

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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1

The ELCIA Tech Summit 2025 concluded at Electronics City on July 29, themed “Humans, Machines and Meaning 2.0.” Celebrated as a leading deep-tech event, it showcased innovation and thought leadership from India’s tech ecosystem.

2

BSWML plans a 2,999 TPD Integrated Solid Waste Management facility at Gollahalli near Anekal. Built under a 30-year PPP model, the plant will help tackle Bengaluru’s mounting waste crisis, expected to cross 8,000 TPD by 2030.

3

The Begur Heritage Run saw an enthusiastic turnout with over 2,400 participants in the 5KM and 10KM categories. Residents from Neotown, Hulimangala, Thogur, Jigani & Ecity RWAs came together to celebrate fitness and community spirit.

4

Biocon founder Kiran Mazumdar-Shaw called out the Bruhat Bengaluru Mahanagara Palike (BBMP) after a viral video showed a huge trash heap next to a cemetery in Bengaluru. She condemned the “disgusting sight” and urged swift action to clean up the mess and restore civic dignity.

5

The fourth train for Namma Metro’s Yellow Line (RV Road–Bommasandra) has been dispatched from China and is expected to reach Bengaluru in August. Trial runs are ongoing and the line is inching closer to launch.

Delayed departure Namma Metro - Yellow line

There seems to be some good news in the air. This pertains to the inauguration of the much awaited yellow line scheduled to commence around Aug 15, 2025. As usual, the news is mired in a lot of uncertainty, as there is no clear cut direction as to what and how the authorities wish to implement.

Initially, the delay was attributed to ISA (independent safety assessment), a software glitch to operate the driverless train. The clearance of ISA tests are mandatory to be approved by the metro rail safety commissioner. This is because (as of now), the operation relies on driverless technology as against the conventional DTG (distance to go), which

is the prevalent technology used for the Namma Metro Purple and Green lines.

Till the time of going to the press, a decision whether to have low frequency truncated service, or a low frequency limited stop service has still not been decided. This point is still in the discussion stage in BM-RCL.

Most metro services around the world will have at least one or two extra train sets to factor unexpected eventualities. Unfortunately, with the present holding inventory, it is going to be a luxury for the yellow line. As the fourth train set is anyway expected this month, there is a likelihood of commercial operations inaugura-

tion, after the arrival of the 4th train set, to ease operational headway issues.

“Teething problems still exist for the Namma metro Yellow line. The solution lies in adhering to a demonstrated effort, by overcoming bureaucratic hurdles, thus making the yellow line operational in quick time so that the public are not put to hardship and inconvenience.”



- Tilak Subramaniam.

Stakeholder Meet on ECity Lake Restoration



CDD India organized a stakeholder meet in Electronic City to discuss the restoration of nine lakes. Local bodies, corporate CSR teams, NGOs, and residents explored practical solutions for

sustainable lake revival. Currently active at Shikaripalya Lake, CDD India seeks community support to maintain channels and enhance ecological restoration efforts.

Why Infrastructure Fails in India

It’s easy to say:

The Prime Minister is not right. The Chief Minister is corrupt. Politicians and bureaucrats are ruining the country.

Yes, many in power have failed us. Corruption does exist—and it has certainly done damage.

But is that the only reason for our nation’s broken roads, delayed projects, or collapsing systems?

Let’s imagine:

If God appeared before me and granted me one wish—and I asked,

From tomorrow, let every politician’s mindset be transformed to work selflessly for the nation.

Do you believe the country would truly progress

overnight? The answer is a clear and honest No.

Why? Because the real issue is not only at the top—it’s embedded at every level.

When a government announces a project worth ₹100 crores By the time it trickles through layers of departments, middlemen, contractors, and workers—

only 60–70% of the actual value remains, if not less.

At every level, someone justifies their cut:

The one above me took crores, I’m only taking lakhs.

They took lakhs, I’m just taking thousands.

They all did wrong, I’m just following suit.

