to survive Harsh Weather.



## First Trimester Explained: What Every Expecting Parent Should Know

Pregnancy is a beautiful thing. It's an extraordinary transformation a woman goes through—not just physically but emotionally as well. The wonder lies in creating life from within and the deep connection that develops thereafter. Pregnancy is divided into three trimesters: the first being 0 to 13 weeks + 6 days, the second from 14 to 27 weeks + 6 days, and the third from 28 to 40 weeks. **Let us understand how it all begins.**

The first trimester often brings many questions and confusing advice. There are a lot of myths we are fed. Typically, the first sign of pregnancy is a missed period, followed by a urine pregnancy test. A beta hCG blood test is also recommended for confirmation. Though scans provide valuable insights, a clinical examination is still essential. Symptoms such as giddiness, vomiting, breast pain, nasal congestion, bloating, fatigue, mood swings, constipation, and even mild period-like cramps are common and usually harmless. However, spotting or bleeding, or dizziness that leads to fainting, are warning signs that require immediate medical attention.

During early pregnancy, stress

can trigger the release of cortisol—a hormone that may impact fetal brain and immune system development. Practicing relaxation techniques like deep breathing, yoga, or mindfulness helps regulate cortisol levels.

Routine blood tests during this phase are important. These usually check thyroid function, Vitamin D, & haemoglobin levels—particularly crucial in India, where deficiencies are common.

A few experts may also screen for silent infections like rubella, toxoplasmosis, hepatitis B, and more. While morning sickness is uncomfortable, it's often seen as a positive sign of healthy hormonal activity—though its absence isn't necessarily a cause for concern.

A dramatic change in food habits isn't needed. The healthy foods you've been eating as part of your cultural or staple diet are generally good. Just try to include more fresh fruits, vegetables, and dry fruits. Well-cooked non-vegetarian food can be taken safely.

One need not pause all activities just because they're pregnant. Routine household chores that don't involve heavy lifting, along with a half-hour walk for exercise, are encouraged. In a normal, low-risk pregnancy,

sexual activity is considered safe. However, it's best to avoid handling harsh or toxic chemicals used for cleaning toilets or floors. When bending, use your knees while keeping your back straight instead of bending at the waist—this helps prevent falls due to dizziness. Wearing non-slippery footwear and taking rest when tired can greatly improve comfort.

**“Pregnancy may bring up many doubts and questions—that's only natural. It's just another way of showing how protective you already are of your baby, and that in itself makes you a great parent. It's okay to be a little concerned—just don't let stress overshadow this beautiful journey.”**



**Dr Mahalakshmi Pendurthi**  
Consultant - Obstetrics and Gynaecology  
Motherhood Hospital

## Invest in your Health It's your Greatest Wealth

Health is the foundation of everything we do. Whether you're managing a business, raising a family, working a job, or pursuing a passion — your energy, focus, and stamina all depend on how healthy you feel.

Good health isn't just about the absence of disease. It's about feeling strong, alert, and emotionally balanced. When our body is well-nourished, we sleep better, handle stress more calmly, make better decisions, and stay productive throughout the day. On the other hand, poor eating habits and a sedentary lifestyle can lead to chronic illnesses, and decreased

quality of life.

A healthy lifestyle begins with the right food choices.

weight, manage a health condition, or simply feel more energetic. Seek help when you are not sure what is the right amount of nutrition your body needs to nourish you naturally.

**“Because when your health is taken care of, everything else becomes easier. Invest in your health — it's your greatest wealth.”**



**- Divya Srinivasan**  
Dietary Advisor  
Bowl of Bliss

Nutrition plays a critical role in managing weight, blood sugar, blood pressure, cholesterol, and even mental health. Along with a good diet, adequate sleep, physical activity, hydration, and stress management are equally important.

We should adopt balanced eating that supports your body's daily needs — whether you're trying to lose

## Awareness on Prevailing COVID-19 Cases: Stay Vigilant & Safe

Hello readers, “COVID-19 remains a challenge. India has 7,121 active cases, with Karnataka reporting 214, including 73 in Bengaluru. The Karnataka government has issued new guidelines in response.”

### Specific Measures for Bengaluru:

- > Increased Testing and surveillance are underway to manage the situation effectively.
- > Public Awareness Campaigns: Renewed public awareness campaigns on respiratory hygiene and cough etiquette are being conducted to educate the public
- **Practices for Kids at Schools:**
  - > **Mask Wearing:** Ensure children wear masks, especially in crowded indoor settings.
  - > **Hand Hygiene:** Remind kids to wash their hands frequently with soap and water for at least 20 seconds.
  - > **Social Distancing:** Encourage maintaining a safe distance from others, particularly in classrooms and play-

grounds.

> **Vaccination:** Stay updated on vaccination schedules of COVID-19 vaccines and boosters.

