

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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1

BMTC will launch feeder bus services from Monday to support Namma Metro's Yellow Line. Four routes—MF-22, MF-22A, MF-22B, and MF-22C—will connect Electronics City, Bommasandra, Hebbagodi, and surrounding areas, ensuring better last-mile connectivity for commuters.

2

The 19 km Yellow Line from RV Road to Bommasandra started operations on August 11, offering trains every 25 minutes. This milestone improves connectivity for thousands commuting daily to Electronics City.

3

Following the launch, Bengaluru's Namma Metro daily ridership crossed 10 lakh. Yellow Line drew above 83,000 passengers on opening day, and RV Road interchange saw 30,000 transfers. Feeder buses also deploy across four routes for last-mile access.

4

Infosys encouraged its employees to use the new Yellow Line for their commute to Electronics City. The company highlighted shuttle coordination with metro times and a skywalk from the station directly to the office plaza.

5

Commuters are confused by the naming of the "Electronics City" and "Konappana Agrahara" metro stations. The naming swap may cause travelers to get off at wrong stations or face fines, raising concerns about signage clarity.

6

Karnataka Housing Board's ₹1,650 crore mega project in Surya City, Bommasandra will feature a 60,000-seat cricket stadium, Olympic-size pools, indoor & outdoor arenas, training centres, and more — a big leap for Bengaluru's sports culture!

7

Doddathoguru Panchayat Office, Doddathoguru & the launch of development works & benefit distribution program inaugurated by Hon'ble DCM D.K. Shivakumar & area MLA Shri Krishnappa Ji — a proud moment for Ecity's development journey!

Beyond the Classrooms - Empowering Students Through Civic Exposure & Experiential Learning

In an era of rapid transformation, education must evolve beyond the confines of classroom walls. While textbooks and conventional teaching methods remain essential, schools must take the lead in equipping students with real world knowledge and societal awareness. It is high time that institutions initiate structured programs that encourage students to explore governance, civic responsibility, and public service systems firsthand.

Understanding how society functions is just as vital as academic performance. Students should be taken on guided visits to government institutions like the Legislative Assembly, Courts, BBMP or Grama Panchayat offices, DC and Commissioner's offices, and Traffic Management Centres. Such exposure helps students understand the machinery of governance and their rights and duties as citizens.

Despite the digital age being dominated by instant messaging and emails, students must

also be taught the relevance of traditional communication systems.

Visits to General Post Offices can help them learn about registered posts, speed posts, and official correspondence skills often overlooked but still crucial in legal, official, and administrative settings.

Police stations should no longer be perceived merely as places of fear or authority. Students must be introduced to the structure of the police department, especially the role of the Child Welfare Officer, who handles issues related to child safety. Awareness of such roles empowers children to seek help confidently and responsibly when required.

Moreover, students must be informed about statutory bodies like the Child Rights Commission, District Child Protection Units, and grievance redressal platforms such as Public Grievance Portals. Teaching them about statutes like the Right to Information (RTI) and the basics of human rights can foster a deep-

er understanding of democracy and personal freedoms.

Finally, involving students in community problem solving, be it reporting potholes, malfunctioning streetlights, or other civic issues instills a sense of responsibility and ownership. Schools must create special clubs or initiatives to facilitate such engagements.

“Empowering students with civic exposure and social literacy ensures they grow not just as educated individuals, but as informed, responsible, and proactive citizens, an investment that strengthens our society for generations to come.”



- Shubhankar C
Advocate
Chairperson Adi Shankara
Foundation

Bettadasanapura Residents Demand BMTC Feeder Service to Boost Connectivity



Residents of Bettadasanapura, Mailasandra, and surrounding villages in Bangalore South have petitioned for a new feeder bus service to improve connectivity. The proposed route would link Bettadasanapura with key locations including Sri Kote Thimmaraya Swamy Temple, Sri Bhu Neela, and

Sri Kashi Vishwanatha Swamy Temple, passing through major residential and commercial areas such as Begur, Yelenahalli, Hulimavu, Basapura, and Chikkatoguru. Over the past decade, these areas have transformed into dense residential hubs, attracting migrants from Karnataka and other states. However, de-

spite the growing population, schools, colleges, & commercial establishments, there is currently no BMTC bus service for these new layouts.

