

# ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

Volume 3 : Issue 63

16th to 29th Nov 2025

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1

BMRCCL has introduced two early Yellow Line metro services every Monday at 5:05 AM and 5:35 AM from RV Road and Bommasandra, after commuter protests. Regular weekday service begins at 6:00 AM, while Sunday starts at 7:00 AM

2

ELCITA has launched free feeder shuttle services connecting Yellow Line metro stations to major office hubs in Electronics City. The initiative ensures smooth last-mile travel, encourages commuters to avoid private vehicles, and is expected to cut 35–40 tonnes of CO<sub>2</sub> monthly

3

Bengaluru is preparing for its second international airport in the city's southern corridor. The project is expected to boost connectivity, strengthen real-estate fundamentals and drive a surge in land values across South Bengaluru, creating long-term opportunities for investors and homebuyers.

4

Drain construction has begun around Shikaripalya Lake, marking a key step toward restoring water flow and protecting the lake's ecosystem. The project is supported by an NGO team and Wipro, aiming to create a cleaner and healthier neighbourhood for resident

5

Bengaluru's Central Silk Board junction is set for major decongestion with new Metro-linked loops and ramps connecting HSR Layout, BTM Layout, Ragigudda, Hosur Road and Electronic City. The integrated design aims to improve traffic flow through better segregation and smoother transitions.

6

IIM Bangalore is developing a new undergraduate campus at Jigani, featuring biophilic architecture, shaded corridors and climate-responsive design. The institute will launch a four-year Economics and Data Science programme in 2026–27, with student capacity expected to reach 640 by 2031.

7

BMRCCL is set to receive the sixth train for Namma Metro's Yellow Line, with two trailers carrying six coaches leaving Titagarh on November 17–18. The train will reach Bengaluru in 8–10 days, enabling Yellow Line frequencies of 11–12 minutes.

8

Namma Metro enabled a rapid life-saving mission by transporting a live human heart across seven stations in just 20 minutes. This marks its fifth organ transfer, with BMRCCL coordinating closely with hospital teams to ensure speed, safety and seamless emergency logistics.

## BAF Pushes for Accountability After 50+ Appeals to Officials

The Bangalore Apartments' Federation (BAF) has made over 50 attempts to meet concerned ministers and

key officials—not to seek favours, but to remind them of the commitments made to citizens. Despite repeated engagements, many of the

promised actions remain unfulfilled.

Apartment Residents across the state deserve better governance.

## IT Workers Demand Express Stops at Heelalige to Ease Bengaluru Commute



Heelalige Railway Station, located just seven kilometres from Bengaluru's booming Electronics City, is emerging as a flashpoint between tech professionals' daily commuting challenges and South Western Railway's infrastructure inertia. Despite its strategic location, only six pairs of passenger trains stop here, while around 11 express services to Tamil Nadu and Kerala speed past—leaving thousands of IT commuters stranded

on the road. Residents and associations like ELCIA (Electronics City Industries Association) argue that adding express train halts and improving station facilities could dramatically ease travel and reduce road congestion. In recent campaigns dubbed "Stopping the Unstoppable," office-goers pressed for a two-minute express stop at Heelalige—proposing even to rebrand it "Electronic City Station." The demand reflects both frus-

tration with long taxi rides to KSR Bengaluru or Hosur stations and a genuine shift toward sustainable, rail-based commuting.

However, South Western Railway remains hesitant. Officials cite limited infrastructure, operational constraints, and low passenger footfall. Still, urban planners and residents believe a traffic-analysis could justify upgrades, and several have urged the railway to capitalize on Heelalige's potential as a suburban rail hub.

