

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

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Akshaya Nagar to Ananth Nagar

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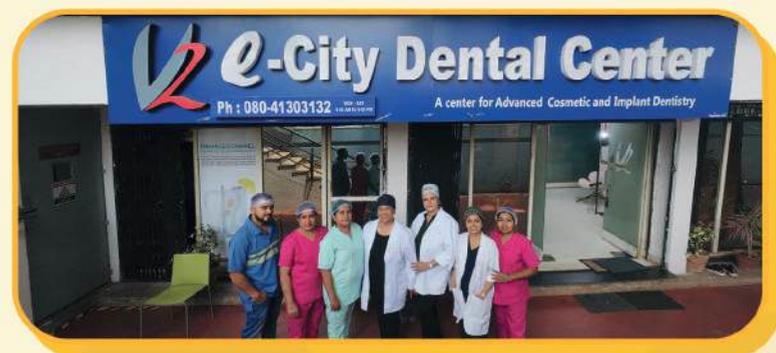
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Special Guest of Honour

Charles Henry Hawkes

(Township Development Officer, ELCITA)



- 1

Tata Consultancy Services (TCS) has inked a long-term lease for 1.4 million sq ft of office space at the 360 Business Park, located in Electronics City. The deal, valued at approximately ₹2,130 crore over 15 years, includes a monthly rent of around ₹9.3 crore. The phased move-in begins in April 2026
- 2

A Congolese individual, previously cast in the Kannada film Bheema as a drug peddler, was arrested by Electronics City police for possessing 180 grams of MDMA valued at ₹5 crore. Latin reel acting has taken an eerie turn in real
- 3

An in-depth analysis highlighted Bengaluru's booming growth juxtaposed with lagging infrastructure. Electronics City, as part of the tech corridor, is impacted by strained roads, inadequate water systems, and worsening urban challenges that threaten the city's livability.
- 4

Infosys has recommended that its Bengaluru staff use the newly launched Yellow Line metro to simplify commutes to Electronics City. This shift is part of broader efforts to reduce traffic congestion.
- 5

Commuters are still facing confusion between the "Electronic City" and "Konappana Agrahara" metro stations. Discrepancies in signage and naming practices are causing mis-boarding and delays, prompting calls for clearer wayfinding.
- 6

The Delta Electronics Bommasandra station, serving as the southern terminal of the Yellow Line, is now operational. This update underscores improved accessibility for the Electronics City and surrounding industrial zones.

E City & St. John's to Hebbal Tunnel Road

Proposed Tunnel Road starts over 1Km after Central Silk Board (CSB) near St John's Hospital and extends 16.6Kms to Hebbal which is also same distance by surface road. 80-90 minutes using present roads is claimed to be reduced to 35 minutes via Tunnel Road. Other claims are reductions in commute cost, air and noise pollution.

Let us list out few relevant factors:

- ▶ With TRP in place, CSB junction will have to be crossed via surface roads in both directions since start and end points of Tunnels are on City side of CSB.
- ▶ Inside Tunnel, with 60Kmph speed limit, average speed may be 50Kmph or less. Slowest vehicle will rule the speed.
- ▶ Entry and Exit Ramps are interfaces between traffic moving at 50Kmph and surface traffic moving at 15-20Kmph. These will have congestion or even gridlocks, because finally all cars entering or exiting have to merge with different types of slow vehicles on surface. Ramps will have congestion.
- ▶ Many tunnel-using cars will have to take U-turns before entry and also after exit, further increasing surface congestion.
- ▶ Toll of Rs. 20/Km (more than double the per Km cost of petrol/diesel) will be payable for Entry Ramp + Tunnel + Exit Ramp commutes. Present estimate of toll (full

length) is Rs. 320/- in each direction.

- ▶ No provision for commute between CSB and Lalbagh/Jayanagar since no entry/exit provided at Lalbagh from/to CSB.
- ▶ During construction, planned as 5 years – likely 10 – services and traffic disruptions will have to be borne.
- ▶ Water Aquifers, Wells, Borewells, Lakes are likely to be adversely affected.
- ▶ Any hold up of traffic inside Tunnel or near Ramps, for any reason, could result in gridlock/chaos/accidents both inside and outside the Tunnels.
- ▶ Metro Yellow Line is functional and should have full services by 2026 end. Also, it is likely to be extended to Attibele. Pink line from Bannerghatta Road to Nagawara should be ready by 2026-27. By 2027-28, CSB-Airport Metro line should be ready. These Metro Lines will significantly reduce congestion.
- ▶ Metro between Sarjapura and Hebbal, awaiting final sanction, will drastically reduce traffic along Tunnel corridor since alignment of both is same.
- ▶ With completion of track-doubling between Baiyyappanahalli and Hosur by 2026, & upcoming Suburban Rail between Heelalige & Rajankunte by 2028, new rail services will have positive impact on Hosur Road traffic.
- ▶ Soon there will be reliable and practical options for Airport commute using

Air Taxis, Helicopters, Drone Taxis, etc.

