

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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NewsBites

Namma Metro Yellow Line gets a big boost! : All 15 driverless trains are expected to be operational by August, reducing wait times and improving frequency between RV Road and Bommasandra.

June 19th : PM-VBRY regional event was held at IIIT-Bangalore, Electronic City on June 19. Around 650 participants attended as employment letters were distributed and beneficiaries learned about incentives for first-time employees.

A garbage hotspot near EuroSchool, Neotown was cleaned earlier and saplings were planted. Garbage has been dumped again, highlighting the need for permanent solutions, awareness, and stricter enforcement.

Residents of 14th Cross, Glass Factory Layout, Ananth Nagar, Electronic City Phase-2 face severe drainage overflow and waterlogging. The only access road is affected. Authorities are urged to act immediately.

A garbage hotspot near EuroSchool, Neotown was cleaned earlier and saplings were planted. Garbage has been dumped again, highlighting the need for permanent solutions, awareness, and stricter enforcement.

National Polio Day will be observed on June 28, 2026. Parents are urged to ensure children below five years receive two drops of polio vaccine to maintain India's polio-free status.

BMTC Launches CHAKRA-3 Circular Bus Service in South Bengaluru

BMTC has introduced the new CHAKRA-3 circular bus service from Jigani APC Circle, effective June 15, to improve connectivity across Jigani, Anekal, and Chandapura. With 4 buses deployed on the route, the service aims to provide better last-mile public transport access for daily commuters.

BDA Invites Citizens to Join Massive Sapling Plantation Drive 2026

The Bangalore Development Authority (BDA) will conduct a city-wide sapling plantation campaign on 27 June 2026 across three major layouts in Bengaluru to promote a greener and more sustainable city. Citizens are encouraged to participate, plant a sapling, and contribute to Bengaluru's environmental future while receiving a participation certificate.

Karnataka Tightens Rules for Gruha Lakshmi & Gruha Jyothi

The Karnataka government is planning a fresh verification drive for beneficiaries of its guarantee schemes. A Karnataka Voter ID may soon become mandatory to ensure benefits reach only eligible residents and prevent misuse.

BDA Launches Online Property Tax Calculator for Bengaluru Property Owners

The Bangalore Development Authority (BDA) has introduced an online Property Tax Calculator, enabling property owners to estimate their tax amount quickly and accurately from home. Simply enter your property details on the portal to get an instant estimate, reducing the need for office visits and manual calculations.

Garbage Menace Grows in Ananthnagar Phase 1

Huge piles of garbage along 23rd Cross, Ananthnagar Phase 1, are creating serious health and safety concerns for residents, with waste attracting rodents, reptiles, and stray animals. With a school located nearby and damaged roads adding to the risk, residents are urging authorities to clear the garbage, prevent illegal dumping, and restore safe road conditions.

Blue Line Delay Adds Financial Pressure on BMRCL

Even before trains start running, BMRCL has begun repaying a \$500 million loan for the Blue Line Metro project. With ongoing delays and a weaker rupee, the cost of repayment continues to rise, increasing the project's financial burden.

INVISIBLE WORKFORCE THAT KEEPS EC HOMES RUNNING



Rekha (name changed) is a 38-year-old single mother of two teenagers who is able to see her girls through school because of her gig as a part-time maid in Electronic City. She is one of the growing numbers of workers on demand for IT households.

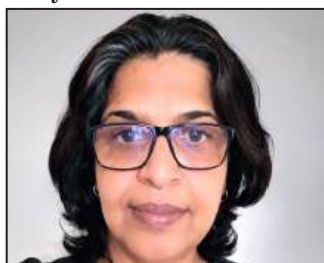
Around 2000 platform workers are servicing 25 to 40,000 households, doing work as apartment housekeepers, cooks, elder care attendants, nannies / child care; part-time maids. The home-service companies are Snabbit, Urban Company, Pronto, BookMy-Bai, and Helper4U.