“Residents stress that the absence of adequate mass transport forces them to rely on costly and inconvenient alternatives. They are urging the Bangalore Metropolitan Transport Corporation and Directorate of Urban Land Transport to act swiftly to meet the mobility needs of this rapidly developing part of Bangalore South.”



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3. Decoration with balloons
4. Single use water bottles
5. Single use plastic



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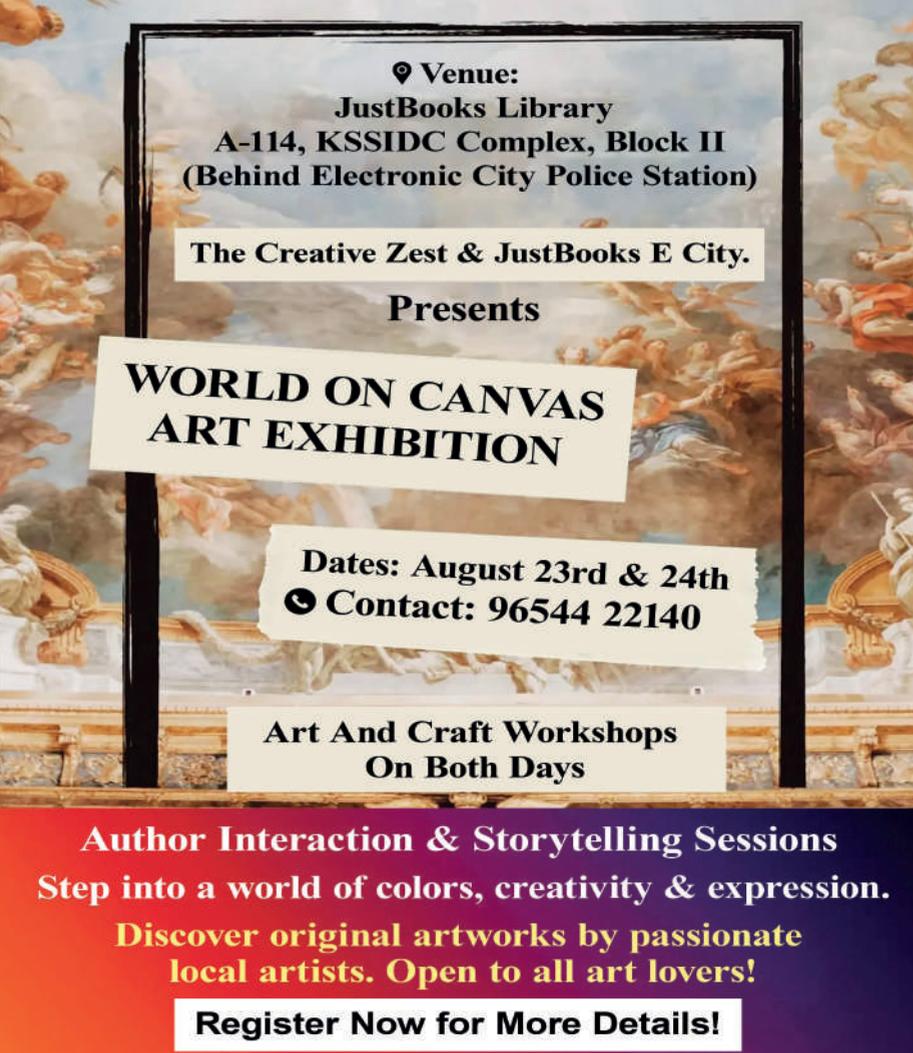
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Navel oiling: Unlocking the Power of Natural Health



Navel oiling is an ancient practice that involves applying oil to the belly button to promote overall well-being. This simple technique can have numerous benefits, from nourishing the skin to supporting internal health. To practice navel oiling, warm a few drops of your preferred oil by gently rubbing it between your fingers, then apply it to your navel and massage in a clockwise direction. It's best to do this before bedtime or a few hours before bathing.