Eventually, the construc-

tion worker does a poor job, fully aware of it and points upward and says:

What about them? They started it.

And so, the system fails—not just because of one person.

So where exactly did we fail?

Perhaps, we forgot Karma Yoga—the sacred idea of doing one’s duty with sincerity, without attachment to reward, fame, or fear.

As the Srimad Bhagavad Gita teaches:

“Do your duty, even when no one is watching. The Supreme Consciousness is always watching.”

- Prabhu P
Software Engineer
Passion for Building a New India

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Smart Ways to Balance School & Activities

Balancing school and extracurricular activities can be challenging for both parents and children. Here are some strategies that might help.

Involving Your Child in Planning:

- **Identify Interests:** Help your child identify their passions and interests, and choose activities that align with those.

- **Set Goals:** Work with your child to set realistic goals for their activities, both short-term and long-term.

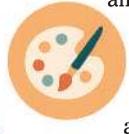
- **Create a Schedule:** Collaborate with your child to create a schedule that balances schoolwork, activities, and downtime.

- **Prioritize:** Teach your child to prioritize tasks and activities, focusing on the most important ones first.

- **Review and Adjust:** Regularly review the schedule with your child and make adjustments as needed.

Managing Overwhelming Schedules:

- **Learn to Say No:** Teach your child to say no to activities



that don't align with their goals or values, or that interfere with downtime.

- **Leave Space for Spontaneity:** Don't overschedule; leave some space for spontaneous activities or relaxation.

- **Encourage Self-Care:** Teach your child the importance of self-care, including exercise, meditation, or hobbies.

- **Monitor Stress Levels:** Pay attention to your child's stress levels and adjust the schedule accordingly.

- **Seek Support:** If needed, seek support from teachers, coaches, or counselors to help manage the schedule.

Self-Care for Parents:

- **Model Healthy Behavior:** Model healthy behavior for

your child by prioritizing self-care and stress management.

- **Ask for Help:** Don't be afraid to ask for help from your partner, family, or friends when needed.

- **Take Breaks:** Take breaks and practice self-care to avoid burnout.

- **Stay Organized:** Use tools like calendars or apps to stay organized and manage your time effectively.

- **Prioritize Relationships:** Prioritize relationships with your child, partner, and friends to maintain a support network.

“By following these strategies, you can help your child develop a healthy balance between school and extracurricular activities, while also prioritizing your own well-being.”



- Seema,
Psychological Counsellor.



- Dr. Bhoomi Agarwal
Founder & Centre Head
RainbowRays
Preschool & Daycare
Gollahalli Main Road,
Electronic City Phase 1

► Nurturing Values That Shape Young Minds

At RainbowRays Preschool, we believe in nurturing curiosity, creativity, and compassion. Through play, stories, and guided conversations, children learn to think independently, express themselves, and respect others. These values build critical thinking, empathy, and a love for learning—shaping confident, thoughtful individuals ready to thrive in a changing world.

► Balancing Play and Learning in Every Step

We follow Kreedo's play-

From the Heart of RainbowRays



based curriculum using 250+ hands-on materials in a structured lab. Children explore concepts like place value and sentence formation through play, then connect them with books. This joyful, stress-free approach builds strong language, numeracy, and problem-solving skills—preparing them confidently for Grade 1 and lifelong learning.

► Partnering with Parents in Every Step

Parents are a child's first teachers and key partners in the preschool journey. Their involvement—through communication, encouragement, and consistency at home—reinforces learning and builds confidence. At RainbowRays, we value strong parent-school collaboration to create a nurturing environment where children feel supported, secure, and inspired to grow

► A Safe and Loving Start-

for Every Child

We honor each child's unique strengths and learning styles with personalized support. Our caring educators build trusting relationships through attentive listening and positive guidance. We celebrate diversity, encourage kindness, and ensure each child feels secure and loved—fostering confidence and a strong sense of belonging.

A Message to Parents

As you begin this preschool journey with us, remember early years are filled with endless possibilities. By nurturing your child's unique abilities in a supportive environment, we lay the foundation for a bright future. We look forward to partnering with you to unlock your child's full potential and help them thrive.