## Anekal's Call for Change: 10,000+ Residents Unite for Road Justice



On 29 November 2025, more than 10,000 residents from Anekal's Muthanalur, Hebbagodi, Bommasandra, and Chandapura communities planned a united "Community Action Day" to demand lasting civic improvements. The protest stems from years of neglect — several critical roads, such as Heelalige, Anantha Nagar, and Sampige Nagar, remain unrepaired despite

repeated appeals. The day begins with a walkathon starting at 8:00 AM from the Fruit Market via Sampige Nagar Junction, culminating at St. Joseph's Chaminade Academy by 9:30 AM. Residents will then stage a dharna at Anekal Government College, before marching to the Anekal Tahsildar's office at 10:30 AM to submit a memorandum of their demands. Key demands include full

asphalting of neglected roads, upgraded drainage, and better water supply. These areas have endured more than two decades of superficial "patchwork" fixes, say community leaders, calling for permanent solutions instead of short-term repairs. With rising frustration, this mobilization marks a pivotal moment: citizens are pressuring civic officials to deliver real infrastructure, not just promises.

MMK Media

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# Udaan Project



**S**hri Krishna Mahila and Balvika Seva Charitable Trust, under Project Udaan, launched a Menstrual Hygiene Awareness Programme with the installation of a biodegradable sanitary pad vending machine at Doddathogur Government School, Electronic City, on November 21.

The event was supported by the Karnataka Rakshana Vedike team, with sponsors including Bangalore South President Lokesh Reddy, Dr Lavanya Kiran from Ma-

nipal hospitals, Karnataka State wise president Mrs Sahana madam, Vijaya kumar ji, Mohan Kumar ji, Purushottam ji, srinivas ji, the school principal B Nagaraju and all the members of SMSC Trust. Students from class 5-8 were present during the launch. Goodies were distributed to the children.

Students from the Meena Group performed a skit on biodegradable sanitary pads. Dr. Lavanya spoke about cervical cancer awareness,

while Shahana highlighted the impact of steroid-based foods on health. Lokesh Reddy appreciated the Udaan team and pledged support for future initiatives.

**Project Udaan is led by Ms. Manisha, Ms. Komal Agrawal and Ms. Kumuda, they played a crucial role in the successful launch. Upcoming installations are planned in five more government schools and selected underprivileged private schools.**

# Gym Workouts: The Antidote to Today's Digital Lifestyle



**I**n a time when mobile phones, laptops, and constant connectivity dominate everyday life, maintaining physical health has quietly shifted to the background. Long hours of sitting, scrolling, and mental fatigue are now part of the new normal. This is exactly why gym workouts have become one of the most important lifestyle habits of the modern generation.

Today's gym is more than just a place with machines — it is a space designed to counter the effects of digital overload. Strength training and functional exercises activate the body's major muscles, improve circulation, and combat the stiffness caused by prolonged screen time. Just 45 minutes of structured workout can reset the body's

posture, reduce back and neck pain, and significantly improve energy levels.

One of the most underrated benefits of gym training is its impact on mental clarity. With constant notifications and digital noise, the mind rarely gets rest. Physical exercise creates a unique break — a moment of silence for the brain. It boosts concentration, improves sleep, and supports emotional stability. Many individuals find that the gym becomes their “mental detox zone.”

Group activities like Zumba, Yoga, and Bootcamp create social bonding that digital life cannot replace. These sessions motivate individuals to stay consistent while making fitness enjoyable.

As lifestyle diseases contin-

ue to rise — from early-age diabetes to stress-related hypertension — regular gym workouts provide a powerful shield. In a world where technology keeps pulling us inward, the gym pulls us back into our bodies, reminding us of strength, movement, and vitality.

**“In essence, gym workouts are not just fitness routines — they are a necessary reset button for the modern lifestyle.”**



- Harish G  
Green Fitness Studio

# Not Just Play The Life Lessons Hidden in Video Games



**F**or many people, video games are taken as a “waste of time”, and are considered to be a part-time hobby, a phase, for those who are passionate about it. Mixed opinions are natural, but most people never look at the other side of the sun, where the reality is, they develop our core life abilities. They foster skills such as

problem-solving, critical thinking, and perseverance by engaging players in challenges that require thoughtful, strategic solutions. They develop our social abilities and expand our social range as well as prepare us for life-threatening situations. They are not just a form of entertainment, but a lesson, that teaches us that not ev-

erything that we see is what we perceive.