Different oils offer unique benefits when applied to the navel:

- ▶ Sesame oil may help alleviate joint pain & support bone health.
- ▶ Almond oil nourishes and moisturizes your skin, promoting a healthy glow.
- ▶ Coconut oil is believed to support fertility and overall reproductive health.
- ▶ Mustard oil can help soothe dry, chapped lips when applied locally.
- ▶ Neem oil is known for its acne-fighting properties.
- ▶ Castor oil may help relieve constipation.
- ▶ Olive oil is rich in antioxidants, which can help combat signs of aging.
- ▶ Desi ghee supports healthy digestion.

▶ Sesame oil may help alleviate joint pain & support bone health.

“While these oils have potential benefits, it's essential to consult with a healthcare professional before using them, especially if you have specific health concerns or allergies. By incorporating navel oiling and these natural oils into your daily routine, you can take a step towards a healthier, happier you.”



- Asha Balasubramaniam
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PCOS-friendly Moringa Millet Khichdi

Serves 2 | Time: 15 minutes

Ingredients

- ▶ ½ cup foxtail millet
- ▶ ¼ cup yellow moong dal
- ▶ ½ cup fresh moringa leaves, chopped
- ▶ 1½ cups water (adjust as needed)
- ▶ ½ tsp cumin seeds
- ▶ ¼ tsp asafoetida (hing)
- ▶ ½ tsp turmeric powder
- ▶ ½ tsp cold-pressed ghee
- ▶ Salt to taste

Method

- ▶ Rinse the millet and moong dal thoroughly. Soak for 10 minutes if time allows.
- ▶ In a pressure cooker, combine millet, dal, turmeric, salt, and water. Cook for 2 whistles or until soft.
- ▶ In a small pan, heat ghee.

Add cumin seeds and hing. Let them crackle.

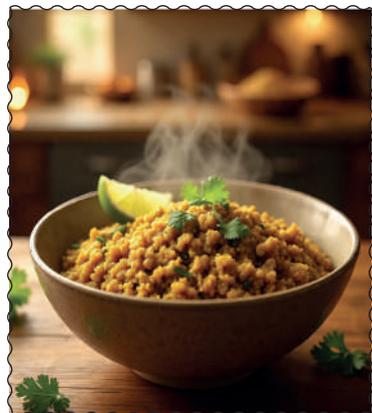
- ▶ Add chopped moringa leaves and sauté for 1-2 minutes.
- ▶ Mix the sautéed moringa into the cooked khichdi. Stir well and adjust consistency with a splash of water if needed.

Health benefits

- ▶ Foxtail millet supports slow glucose release & helps reduce insulin spikes.
- ▶ Moong dal provides protein & is easy on digestion.
- ▶ Moringa leaves offer iron, calcium, & antioxidants that help regulate inflammation & support hormonal balance.
- ▶ Ghee supports healthy fat intake needed for hormone synthesis.
- ▶ Cumin and hing aid in digestion and prevent bloating.



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Balancing life with Vastu Shastra

Hello readers,

Welcome back to the world of Vastu Shastra. Let's gather some more basic knowledge.

Vastu Shastra is grounded in the ancient Indian concept of Pancha Bhootas, the five essential elements of nature: Earth, Water, Fire, Air, and Space, used to design environments that promote well-being, stability, prosperity and harmony.

☞ The Five Elements & Their Vastu Roles:

- **Earth (Prithvi)**
Essence: Stability, grounding, nourishment.
Direction: Southwest.
- **Water (Jal)**
Essence: Flow, clarity, abundance.
Direction: Northeast.
- **Fire (Agni)**
Essence: Energy, transformation, vitality.
Direction: Southeast.
- **Air (Vayu)**
Essence: Movement, communication, freshness.
Direction: Northwest (sometimes East/Northeast).
- **Space (Akasha)**
Essence: Openness, expansion, connectivity.
Direction: Center (Brahmasthan) of the building.

