

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

Volume 3 : Issue 62

02nd to 15th Nov 2025

Free Circulation - 25,000 Copies



SHUB
INTERNATIONAL
SCHOOL

“Inspiring Lifelong Learning”

Why Choose Us?

- ➔ No Donation
- ➔ Affordable Fees
- ➔ Inspiring Lifelong Learning
- ➔ Holistic Education Approach
- ➔ Qualified & Experienced Teachers
- ➔ State-of-the-Art Infrastructure



shubinternationalschool.com

+91 99451 55855

Scan For Location



(CBSE) SYLLABUS

PRE-KG
to GRADE 8



Activities and Facilities At Our Campus

- Skating
- Field Trip
- Kreedo Lab
- Taekwondo
- Smart Class
- Ambulance Service
- Play Area
- Class Activities
- Yoga
- Toy & Book Library



Scan For Website



No.2/1,S.Bingipura, Podu Village Road,
Electronic City, Bengaluru - 560 100



Transport
Available

Feast More, Spend Less!
Deals Starting at
Just ₹555!

BN
BARBEQUE
NATION

SIZZLING
5 @ ₹555
per person

All-you-can-eat
buffet starts
at just
₹555/-*



Download the Barbeque Nation
App to book

- 60+ Veg & Non Veg Dishes
- Exciting Live Chaat Counters
- Kids Under 6 Years Eat Free



Warm &
Inviting Interiors



Live Grills
on the Table



30+ Veg &
Non-Veg Starters



Exciting Offers for
Group Bookings



Endless Kulfis
& Desserts

Address: 99, 14th Cross Road, Neeladri Nagar, Electronics City Phase 1, Bengaluru,
Karnataka 560100, India (Opposite Ajmeera Infinity Apartment, Doddathogur)



+91 - 80690 28721



www.barbequenation.com

1

Women residents of Phase 2 in Electronics City plan a protest on Nov 29, citing years of broken roads, dust and flooding on the 4 km stretch from Ananth Nagar → Singena Agrahara → Ram Sagara → Heelalige.

2

ELCIA, Toyota Mobility Foundation & WRI India offer ₹1,500 Orbit Wallet RuPay metro incentives to 250 E-City employees — promoting greener, cheaper, smarter commutes via Namma Metro's Yellow Line.

3

Another snag on Bengaluru's Yellow Line! A brake failure halted trains during peak hours, leaving commuters stranded. Fourth glitch since August — raising questions on metro reliability & maintenance.

4

Residents of Annathanagar, E-City Phase 2, report daily late-night gatherings near Mahendra Aarna—drunken nuisance, illegal smoking, zero response to 112 calls. Locals urge swift police action for safety.

5

Both Karnataka and Tamil Nadu are eyeing new airports for South Bengaluru — Hosur (TN) and Kanakapura/Bannerghatta corridors (KA) remain in proposal stage, as regional competition for future air connectivity heats up.

6

The stretch through Ananthnagar Phase 2 & Electronic City Phase 2 (near Vishal Mega Mart, Bengaluru) has been in a pathetic condition for days after pipeline work. The crater-filled roads make commuting dangerous, slow and frustrating.

3,500 Crore Township with JW Marriott Marks New Era for Electronics City



In a major development for Bengaluru's southern corridor, Aratt One World Pvt Ltd — the real-estate arm of Aratt Developers — has announced an investment of ₹3,500 crore in a 43-acre integrated township in Electronics City. The project will span approximately 4.5 million sq ft in built-up area and will be developed in three phases, with the first phase (~1.8 million sq ft) targeted for completion within three

years. A key highlight: global hospitality brand JW Marriott will launch a 370-key luxury hotel as part of this township, serving MICE (meetings, incentives, conferences, exhibitions) and tech-corridor travel demand.