- Harsha Ananda Venkates  
Christ Academy, Bengaluru

# DID YOU KNOW?



**Football (soccer) is played in over 200 countries more than any other sport.**

## CBSE Class 10 Excellence Secret to Scoring 90+ in Just 80 Days



With February 17th just around the corner, strategic preparation is your gateway to exceptional CBSE Class 10 results. Success requires focused planning, consistent dedication, and smart study techniques starting today.

• **Create a structured study schedule:** Allocate specific hours for each subject daily. Focus on difficult topics during peak concentration hours. Balance theoretical understanding with practical problem-solving.

• **Master NCERT textbooks first:** CBSE prioritizes NCERT content heavily. Read thoroughly, highlight key concepts, and create concise notes. These form your foundation for all other

resources.

• **Solve previous year papers:** Practice last 5-10 years' question papers under timed conditions. This builds confidence, reveals question patterns, and improves time management skills significantly.

• **Focus on high-weightage topics:** Mathematics—algebra, geometry, statistics. Science—heredity, light, electricity. Social Studies—modern history, geography. Concentrate here for maximum score improvement.

• **Take regular mock tests:** Weekly mock exams identify weak areas. Analyze mistakes thoroughly and revise those concepts immediately.

• **Join group study sessions:** Collaborative learning

clarifies doubts faster. Teaching peers reinforces your understanding significantly.

• **Maintain physical and mental health:** Sleep 7-8 hours daily. Exercise regularly. Manage stress through meditation or hobbies. Healthy minds perform better academically.

• **Revise consistently:** Dedicate final weeks to thorough revision. Don't learn new topics near exam dates.

**Eighty days remain—sufficient for excellence. Follow these strategies consistently, stay motivated, and believe in yourself. Success awaits dedicated, strategic learners.**

- Nayagam PP

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## The ITO Excellence Awards 2025–26



The ITO Excellence Awards 2025–26 and the Indian Talent Olympiad Felicitation Ceremony are major events aimed at recognizing and celebrating educators and young talent across India\*.

**Here's why it's important:**

**Motivation & Inspiration:** Honors educators and students, boosting morale

and encouraging academic excellence.

**National Recognition:**

Brings together talent from all over India, giving participants visibility on a larger platform.

**Skill Development:**

Features workshops, talks, & sessions for learning & growth.

**Networking:**

Connects students, teachers,

and institutions, fostering collaboration & idea exchange.

**Prestige:**

Being part of the World's Biggest Olympiad adds credibility and value to academic profiles.

All over India teachers, principal, Olympiad exam Co-ordinators will be selected and awards will be presented to honour them.

- Swathi Bright School

## Uniting the School, One Win At a Time



Maple Bear Canadian Preschool, Singasandra and Hosa Road celebrated "Annual Sports Day 2025" at Decathlon, Bommasandra, Hosur Road, Bengaluru on Saturday, 22nd November 2025.

It was an exciting start to our Annual Sports Meet 2024! The event was inaugurated by Mrs. Isha Sharma, Karnataka's 1st Woman Grandmaster and India's 27th. Our Centre Director, Mr. Shivaprasad SB, inspired everyone with his message that participation

matters more than winning. He reminded students that true success lies in the courage to compete, face challenges, and keep pushing forward.

The day was filled with energy, excitement, and cheerful moments. Parents received welcome kits, and the selfie corner was a big hit with families capturing happy memories. The event began with a spirited flame run by SKG students, followed by enthusiastic performances, including the "Get on the Floor" show and a lively hula-hoop

drill. Fun games for Toddlers to Senior Kindergarten kept the spirit high, and our little bears impressed everyone with their enthusiasm & joy.

Everyone wore proud smiles, knowing that beyond the medals and trophies, Sports Day was about life lessons etched in sweat and determination. The students carried memories tucked in their hearts, the taste of victory, the thrill of the race, and the joy of being part of something bigger.