### II. Practices for People in Public Areas:

- > **Mask Up:** Wear masks in public places, especially where social distancing is challenging.
- > **Avoid Crowds:** Limit exposure to crowded places and opt for outdoor activities.
- > **Stay Informed:** Keep track of local COVID-19 updates and follow guidelines by the Govt.

### III. Home Remedies and Precautionary Measures:

- **Boost Immunity:** Consume a balanced diet rich in vitamins and minerals to strengthen your immune system.
  - **Stay Hydrated:** Drink plenty of fluids to stay hydrated and support overall health.
  - **Rest and Recovery:** Ensure adequate sleep and rest to help your body recover and maintain resilience.
- “Stay vigilant, follow safety measures, and train children on preparedness to avoid**

last-minute rushes and large gatherings.”

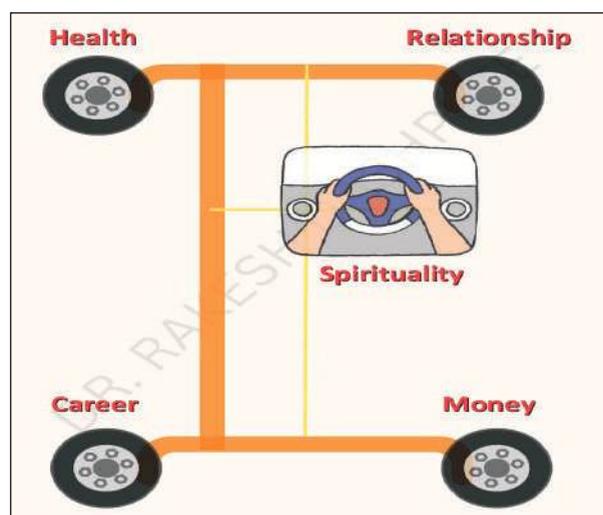
**A Special Note:** We, the E-city Credence, are delighted to share some exciting news with you all.

The very first storybook of Author “Ashok kumar Dasari”, one of our regular article contributors, titled **“20 BEST MODERN TALES FOR KIDS”**, has been published and is now available on Amazon. <https://amzn.in/d/1mey-K9q> (Please copy and paste the URL in the browser). Appeal to all the E-City Credence readers and followers from the Author is to get insights in the Kindle edition on Amazon & provide your valuable feedback.



**- Ashok kumar Dasari**  
A Life Science Professional

## Is It Time to Realign Your Life?



We often remember to service our vehicles—but what about our own lives? Just like a car, life runs smoothly only when its key wheels are aligned: Health, Relationships, Career, and Money. And while these keep us moving, it's Spirituality—our inner compass—that decides the direction.

In today's fast-paced world, many people silently carry stress, health issues, strained relationships, and a lack of purpose. These are signs of a misalignment that we often overlook until it's too late.

Life alignment is not just about fixing what's broken—it's about consciously tuning each area of our life to work in harmony.

**Ask yourself:**  
**Am I thriving in my health or just managing symptoms?**  
**Are my relationships nurturing or draining?**  
**Is my work aligned with my purpose or just a paycheck?**  
**Do I feel in control of my financial life—or anxious?**

Dr. Rakesh J. Dashpute, a holistic wellness and mindset expert with global ex-

perience, shares a simple yet powerful perspective: by aligning the inner and outer aspects of life, we can achieve clarity, energy, and fulfillment. Drawing from nature-based healing, yogic practices, and modern coaching, his approach has helped many find direction and balance.

Whether through mindfulness, lifestyle changes, or conscious decision-making, taking time to “service your life” can lead to remarkable transformations.

**“So, when did you last pause and realign your life? Maybe today is a good day to start.”**



**- Dr Rakesh J. Dashpute**  
Founder,  
Detox LifeStyle Hub

### DID YOU KNOW?

**Walking barefoot on grass can reduce stress.**



# Grand Celebration of Shri Jagannath Rath Yatra at Shriram Summitt



Shriram Summitt witnessed a magnificent spiritual celebration with the first-ever Shri Jagannath Rath Yatra organized on 27th June 2025 (Friday), followed by the Bahuda Yatra (Return Journey) on 5th July 2025 (Saturday). The divine occasion was marked by traditional rituals, vibrant devotion, and cultural unity, bringing together over 1000 devotees including children, senior citizens, and residents.

The beautifully decorated Rath of Lord Jagannath, Lord Balabhadra, and Maa Subhadra was the center of attraction, drawing joyous participation from all corners of the community. The event also featured a soul-

ful cultural evening where Team Utsharga Academy and members of Art of Living – Electronic City, along with children and residents, presented devotional bhajans and cultural performances. The celebrations concluded with the sacred Mahaprasad Seva, shared lovingly among all attendees.

The highlight of the Yatra was the grand offering of 56 Bhoga (Chhappan Bhog) to Lord Jagannath, symbolizing abundance, devotion, and gratitude. This event marked a spiritually uplifting and culturally rich experience for the Shriram Summitt community and left a divine impression in the hearts of all who attended.

