

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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1

BMRC Yellow Line Update: Starting Sept 10, 2025, Bengaluru Metro improves service with trains every 19 minutes. First train: 6:00 AM (Mon-Sat), 7:00 AM (Sun). Last departures: 11:55 PM from R.V. Road and 10:42 PM from Bommasandra, ensuring smoother, more convenient travel for commuters.

2

E-City Road Alert: Residents have raised concerns over the deteriorating Hulimangala Road near Sai Baba Temple, Phase 1, Electronic City. Daily commuters face hardship on this unsafe stretch. Citizens urge authorities to act swiftly and restore safe, motorable roads.

3

Heelalige Fire Incident (Sept 7, 2025): A massive blaze erupted at Vishal Tribotech Pvt. Ltd. near Heelalige Railway Station around 8:00 AM. Over 10 fire tenders battled for 6+ hours. No casualties, though property damage was severe.  Civil Defence Division-50 supported operations with manpower, logistics, traffic control, and hydration aid.

4

Community Action in E-City: Residents of Neotown, Hulimangala organized a cleanup drive at Margondanahalli Lake, tackling waste and pollution. They stress it's not a one-day fix—demanding regular cleaning, proper waste management, awareness campaigns, and permanent solutions from the government. Action, not excuses, is the call.

5

TCS Seals Massive Office Space Deal in Electronic City: Tata Consultancy Services (TCS) has inked a ₹2,130 crore agreement for a 15-year lease of 1.4 million sq ft at 360 Business Park in Electronics City—one of the largest such commercial transactions in recent times. This signals continued confidence and long-term investment in Bengaluru's IT infrastructure.

6

Goldman Sachs Launches Free Metro Shuttle to Electronics City: To improve employee commuting, Goldman Sachs has introduced a free feeder shuttle service connecting the Silk Institute Metro station to Electronics City via the Yellow Line. This complements the firm's existing paid transport, aiming to ease congestion and provide viable last-mile connectivity.

7

E-City Update: A new Pediatric Dental Unit has been launched at E-City Dental Center on 6th Sept 2025. The event featured fun kids' activities, giveaways, and expert dental care sessions—promoting healthy smiles from a young age.  Info: 8041303132 / 9740078517.

No More OC Hassles for Small Homes in Bengaluru

Good news for Bengaluru's homeowners! The state government has announced that many small residential buildings in the city will no longer need to obtain an Occupancy Certificate (OC). The new rule, issued on September 9, 2025, under the Greater Bengaluru Governance Act, 2024, is designed to cut red tape and make life easier for ordinary citizens.

Until now, even small property owners had to go through lengthy procedures

to secure an OC after construction.

This often meant delays, repeated visits to government offices, and additional costs. With the latest exemption, buildings on plots up to 1200 sq. ft., including those with still plus three floors, are freed from this requirement. Certain public utility structures and smaller approved projects are also included in the exemption list.

For thousands of families building their dream homes,

this move comes as a major relief. While individual houses get simplified rules, bigger projects—such as high-rise apartments, commercial complexes, and large layouts—will still need OCs to ensure safety and compliance.

“By focusing on larger developments and easing rules for small homes, the government hopes to strike a balance between good governance and citizen convenience.”

Steep Metro Fare Hike Burdens Bengaluru Commuters

Bengaluru's Metro, once hailed as the city's most reliable public transport lifeline, is now at the center of public anger. With over 10 lakh people—mostly students, office-goers, and IT/BT employees—depending on it daily, the recent fare hike by Bengaluru Metro Rail Corporation Limited (BMRC) has made Namma Metro the most expensive metro service in the country.

For many commuters, the impact is immediate

and harsh. A daily journey of more than 25 km now costs close to ₹90 per trip, not counting the additional expense of autos, cabs, or feeder services needed for first and last-mile connectivity. This heavy burden, citizens say, is discouraging public transport use and forcing a shift back to private vehicles—exactly the opposite of what Bengaluru needs to tackle traffic congestion and rising pollution.

The anger is compounded by a lack of transparency.