- ▶ Proposed Airport at Hosur will reduce traffic congestion at CSB.
- ▶ TRP is non-inclusive mode since almost 80% vehicles in Bengaluru may not qualify to use it. Many car owners also may not afford the toll.
- ▶ TRP is not in overall interests of Bengaluru. It is exorbitantly costly, eco-unfriendly, unsafe and highly disruptive commute option which will lead to overall increase in congestion, commute time and cost.
- ▶ Government must prioritise effective completion of dozens of infra projects languishing for years, increase pace of work on Metro and Suburban Rail while doubling number of buses with small battery-buses, improving drainage, walkability, cyclability, cleanliness, streetlights, etc. which will all free the roads and bring massive benefits to all sections of society, and not just to small section of car owners moving along this corridor and who can afford the toll.



- **Rajkumar Dugar**
Founder
Citizens for Citizens (C4c)

Bengaluru's North-South Elevated Corridor to Transform City Travel

Bengaluru's ambitious 114-kilometer elevated road project, proposed by the Karnataka Road Development Corporation Limited (KRDC), is set to dramatically reshape urban mobility. At the heart of this mega plan lies the North-South Corridor, the most significant stretch, aimed at decongesting the city's busiest routes.

The North-South Corridor (NS) will connect the Airport Flyover near Esteem Mall in the north to the Silk Board Junction in the south, two of Bengaluru's most traffic-choked ends. Running through central

arteries such as Jayamahal Main Road, Queen's Road, Kasturba Road, KH Road, Hosur Road, and Audugodi Main Road, this elevated link is designed to slash commute times by nearly 40-50% during peak hours.

For lakhs of daily commuters traveling between North Bengaluru's tech hubs, central business districts, and the IT corridors in Electronic City and Hosur Road, the corridor is expected to be a game-changer. It will also integrate seamlessly with metro lines and suburban rail, providing a multi-modal connectivity boost.

The project envisions mod-

ern infrastructure with noise barriers, rainwater drainage systems, and eco-sensitive design elements to reduce environmental disruption. Real estate experts suggest that areas flanking this corridor—from Hebbal to Silk Board—are likely to witness a sharp rise in property demand and pricing, as faster connectivity enhances both residential and commercial prospects.

“Once complete, the North-South Elevated Corridor could serve as Bengaluru's lifeline, offering relief from gridlock and paving the way for a more sustainable, connected future.”

Eco_margdarsak

Sep : Take the "no plastic bag" challenge

Mark the dates when you avoided using single use plastic!

Ecomargdarsak.in 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday shopping, cloth bag is mandatory	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		Going to bring milk, carry your cloth bag	Yes!!! you did it!	Let's continue the effort

PLAY THIS EXCITING FAMILY GAME TO COMPLETE THE CHALLENGE

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

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

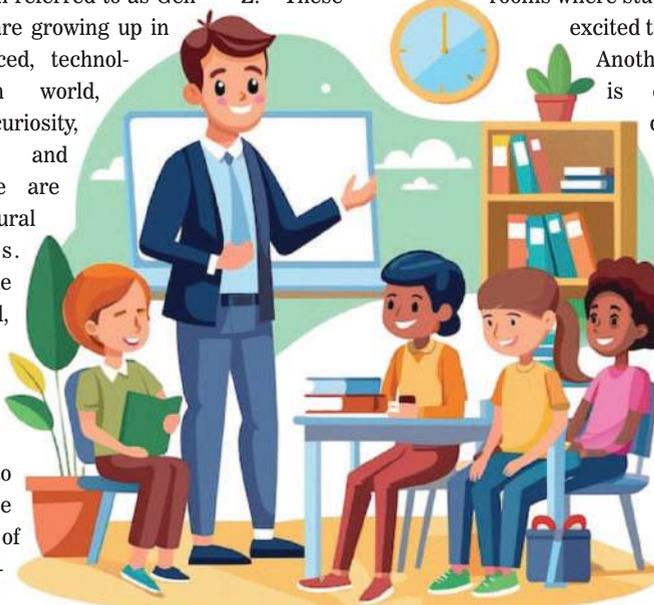
SINGLE USE PLASTIC IS SOURCE OF POLLUTION, DISEASES; IT CHOKES WATER BODIES, KILLS AQUATIC AND LAND ANIMALS.