Unleashing Young Superheroes at 'Premazing 2025'

A Celebration of Talent, Joy & Togetherness



Redbridge International Academy, one of Bangalore's leading K-12 institutions, is all set to host the 9th edition of its much-loved annual Carnival - Competitions - 'Premazing' - on Saturday, 30th August 2025, from 9:30 AM onwards.

Designed for children aged 3 to 8 yrs, Premazing is more than just a competition - it's a joyful platform

where toddlers and young learners along with their parents from 20+ schools & more than 50 apartments come together to participate, perform, express and shine in front of a cheering audience.

“Superheroes & Mighty Villains” encouraging children to explore their imagination, confidence, and creativity through role-play and performance.

A Day Full of Excitement & Encouragement
Premazing's core motto remains unchanged:

“Participation over Winning.”

At Redbridge, we believe that exposing children to healthy competition early on helps build confidence, resilience and self-expression—without the pressure of winning or losing. The event features a carefully curated mix of **individual, Parent-Child and group competitions, including:**

- ✓ **Solo Events:** Obstacle Race, Ramp Walk (Fancy Dress), Storytelling, & Spell Bee

- ✓ **Group Events:** Singing, Dancing, and Skit Performances (Teams of 5 to 15 children)

- ✓ **Parent-Child Events:** Unique stage opportunities designed to boost confidence and strengthen the parent-child bond

No Registration Fee - Only Smiles & Fun

What makes Premazing truly stand out is its open, inclusive and non-commercial approach:

- ✎ **No registration charges**
- ✎ **Every child receives a certificate, goody bag, and snacks**
- ✎ **Free fun-filled attractions** like bouncy castles, rides, cartoon mascots, and interac-

tive zones

- ✎ **Medals, trophies, and scholarship awards** for standout performances

Celebrate Every Child

Premazing offers a refreshing experience - one that prioritizes confidence, collaboration and creativity in a nurturing, festive carnival environment.

So mark your calendars - 30th August 2025 - and join us at Redbridge International Academy for a day of celebration, connection and cheer!

For event details and school participation, contact:

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✉ events@rbia.in

Scan QR to download a detailed Invite of Premazing with rules, scoring and registration



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Automation: The Key to SMB Growth in Bengaluru



In today's fast-paced market, Sales and Marketing Automation is no longer optional for small and medium business owners. It's essential.

As a Performance Marketer and Automation Expert with over 7 years of experience, I've helped 200+ businesses across schools, dental clinics, and wellness centers simplify their operations and scale faster. The biggest pain point I see? Business owners juggling too many tools—man

ual follow-ups, missed leads, and zero visibility into what's working.

At iSmart eAds, we've built an all-in-one automation system tailored for Indian SMBs. It includes tools like Funnel Builder, WhatsApp & Email Campaigns, IVR Calls, Smart CRM, Booking Calendar, Finance Tracker, and niche-specific modules for Schools and Clinics.

Schools automate admission inquiries and parent communication.

Clinics streamline patient follow-ups and appointment booking.

Coaches and wellness centers build habits, track success, and engage clients effortlessly.

Our platform is also available as a white-labeled SaaS, helping agencies and consultants offer it under their brand. The results? Higher conversions, more time saved, and a better customer experience.

If you're a Bengaluru-based SMB ready to grow without burning out, now is the time to automate.

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- Mr. Gangadhar M
Founder & CEO
iSmart eAds, Bengaluru

Empowering Students for Life, Learning, & Global Opportunities

At iQuery, a transnational education consultancy, we don't just offer personalized guidance to students seeking international education and career clarity, but empower young learners to thrive, not just in university, but in life and on the global stage.