BMRC had earlier assured the Hon'ble Karnataka High Court that it would make the Fare Fixation Committee (FFC) report public, but has failed to do so. Critics argue that without accountability, fare hikes appear arbitrary and unfair.

“Commuters and civic activists are now urging both the state government and BMRC to put public interest first—release the FFC report, ensure affordability, and restore faith in the city's Metro system.”

Best Buffet in Electronic City? Experience ASF



If you've lived or worked in Electronic City, you know the food scene is buzzing. But when it comes to buffets, ASF (Ancient Stone Flames) has completely changed the game. It's not just another spread of food, it's an experience.

► Lava Stone Grilling: The Sizzle You Can't Forget

At ASF, starters aren't just served they're grilled right at your table on hot lava stones. Imagine the aroma, the sizzle, and cooking your kebabs exactly the way you like them. It's India's first lava stone grill buffet and once you try it, regular buffets won't feel the same.

► Fresh, Honest Food Every Time.

ASF serves over 8,00,000 buffets a year across locations. From in-house masalas to

freshly baked bread and desserts made right in their kitchen, freshness is non-negotiable. You can taste the difference.

► Perfect for Every Occasion.

Corporate lunches, family gatherings, anniversaries, birthdays you name it, ASF fits the vibe. Spacious seating and endless variety make it ideal for teams, big groups, or intimate celebrations.

Find ASF in Electronic City (and also Gachibowli, Hitech City, Jubilee Hills, Kalyan Nagar, Whitefield, Marathahalli). Book your table at www.ancientstoneflames.com or call +91 88818 86878.

So, when someone asks, “Where's the best buffet in Electronic City?” the answer is always ASF.



My Favourite Teacher



She was the first whom I started admiring a lot ever since I got to know that our names were the same. That little connection made me curious, and I soon started looking for more similarities between us. Her teaching skills were simple and followed the traditional method, yet I was deeply impressed by the way she dealt with her students.

She was someone we could connect with, not just as a teacher but as a person who understood us.

She was the one who made me feel like becoming a teacher; being my true inspiration. I might not be as good as she was, but all I can see and feel is that my students love me a lot. I can sense this, and it makes me feel

that perhaps I carry forward a part of her in my own teaching.

Unlike her, I may not have her grace and patience, but I feel I have at least a few of her traits. She taught me lessons beyond books — how to behave with others, how to remain as normal and humble as we can, and how not to carry the ego of being a teacher or a superior.

“I don't know where she is today or how she is doing, but I still remember her fondly. She remains unforgettable in my heart, and I often feel like meeting her once again.”

**- Nupur Mohapatra
Passionate Educator**

BRICK BY BRICK: AADHAV'S LEGO WORLD COMES ALIVE



What began as a quiet fascination with tiny bricks in early childhood has grown into a creative pursuit. Aadhav Ashok, a passionate LEGO builder, recently hosted a mini exhibition, Bengaluru Lego Filmcity, for extended neighbourhood and friends offering a community experience that sparked curiosity and inspiration among young minds.

From cityscapes and historical landmarks to whimsical settings like a haunted house and time-travel scenes, every corner of the display reflected meticulous effort and storytelling flair. Guests explored models of metro stations, harbours, cultural monuments, natural landscapes, public spaces, a dinosaur park, and even a waxmuseum style

section pairing LEGO mini-figures with real-world icons. "Brick building is a mix of relaxation, engineering thinking, and joyful expression a hobby that can last a lifetime", he reflects.

A fan of LEGO since the age of three, Aadhav has steadily built his collection, thoughtfully selecting sets or pieces that contribute meaningfully to his custom creations. Choosing LEGO as his go-to gift for birthdays and festivals, he has humbly invested in the world of bricks. "Rather than spending on a short-lived enjoyment, I prefer to save it for something that continues to inspire me," explains Aadhav. Along the way, he has embraced the essential effort of sorting and managing hundreds of tiny pieces — a task

only true enthusiasts take pride in.

"Beyond building, he also explores storytelling through stop-motion animation on his YouTube channel, bringing minifigures to life and adding another dimension to the LEGO journey. This young enthusiast is sure to inspire many to dream, build, and believe in the magic of miniature worlds."