☞ Interactions & Energy Flow
Vastu balances these elements through two natural cycles:

☞ **Creation cycle:** Water nourishes Air, Air fuels Fire, Fire yields Earth, Earth transforms to Space, and Space enables Water. Elemental flow: Water → Air (wood) → Fire → Earth (ash) → Space (crystal) → Water

☞ **Control cycle:** Each element mitigates another to maintain the equilibrium, that is Water → Fire → Earth (ash) → Space (crystal) → Air (wood) → Water. When elements complement each other in placement, energies strengthen; if placed improperly, they destabilize and disrupt harmony.

- ☞ **Vastu in Practice — Tips for a Balanced Home**
- * Kitchen in the Southeast supports Fire energy and vitality.
- * Water features or aquariums in the Northeast bring clarity and abundance.
- * Heavy furniture or storage items in the Southwest establish strength and grounding.
- * Good ventilation in the Northwest/East encourages air flow and mental clarity.
- * A clear, uncluttered center (Brahmasthan) allows Space energy to permeate home.

☞ **Color Palette:** Match each area with colors that resonate with its governing element—earthy, cool, warm, airy, or neutral tones accordingly.

☑ Why It Matters ??

By aligning these elements with designated directions, Vastu aims to optimize energy flow within built environments, fostering wellness, prosperity, and spiritual harmony. The science behind it connects us to natural forces via conscious design choices in layout, color, materials, and placement.

“If you would like guidance for your own home, such as ideal placement for specific rooms or remedies to adjust imbalance, just share your layout and I would be happy to walk through it !!”



- Poonam Dhungana
Vastu Consultant
Content Writer

Overpayment Scam Don't Fall for It!



sent was lost. This fraud method is called an overpayment scam. Criminals use fake proofs and urgency to make you send your own money.

▶ How to Respond Immediately

Verify First – Never trust screenshots. Log in to your bank app or call customer care to confirm if the money has been credited.

Do Not Refund via New Transfer – If a genuine overpayment occurs, ask the sender to request a reversal from their bank or payment app.

Pause and Think – Urgency is a scammer's main weapon. Take a moment to check the facts.

▶ If You Have Already Paid

Contact Your Bank Immediately – Report the fraudulent transfer and request to freeze or recall the transaction.

Dial 1930 – India's National Cybercrime Helpline for instant reporting.

File a Complaint – Visit www.cybercrime.gov.in with all details.

Keep Evidence – Save chats, payment screenshots, numbers, and call records to aid investigation.

▶ Preventive Tips

Double-check transactions in your statement, not just notifications.

Use official payment links or invoicing tools that confirm payment.

Trust your instincts — if something feels unusual, verify before acting.

▶ **Remember:** A few minutes of checking can save you from a costly mistake.

In a recent incident, a small business owner received a call from a “customer” wanting to place an urgent bulk order. The discussion went smoothly, and the agreed amount was ₹5,000. Shortly after, the customer claimed to have “accidentally” transferred ₹20,000 instead and sent a screenshot of the payment. They requested the extra ₹15,000 be sent back immediately.

The business owner checked their bank app and saw no such credit, but under pressure from repeated messages, they transferred the amount — only to realise later it was a scam. The payment screenshot had been forged, and the money they

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Honored, Grateful, and Inspired

Attending the inauguration of the Yellow Line Metro by Hon'ble Prime Minister Narendra Modi was truly a moment of immense pride and emotion. Sitting so close to the dais, I had the rare opportunity to hear directly from the PM himself — his words resonated with a deep sense of vision, dedication, and unwavering commitment to India's progress.