If you're a parent or student aged 8 to 18, take your first step towards an outcome-based future shaped by confidence, clarity and world-class education. Here's your roadmap to International success-

◆ **Psychometric Career Assessments (Ages 13 to 23)**

◆ **Resource-Based Skill Enhancement Programs (Ages 8 to 18)**

Enroll now to help your child stand out confidently with our UNDP aligned programs in English and STEM. These resource-rich courses build on 21st century skills like critical thinking, communication and analytical skills that ensure participation in International Competitions.

◆ **Free International Academic Essay Writing Work-**

shop & Competition (Ages 13 to 18)

Through this free internationally accredited initiative, students learn how to write an academic essay and receive global recognition and feedback from Cambridge academicians. Good essays win scholarships for immersion programs at 36 prestigious universities including Oxford, Cambridge, Harvard, MIT and University of Sydney. All resources are provided free of cost, all you've to do is register now!

◆ **Structured Academic Advancement-**

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◆ **Foundation Preparatory Program for Grades 10, 11 and 12**

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► **University Admissions Services**

“Get personalized services for admissions into top universities in 30 countries including Australia and New Zealand, with long-term assistance in academic advice, course selection, application, scholarships, visas, employment, migration assistance and even visiting students on campus, and all of this for FREE!”



- Ani Krishna
International Career
Guidance Officer



Aug: Take the "no balloons" & "no plastic flag" challenge
Mark the dates when you avoided balloons & plastic flag!



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2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	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						

PLAY THIS EXCITING FAMILY GAME TO COMPLETE THE CHALLENGE

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



Post & tag or Send marked calendar photos on Insta @eco_margdarsak, get featured & inspire others ; Also follow the page to be updated with monthly exciting challenge

DO YOU KNOW BALLOONS POLLUTE THE ENVIRONMENT, KILLS LAND & MARINE ANIMALS

WINNER of the month:

An Eco_lander Calendar designed and developed by @Eco_Margdarsak

Know It All : The Hidden Harm on Mental Health

In today's information-rich world, even the most educated are unknowingly harming their mental health, not through ignorance, but through overconfidence.

Many well read individuals develop a "know all" attitude, assuming they can self diagnose and self-treat mental struggles based on online content, checklists, or scattered research. Googling symptoms becomes their first therapist. They interpret anxiety as overwork, mood swings as personality quirks, and burnout as just "a phase." Ironically, this intellectual confidence often masks emotional denial.

But mental health isn't mathematics, it is nuanced. What looks like high functioning depression can mimic mere stress. Trauma can wear the mask of ambition. A single symptom does not define a diagnosis. Misinterpretation delays real intervention, worsens conditions, and reinforces the false belief: "I can handle it myself."

This mindset also promotes emotional isolation. Admitting "I don't know what's wrong" feels like a weakness to those who pride themselves on intellect. But true strength lies in vulnerability and in seeking help without needing to understand everything

first.

The educated don't need more information, they need deeper introspection and the humility to say: "I may know the theory, but I still need support."

"Mental health is not a DIY project. It's a collaborative process of healing, not solving."



- Dr. Ruupa
ICF PCC Coach,
Psychologist, Counselor

Oral health!! A smart start to Pregnancy

When couples decide to embark on the journey of parenthood, they often focus on physical fitness, nutrition, and emotional preparedness. However, one critical aspect that is often overlooked is oral health. Visiting a dentist before planning for pregnancy is not just advisable — it's essential.

Hormonal changes during pregnancy can significantly affect a woman's gums and teeth. Conditions like pregnancy gingivitis, where gums become inflamed and bleed easily, are common. If left untreated, gum disease can worsen and may even lead to periodontal disease, which has been linked to complications such as preterm birth and low birth weight.

Untreated dental infections can also pose risks.

During pregnancy, certain treatments — like X-rays, deep cleaning, and some medications — may be avoided or delayed. Therefore, addressing existing dental issues before conception ensures a safer and smoother pregnancy.

Dentists recommend a complete oral examination, necessary dental cleanings, and treatment of cavities or gum issues before pregnancy. This not only reduces risks but also provides peace of mind. Additionally, establishing good oral hygiene habits — brushing twice daily, flossing, and eating a balanced diet — helps maintain oral and overall health throughout pregnancy.