The residential component will cover about 15% (~8 lakh sq ft) and include 136 luxury homes priced at ₹3 – 5 crore each. Around 80% of the total built-up area is planned for com-

mercial usage: Grade-A offices, co-working spaces, boutique start-up offices, and co-living facilities with ~260 rooms. Developers say the location enables a “walk-to-work” ecosystem under the jurisdiction of the Karnataka Industrial Areas Development Board (KIADB), aiming for professionals to have minimal commute.

For residents of Electronics City, the project signals more than just real-estate expansion: it promises enhanced infrastructure, greater employment and internship opportunities (especially in offices and co-living spaces), and broader hospitality services. However, there are implications around escalating property prices, increased traffic and user-load in the area, and the need for the local infrastructure (roads, public transport, utilities) to keep pace.

Bengaluru's Tunnel Road: Relief or Ruin for South Bengaluru Commuters?



The Karnataka government's proposed tunnel road project between Hebbal and Silk Board has sparked widespread debate among citizens and urban experts. The 16.7 km twin-tube tunnel, estimated to cost ₹8,476 crore, aims to ease traffic congestion by connecting North and South Bengaluru through an underground expressway.

The tunnel will begin near Hebbal and end at Silk Board — one of the city's most grid

locked corridors — promising to cut travel time from over an hour to around 15–20 minutes. However, the plan comes with significant concerns.

According to a Scroll.in report, the project will be developed through a public-private partnership, with tolls estimated at ₹19 per km, making it one of the most expensive road projects in India. Two-wheelers, autos, and buses are likely to be excluded, limit-

ing its benefits to car users.

For South Bengaluru commuters, especially those traveling from areas like BTM Layout, HSR Layout, and Electronic City, the project could offer faster northbound connectivity.

However, the high toll cost, environmental risks, and limited accessibility for non-car users could deepen transport inequality.

Experts argue that improving public transport and Metro connectivity would be a more inclusive solution than investing heavily in a car-centric tunnel. Environmentalists have also raised alarms about possible damage to Lalbagh, lake networks, and the city's fragile rock bed.

While the tunnel promises speed, it may ultimately widen Bengaluru's mobility divide.



ELECTRONIC CITY CREDESCENCE
NAMMA NEIGHBOURHOOD NEWS



Small actions,
big impact
Let's create
change together!



Collective action & collaboration lead to real, lasting change. What's one thing you'd like to improve in your community? Share your thoughts and be part of the movement for a better future!

For ADS Contact
+91 8050391010

www.electroniccitycredence.in
info@electroniccitycredence.in

Follow us on



AQUA WELLNESS SPA

ECC Readers Only

25%
DISCOUNT

Use Code: ECCAWS25

Unlock your Body's Natural
Healing abilities
A pathway to wellness & renewed vitality

- ▶ Hot Stone Massage
- ▶ Potli Massage
- ▶ Deep Tissue Massage
- ▶ Ballanias Massage
- ▶ Swedish Massage





CARE FOR YOUR BODY ☎ +91 90360 53135 | +91 90360 53136
📍 Electronic City Phase 1, Bengaluru



Think Creative
For 5 - 15 years

Little Picasso

A Unique Drawing & Colouring Contest for Kids!

THEME Save the Environment	AGE GROUP 5-8 years	LAST DATE TO REGISTER November 25, 2025
--------------------------------------	-------------------------------	---

CITY-LEVEL BUMPER PRIZES*



Lego Harry Potter Building Blocks
20 WINNERS



Nesta - Gardening Kit
10 WINNERS

Registration
FREE!



Certificates for all
Round 2 participants & Winners



Trophies & Medals
for Winners of Round 2

TO REGISTER, CALL US - 97407 76763



ELECTRONIC CITY CREDDENCE
NAMMA NEIGHBOURHOOD NEWS



BOOST
YOUR
BRAND'S
REACH

Advertise
With Us

Contact us Today
+91 8050391010



**LOOKING TO SELL YOUR
RESIDENTIAL PLOT OR SITE?**

Make the Smart Move with
Fortune Favour Real Estate

We Buy Your
Property at
Market Price!