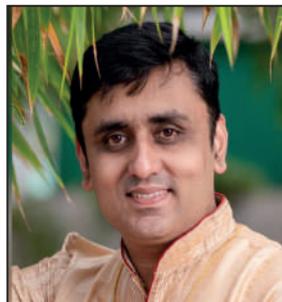
What made the experience

truly special was not just the unveiling of a remarkable infrastructure achievement, but the broader message of transformation — of how every corner of our nation is being connected, empowered, and uplifted. It was heartening to witness firsthand the emphasis on inclusive development, sustainability, and innovation.

“The energy in the air, the optimism of the people, and the scale of the project reflect the spirit of a

new India — confident, future-ready, and united in purpose.”

Feeling truly honored to be a part of this milestone. Jai Hind! IN



- Pranay Dubey

Attending the inauguration ceremony of the Bengaluru Yellow Line Metro and the launch of three new Vande Bharat trains was truly an unforgettable experience. The atmosphere was electric, filled with excitement, pride, and hope for India's future. Seeing our Hon'ble Prime Minister Shri Narendra Modi in person, along with other ministers, was inspiring beyond words.

“The aura and energy of Modi Ji were simply amazing — his presence radiated confidence, determination, and a deep commitment to the nation's progress. It was a proud moment to witness such a visionary leader inaugurating projects that will transform connectivity and improve lives. The event showcased India's rapid strides in infrastructure and innovation, and I felt

immensely proud to be part of this historic day.”

Jai Hind IN



- Abhishek Kumar, SNN Raj GB



Pride, Progress, and PM Modi: Memories from the Yellow Line Metro Launch



About 11 years ago, I first saw Narendra Modi on TV as the Chief Minister of Gujarat and the BJP's candidate for Prime Minister in 2014. During that time, he even came to Hosur Road for an election campaign, and as a school student, I was in the crowd to see him. I never imagined that one day he would become the longest-serving Prime Minister of independent India. His popularity worldwide is be-

yond words. Recently, I got the chance to see him again during the inauguration of the Bengaluru Metro line.

It gave me goosebumps to see how he speaks with confidence, connects with people in their local language, and highlights local culture and achievements. Hearing him speak in Kannada was a proud moment.

“Even though Modi has visited Bengaluru many times, this was the first

time I saw him as the Prime Minister, and I was very excited.”



- Niranjana P. 2nd PUC SSMRV College

India was once known for poverty, bad roads, and illiteracy, but now it has good infrastructure, highways, hospitals, and schools. Since Shri Narendra Modi became Prime Minister, the world has started looking towards India with respect. It was my dream to see him up close, & it came true during the inaugura-

tion of the Yellow Line Metro at Electronic City.

“Waiting for him, seeing him wave, and noticing the charm and authority on his face was unforgettable. The SPG security, Air Force choppers, zero traffic, and strict protocol gave me goosebumps. It was an experience I will always remember.”



- Shreyas T. Pragathi Nagar

Riding the Rails of Progress: My Experience at the Yellow Line Metro Inauguration



The inauguration of Bengaluru's Yellow Line Metro on August 10, 2025, was a momentous occasion, marking a significant leap forward in the city's infrastructure and connectivity.

Being present at the event, I witnessed firsthand the excitement and anticipation surrounding this project, which promises to transform commuting for countless Bengalureans.

A Grand Inauguration

The Ragigudda Metro Station was buzzing with energy as Prime Minister Narendra Modi Ji officially inaugurated the 19.15-kilometer Yellow Line, connecting RV Road to Bommasandra. Financed with an investment of around ₹7,160

crore, this line is a crucial addition to the Namma Metro network.

PM Modi flagged off the first train and traveled from Ragigudda to Infosys Foundation Konappana Agrahara Metro Station on the Yellow Line, accompanied by Chief Minister Siddaramaiah and Deputy Chief Minister DK Shivakumar. He also laid the foundation stone for Phase 3 of the Bengaluru Metro project.