WINNER of the month:

An Eco_lander Calendar designed and developed by @Eco_Margdarsak

Teachers Shaping Gen Z Minds

As Teacher's Day approaches, it is worth reflecting on how educators can effectively mould today's children, often referred to as Gen Z. These children are growing up in a fast-paced, technology-driven world, where curiosity, creativity, and confidence are their natural strengths. To guide them well, teachers must adapt their approach to match the needs of this generation.



One of the most important qualities teachers need today is patience. Gen Z kids question more, challenge more, and want to understand the "why" behind everything. Instead of discouraging this, teachers should nurture their inquisitiveness with open discussions and interactive learning.

Adaptability is equally vital. Traditional methods may not always resonate with modern learners. Using digital tools, real-life ex-

amples, and project-based learning can make lessons more engaging and relatable. Teachers who are willing to innovate create classrooms where students feel excited to learn.

Another key quality is empathy. Children today deal with academic pressure, social changes, and digital influences. A teacher who listens, understands, and offers encouragement becomes a true mentor.

Finally, fostering critical thinking and creativity is essential. Rather than focusing only on memorization, teachers should encourage problem-solving, teamwork, and independent thought—skills that will prepare children for the future.

“On this Teacher's Day, let us celebrate the educators who go beyond textbooks, shaping not just bright students but responsible, compassionate, and innovative citizens of tomorrow.”



Bengaluru Kids Face Respiratory Surge



Bengaluru is witnessing a worrying surge in respiratory infections among infants and school-going children, with hospitals across the city reporting a three-fold increase in cases compared to previous months. Doctors attribute this sudden spike to a combination of seasonal changes, viral outbreaks, & rising pollution levels that make young children more vulnerable.

Respiratory Syncytial Virus (RSV), influenza, and other viral infections are the primary culprits, often presenting with symptoms such as persistent cough, breathing difficulty, fever, and wheezing. Pediatricians warn that in many instances, these infections are severe enough to require hospitalization, with a significant number of children being admitted to intensive care units.

Health experts emphasize the importance of early detection and timely medical intervention. Parents are advised not to ignore prolonged cold,

cough, or breathing trouble in children. Using masks in crowded places, maintaining good hand hygiene, ensuring proper ventilation at home, and avoiding unnecessary exposure to sick contacts are some recommended preventive steps.

Schools, too, have been urged to remain vigilant. Encouraging students to stay home when unwell and promoting awareness about hygiene can help curb the spread of infections in classrooms.

Doctors also stress the need for strengthening children's immunity through a balanced diet, adequate hydration, and sufficient rest. Vaccinations against influenza are strongly advised, especially during the monsoon and winter seasons when respiratory infections tend to peak.

“While the situation is concerning, timely precautions and collective awareness can help parents safeguard their children's health during this challenging period.”

Write About Your Favourite Teacher!

We invite students and readers to share a short write-up about their favourite teacher — someone who inspired, guided, or made learning special for you. Tell us what makes them unforgettable and how they impacted your life. Get featured in Electronic City Credence.

✉ Send your write-up to info@electroniccitycredence.in

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Ganesh Chaturthi: From Sacred Devotion to Social Responsibility

Ganesh Chaturthi is one of the most sacred festivals for Hindus, celebrated with devotion, rituals, and prayers. Traditionally, families worship a clay idol of Lord Ganesha in their homes and immerse it in water after three, five, or nine days, symbolizing the cycle of creation and dissolution. Beyond its religious significance, the festival also carries a historical legacy. Bal Gangadhar Tilak transformed Ganesh Chaturthi into a public celebration during the freedom struggle, placing idols in village centers and uniting people to build a sense of nationalism and brotherhood against British rule.

Unfortunately, in recent times, the essence of devotion has often been overshadowed. Many groups organize the festival with competition rather than reverence, focusing on the size, decoration, and grandeur of idols rather than the spiritual meaning. This unhealthy rivalry sometimes leads to fights, eve-teasing, and even incidents of drunken violence. Such practices not only disrespect the sanctity of

the festival but also disrupt public harmony.

Another concern is idol immersion. Organizers and volunteers often venture into deep waters, risking their lives, while in some cases idols are carelessly thrown into lakes or rivers. It raises a serious question about the respect we show towards the very deity we worship with our hands. Environmental hazards caused by plaster of Paris idols, chemical paints, and oversized structures further add to the issue, polluting water bodies and endangering aquatic life.