- Maple Bear School

## Fibonacci Day: A Little Pattern That Teaches a Lot



November 23 – When Numbers Whisper Nature's Secrets

Every year on November 23rd, the date itself makes me smile — 1, 1, 2, 3 — the gentle beginning of the Fibonacci sequence. It's fascinating how a simple idea from mathematics can influence the way I think about learning, teaching, and even daily life. When I first started tutoring, I introduced Fibonacci merely as an interesting number pattern. But over the years, as I watched students understand concepts at their own pace — slow sometimes, unexpected other times — I began to appreciate

the deeper message this sequence carries. Each number is built from the two before it. Nothing dramatic. Nothing rushed. Just steady, natural growth.

I remind my students (and myself too) that learning works the same way. One day you grasp a tiny idea, another day you add a little more, and suddenly you realize how far you've come. Just like the quiet spirals in sunflowers, pinecones, and seashells, progress appears most clearly when you step back and reflect.

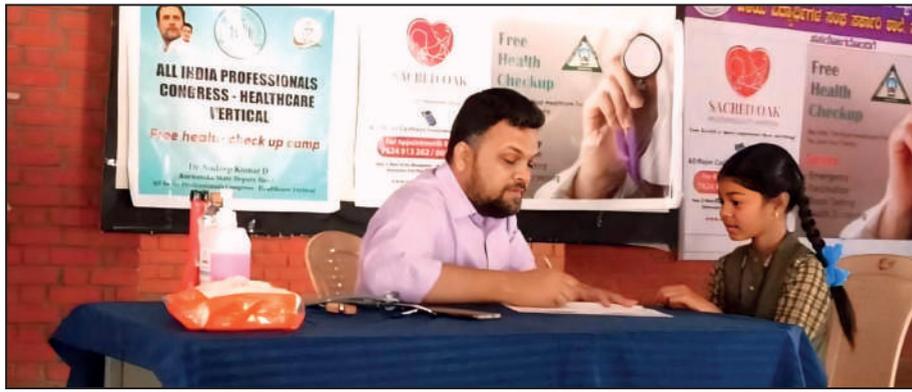
**So this Fibonacci Day, let's celebrate the small steps — the little "1, 1, 2, 3" moments**

that shape bigger achievements over time. Happy Fibonacci Day — keep growing, patiently and beautifully. Warm regards,



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

## AIPC & Sacred Oak Host Mega 3-Day Student Health Camp



**B**engaluru, 19 November 2025:

The All India Professionals Congress (AIPC) – Healthcare Vertical, under the leadership of State Deputy Head Dr. Sudeep Kumar D, in association with Sacred Oak Hospital, Electronic City, launched a massive 3-day comprehensive health check-up camp today at Hebbagodi Government School.

The camp covers a total strength of 650 students and aims to ensure early detection and timely intervention for common childhood health issues. The initiative includes:

- ▶ **General health screening**
- ▶ **Height, weight, BMI & nutritional assessment**
- ▶ **Vision and dental check-up**
- ▶ **Counselling on diet, nutrition, hygiene and lifestyle**
- ▶ **Health awareness sessions for students & parents**
- ▶ **Free distribution of required medicines & supplements**
- ▶ **Follow-up recommendations for identified cases**

Speaking about the initiative, Dr. Sudeep Kumar D highlighted that the AIPC Healthcare

Vertical is committed to improving community health

through outreach programs, especially among school children. The medical and paramedical team from Sacred Oak Hospital began the camp today and will continue the services for the next two days to ensure all 650 students receive detailed health evaluations.

The school administration expressed appreciation for this meaningful public health initiative and thanked AIPC Healthcare Vertical and Sacred Oak Hospital for their contribution to student wellness.

- Sacred Oak Hospital

## Kannada Rajyotsava Celebrations Bring Colour & Culture to Duo City Layout



**T**he spirit of Kannada Rajyotsava came alive in our layout as residents united to celebrate Karnataka's rich heritage with great enthusiasm. The day began with a vibrant parade led by residents carrying the Karnataka Maatha, filling the streets with red-and-yellow pride and the sound of traditional music.

Dr. M.E. Shivakumar Honnali, Professor of Mathematics at Ranibennur Engineering College, and a distinguished Member of AICTE, Kannada Sahitya Parishat, and the VTU Board of Examiners, graced the occasion with his presence.