The Yellow Line's Transformative Impact

The Yellow Line is poised to revolutionize commuting in Bengaluru, particularly for the large number of tech employees who travel to and from Electronic City. With 16 stations along its route, the line connects key residential, commercial,

and IT hubs, offering a much-needed solution to the city's notorious traffic congestion, especially at Silk Board. The metro is expected to serve over 8 lakh commuters daily, operating from 5 am to 11 pm with driverless trains.

PM Modi emphasized the Yellow Line's role in transforming Bengaluru into a smart, fast, and efficient city. He also acknowledged the contributions of corporate partners like Infosys Foundation, Biocon, and Delta Electronics, who supported the construction of key stations through their CSR initiatives.

MLA Krishanappa's Role

While the Yellow Line Metro is a collaborative achievement, the dedication of local leaders like MLA Krishanappa deserves special recognition. As a representative of the constituency, Krishanappa has been a strong advocate for improved infrastructure and connectivity. His consistent efforts in championing the Yellow Line project, resolving land acquisition challenges, and coordinating with various stakeholders have been vital in bringing this project to fruition.

Benefits for Electronic City and Surrounding Areas

“The Yellow Line is particularly beneficial for residents and businesses in and around Electronic City. The metro provides a direct, efficient, and eco-friendly transportation option, reducing travel times and easing traffic congestion. This improved connectivity will not only enhance the quality of life for residents but also boost economic activity in the region by making it easier for employees, clients, and partners to access businesses in Electronic City.”



- Bharath Rao, President Duo City & South County Layout Residents Welfare Association @ Basapura, 560 100



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Finding the Right Balance Tips for a Healthier Work-Life



Small changes in daily habits can protect your health, boost productivity, and help you enjoy life beyond the office.

In today's fast-paced, always-connected world, the line between work and personal life often blurs. While technology allows us to work from anywhere, it also means we are rarely "off duty." Experts agree that achieving a healthy work-life balance is not only essential for mental well-being, but also for sustaining productivity and creativity over the long term.

▶ **Set Clear Boundaries:** Establish specific work hours and stick to them. Let colleagues know your availability and avoid checking emails or messages outside

those hours.

▶ **Prioritize and Plan:** Use a daily or weekly to-do list to identify the most important tasks. Delegate non-essential work when possible to avoid feeling overwhelmed.

▶ **Take Meaningful Breaks:** Short breaks throughout the day a quick walk, a stretch, or a few minutes of deep breathing can help refresh your mind and prevent burnout.

▶ **Unplug and Reconnect:** Dedicate time each day to activities outside of work hobbies, family time, or simple relaxation. Keep devices aside during these moments to fully recharge.

▶ **Stay Physically Active:** Regular exercise improves energy, mood, and focus.

Even a 20-minute walk can make a difference.

▶ **Learn to Say No:** Overcommitting to extra work or social obligations can drain both time and energy. Protect your personal time by being selective.

Work-life balance is not about splitting hours evenly between work and home. It's about making conscious choices to give attention to what truly matters, ensuring that both your career and personal life thrive in harmony.

Quick Balance Tips for a Happier Life

■ **Start & End on Time** – Define your work hours and respect them.

■ **Plan Your Day** – Focus on your top 3 priorities to avoid overwhelm.

■ **Move Often** – Walk, stretch, or do quick exercises to refresh your mind.

■ **Digital Detox** – Switch off devices during personal or family time.

■ **Protect "Me Time"** – Say no to extra tasks that eat into your rest.

■ **Take Real Breaks** – Step outside for fresh air, not just social media.

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Top 5 Tips for Peaceful Joint Family Living

Living in a joint family can be deeply rewarding, offering a network of support, shared traditions, and a sense of belonging. However, it can also present challenges when balancing different personalities, routines, and expectations. For women, managing these dynamics gracefully is key to a harmonious home.

First, listening before reacting helps avoid unnecessary conflict. Understanding others' perspectives often

reveals solutions that work for everyone. Second, setting healthy boundaries is important; kindly expressing personal needs without offending others ensures emotional well-being. Third, sharing responsibilities among all members — including men and children — prevents any single person from feeling overburdened.