The government's responsibility is crucial in this regard. Instead of issuing superficial standard operating procedures (SOPs) just a week before the festival, clear guidelines should be released at least two months in advance. Strict bans on plaster of Paris idols, chemical colors, and oversized idols must be enforced. The police must ensure that processions remain peaceful, taking strict action against alcohol consumption and unruly behavior. Another growing concern is the misuse of

public funds, where organizers spend huge sums on lighting, crackers, and even team T-shirts, shifting focus from devotion to showmanship. Such extravagance dilutes the sanctity of the festival and promotes wasteful spending.

“Ganesh Chaturthi should be a festival of devotion, culture, and unity. Indian classical music, dance, bhajans, and traditional rituals must regain their place in the celebrations. Transparency in organizing committees, avoidance of misuse of public funds, and promotion of eco-friendly practices can restore the true spirit of the festival. Celebrating Ganesh should empower the youth with knowledge of our heritage, instill values of responsibility, & spread harmony, not chaos.”



- Shubhankar C
Advocate
Chairperson Adi Shankara Foundation

SDNA Global & Ajmera Infinity Celebrate Independence Day with a Green Touch



At Ajmera Infinity, this Independence Day was about more than flag hoisting—it was about planting hope for tomorrow. On 15th August, SDNA Global, along with the Ajmera Infinity Gardening Committee and Residents' Association, hosted a joyful tree plantation drive under its “Go Green initiative”. SDNA Global sponsored ‘100 plants’, and the event quickly turned into a celebration of community spirit. Employees of SDNA, along with their families, joined hands with Ajmera residents—from curious children digging happily in the soil to senior citizens guiding with wisdom. Together, they transformed the morning into a true festival of greenery.

The drive was led by Amrita Tripathi, Partner at SDNA Global and a proud Ajmera

Infinity resident, with full support from the Association and Gardening Committee. And while he couldn't be there in person, Gaurav Narang, CEO of SDNA Global, shared his message:

“It's inspiring to see our community and SDNA come together for such a meaningful cause. Planting trees today is an investment in the future we all share.”

By the end of the day, Ajmera Infinity's land scape had 100 new plants - a living reminder of what's possible when neighbours, colleagues, and families come together. For both SDNA Global and Ajmera Infinity, this Independence Day was about freedom, responsibility, and giving back to the planet.

Shades of Serenity – By Sarah Jamal



Sarah Jamal, an 8th-grade student of Christ Academy ICSE, showcases her creative passion through her artwork “Shades of Serenity.” Deeply enthusiastic about exploring diverse mediums, Sarah continues to experiment and shape her own artistic style. This piece reflects her growing journey as an artist and her ability to express emotions with depth and elegance.

Why SALARY NEGOTIATION Fails? 10 Reasons & How To Fix Them?

Strong negotiation transforms offers into opportunities. Many candidates stumble on avoidable missteps, but targeted strategies can safeguard your success and confidence.

- ▶ Submit a professional, tailored resume highlighting measurable achievements.
- ▶ Choose roles that align with your true expertise.
- ▶ Customize your resume for each application using job-specific keywords and examples.
- ▶ Enter negotiations informed by solid market research—check platforms like Glassdoor and LinkedIn.
- ▶ Prepare thoroughly: rehearse your talking points, engage in mock interviews, and set clear goals before discussions.
- ▶ Keep negotiations focused on delivering mutual value rath-

er than personal motives.

- ▶ Approach salary discussions as constructive business dialogues.
- ▶ Guide the process thoughtfully by structuring your offer and asking open-ended questions.
- ▶ Promote a spirit of collaboration in all negotiations.
- ▶ Avoid rushing to accept or decline any offer; carefully review all terms.
- ▶ Take time to evaluate each component before making a decision.
- ▶ Negotiate thoughtfully instead of overwhelming the employer with too many demands.
- ▶ Prioritize key benefits like work flexibility or bonuses and stay adaptable.
- ▶ Address the full compensation package, including equity,

additional leave, and hybrid work.

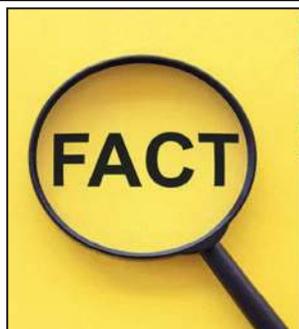
- ▶ Discuss non-salary perks alongside the base salary.

Prepare well, communicate clearly, and collaborate to secure the compensation you deserve.

“Research well, set clear goals, and communicate respectfully for successful salary negotiations.”