- Aadhav Ashok
Class 10th
SFS ICSE, Hebbagodi

UNVEILING THE ART OF BHARATANATYAM

A Journey with Bhavam Nrityalaya



Students of Bhavam Nrityalaya, at "Navagraha Nrityanjali" - Thematic production

Established in 2012 by President and Artistic Director Anitha Tirumalai Rajagopalan, Bhavam Nrityalaya is a foundation for arts and education dedicated to teaching the Kalakshetra style of Bharatanatyam in E City, Bengaluru. The institution has grown over the past 13 years, training more than 100 students, both children and adults, and helping many become passionate dancers.

Students gain regular stage exposure through elaborate dance productions and annual celebrations. The school has a rich history of creative works like "Natyaramba-Origin of Dance," "Bala Ramayanam," "Sri Ranga Leelai," and "Navagraha Nrityanjali." Their students & gurus have also performed at prestigious festivals, including a Guinness World Record Event, the prestigious Brahan Natyanjali at Tanjore, and the Hosur Natyanjali.



Smt. Anitha Rajagopalan

Anitha has also conceived and set up Vidhyaaranga-A Space for Arts, a venue purpose-built for learning performing arts. This space is also suitable for hosting chamber concerts and workshops at E City Phase 1.

Meet the Founder, Anitha Rajagopalan

Anitha Rajagopalan trained in the Kalakshetra Paani under Guru Smt. Bhavani Anantharaman in Chennai, along with her sister, Deepa Bharath, and established Bhavam Nrityalaya as a homage to their Guru and to carry forward this art form in the IT-centric neighborhoods of Bangalore and Hyderabad.

Apart from their commitment to dance, Anitha and her sister Deepa are both full-time professionals. Anitha is a passionate Retail Technologist & Director of Consulting at Tiger Analytics, Bangalore, while Deepa is an AVP at HSBC, Hyderabad. The sisters are also alumni of Birla Institute of Technology & Science (BITS), Pilani, and Anitha holds an MBA from S.P. Jain Center of Management in Dubai & Singapore.



New Batch of Bharatanatyam Learning begins at Vidhyaaranga on the auspicious Vijayadasami day October 2nd 2025. Whatsapp 98867 49979 for enquiries.

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The Unbreakable Bond Brother-Sister



A brother is a treasure beyond measure, a bond that comes from heart and not from blood. He's a guardian, a confidant, and a friend like no other. The brother-sister relationship is built on trust, love, and mutual understanding.

A brother loves silently, yet his actions speak volumes. He may annoy knowingly, but his teasing is a reminder of the playful bond they share. He's a gift to the heart and a friend to the spirit.

In a brother, a sister sees a father who guides and protects her. She looks for a partner like her brother someone who supports,

cares, and understands her. Who needs a SUPER



HERO when you have a Brother.

Though they don't get enough time to spend with, see each other face to face for days, yet the roots remain as one. Time and distance mean nothing, the

bond is forever.

To every sister, a brother is a precious treasure, a source of comfort, strength, and inspiration. He may make her cry, but he'll always be there to protect her. This bond is truly one of life's greatest gifts.

a BROTHER...BRO



- Asha Balasubramaniam
tummy fuel eatery

Pregnancy Nausea: What Helps & When to Seek Help



Nausea and vomiting are common during the first trimester of pregnancy. While annoying, they can also be a sign that your body is adjusting to the changes in hormones and preparing for the baby.

Here are some tips on how to manage nausea and vomiting during pregnancy:

♥ Eat small meals throughout the day

Heavy meals can worsen nausea, so it's best to eat small meals throughout the day. Try to focus on simple and easily digestible foods such as

crackers, toast, or bananas.

⚠ Avoid food triggers

Everyone is different but certain smells or flavors can make nausea worse. Keep track of what seems to trigger your nausea and avoid those foods if possible.

💧 Drink plenty of fluids

Dehydration can worsen nausea, so be sure to drink plenty of fluids throughout the day. Water, ginger tea, or sports drinks are all good options.