- Quick
- Transparent
- Hassle-Free



YOUR PLOT, OUR PRIORITY
GET THE BEST VALUE
WITH ZERO STRESS.

OUR SERVICES

- ✔ Buying Residential Plots/Sites
- ✔ Buying Agricultural Land
- ✔ Residential Construction on Package Basis
- ✔ Layout Joint Development
- ✔ NRI Property Management Services

Call to Action 96208 7775 | 91648 7775

📍 #1019, 5th Block, Surya Nagar Phase-3, Jigala Village, Attibele, Bengaluru - 562 107

India's First Indigenous Android-Based Drone Transmitter Falcon Skyworks Inc. Leads India's Drone Revolution



Bengaluru, India: Falcon Skyworks Inc., a leading indigenous drone and avionics manufacturer, is transforming India's position in the global UAV ecosystem through complete in-house innovation and manufacturing. Founded by Ashish Prithwi Raj, an IIT alumnus and visionary technologist, Falcon Skyworks has engineered a full range of drone solutions — from propulsion systems to communication electronics — entirely developed and made in India.

The company's breakthrough achievement, the FS01 ALFA, is India's first indigenously developed Android-based drone transmitter, designed for long-range secure communication and rugged field performance. The system is already being used in select defense operations, marking a significant milestone in India's self-reliance mission.

Falcon's product line also includes high-performance drone motors, anti-jammer systems, and high-speed

tactical drones, all built for defense and industrial sectors. With its commitment to innovation, Falcon Skyworks is positioning India to become a dominant force in UAV technology.

“India will be in the leading drone sector by 2028 with 100 percent indigenous manufacturing of the entire drone system. India will be taking the lead in the world's defence systems.”

— Ashish Prithwi Raj, Founder & CEO, Falcon Skyworks Inc.

Barbeque Nation's E-City Phase 1 Restaurant Draws Groups for the Love of Grilling



Barbeque Nation's E-City Phase 1 restaurant is emerging as a preferred dining spot for office teams, families and groups of friends seeking an easy and interactive meal experience in the neighbourhood. Situated near several major tech parks, the restaurant benefits from its convenient location and group-friendly layout, making it suitable for both weekday lunches and

relaxed evening gatherings. The signature over-the-table live grills remains a key attraction, with diners enjoying the wide variety of vegetarian and non-vegetarian starters before moving to an extensive buffet spread.

The buffet features a variety of chaats, appetisers, mains, desserts and the popular Kulfi Nation counter, offering something for every palate. Recent enhance-

ments to the ambience and service flow have added to its appeal for casual celebrations and everyday dining.

With its combination of variety, comfort and accessibility, Barbeque Nation E-City Phase 1 continues to position itself as a dependable choice for social gatherings and team outings in the Electronic City area.

New 90-Bed Paediatric Hospital to Open in Bengaluru's Electronic City



The children's healthcare network Rainbow Children's Medicare Limited has announced the upcoming launch of a ~90-bed facility in the Electronic City corridor. The project is current-

ly in its final stages and is expected to commence operations by Q2 FY26.

This addition complements another spoke facility (~60 beds) in Hennur and further strengthens the Bengaluru cluster to-

ward ~600 beds by end-2025.

Stay tuned for more details on how this development will expand paediatric and perinatal care access across the city's south-eastern growth zone.

Everyday Practices that Make a Big Impact



As a community, we can influence children through small, everyday practices that make a big impact. Simple actions

- Wear your helmet
- Wear your seat belt
- Don't Rush & get into arguments in the public

- Keep your surroundings clean
- Engage in healthy hobbies
- Go less on mobile
- Present yourself at occasional social gatherings than your presence on social media everyday, it influences

children to do the same.

- Avoid serving junks for birthday gathering.

When the whole community works together to model good behaviour, our children grow up learning strong values without being forced — simply by watching us.