Fourth, celebrating together during festivals, birthdays, and milestones strengthens emotional bonds and creates

lasting memories. Lastly, it's vital to keep personal time for hobbies, self-care, and quiet reflection. This not only recharges emotional energy but also allows one to return to family interactions with a calmer mindset.

“By practicing these habits, women can navigate the complexities of joint family life with patience and balance, transforming a house full of people into a home filled with warmth, cooperation, and respect.”

The Benefits of Waking Up Early and How to Make It a Habit



Waking up early has long been associated with a range of benefits for both physical and mental well-being. One of the most significant advantages is the increase in productivity. Early risers often find they have more time to plan their day, accomplish tasks, and reduce stress by starting with a clear and calm mindset.

Early mornings are also ideal for engaging in physical activities like exercise, yoga, or a morning walk, which boost en-

ergy levels and promote overall health. A morning routine allows time for healthy habits like a nutritious breakfast, meditation, or journaling, setting a positive tone for the day.

Furthermore, waking up early can enhance sleep quality. By establishing a consistent early wake-up time, you promote a better sleep cycle, leading to improved mental clarity and focus throughout the day. Early risers tend to feel more rested and less fa-

tigued.

To develop the habit of waking up early, start by setting a consistent bedtime. Gradually shift your sleep schedule by 15-30 minutes each night until you reach your desired wake-up time. Avoid screens before bed, as the blue light can interfere with sleep. Creating a relaxing bedtime routine, such as reading or listening to calming music, can help you wind down.

Incorporating these steps into your routine can help you experience the numerous benefits of waking up early, leading to a healthier and more productive lifestyle.

“Wake up early, seize the day. Rise with purpose, rest with satisfaction. Own your mornings to transform your life. Start small, stay consistent, and embrace change.”



Sri Takshashila Gurukul Empowering Young Minds, Enriching the Future

Sri Takshashila Gurukul is a sanctuary of wisdom, dedicated to those who have the zeal to learn and grow. As a non-profit organization, we focus on the holistic development of passionate individuals, seeking no personal gain—only the fulfillment of empowering young minds for a brighter tomorrow.

Over the past months, our initiatives have positively impacted the lives of hundreds of students through:

- ▶ Free English-Speaking Classes for Government School Children – Building confidence and communication skills. Over 150 students across 3 government schools benefited.
- ▶ Indian Space Research Outreach Program (ISRO Show) – Inspiring curiosity about India’s space journey. Facilitated in over 8 government schools.
- ▶ Cybersecurity Awareness Sessions for Students – Promoting safe and informed digital practices. Over 300 students benefited.
- ▶ Environment Day Celebration at Government Schools – Encouraging environmental responsibility. Over 50 students and 5 school teachers participated.
- ▶ School Painting Drive – Transforming school environments into vibrant learning spaces. One government school was completely revitalized through a CSR initiative, benefiting over 350 students.
- ▶ Free NMMS Scholarship Exam Training: Across 5 Govt/ GOVT-AIDED school students

were filtered and Talented students will be trained on Google meet

This Independence Day, Sri Takshashila Gurukul is proud to distribute notebooks to government school students who have demonstrated exceptional learning skills and actively contributed as part of the Environmental Squad.

“In addition, our team conducted an assessment of five schools, evaluating cleanliness, greenery, and environmental practices. We are delighted to announce one school as the recipient of the “Green & Clean School Excellence Award.” The Principal of the award-winning school will be honoured with a Trophy and Shawl, recognizing their leadership and commitment to fostering a healthy, sustainable learning environment.”



- Shridhar, Basapura

The Story of Our Tricolour



ers decided the flag must represent all Indians.