👩 Talk to your healthcare provider

If you're still having trouble managing nausea, talk to your

healthcare provider

They may be able to help with tips or medications for relief.

⚠ When to Call a Doctor While mild nausea is normal, contact your doctor right away if you experience:

- Severe vomiting that won't stop
- Inability to keep food or fluids down
- Signs of dehydration (dark urine, dizziness, dry mouth)
- Weight loss instead of weight gain
- Vomiting blood or material that looks like coffee grounds

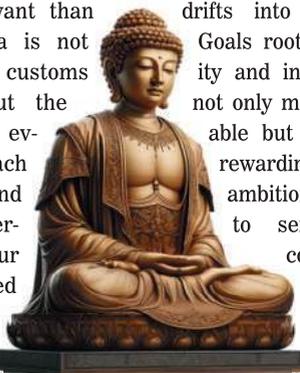


- Poonam Dhungana
Content writer

3 Tips to Build Good Karma in Life By Dr. Rakesh Dashpute

In today's fast-paced world, the wisdom of karma is more relevant than ever. Good karma is not about rituals or customs alone—it is about the choices we make every single day. Each thought, word, and action carries energy that shapes our future. When lived with awareness, karma becomes a guiding force that brings peace, prosperity, and fulfillment.

Make Choices Consciously
Every decision leaves an imprint. Before reacting, pause and ask: Does this choice align with truth, compassion, and growth? Conscious actions create harmony and prevent conflict, turning even small gestures into seeds of goodness.



Set Good Life Goals

A life without direction often drifts into confusion. Goals rooted in clarity and integrity are not only more achievable but also more rewarding. When ambitions are tied to service and contribution, success flows with ease. True achievement lies not in comparison, but in purposeful living that uplifts both self and society.

Trust the Universe
Life seldom goes exactly as planned. Trusting the universe means surrendering with faith that every delay or obstacle has hidden meaning. By aligning with positivity & patience, we often find that

detours lead us to better destinations than we imagined. Good karma is not built in a day—it is cultivated in daily choices, consistent goals, & unwavering trust. When practiced with sincerity, it creates ripples of peace, joy, & abundance that extend far beyond us.

“In essence, building good karma is more than a philosophy. It is a way of life—one that leaves behind a legacy of harmony and hope for generations to come.”



- Dr. Rakesh Dashpute
Toxin Loss Expert, Author, & Transformation Mentor.

A Book a Day? Not Needed Just Ten Minutes Can Build a Reader for Life.

In today's fast-paced, screen-filled world, books give children something rare and precious - time to pause, imagine, and grow. Reading is not just about learning words; it nurtures curiosity, builds confidence, and helps children make sense of the world around them.

As Mark Twain once said, "The man who does not read good books has no advantage over the man who cannot read them."

The many benefits of reading:

- ▶ Expands vocabulary and sharpens communication skills
- ▶ Sparks imagination and creativity
- ▶ Improves focus, patience,

and concentration

▶ Builds empathy by allowing children to step into different lives and worlds

▶ Fosters a lifelong love for learning

How parents can raise readers:

▶ **Visit libraries and bookstores often:** Surrounding children with books makes them feel natural and inviting.

▶ **Let them choose:** From picture books to comics, their own choices make reading joyful.

▶ **Join storytelling sessions and author meets:** Such events make stories come alive and deepen a child's bond with books.

▶ **Read regularly, even in small doses:** Ten minutes a day goes much further than

long bursts only during holidays.

▶ **Be a reading role model:** Children mirror what they see. As the Swedish proverb says, "Children do as you do, not as you tell them to do."

We believe every child is a reader; sometimes they just need the right book to discover it.



- Neha Jain
Kahaani Box Library
Doddathoguru

Reimagining India's Unity: Lessons from the European Union

In a world marred by conflict and division, Europe offers a remarkable example of reconciliation, cooperation, and integration. Once devastated by two deadly world wars, countries like France and Germany — bitter enemies during both conflicts — have today become the cornerstone of one of the most successful political and economic unions in modern history: the European Union (EU). Ironically, many Indians today are queuing up to gain citizenship in these very countries, attracted by the stability, prosperity, and freedoms the EU now guarantees.