- Nayagam PP
CERTIFIED Career Coach - EduJob360



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The Silent Struggle of Performing Artists: Balancing Life and Stage

For most of us, work ends when the laptop shuts down. But for performing artists, work is life itself. Their art is their passion, profession, and identity — and that makes balancing personal and professional life far more complex.

In my study on Work-Life Balance Among Performing Artists, I combined my backgrounds in Psychology and Classical Dance to understand how artists cope with the demands of stage and life. What emerged was a story of resilience, but also silent struggles.

When Art Becomes Identity

Performers like dancers, musicians, and actors live their art 24/7. A missed step, a cancelled show, or a negative comment feels deeply personal. Their self-worth often depends on how they perform or how audiences respond.

While this deep identity brings pride, it also creates pressure. Artists are constantly on edge, carrying the emotional weight of every performance long after the curtains fall.

Tradition and Expectation

In India, classical art is more

than entertainment. It is a cultural duty. Performers are seen as custodians of tradition, expected to perform at temple festivals & community events.

For women, the challenge is heavier. Many face pressure to prioritize marriage and family, with dance often dismissed as a “devotional service” rather than a career. This conflict between personal ambition and cultural expectation is emotionally draining.

Life Without a Routine

Unlike regular jobs, performing artists have no fixed hours or steady income. Rehearsals at odd times, late-night shows, last-minute travel, and uncertain pay make life unpredictable. This uncertainty strains relationships too. Missing family events or struggling with financial instability often leads to guilt and stress.

The Hidden Emotional Cost

On stage, artists portray love, sorrow, devotion, and joy. Off stage, many hide their own struggles with burnout, anxiety, and depression. Yet, they rarely speak about it.

Mental health is still a taboo

in the arts community. Many fear that therapists may not understand their unique lifestyle, so they push through in silence.

Coping and Finding Balance

Despite the pressures, artists show remarkable resilience. Many rely on meditation, yoga, and the support of gurus and peers. Others find strength in creating routines, setting boundaries, and prioritizing self-care.

Some practical ways that help:

- Time management — scheduling rehearsals and rest.
- Support systems — leaning on family, friends, and peers.
- Counselling — seeking professional help when stress builds up.
- Self-care — activities that recharge mind and body.

Why We Must Care

Performing artists are the heartbeat of our culture. Behind every graceful step or soulful note is a person juggling duties, dreams, and struggles. If we wish to preserve our traditions, we must also support the people who carry them

forward.

Institutions, families, & policymakers should provide not just platforms, but also mental health support, financial stability, & wellness programs for artists.

Quick Facts: Artists & Balance

- **Irregular Hours:** Late-night shows, rehearsals, travel.
- **Financial Stress:** Freelance work, uncertain income.
- **Public Scrutiny:** Constant visibility, criticism.
- **Hidden Strain:** Anxiety, burnout, identity struggles.
- **Coping Tools:** Meditation, support systems, counselling.



Meera Manoj K MSc
Psychology
Student,
Bharatanatyam artist,
and writer

Ragadari Hindustani Music

The ragdari system, the performance with improvisation of ragas, helps musicians evoke distinct moods, emotions and atmospheres through specific combinations of musical notes and patterns.

Each raga is intricately designed to convey particular feelings, such as devotion, joy or melancholy etc. Ragadari music has the ability to “colour the mind” of listeners and provides a sense of calmness to the musician.

Why Ragadari Music Is Needed?

- **Emotional need** - Raga is more than a scale. It is a framework that dictates the choice, order, and style of note rendering, enabling artists to create a deeply emotional connection with their listeners.
- **Spiritual Connect** - Ragadari music has the power to evoke profound feelings of devotion, tranquility, & connection with the divine, making it more than just an artistic pursuit.
- **Structure** - The ragdari system provides a grammar of music, preserving ancient melodic forms with distinct rules about which notes/swaras can

be sung/played.

• **Tradition** - In ragadari music artists have a roadmap for improvisation ensuring performances are both creative and true to tradition because of the ancient compositions.

Ragadari Music is considered to be a medium for spiritual awakening and inner transformation. In the upcoming age of man-machine society, humans would need to explore inner self more than exploring the outside world to live a more meaningful life. Ragadari music nurtures our mental well being and helps us be a better human being.



- Smita Verma,
Hindustani classical
vocalist, co-founder
Artwist Academy

What Social Media Doesn't Show The truth behind the feed

Sometimes, those endless vibrant highlighted stories, scintillant trending reels, aesthetic photo slides, and a bottomless feed of snaps capturing jubilant faces seem to work together against my confidence. Most days, I try to view them positively and feel happy for others. However, in certain weak moments — the ones in which I doubt my abilities or worth — I find myself asking: “Why can't I feel like them, be like them, look that way, or do all that, too?”