For eight hours every day, starting at 6 a.m., gig workers wait in bus stops and on benches around residential societies, in dust, heat, traffic, and rain. The customers are charged Rs 100 per hour, but the workers themselves are paid around Rs. 20K to 35K per month.

As most of the workers are women, there is the added danger of sexual harassment. Deepti (name changed) related an incident where a young woman was assaulted by men in a men's PG (Paying Guest) unit. When she resisted, she was told, "You are

only getting Rs. 100 for one hour of work. If you have sex with us, we will give you 10 times more!" The gig work facility is now banned for all PGs, including women PGs, since women there may have male visitors. Deepti said that this is a good opportunity for women to earn some money, especially when the job market is so tough.

"One Nation, One Classroom" envisions an India where quality, safety, and equal opportunity in education are not privileges but rights guaranteed to every student.



- Chandrika Inturi
Journalist \ Writer

ONE NATION, ONE CLASSROOM A YOUTH-LED VISION FOR EDUCATIONAL EQUITY

Education is the cornerstone of national development, yet the quality and safety of education often vary based on a student's location and economic background. To study these disparities and suggest reforms, Adi Shankara Foundation undertook the "One Nation, One Classroom" study under the leadership of Mr. Shubhankar C., Advocate and Chairperson of the Foundation. I had the privilege of being part of the study team alongside Pradeep Narasimha, Sakshi Paul, and Shreyas, under the guidance of Dr. Sanjeeve Gowda G.S. Our research highlighted serious concerns regarding educational infrastructure, safety standards, and the increasing commercialization of education at the grassroots level. The study team had earlier presented the report before His Excellency Shri Thaawarchand Gehlot, Hon'ble Governor of Karnataka, and discussed the broader vision of educational equity and reforms aimed at ensuring quality education for every child. The team also had the honour of presenting the report to Hon'ble Smt. Justice Anu Sivaraman, Judge of the High Court of Karnataka and Executive Chairperson of the Karnataka State Legal Services Authority (KALSA). During the interaction, the team highlighted the lack of safety measures and adequate infrastructure in many government schools. We also drew attention to several small private schools functioning in residential

buildings without proper safety standards, playgrounds, laboratories, and other essential facilities. The team emphasized that every child deserves access to education in a safe and well-equipped environment. We submitted that the right to education must be accompanied by the right to safety and dignity, which form an integral part of Article 21 of the Constitution of India. The Executive Chairperson was requested to consider measures through KALSA and the District Legal Services Authorities (DLSAs), including periodic visits to schools, assessment of safety and infrastructure standards, and legal awareness initiatives to safeguard students' rights and welfare. **"One Nation, One Classroom" envisions an India where quality, safety, and equal opportunity in education are not privileges but rights guaranteed to every student.**



- Monika P.
Member, Study Team,
Adi Shankara Foundation

PM-VBRY EVENT HELD AT IIIT-B ELECTRONIC CITY, 15 EMPLOYMENT LETTERS DISTRIBUTED



Bengaluru, June 19: The Ministry of Labour and Employment organized a regional-level event at the International Institute of Information Technology-Bangalore (IIIT-B), Electronic City, as part of the nationwide programme under the Pradhan Mantri Viksit Bharat Rojgar Yojana (PM-VBRY). The main event was held at Vigyan Bhavan in New Delhi, where Prime Minister Narendra Modi disbursed incentives worth ₹2,400 crore to more than 15 lakh beneficiaries across the country. Similar programmes were conducted simultaneously at 200 locations nationwide.

In Bengaluru, the event was attended by around 650 participants, including

550 beneficiaries, 100 employers, industry representatives, public officials and EPFO personnel. Fifteen employment letters were handed over to newly employed workers during the programme. Bengaluru South MLA M. Krishnappa attended the event as the chief guest and said the PM-VBRY scheme provides confidence to first-time employees while encouraging employers to generate more jobs.

Under the PM-VBRY scheme, eligible first-time employees receive one month's wage up to ₹15,000, while employers are provided incentives for creating additional employment opportunities.