A Short History of Unity

The seeds of the EU were sown in the aftermath of World War II, when the need for lasting peace was paramount. Recognizing that economic interdependence could deter future wars, six nations — France, West Germany, Italy, Belgium, the Netherlands, and Luxembourg — came together in 1951 to form the European Coal and Steel Community (ECSC). The idea was simple: bring coal and steel under a common authority, making conflict between members materially impossible. Building on this, the same six creat-

ed the European Economic Community (EEC), establishing a common market that allowed free movement of goods, people, services, and capital. In 1992, the Maastricht Treaty formally established the European Union. Today, the EU comprises 27 nations, and its citizens enjoy freedom to live, work, and study across borders, along with healthcare, education, and voting rights.

In essence, while India is a union of 28 states, the EU is a union of 27 independent countries — each with its own language, culture, and governance structures — co-

operating under a shared vision of peace, prosperity, and respect. **Language, Borders, and Identity**

One of the EU's most impressive achievements is how it manages vast diversity. Drive from France into Germany, and the language changes instantly. In Belgium, the north speaks Dutch, the south French. Yet citizens adapt seamlessly. Contrast this with India, where linguistic diversity often sparks disputes.

What Can India Learn?

The EU shows that unity does not require cultural homogeneity; it requires shared purpose,

strong institutions, and political will. If former wartime enemies can form one of the world's most powerful unions, surely Indian states — bound by shared history — can resolve differences amicably.

India doesn't need to become the EU. But it can learn from its emphasis on cooperation, diversity, and integration. The EU was born out of necessity but thrives on shared vision. Perhaps it's time for India to ask: What vision unites us — and how far are we willing to go to uphold it?

- Prabhu P
Software Engineer

Menopause & Oral Health: What Every Woman Should Know



Menopause is a normal phase in a woman's life, usually between 45-55 years, but its hormonal shifts don't only affect hot flushes or mood — they can also impact the mouth. Declining oestrogen levels reduce blood flow and collagen in gum tissues, while also lowering saliva production. These changes make the oral cavity more prone to problems.

Common dental and oral symptoms during menopause include:

Dry mouth (xerostomia): Less saliva increases cavities, bad breath and fungal infections such as oral thrush.

Burning mouth syndrome: A persistent burning or tingling sensation on the tongue or lips.

Gum disease and bleeding: Gums may become more sensi-

tive, inflamed or recede. Altered taste or metallic taste: Hormonal changes can disturb taste buds.

Tooth sensitivity and loosening: Linked to bone density loss in the jaws.

Preventive steps and care:

Regular dental visits (every 6 months or sooner if symptoms appear) allow early diagnosis of gum disease or decay.

Excellent daily hygiene: Brush twice with a soft-bristle toothbrush and fluoride toothpaste, floss or use interdental brushes daily.

Hydration and saliva substitutes: Drink plenty of water, chew sugar-free gum, or use saliva-stimulating lozenges/mouth sprays.

Nutritional support: Adequate calcium, vitamin D and protein

strengthen teeth and jawbones.

Lifestyle changes: Avoid smoking, alcohol and excessive caffeine — all of which worsen dry mouth and bone loss.

Discuss with your doctor: Hormone replacement therapy (HRT) or local oestrogen preparations may help some symptoms; always under medical advice.

Topical fluoride or remineralising treatments from your dentist can further protect enamel.

Why it matters: Oral problems can develop silently during menopause but may have long-term effects on quality of life and overall health. Awareness, regular check-ups and preventive care can preserve a healthy smile well into later years.



- Dr. J.M. Sangeetha Priya
Founder
DentalFit Multispeciality
Dental Clinic, E City

The Importance of Regular Health Checkups



In today's fast-paced lifestyle, health often takes a backseat until a problem arises. However, by the time symptoms appear, conditions may have already progressed.

This is why regular health checkups play a vital role in maintaining over all well-being.

► Preventive health checkups* help in the early detection of lifestyle-related diseases such as diabetes, hypertension, cholesterol imbalance, thyroid disorders, and even certain cancers.