The whole truth is, at times, social media can be a tough space to be in. We all compare our behind-the-screen struggles with the triumphant moments others post online. The algorithm seems to deliberately magnify what we don't wish to see, yet what we secretly yearn for; all at once. Altogether, that social media account becomes a bane that we can't bring ourselves to get rid of.

That's when it's important to receive a reminder that comparing one's toughest times with another's best is not only untrue, but also



unfair to oneself.

Ordinarily, we all tend to post our most polished, jubilant, stunning versions online, as do others! So, does that mean social media is fake or harmful? Classifying social media as ‘real’ or ‘fake’, and ‘good’ or ‘bad’ is both unnecessary and an oversimplification. Social media is a part of most teenagers' lives now, and it's not bound to leave any time soon. Further, it can be an invaluable tool for self-express-

sion, finding a community, and settling in your niche. Thus, while a digital detox, or distance from social media, can help some, there is no single right step to take when social media begins to feel overwhelming.

In my opinion, the most powerful change lies in our perspectives: the way we see and consume others' content. Setting boundaries, taking breaks when we need to, and telling ourselves that everyone is fighting their own battle, which we may not see on social media, are of the essence. Let's use social media, and not let it use us.



- Aditi Garg
High School Student

The Joy Beyond Equations: A Tribute on Teachers' Day

Every year, Teachers' Day makes me pause and reflect on my own journey as a teacher. Over the past seven years of tutoring mathematics, I have realized that teaching is not just about solving sums or explaining lessons. It is about encouraging children when they feel stuck, celebrating their small victories, and helping them believe that they can achieve more than they think.

It is celebrated on September 5, the birthday of Dr. Sarvepalli Radhakrishnan, who believed that teachers should be respected for the role they play in building lives and society. This reminder makes the day even more meaningful for me.

I still remember one of my students who struggled with algebra for weeks. The day she solved her first problem on her own,

her smile said it all. That simple moment reminded me that the true reward of teaching lies in the confidence we awaken in our students.



Our tradition beautifully describes teachers with four meaningful words— Acharya, Guru, Shikshak, and Adhyapak.

- Acharya is the role model, who teaches by example.
- Guru is the remover of darkness, guiding students toward wisdom.
- Shikshak is the educator, who builds knowledge step by step.
- Adhyapak is the one who teaches with discipline and structure.

In my classroom, I of-

ten find myself moving between all these roles— sometimes explaining patiently as a Shikshak, sometimes stressing on practice like an Adhyapak, and sometimes, if I am fortunate, being a Guru when a child's eyes light up with understanding.

Teachers' Day is, above all, a reminder of the trust placed in every teacher. For me, the greatest joy is knowing that even in small ways, I can help shape a child's journey.

Happy Teachers' Day!



- Mahak Singla
[Maths facilitator for
IB and IGCSE]
Mindful Maths by Mahak

NASA-ISRO's NISAR Satellite Launches to Transform Global Earth Observation



Launch place – Sriharikota
Launch date – July 30, 2025

In a landmark moment for international space collaboration, the NASA-ISRO Synthetic Aperture Radar (NISAR) satellite was successfully launched aboard ISRO's GSLV-F16 rocket from the Satish Dhawan Space Centre. This joint mission between NASA and ISRO marks the world's first Earth observation satellite equipped with dual-frequency synthetic aperture radar (SAR), designed to monitor our planet with unmatched precision.

A Technological Marvel

NISAR carries two radar systems: NASA's L-band SAR and ISRO's S-band SAR. These are mounted on a 12-meter deployable antenna, enabling a swath width of up to 240 km and spatial resolutions ranging from 5 to 100 meters. Operating in a sun-synchronous orbit at 743 km altitude, NISAR will revisit the same location every

12 days, capturing high-resolution data regardless of weather or lighting conditions.

The satellite is capable of fully polarimetric and interferometric imaging, allowing scientists to detect minute surface changes essential for tracking natural hazards and environmental shifts.

Global Impact

NISAR's data will be freely available to researchers and governments worldwide, supporting a wide range of applications:

► **Disaster Response:** Early detection of earthquakes, landslides, and volcanic activity through surface deformation analysis.

► **Climate Science:** Monitoring glaciers, sea ice, and permafrost to understand climate change impacts.

► **Agriculture:** Assessing crop health, soil moisture, and land use to improve food security.