FOLLOW US ON INSTAGRAM

ELECTRONIC CITY CREDESCENCE
NAMMA NEIGHBOURHOOD NEWS

Scan The QR Code

@ELECTRONICCITYCREDESCENCE

Little Elly Ananth Nagar celebrated Kannada Rajyotsava with great enthusiasm & cultural pride



Little Elly Ananth Nagar celebrated Kannada Rajyotsava with great enthusiasm and cultural pride! Our tiny stars explored Karnataka's rich heritage through a colourful display of pictures showcasing famous foods, iconic places, traditional arts, and inspiring personalities. A special highlight of the day was the hands-on clay pot-making activity, where children happily created their own little pots, experiencing a beautiful element of Karnataka's traditional craft. We extend our heartfelt thanks to all the parents who walked in and joined the celebration, making the event even more meaningful and memorable.

Fueling Curiosity, Shaping Lifelong Learners



Shub International School, founded in 2025, began with a simple yet powerful dream — to create a place where children grow into confident, responsible, and compassionate individuals prepared to shape the future.

Our mission goes beyond textbooks. We strive to offer quality education through innovative teaching practices, a safe and joyful environment, and opportunities that spark curiosity, creativity, and excellence. Every day, we help children discover not just what they can learn, but who they can become.

What truly sets Shub International School apart is our commitment to the holistic development of every child. Learning here is active, hands-on, and

meaningful. Through activity-based lessons, students explore concepts by experiencing them — making learning not just effective, but exciting. With modern infrastructure, vibrant smart classrooms, and a team of passionate, highly qualified educators, we ensure personalised attention so every child can learn and shine at their own pace.

This Children's Day, our hearts are full as we celebrate the little minds that wonder; the little voices that question, and the little hearts that love so deeply. May your dreams rise higher, your curiosity grow stronger, and your light shine brighter each day. You are our pride, our joy, and the beautiful promise of tomorrow.



Chairman's Note

As Chairman, I am proud to lead an institution that prioritises both excellence and empathy. Together with our students, parents, and faculty, we are building a future where education inspires change and empowers young minds to make a meaningful difference in the world.

Childhood Days

When I was small,
My imagination was wide.
With talking to the mirror and dancing in front of it,
And the soft toys that come alive at night was the great imagination.
Watching cartoons and acting like it,
A stick would become a wand.
And a bathroom would become a singing room,
From listening to the stories which made our day.
Imagination leads to its way.
Playing hide and seek with cousins at the garden,
To singing rhymes at the school.
Playing with swings, eating food and enjoying,
which made a happy day.
These were the childhood days,
That no one forgets.
Though we are grown up today,
Those were the childhood days that everyone misses.



- Hetakshi A. Shah
Grade 5 C
VIBGYOR High,
Electronic City, Bengaluru

Our Day of Glee

Children's Day is here, hooray!!
A special time for kids to laugh and play.
We run and jump, we sing and cheer,
For kids like us, the day is dear.
Innocence and joy, our heart so light,
We dream of that shines so bright.
Let's remember to always be kind,
For in our hearts love we'll find.
Children's day of glee,
For all kids and me.
So let's celebrate shout Hurray!!
Happy Children's Day!!
Today is our day.



- Swara Singh
Grade 5 E
VIBGYOR High,
Electronic City, Bengaluru

Happy Children's Day!!



Children are smiles that brighten the day,
Their laughter chases worry away.
Dream so pure, hearts so kind,
Magic and joy in every mind.
Happy Children's Day- Shine and play!!
You are the stars that light our skies,
Hope and wonder in your eyes.
Keep on learning, laugh and grow,
You are the future- let it show!!