When identified at an early stage, these conditions can be managed effectively, reducing

complications and treatment costs.

A routine health checkup is not just for those who are unwell — it is equally important for healthy individuals. Just like we service our vehicles regularly to avoid breakdowns, our body too needs timely monitoring to ensure it functions smoothly.

At Care Diagnostics, we see how timely screening changes lives. People who come for preventive tests often discover health risks that they were unaware of, and early medical intervention helps them lead healthier, longer, and more productive lives.

“I encourage everyone — young and old — to prioritize their health. Don't wait for symptoms to show up. Make regular checkups a habit. After all, *prevention is always better than cure.”



- Hardik Thakkar, COO,
Care Diagnostics
Electronic City

Reversal of Diabetes: A New Hope



For many years, type 2 diabetes was considered a lifelong, progressive illness. Patients were told they would need lifelong medication and eventually insulin. Today, research shows that in many cases, type 2 diabetes can be reversed.

What does reversal mean?

Reversal refers to returning blood sugar levels to normal without medication. It is not a cure but a remission—sustainable as long as lifestyle changes are maintained.

How does it happen?

Excess fat in the liver and pancreas is central to type 2 diabetes. Losing this fat through weight reduction restores in-

ulin sensitivity and allows the pancreas to function better.

Studies like the UK's DiRECT trial proved that losing 10-15 kg can bring diabetes into remission, especially in recent cases. Bariatric surgery has also shown remarkable success, with many patients achieving long-term remission.

The path to reversal:

Weight loss: The most important factor, achievable through diet or surgery.

Dietary changes: Low-calorie or low-carbohydrate diets, and the Mediterranean diet, help normalize glucose.

Exercise: Improves insulin sensitivity and supports weight maintenance.

Support systems: Counseling and coaching make lifestyle changes sustainable.

Who benefits most?

People diagnosed within the last 5-6 years and those motivated for lifestyle change have the highest chance of reversal.

The takeaway:

Diabetes reversal is possible. Even if complete remission isn't achieved, lifestyle changes improve glucose control, reduce complications, and enhance quality of life. The future of diabetes care lies not just in management—but in its reversal.

Continuous monitoring and a CGM patch would be essential to know which food causes spike in the sugar level.



- Dr. Haleema yezdani
General physician and
diabetologist
Apollo clinic Ecity phase 2

7-Day Detox Water Plan with Seeds & Spices

Starting your day with a glass of seed- or spice-infused water can be a simple way to support digestion, metabolism, and overall wellness. These detox drinks are easy to prepare and can be enjoyed in two ways:

Soaked Method: Soak seeds overnight in a glass of water. Strain and drink in the morning.

Boiled Method: Boil seeds in a glass of water for 3-5 minutes, let it cool to lukewarm, strain, and drink.

Here's a 7-day plan you can try:

► Day 1: Coriander Seeds Water

Benefits: Improves digestion, cools the body, reduces acidity.

► Day 2: Fennel Seeds Water

Benefits: Relieves bloating, improves digestion, freshens breath.

► Day 3: Fenugreek Seeds Water

Benefits: Helps regulate blood sugar, boosts metabolism, supports weight management.

► Day 4: Cumin Seeds Water (Jeera Water)

Benefits: Aids digestion, reduces bloating, en-

hances fat burning.

► Day 5: Carom Seeds Water (Ajwain Water)

Benefits: Improves gut health, relieves indigestion, supports weight loss.

► Day 6: Flax Seeds Water

Benefits: Rich in omega-3 and fiber, helps detoxification, supports heart health.

► Day 7: Black Cumin Seeds Water (Kalonji Water)

Benefits: Boosts immunity, balances cholesterol, promotes overall detox.

✳ **Tip: Drink one glass every morning on an empty stomach for best results.**

⚠ **Note: Natural remedies can be powerful. If you have existing health issues, are pregnant, or on medication, please consult your doctor before starting.**

✳ **In just seven days, these simple seed waters can refresh your system, improve digestion, and give your mornings a healthy kickstart!**

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Ganesh Chaturthi 2025: Celebrations Across Electronic City



Mahendra Aarna celebrated Ganapati Festival 2025 with five days of devotion and festivities, drawing over 1,000 visitors daily. The celebrations featured a free dog health camp, cultural performances, a lively laddoo auction, and sports events that brought residents together in joy and enthusiasm.