He delivered a thought-provoking and inspiring speech on Karnataka's rich cultural heritage and the timeless value of the Kannada language. His insightful words added depth to the celebration and encouraged everyone to preserve and promote the cultural identity of our state.

A beautifully decorated stage hosted energetic performances from participants aged 4 to 70, showcasing the diversity and talent within the community. Children presented cultural dances, adults performed skits and songs, and senior citizens added grace with soulful Kan-

nada renditions—truly reflecting the harmony of generations.

The highlight of the event was the powerful Dollu Kunita performance, which captivated the crowd with its rhythmic beats and dynamic movements.

To complete the celebration, residents were served delicious traditional food, making the event a perfect blend of culture, community, and Kannada pride.

**The celebration not only honoured Karnataka's legacy but also strengthened the togetherness of the entire layout community.**

## The Mouth-Gut Connection: How Oral Health Shapes Your Overall Health



**M**odern research shows that oral health is much more than clean teeth. The mouth is now known as the "gateway to the body," strongly linked to gut health, immunity, and chronic diseases.

### How Oral Bacteria Affect the Gut

The mouth contains millions of bacteria both good and bad. Poor brushing or early gum disease allows harmful bacteria to enter the bloodstream. These bacteria reach the stomach and intestines, disturbing the gut microbiome. This imbalance leads to acidity, bloating, indigestion, IBS, frequent infections, and weak immunity. Research shows gum disease bacteria can survive stomach acid and damage the gut lining, causing chronic

inflammation.

### Impact on Major Health Conditions

**Heart Disease:** Gum bacteria trigger inflammation that narrows blood vessels.

**Diabetes:** Gum infection makes blood sugar control more difficult.

**Pregnancy:** Linked to preterm birth and low birth weight.

**Arthritis & Alzheimer's:** Inflammation from oral bacteria can worsen symptoms.

**Children** are more vulnerable due to high consumption of sugary snacks, juices, and processed foods leading to early cavities, poor gut balance, and lowered immunity.

### Daily Habits That Protect Mouth and Gut

Brush twice a day with proper technique.

Clean the tongue thoroughly. Floss once daily.

Avoid frequent sugary snacks. Visit the dentist every 6 months.

**Eat gut-friendly foods like curd, fruits, and fibre. A healthy mouth builds a healthy gut and a healthier life.**



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

## Digital Detox: Why Your Mind Needs a Break from Screens



**I**n today's fast-paced, hyper-connected world, screens have become an inseparable part of our daily lives. From smartphones and laptops to TVs and tablets, we're constantly bombarded with digital content. While technology brings convenience, overexposure to screens is silently impacting our mental and physical well-being.

Too much screen time can

lead to eye strain, poor posture, sleep disturbances, and even increased stress and anxiety. Our brains are not designed for continuous stimulation. The constant stream of notifications, social media updates, and digital distractions often leads to reduced attention span and mental fatigue.

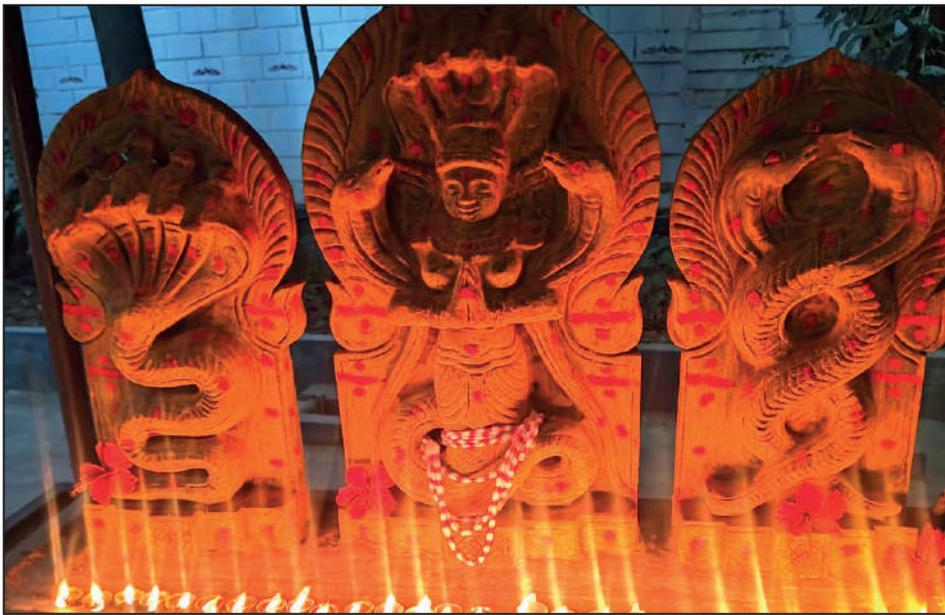
A digital detox—taking a planned break from screens—allows the mind to reset. It encourages better focus, deeper