- Shanaya Das
Grade 5 C
Vibgyor High,
Electronic City, Bengaluru

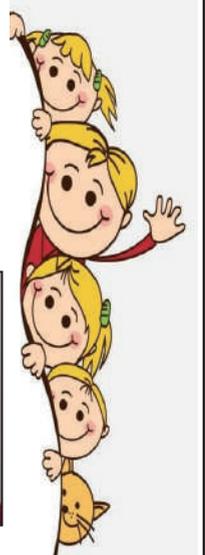
My Dream

With a giggle and was loud,
"Wake up!" It yelled, from a pancake cloud.
I tumbled from the stars,
With a giggle and squeak,
"Guess I'll dream of doughnuts again next week!"
High up in the clouds,
Beyond the skies,
I see a chocolate mountain
Covered in ice.
When I walked closer,
I was full of glee- to see
Houses made of wafers,
And trees made of candies!
I wished for a star, as big as it could be,
As fluffy and soft,
As a pillow to sleep.
The moon glared white,
As a big brown cheese,

The scent of doughnuts,
Soaked in the breeze.
As the stars played tag,
In the bubblegum sky,
Jellybean rockets,
Went zooming by.
Then morning popped in.



- Varnika Dargar
Grade 5 C
Vibgyor High, E City, Bengaluru



Why Parents & Teens Struggle to Understand Each Other Today



Recently, I've been meeting many parents and teens in conflict, and I see one common pattern, a gap in understanding. What parents feel is the "right" way of parenting simply doesn't fit anymore.

A teen who attempted suicide once told me, "They were never considerate of me. One was too strict, the other too distant." Another teen in depression said, "I can't handle challenges anymore because my parents fix everything for me. I feel like my decisions are amputated." One teen complained his rich parents don't give him money, and another believed,

"Love only comes from girls, not from parents."

Parents, too, are struggling. One mother said, "I didn't want to repeat my parents' carelessness, so I guided my son at every step... now he's totally dependent." Another said, "I just want discipline." A third said, "I give the love my parents never gave, but still my daughter says I don't understand her."

Each generation is shaped by a different world. Gen X and Y parents value discipline and endurance; Gen Z and Alpha children value freedom and emotional validation.

What parents call guidance,

children often feel as control.

The solution isn't stricter rules or extra freedom, it's listening, co-creating, and understanding.

Because parenting today isn't about raising obedient kids, it's about raising emotionally connected humans. ❤️



- Dr. Ruupa Rao
Psychologist

Why Time Management Is Important in Today's Fast-Paced World

In a world that runs faster than ever before, time has become the most valuable — yet often the most wasted — resource. Whether you're a student, a professional, or a business leader, the way you manage your time determines the quality of your success and peace of mind.

The Real Wealth - Time, Not Money

We often hear the phrase, "Time is money." In reality, time is far more precious. Money lost can be earned back, but time once gone never returns. Every successful person — from entrepreneurs to doctors to teachers — has the same 24 hours. The difference lies in how they use it. **Time Management Builds Discipline and Focus**

Effective time management teaches discipline. When you plan your day and stick to a schedule, you eliminate distractions and procrastination. It helps you focus on what truly matters instead of reacting to what's urgent. Over time, this consistency leads to better pro-

ductivity and personal growth. **Reduces Stress and Increases Efficiency**

Poor time management often results in last-minute rushes, missed deadlines, and unnecessary stress. When you prioritize tasks and allocate time wisely, you create space for calm and control. A well-managed day helps you achieve more with less effort — boosting both efficiency and confidence. **Creates Work-Life Balance**

In today's world of constant connectivity, the line between work and personal life often blurs. Time management ensures that you set aside moments for rest, family, and self-care. Remember, productivity is not about being busy — it's about being balanced.

How to Master Time Management

- **Plan Your Day:** Start each morning with a clear list of priorities.
- **Set Realistic Goals:** Divide big tasks into smaller, achievable actions.

- **Avoid Multitasking:** Focus on one task at a time for better results.

- **Learn to Say No:** Protect your time from unimportant demands.

- **Review Daily:** Reflect on how you spent your time and what can improve tomorrow.

• The Bottom Line

Time management isn't just a professional skill — it's a life skill. It helps you create order in chaos, peace amid pressure, and success with satisfaction. Managing your time is, in essence, managing your life.