► **Water and Ecosystems:** Mapping wetlands, forests,

and aquifers to aid conservation and resource management.

This mission sets a precedent for future international cooperation in space science, combining NASA's expertise in radar technology with ISRO's satellite engineering and launch capabilities.

Testimonial: A Moment to Remember

“Watching the NISAR launch live was a surreal experience. Seeing a mission of this scale take flight, knowing the science behind it, and feeling the energy of the crowd—it's a memory I'll carry for life.”



- Venkatesh BP,
Technical Writer.

Smart Parenting for the Smart Phone Generation

In a world being taken over by technology, parenting is no longer limited to providing nurturance, education and advice. Surveys across Indian cities have shown an alarming percentage of children spending time online, sometimes even without supervision. This can often lead to decreasing attention span and academic efficiency, sleep difficulties, social withdrawal, increased eye-strain and poor posture. While staying in touch with technology has its advantage- boosting creativity, improving language & exposure to global information, parents can provide access to their child, while setting clear boundaries and rules regard-

ing usage. Zero screen time is recommended for children below the age of 2, and only interactive, educational content up to 1 hour/day(maximum), for children ages 2-5. Younger children observe how often, for what purpose and where their parents use gadgets, accepting this as the norm, making it important to model the accepted behaviour. Older children require monitoring as per their age. Understand privacy settings, set up firewall, and use applications such as netnanny or Aura to supervise and set limits to content. Teach your child the difference between online and reality, the importance of keeping information private,

encouraging open discussions about the world they interact with online. Rather than denying them the world of technology or teaching them to fear the dangers that lurk out there, teach them to be responsible and accountable.



- Dr Rachel Jayaseelan
Founder, Counseling
Psychologist
Wellness Within

Tiny Teeth, Big Promise Protecting India's Youngest Smiles

That precious, gummy grin—from a toddler's first milk tooth—is pure magic. Yet behind that innocent smile lies a growing concern: recent research shows nearly 47% of Indian children suffer from early childhood caries (ECC)—decay in their baby teeth—revealing that almost 1 in 2 children are silently struggling with dental decay.

Closer to home, in urban Bangalore, among preschoolers aged 8 to 48 months, about 27.5% already show signs of tooth decay—rising sharply with age. While in Marathahalli, among 3-5 year olds, nearly 40% show early decay—well within the Karnataka state average of 40-60%.

These facts aren't just numbers—they represent little ones who may struggle to eat, sleep, or speak confidently. Cavities in this age group progress fast, transforming minor discomfort into serious health setbacks. And yet, most of this decay remains untreated, simply because early screenings aren't yet common.

Enter Dr. Toothlittle at e city Dental Clinic: Where Care Meets Compassion

We're proud to be India's first exclusive chain of pediatric dental clinics, serving families at five locations across Bangalore,

with our newest center located in Electronic City.

From toddlers aged just 1.5-2 years, our skilled team provides gentle, science-backed care that includes:

- Early detection and treatment of decay before it worsens.
- Addressing oral habits like thumb-sucking or mouth-breathing—since habits unchecked can impact teeth alignment and jaw development.
- A strong preventive focus: from fluoride treatments and monitoring permanent tooth eruption, to alignment checks and cosmetic care—powered by advanced scanners and premium materials.
- And all this backed by 20 years of unwavering pediatric dental expertise.

But at Dr. Toothlittle, it's not just what we do—it's how we do it.

Turning Fear Into Fun

Because dental visits shouldn't be scary—they should be magical.

Imagine a place where children:

- Watch their favorite cartoons mid-treatment,
- Paint, talk, and share freely in a multi-sensory, inclusive environment,
- And leave with bright smiles, small gifts, and even a little ice

cream treat—turning a dental check-up into a joyful memory.

Don't Wait Until the Pain Hits

Too often, parents wait for signs of pain before seeking dental care—but with ECC, by then it's often too late. Preventive check-ups safeguard your child from unnecessary pain, stress, and expensive treatments later.

A Pledge to Little Teeth—and Growing Hearts

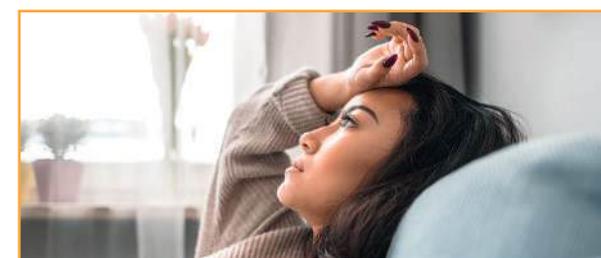
At Dr. Toothlittle, we believe dental care should not only protect, but also inspire confidence and joy. For parents, that means comfort and trust. For children, their first dental visit can become a story they treasure—not a moment they fear.