sleep, improved mood, and enhanced creativity. Even short breaks, like keeping devices away during meals or taking tech-free walks, can make a significant difference.

Start small. Designate "screen-free" hours during your day. Replace screen time with hobbies like reading, sketching, gardening, or spending time with loved ones. Use technology mindfully—turn off non-essential notifications, track your screen time, and avoid screens at least an hour before bedtime.

**Remember, balance is key. A digital detox isn't about abandoning technology—it's about reclaiming control and prioritizing your mental health in a tech-driven age.**

## Deepostava @ Sri Nagaraja Temple Concorde Silicon Valley



**D**eepostava @ Sri Nagaraja Temple Concorde Silicon Valley Neelaadri Road Bangalore being last Karthika Soma-

vaara. I am Lakshmi Narayan Janardhan ACDA RTD from Concorde silicon valley Bangalore. I am

forwarding a news clip about Kannada Raajyostava celebration in our Concorde Silicon Valley kannada sangha.

## CSV Yakshagana Performance



**A**t CSV, Concorde Silicon Valley, the residents have been very active. Various cultural programs over the last decade and a half.

Over the years, the programs have been culturally inclusive and involved all ages, with participation from all that culminated into a crescendo during the Karnataka Rajyotsava Festival.

While we honour our freedom fighters during this day, the

focus remains on the cultural heritage that only Karnataka offers in South of India.

This year, 2025, our focus was on the historical and cultural connect with our roots and ancestors who have guided us throughout centuries of traditional values and practices.

This year we invited performers who showcased to us all at CSV the values of Yakshagana ... partly inspired by Kaantara (the movie series), but mostly

guided by our collective faith and the adherence to the acceptance of our Kanadiga traditions and rituals that we imbibe into our lives, as we adopt culturally since we adopted to stay in this beautiful southern state, we now call our home.

Attaching some pictures from the performance

Thanks to ECM and the volunteering group for arranging this for us.

- Poorvi

## Ajmera Infinity Children's Sante

**T**his year for the very first time Ajmera Infinity celebrated Children's Day in the evening with a very different Vibe. The kids enjoyed fun games, food stalls

and many other creative ideas that filled the community with happiness. It was wonderful to see children from all towers come together, play, laugh, and create beautiful memories for

Ajmera family.

All the participants were awarded with "Participation Certificates" so that every Child feels appreciated & motivated.

## PSR Plantation Drive From Soil to Soul: Plant for Health & Taste



### From Soil to Soul - Plant for Health & Taste

**O**n November 01, Karnataka Rajyotsava Day, the PSR community came together for a meaningful and spirited Plantation Drive organized by the association. Residents enthusiastically planted a variety of medicinal and fruit plants, turning the day into a celebration of greenery, teamwork, and community

well-being.

A special highlight of the event was the cheerful participation of our young green champions, whose excitement, curiosity, and eagerness to plant added joy and hope to the day. Their involvement was a beautiful reminder that nurturing nature is a responsibility we lovingly pass on to

the next generation.

Thanks to the collective effort of all residents, the Plantation Drive concluded successfully, with dozens of new saplings now taking root across our premises.

Together, we have planted not just trees, but a shared commitment to a greener, healthier, and well-maintained PSR landscape.



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