A Maha Prasad was organized for all residents and their families, adding warmth to the vibrant celebrations. The festival showcased the society's unity, love for tradition, and community spirit, making it a memorable event for all.

Ganpati Bappa Morya!

Organised by Vighanaharta Group



- Mahindra Arana Apartment



- PSR Krish Kamal Residents

PSR Krish Kamal residents joyfully celebrated Ganesh Chaturthi from August 27th to 29th, 2025, in a grand and devotional manner. The 3-day event included traditional rituals such as Ganapati Pranapratishta, Homam, and daily pujas led by both residents and priests,

followed by the distribution of Prasadam.

Evenings were filled with cultural programs, devotional bhajans, and community Annadanam, made possible through generous sponsorships and active participation. The celebration culminated with a vibrant Ganapati Vis-

arjan procession on the final day, accompanied by high-energy DJ music, as residents danced with devotion and joy to bid farewell to Lord Ganesha.

“It was a true display of unity, culture, and festive spirit in the PSR Krish Kamal community.”



- Shriram Summitt, Electronic City Phase 1

The Shriram Summitt Ganesh Utsav Mandal marked Ganesh Chaturthi 2025 with grandeur, devotion, and community spirit, bringing together residents of all age groups in a vibrant five-day celebration at Shriram Summitt Apartments, Electronic City Phase 1.

The festivities commenced on 27th August with a grand procession, featuring traditional dhol & tasha, a spirited performance by the Shiv Malhar troupe, Lezim dances, and even senior citizens joining in with dhol beats—setting the tone for a joyful and inclusive celebration.

Encouraging creativity among the younger generation, a Ganesh clay idol-making workshop was conducted, with over 60 enthusiastic children participating and showcasing their artistic

skills. In collaboration with Kauvery Hospitals, Electronic City, the Mandal organized multiple healthcare initiatives including a blood donation camp, free diagnostic tests, ECG, and eye check-ups & health talks. A soft launch was also held for the donation of wheelchairs, along with the announcement of dedicated priority ambulance services exclusively for Shriram Summitt residents—a gesture deeply appreciated by the community.

Spiritual enrichment was brought through a serene Satsang by the Art of Living Electronic City Center, followed by Maha Prasad that witnessed wholehearted participation of the residents. The evenings came alive with cultural performances,

where residents showcased their talents in music, dance, and drama, creating cherished memories for all.

Adding to the festive spirit, in collaboration with ACT Fibernet, a Run/Walkathon was organized, drawing participation across all age groups, including senior citizens, along with a sports meet that promoted fitness and bonding among neighbors.

The celebrations concluded with a grand visarjan procession, where residents came together in devotion and unity, bidding farewell to Lord Ganesha with chants, music, and dance.

“The five-day festival at Shriram Summitt not only celebrated tradition and devotion but also strengthened the spirit of togetherness, service, and cultural harmony within the community.”



- Ajmera Infinity Ganesh Mandal Team

The Ganesh Chaturthi celebrations at Ajmera Infinity, orchestrated by the Ajmera Infinity Ganesh Mandal team, were a magnificent success, leaving residents with cherished memories. The festivities began with an electrifying cultural extravaganza “Mahasangram - The Divine Incarnations” on August 23rd, where over 600 residents took to the stage. Dressed in larger-than-life costumes, headgears, and elaborate makeup, they brilliantly portrayed unique stories of different divine avatars, creating a spectacular cultural performance.

The spirit of giving shone through on August 24th with a blood donation camp in partnership with NH, organized by AIAOA in association with the Ajmera Infinity Ganesh Mandal. The day also saw a creative side with a pebble painting workshop for children, where they beautifully adorned stones with images of Bappa and flowers. This was followed by a delightful high-tea, a culinary experience crafted by the talented home chefs of Ajmera.