Visit us in Electronic City, Bangalore, and see why Dr. Toothlittle—India's pioneering pediatric dental chain in five Bangalore locations—is where little smiles bloom into healthy, happy habits.



- Dr Ranjani Rao
V2 E city Dental center

Are you going through trauma? Be on the lookout for these seven signs



close to other people.

The good news is that trauma can be healed. Cognitive behavioural therapy (CBT), EMDR, or trauma-focused counselling are all types of psychotherapy that can help you deal with painful memories. Mindfulness, journaling, yoga, and breathwork are all things that can help you control your emotions. It's very important to build a safe support system and get professional help.

“Keep in mind that trauma is not a sign of weakness; it is a normal reaction to a lot of pain. Healing is possible, and life can get back on track with the right help and awareness.”



- Dr. Ruupa Rao
Psychologist, Author,
and Counsellor

Trauma isn't just a memory of something bad that happened; it's an emotional wound that changes how we think, feel, and act. It can happen after very stressful events like accidents, abuse, the death of a loved one, natural disasters, or even just a lot of stress over time.

Psychologists usually divide trauma into three main types: Acute trauma, which comes from a single shocking event; Chronic trauma, which comes from being exposed to the same thing over and over again.

Complex trauma, which comes from having many different experiences that build on each other, often starting in childhood.

But how do you know if trauma that hasn't been dealt with

is affecting your life? Here are seven things to look out for:

- Memories or flashbacks that are too strong, reliving the event over and over.
- Avoidance means staying away from people, places, or situations that remind you of what happened.
- Emotional numbness : finding it hard to feel love, joy, or connection.
- Hypervigilance means always being on edge, getting angry easily, or being easily startled.
- Sleep problems, like nightmares that happen over and over or not being able to sleep.
- Negative beliefs about yourself, like feeling guilty, ashamed, or worthless.
- Relationship problems :having trouble trusting or getting

Independence Day Celebrated at Ajmera Infinity



Ajmera Infinity came together on 15th August to celebrate India's Independence Day with patriotic zeal and community spirit.

The morning began with stirring Desh Bhakti songs, followed by the flag hoisting and a heartfelt address from the President. Residents showcased their talents through cultural performances, adding color and emotion to the occasion.

Sweet distribution and a meaningful Plantation Drive brought joy and purpose, while the Prize Distribution Ceremony honored winners of recent sports and cultural events.

It was a day of pride, unity, and celebration a true reflection of Ajmera Infinity's vibrant spirit.

INDEPENDENCE DAY CELEBRATION @ K MEADOWS



We had an ecofriendly celebration at G K Meadows. We used hand made decoration materials prepared and preserved by residents.

Cultural activities were organized including drawing, dance, singing, skit and few outdoor games too in which kids and adults participated enthusiastically.

Independence day celebration MJR Clique Hercules



Independence Day in India, celebrated on August 15, is a day of immense significance, commemorating the sacrifices of our freedom fighters and dawn of our freedom. This day is celebrated with huge enthusiasm across the country. Like every year, we had our own little corner of celebration at MJR Clique Hercules too. The event commenced with hoisting of the National Flag –by senior citizens of the society. This was followed by various cultural events – freedom fighter themed fancy dress for the kids,

patriotic singing for adults, and many games for all. Post the celebrations, snacks were distributed.

Independence Day is deeply embedded in our cultural fabric and it fosters patriotism, national unity and a sense of collective identity. By celebrating this day with enthusiasm, we Herculeans, not only rekindled our sense of patriotism, but also tried to inculcate and bring around same pride for our country in the coming generation.

INDEPENDENCE DAY CELEBRATION SRIRAMSUMMIT



The residents of Shriram Summitt came together for a meaningful Sapling Plantation Drive organized by the Association President Krishnaraj Gouthaman and association members associated with the 79th Independence day. What made the event truly special was that it was led by the children of the community, symbolizing their role as the

guardians of tomorrow.

“With enthusiastic participation, saplings were planted across the premises, reinforcing the importance of greenery and sustainability within apartment living. The initiative not only beautifies the surroundings but also spreads a strong message of environmental responsibility.”

Veterans, Families & Children Join Hands for Independence Day



Residents of Sainik Layout, Thirupalya, and Neotown came together with veterans, children, and families to celebrate Independence Day, expressing unity and patriotism through a proud salute to the nation.

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