The colours were reinterpreted beyond religion:

- ▶ Saffron for courage and sacrifice
- ▶ White for truth and peace
- ▶ Green for growth and prosperity

The spinning wheel was replaced by the Ashoka Chakra — a 24-spoke navy-blue wheel from Emperor Ashoka’s Sarnath Lion Capital — representing law, justice, and constant progress.

“Adopted on 22 July 1947, the tricolour became not just a national emblem, but a symbol of unity, values, and the timeless spirit of a free India.”

In 1921, freedom fighter Pingali Venkayya designed a flag with two colours — red for Hindus and green for Muslims. At Mahatma Gandhi’s suggestion, white was added in the middle for other communities and peace, with a spinning wheel symbolising self-reliance.

By 1947, as independence approached, lead-



To Our Little Stars of India



is not just about waving flags — it’s about waving our dreams high! □ The freedom we enjoy today was earned by brave hearts who never gave up. They dreamed of an India where children could laugh, learn, and grow without fear.

You are the heroes of tomorrow.

■ Study with passion, play with joy, and always be kind. Plant trees, help friends, and respect elders — these small acts make a big difference.

Remember, our tricolour isn’t just three colours — it’s three promises: ■ Courage to stand for what’s

right, ■ Peace in our hearts, ■ Growth for all.

So, dream big, work hard, and shine bright like the stars in our sky. ■ One day, you’ll lead our India to even greater heights.

Happy Independence Day, little patriots!

An inspiring Independence Day message for children

Hello, young champions! Independence Day

Citizen’s Growth Checklist Small Actions → Big Impact for the Nation



- ₹ Pay Taxes Honestly – Fund public services & development.
- 🗳️ Vote Wisely – Choose leaders based on merit, not freebies.
- 🛒 Support Local – Buy from Indian businesses & farmers.
- 🗑️ Keep Your City Clean – Reduce waste, recycle, and avoid littering.
- 🌳 Plant & Protect Trees – Care for nature and fight climate change.
- 📚 Upgrade Your Skills – Be a productive and innovative worker.
- 🚦 Follow Laws & Traffic Rules – Maintain order and safety.
- 👨🏫 Help Others Learn – Teach, mentor, or sponsor education.
- 🚫 Say NO to Corruption – Keep dealings honest.
- ❤️ Volunteer for Social Causes – Give time to community service.



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Let’s continue our journey together in this new space. See you there!

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Editorial & Publishing Office:

15, 3rd Floor, 4th Main, 4th Cross, Duo South
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Website : www.electroniccitycredence.in

Email : info@electroniccitycredence.in

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|-----------------------|---|-------------------------------|
| Editor | — | M.Uma Maheshwari |
| Publisher | — | Shivakumari Dharmaraj |
| Editorial Contributor | — | Meera Shyam |
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Mithra Multispeciality Hospital presents Mithracon 2025 Brings Innovations in Surgery & Rehab



Mithracon -2025 was organized by Mithra multispecialty hospital on August 10 at Radha regent, Electronic city in association with Indian and Karnataka Orthopedic Association at South India level. The theme of the conference was future focused surgeries and Physio rehabilitation. Both orthopedics and physiotherapy sessions were conducted concurrently.

The response was very good with more than 100 delegates and 40 faculty and the sessions were conducted concurrently. Many senior faculty shared their experience, with surgical demonstration of newer techniques in Arthroscopy and sports medicine. Dr. KN Subramanian, senior faculty from Madurai shared and coordinated the program with Dr. Bharath raj, the medical director and orthopedic surgeon of the hospital, shared many inspiring anecdotes for the delegates.



In Physiotherapy the same topics were covered with focus on rehabilitation methods and preventive strategies. The program was well received with delegates expressing strong satisfaction with both content and delivery. The feedback indicated that the conference achieved its goals of educating and engaging the delegates in the field of newer surgi-

cal and rehabilitation techniques in arthroscopy and sports medicine.

The feedback provided the direction for future planning emphasizing the value of interactive learning and thematic relevance. Incorporating these insights will be essential for further strengthening the impact and reach of future programs.



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