It's also important to avoid emergency dental visits during pregnancy, especially in the first trimester when

fetal development is most critical. Planned treatments beforehand help minimize the need for unexpected procedures.

"In conclusion, dental health plays a vital role in maternal and fetal well-being. Couples planning a baby should include a dental visit in their preconception checklist. A healthy mouth supports a healthy pregnancy — it's a small step that makes a big difference."



- Dr. Sangeetha Priya,
BDS, FOI, Dental Fit
Multi speciality Clinic

Support This #noballoonsplease Campaign By Beautiful Bharat



Independence Day is round the corner and as proud Indians, we celebrate this occasion with tricolour flags and balloons. Now, do national celebrations have anything to do with the environment?

Yes indeed, and Beautiful Bharat, our environment group works to inspire change in daily habits at the individual and institutional level, towards the goal of cleaner cities, a greener planet and a Beautiful Bharat.

Our #NoBalloonsPlease campaign aims to create awareness of the harm caused by balloons, highlighting earth-friendly alternatives. We also remind citizens to avoid plastic flags. Our gentle reminder to all this Independence

Day is that while we honour our Mother India, let us not disrespect our Mother Earth.

Most are not aware that balloons are harmful; our poster has more details - they cause risk of choking to animals, birds, marine life, even infants, besides causing soil and water pollution.

We hope to prevent balloons especially tricolour release this August 15th with a petition hoping to bring change. Balloons are banned in some countries but not in India and your support is needed. Do sign it - search for NoBalloonsPlease on change.org or DM on Instagram @beautifulbharat for the link to the petition, to our many posters, and a list of sustainable décor vendors.

We encourage all premises to give up balloons and instead opt for vibrant alternatives from cloth, paper or flowers that can be reused, recycled or composted. Do follow this at year-round events, so that we remain conscious of our environment. Please also share this knowledge with your organisation, family, friends and layout vendors, influencing this shift to celebrations that care for the planet too. Together, let us plan ahead for a Green Independence Day.

From Changemakers at Beautiful Bharat
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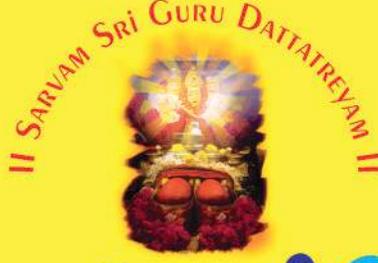


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Parichay Milan 2025 A Historic Success!

Organized by the Electronic City Gujarati Samaj, the Parichay Milan 2025 event was successfully held on 26th July 2025 at Meenakshi Resort, Electronic City, Bengaluru. This was the first and largest matrimonial introduction meet organized by the Gujarati community in Bengaluru, where 333 registered candidates and over 50 walk-in candidates participated. In total, the event witnessed a gathering of over 650 attendees, including families of the candidates.

The event served as a significant platform for Gujarati youth to find suitable life partners. It was a completely free-of-cost event — no fees were charged to any participant. Additionally, free tea and snacks were arranged for all attendees.

The event was inaugurated by Chief Guest Shri Zala Dharmendrasinh (Member – Food Corporation of India & President – Rajkot Sahkar Group), who graced the occasion with his blessings and presence.

The success of the event was made possible with the special support of other Gujarati organizations such as the Jayanagar Gujarati Samaj, Indiranagar Gujarati Samaj, and the Women's Wing of Samyukta Gujarati Samaj.

“During the program, President Shri Maulik Vyas and Secretary Shri Hardik Thakkar expressed their heartfelt gratitude to everyone and stated that more such events will be organized in the future for the betterment of the community.”



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- ▶ Stuck in the same emotional loops?
- ▶ Stressed in relationships or parenting?
- ▶ Lost confidence or sleep? overthinking?
- ▶ Like no one really understands you?



You don't have to carry it all alone. Step into a space that's safe, warm & judgment-free. We'll talk, reflect, & build your emotional strength – together.

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