As the old saying goes, "Don't count the days, make the days count."



- Dr. Parul Sinha
Lifestyle Health and Wellness coach
Corporate Trainer

Strong Smiles Start Early: The Importance of Milk Teeth in a Child's Growth



When we think about a child's growth and development, nutrition, physical activity, and learning often take center stage. However, one crucial aspect that directly contributes to all these areas is often overlooked — dental health.

The Role of Milk Teeth in Nutrition and Growth

Milk teeth, though temporary, play a vital role in a child's ability to chew food properly. Proper chewing ensures that food is broken down efficiently, aiding digestion and allowing the body to absorb nutrients better. When children experience pain, cavities, or early loss of milk teeth, they may avoid certain foods, which can in turn affect their nutrition and overall growth.

Healthy milk teeth are, therefore, essential not only for a bright smile but also for maintaining good eating habits and supporting healthy physical development.

Guiding Jaw Development and Permanent Teeth Alignment

Milk teeth act as natural

guides for the permanent teeth. They help maintain the space and direction necessary for the new teeth to erupt correctly. Premature loss of milk teeth due to decay or infection can lead to crowding or misalignment, affecting both appearance and function.

Moreover, proper tooth position and chewing activity contribute to healthy jaw growth and facial development, laying the foundation for a well-balanced smile in later years.

The Pediatric Dentist's Role in Early Intervention

Regular visits to a pediatric dentist from an early age help in more than just treating cavities. These visits enable early identification of conditions such as mouth breathing, jaw growth issues, and developing oral habits like thumb sucking or tongue thrusting.

Pediatric dentists also play an important role in monitoring the eruption of permanent teeth and introducing preventive care measures, such as fluoride treat-

ments and dental sealants. These preventive steps help strengthen the teeth and protect them from cavities throughout life.

Prevention Is the Key

Starting dental visits early and maintaining regular check-ups are essential for lifelong oral health. By focusing on prevention, parents can ensure their children grow up with strong, healthy teeth and the confidence that comes with a bright smile.

Healthy milk teeth set the stage for healthy permanent teeth — and healthy teeth contribute to better nutrition, growth, and overall well-being.

“Start early. Focus on prevention. For healthy teeth that last a lifetime.”



- Dr. Premila Naidu
Consultant Pedodontist & Founder Dr. Toothlittle

The fastest tennis serve ever recorded was 263 km/h (Sam Groth, Australia).



DID YOU KOW?

Ajmera Infinity Shines with Devotion During Chhath Puja Celebrations



Bengaluru, Oct 28: The Ajmera Infinity community came together in a radiant display of faith and unity to celebrate Chhath Puja, the ancient festival dedicated to the Sun God and Chhathi Maiya.

Over the course of four days—from Nahay Khay to Usha Arghya—residents observed traditional rituals with deep devotion and cultural pride.

The celebrations began with

meticulous preparations, as volunteers formed coordination teams for Prasad and logistics. Families observing the fast performed Nahay Khay and Kharna at home, followed by the community gathering at the water body near Market Fresh for Sandhya Arghya and Usha Arghya.

The ghats came alive with glowing diyas, colorful kights, Chhath Puja Geets, and heartfelt offerings to the setting and

rising sun.

Organized by the Cultural Committee of AIAOA and supported wholeheartedly by residents, the event was a beautiful reflection of shared heritage and harmony.

From elders guiding rituals to children soaking in stories and songs, Chhath Puja at Ajmera Infinity was more than a celebration, it was a reaffirmation of togetherness.

Jai Chhathi Maiya! 🙏

Ajmera Kannada Rajyotsava



The residents of Ajmera Stone Park celebrated Kannada Rajyotsava with great enthusiasm, coming together despite their diverse backgrounds. The event featured flag hoisting

by senior citizens, inspiring speeches by elders and kids, and energetic dance performances to Kannada songs. A highlight of the celebration was the captivating Yakshagana performance by folk

artists. This vibrant event is a testament to Ajmera Stone Park's spirit of unity and cultural harmony, truly representing a "mini India" where all festivals are celebrated with joy and zeal.