- Manisha J

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COMMUNITIES CELEBRATES INTERNATIONAL YOGA DAY



SK Daisy Owners Welfare Association (SKDOWA)

On the occasion of International Yoga Day, the SK Daisy Owners Welfare Association (SKDOWA), organized a community yoga session on 21st June (Sunday) for its members. The event was led by Kamini, certified yoga instructor, and saw active participation from residents

across age groups.

The association members extended full support in planning and coordinating the event, ensuring smooth execution. The session was well-organized and appreciated by all participants for its positive energy and community spirit.



Key Kidz School



A special Father's Day yoga session was recently organised at Key Kidz School on 3rd Cross, bringing together children and their fathers for a morning focused on wellness and family bonding. The session included simple yoga postures, breathing exercises, and interactive activities designed for parents and children to participate in together. The programme aimed to promote physical well-being while creating opportunities for families to spend quality time with one another.

The event witnessed enthusiastic participation from both children and fathers, with activities encouraging teamwork, communication, and shared experiences. Parents welcomed the initiative as a meaningful way to celebrate Father's Day beyond traditional gatherings and gift exchanges. According to organisers, such activities help strengthen family connections by encouraging mindfulness, trust, and engagement. The session concluded with group activities and interactions, highlighting the growing interest in community-based wellness programmes that bring families together.

"Yoga creates space for presence. When a father and child breathe and move together, they build trust and memories that last far beyond the mat."

- Kamini Bajaj, Yoga Instructor



Ajmera Infinity Apartment

Ajmera Infinity Apartment celebrated International Yoga Day with enthusiastic participation from children, youth, adults, and senior citizens. The event featured guided yoga sessions led by experienced instructors, focusing on asanas, breathing techniques, and meditation to promote physical fitness, mental well-being, and emotional balance.

The celebration fostered a spirit of unity and healthy living, bringing residents together in a shared commitment to wellness. Participants appreciated the initiative, noting that such events encourage healthier lifestyles while strengthening community bonds. The successful gathering reflected the essence of Yoga Day; promoting harmony, togetherness, and holistic well-being.

- Kalpana Kalra
Resident of Ajmera Infinity



Concorde Manhattan

Concorde Manhattan marked International Yoga Day with vibrant energy as nearly 30 children and 30 adults joined a special Surya Namaskar Yajna, embracing Yoga's timeless wisdom for holistic well-being. The event was held under the guidance of Dr. Rakesh J. Dashpute, International Yoga Trainer, Founder of Detox Lifestyle Hub, CEO of Suryaupasna Yoga & Healing Centre Pvt. Ltd, and President of Hanuman Dhara Trust. His vision of promoting health, happiness, and conscious living inspired participants to see Yoga as a way of life, beyond just physical practice. A heartwarming highlight was the leadership of young Bharvi, who guided her peers with confidence and grace. The ses-

sion was made seamless by the wellness team, including Sangeeta Ji, Dr. Trupti, Ravi Kumar ji, Ravi Shankar Ji, Mamta Ji, and many dedicated volunteers.

With devotion and awareness, participants performed Surya Namaskars, creating a powerful atmosphere of unity, gratitude, and collective wellness. The celebration truly reflected this year's International Yoga Day theme of connecting body, mind, and consciousness. Heartfelt thanks to all residents, children, parents, and volunteers who made the event memorable. Yoga is India's gift to humanity "a path to physical health, mental peace, emotional balance, and spiritual growth."

- Dr. Trupti Wani

Ashtanga Yoga Centre, Electronic City, marked International Yoga Day 2026 by conducting yoga awareness and practice sessions at educational institutions, corporate organizations, and community venues across Bengaluru. Led by Founder Gayathri Aradhya, the initiative aimed to promote the benefits of yoga and encourage healthier lifestyles through regular practice. Aligned with this year's theme, "Yoga for Healthy Aging," participants were introduced to simple yoga postures, breathing exercises, and meditation techniques designed to enhance physical fitness, flexibility, balance, mental well-being, and stress management. The sessions highlighted yoga as a lifelong practice that supports healthy and active living at every stage of life. Programs were conducted at PROVAB Tech-no Soft, Little Millennium Preschool, Kanteerava Stadium, 360 Degree Stakeholders, AIMS Business School, Kumar Organic Products Limited, and Aashirwad. The events witnessed enthusiastic participation from students, employees, parents, children, and community members, reflecting the growing awareness of yoga's role in building healthier individuals and communities.