## This Week's Walk-in Job Opportunities in Electronics City

Company Name	Position	Date/Time	Eligibility	Location
Bluewings	Full-Stack Developer	July 15-19, 11 AM-5 PM	Fresher/ Experienced	Electronic City
Crescenzia Wellness Pvt Ltd	Machine Operator (CNC/ Moulding)	Ongoing (Mon-Sat), 10 AM-4 PM	Freshers (0-6 yrs)	Phase 1, E-City
Property Angel Mgmt Pvt Ltd	Customer Support Executive	Mon-Sat, 11 AM-12 PM	0-8 yrs, any degree	Near Wipro Gate
Decode Jobs	Direct Sales Executive	July 15-19, 10 AM-2 PM	1-5 yrs in sales	Phase 2, E-City
Infinalent Consulting	Soldering Operator / Line Leader	Walk-in open this week (9 AM-3 PM)	ITI/Diploma, 0-5 yrs	Electronic City
Numato Systems	Documentation Executive (Accounts)	Weekdays, 10 AM-5 PM	B.Com/M. Com/Related	Near E-City Toll

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## Community Spirit Shines Bright at Ajmera Infinity



The spirit of community and gratitude soared high at Ajmera Infinity recently, as residents extended a warm invitation to the children of their dedicated support staff for a day of joy, games, and celebration.

Residents of Ajmera Infinity have always shared a closely knit bond with their support staff for years, deeply appreciating their pivotal role in the smooth and transformative functioning of the society. This event was a testament to that strong relationship.

Over 50 children, accompanied by their families and the support staff, gathered for an event filled with fun games and engaging activities. Each

child was lovingly served a delicious lunch, a gesture that underscored the residents' appreciation. As a token of heartfelt gratitude to these extended family members, gifts were thoughtfully presented. The highlight of the celebration was a joyous cake-cutting ceremony, where the children's cheers filled the air, creating an atmosphere of shared happiness.

**“The day was a resounding success, with all the children playing to their hearts' content and enjoying a truly memorable time together, reinforcing the strong bonds within the Ajmera.”**

**- Ajmera Infinity**



### Part-Time Job Opportunity!

**Position: Drawing Teacher**

**Location: Globalart, Neeladri Road, Electronic City**

**Qualification: Diploma / Degree in Fine Arts (preferred)**

**Skills Needed:**  
\* Basic drawing skills  
\* Good communication  
\* Strong interpersonal skills

**Training provided**  
**Decent salary offered**

**Contact: 97407 76763**

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# ECC Congratulates Young Artists on Their Achievements!



I'm Supreeti, also known as Vihaana, and I study in Class 1 at Christ Academy. I love drawing and colour-

ing things that interest me. My mom encouraged me to draw every day, and it became a habit. I recently won

the State Level Trophy in the "All India Swachh Bharat Art Competition" and can't wait to join more!

Vrunda Tamra, a UKG student from Christ Academy, won an A++ award at both state and national levels in the

All India Swachh Bharat Art Competition 2024-2025, organized by NEHRDO, Mumbai. Her creative, vibrant artwork

promoting cleanliness stood out. Vrunda thanks her art teacher, Mrs. Ritu Nandanwar, for her guidance.

## The Teen Talk Column

I don't know who I am without my achievements. How do I build confidence that isn't based on results?

Dear Reader,

Oh, how many times I've been in your shoes! I, too, have questioned my abilities often, especially after failing to attain certain goals. For the longest time, I have been an individual who bases her self-worth off her achievements, so this feeling is a familiar one.

Good grades or winning competitions, and the trophies, medals, and certificates that follow are undeniably wonderful experiences. At the same time, a con-

stant pressure to be the best brings forth that nagging fear, "Am I nothing if I fail?" Yet, here's the plain, unembellished truth: you are so much more than your results, a report card, a number on a scoreboard, a painting, a dance routine, or a musical note. You are a complex, ever-evolving individual, and a mere rank or label could never wholly do justice to the beautiful, unique person you are.

Recently, I've tried to internalise the belief that I deserve to be confident, regardless of my achievements, by attempting to be curious about myself outside of positions and titles. Ask, "What

kind of person am I?" or "What are my core values?"

Furthermore, I've noticed that I tend to compare my achievements with others', especially on social media. But, social media is full of wins, while each one of us has experienced rejection, loss, and self-doubt at some point. It may help to express how you feel about achievement with a trusted counsellor, teacher, parent, or friend. Sometimes their responses remind us that we are not alone in feeling this way as well.

You may also try things without pressuring yourself to be marvellous at

them. Learn an instrument or try a new sport; not to excel, but simply to be yourself. This may help you see your worth not just at the finish line, as an achiever, but throughout the process of learning and growing. To strengthen your confidence, tell yourself, "I am more than my achievements. I matter for who I am as a person."

"Your achievements are part of your story, not the whole book. The most resilient form of confidence comes from your perception of yourself, not a place on a podium! You are valued even on the days you may feel you've fallen short."



- Aditi Garg  
High School Student

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