The grand Sthapna of Ganesh ji on August 27th was a sight to behold. Amidst the traditional dhol and tasha, Bappa arrived in a majestic chariot, carrying children who, along with the adults and senior citizens, danced to the joyous tunes of “Bappa Morya.” The evening was a beautiful display of unity, with residents from various com-

munities showcasing their cultural stories.

On August 28th, the Atharvashirsha was chanted to invoke divine blessings. The evening took a fun turn with a unique game show, “Melody Mania Bingo,” where musical songs replaced traditional numbers, offering residents a chance to win mega gift hampers.

The celebrations concluded on August 29th with a grand finale. An ensemble of 24 musicians created a divine atmosphere with dhol and tasha. Adding to the spectacle, over 100 ladies from Ajmera Infinity performed a breathtaking lezim, taal, and flag masterpiece. A heartfelt Mahaprasad dinner was lovingly served to over 2500 residents, along with the support staff and vendors.

Other highlights of the celebration included daily aartis in various languages, ensuring that Bappa was worshipped by all communities, and the serving of food to the society's support staff, a true act of gratitude. The festivities culminated in a spectacular fireworks show that lit up the night sky as Bappa's visarjan ceremony took place.

The Ganesh Chaturthi celebrations at Ajmera Infinity were not just an event; they were a testament to the community's collective spirit, a beautiful blend of tradition, culture, and unity that will be remembered for years to come.

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Ganesha Utsav at Mahaveer Ranches



Mahaveer Ranches celebrated its 6th Ganesha Utsav this year with great devotion, joy, and community spirit. The celebrations were filled with music, dance, cultural performances, and enthusiastic participation from residents of all age groups. Beautiful

decorations, traditional rituals, and the collective energy of the community made the event truly special. It was not just a festival, but a moment of togetherness, strengthening bonds among residents while seeking Bappa's blessings for health, happiness, and prosperity.

Inter-School Skating Fest 2025 Sportathon



The Sportathon 2025 Inter-School Skating Competition was held with great fervor on Friday, August 22, 2025, at the grounds of Ebenezer International School, Bengaluru (EISB) in Electronic City.

The event was graced by Mr. Imran Khan, International Skater and Founder & Director of the Professional Roller Skating Academy (PRSA), Bengaluru, as the Chief Guest.

The competition witnessed massive participation, with over 300 talented student skaters from 20+ leading schools across the city competing for top honors. The event showcased exceptional speed, skill, and sportsmanship, marking it as a premier event in the inter-school sporting calendar.

The organizing committee extends its heartfelt congratulations to all winners and participants for their outstanding spirit and performance.



Celebration of Ganesh Chaturthi in an Eco-Friendly Manner



VEERA BADRA NAGAR, BASAPURA

Ganesh Chaturthi is one of the most celebrated festivals in India, dedicated to Lord Ganesha, the remover of obstacles and the god of wisdom. Traditionally, after the festival, the idols are immersed in rivers, lakes, or seas. However, this practice often causes water pollution, as idols made of plaster of Paris and chemical paints release harmful substances into water bodies. To protect nature, it is important to celebrate Ganesh Chaturthi in an eco-friendly manner. We the residents of Veera Badra Nagar, Basapura, Electronic City celebrated this year Ga-

nesh Chaturthi near SPROUTS – THE HAPPY PLAY SCHOOL in a different and eco-friendly manner.

One effective way is to use eco-friendly idols made of natural clay, which dissolve easily in water without harming the environment. Instead of immersing idols in large water bodies, families and communities can immerse them in specially arranged small tanks filled with water. These tanks can be set up at home or in public places by local organizations. The water from the tank can later be used to water plants, thus ensuring no wastage.

“Celebrating Ganesh Chaturthi in this eco-friendly way spreads awareness about environmental protection. It helps preserve rivers and lakes while still keeping the spiritual essence of the festival alive. By adopting these simple practices, we can show our devotion to Lord Ganesha while also fulfilling our duty towards Mother Earth. Let us all celebrate Ganesh Chaturthi with joy, faith, and responsibility.”

- Mrs. Triveni Krishnaraj
Principal,
SPROUTS
THE HAPPY PLAY SCHOOL

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