Kannada Rajyotsava function at PSR Krish Kamal Apartment



|| SRI LAKSHMI VENKATESHWARA SWAMY PRASANNA ||

|| SARVAM SRI GURU DATTATREYAM ||

Sri Digital Prints

Xerox B&W / Colour
Prints B&W / Colour
Spiral Binding / Tape Binding
AutoCAD Prints (A4 - A0)
Business Cards | Digital Prints
Architec Blue Prints
Offset Printing | Lamination (A4 - A0)
Certificate's | Photo Prints | Sticker Prints
Smart Card (Aadhar / Pan / DL / RC / Voter ID)

WhatsApp 📞 97430 65556
97435 66555

Reach Us

MMK Media

ELECTRONIC CITY CREDESCENCE
NAMMA NEIGHBOURHOOD NEWS

Join Our WhatsApp Channel
Don't miss out on the latest updates events & neighborhood news!

Scan QR code to join

News Updates Offers

Contact +91 80503 91010
www.electroniccitycredence.in

ELECTRONIC CITY CREDESCENCE
NAMMA NEIGHBOURHOOD NEWS

Editorial & Publishing Office:
15, 3rd Floor, 4th Main, 4th Cross, Duo South
County Layout, Basapura, Bengaluru - 560100
Website : www.electroniccitycredence.in
Email : info@electroniccitycredence.in

Editor	—	M.Uma Maheshwari
Publisher	—	Shivakumari Dharmaraj
Editorial Contributor	—	Meera Shyam
Reporter	—	Manish Sharma & Mohith Sharma
Internet Design	—	Vittal Diwakar
Graphic Designer	—	Nikhesh Alva
Advertising Executive	—	Maria D'souza

Because Mental Wellness is Your Best Investment.

BOOK NOW



TEENS • CHILDREN • PARENTS

- Teen anger, irritation & emotional outbursts
- Low focus, distraction & academic pressure
- Screen addiction, friendship / teen relationship issues, self-esteem
- Parent-teen communication & relationship healing

COUPLE RELATIONSHIP

- Repeated fights & silent distance
- Trust issues, unmet expectations, emotional disconnect
- Healing after betrayal or stress
- Tools to build respect, affection & teamwork



Dr. RUUPA RAO

Renowned Pshychologist & ICF PCC Qualified Coach

Areas I Help With:

- Anxiety, Low Mood, or Emotional Swings
- Women's Mental Health & Menopause Care
- Parenting, Teen & Child Issues
- Relationship Counseling & Trust Repair
- Trauma, Guilt, Shame & Inner Healing, Depression and anxiety
- Parenting Training/ Coaching

Scan to Connect with Us on Whatsapp



Scan For Location

+91-97408 66990
E City, Bangalore

Online & In-Person Appointments Available
www.ruuparao.com



Freshly Made

- ✕ Idli & Dosa Batter
- ✕ Half Cooked Chapati
- ✕ Ready To Fry Bhatura
- ✕ Idiyappam

Authentic Taste, No Preservatives

OPEN HOURS
Mon - Sat
9 AM - 8 PM

Follow Us On Instagram



@NALAFOODSECITY

ORDER NOW

+91 76196 18961

www.nalafoods.co.in

Join us Now



HOME DELIVERY AVAILABLE



Site No. 24, Ground Floor, Balaji Layout, Gollahalli, Electronic City Phase I, Bengaluru, Karnataka - 560 100

SMSC Charitable Trust



SMSC Trust celebrated Children's Day at Doddathogur Government School with joy and enthusiasm. The team organised fun activities, shared sweets, and spent quality time encouraging the students. A beautiful gesture of spreading smiles and supporting young minds!