Ashtanga Yoga Centre



PLANTATION DRIVE FOR A GREENER FUTURE



The Earth gives us everything we need, and it is our responsibility to protect and care for it. To celebrate World Environment Day this June, Motherhood Hospital, Care Diagnostic Centre, Neo Hospital, SMSC Charitable Trust, and Electronic City Crendence came together for a plantation drive.

On 14th June, around 20 saplings were planted near Upkar Meadows. Residents and volunteers actively participated in the event, making it a great success. The initiative was a small step towards creating a greener and healthier environment for future generations.



DID YOU KNOW?

Yoga boosts the immune system and research has shown that it can be anti-aging.

WHY EVERY WOMAN SHOULD EARN AND BUILD HER OWN IDENTITY

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to ₹1,00,000+ per month through dedication and consistent effort.

When women earn, families become stronger and futures become brighter. Empowered Women. Stronger Families. Better Tomorrow.



- Vikram Singh

MAJOR NAMMA METRO MILESTONES ANNOUNCED FOR BENGALURU

Bengaluru residents can expect significant improvements in public transport over the next 18 months, as Karnataka Revenue Minister Krishna Byre Gowda reviewed the progress of ongoing Namma Metro projects with BMRL officials. Key deadlines announced include the opening of the Pink Line stretch from Kalena Agrahara to Tavarekere

by August 2026 and trial runs between KR Puram and Marathahalli up to HSR Layout by October 2026. The Pink Line extension to Nagawara is targeted for March 2027, while metro connectivity to Kempegowda International Airport via Hebbal is expected by June 2027. Officials have been directed to ensure timely completion.

ROAD WOES HIT PODU MAIN ROAD



Podu Main Road, located near PSR Krishn Kamal, the ongoing BDA project, and in front of Greenwood High Preschool, has deteriorated significantly, causing inconvenience and safety concerns for daily commuters. The road is filled with deep potholes, broken surfaces, and waterlogged sections, making travel difficult, especially during rainy weather.

The situation is further worsened by sewage water overflowing onto the roadway due to clogged drains. Stagnant sewage and poor drainage have created unhygienic conditions, posing potential health risks to residents, school-going children, and road users. Immediate intervention by the concerned authorities is required to repair the road, clear the drainage system, and restore safe commuting conditions in the area.

- Joshaya Joseph



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THE DIFFICULT ROAD AFTER CLASS 12

When Choosing a College Feels Like the Toughest Exam Is passing the board exams enough? For many of today's students, the answer is no. The journey from school to college is often filled with entrance tests, counselling sessions, rank lists, and difficult decisions that can feel just as stressful as the board exams themselves. With so many options in engineering, medicine, commerce, humanities, design, law, and other fields, students often struggle to understand what they truly want to pursue. Many students make pressured decisions under the influence of parents, teachers, and friends. Competitive exams

often force them to compromise, leaving them confused between choosing a reputed college with a less popular branch and selecting a preferred branch in a lesser known institution. In many cases, these rushed choices can shape their entire future. Such pressure can also affect students' mental well-being during an already stressful phase of life.

To address this challenge, schools must provide realistic career guidance and clear information about courses that match each student's interests and strengths. Parents, too, should encourage students to follow their preferences instead of making choices

based only on ranks or social pressure. As students weigh rankings, placements, and course options, it is important to remember that there is rarely a perfect choice. What matters most is how they use the opportunities available to them and turn them into meaningful achievements.



Vaishnavi Badole
Student
DPS Electronic city

THE MENTAL COST OF ALWAYS BEING "AVAILABLE"

Today, many people are connected all the time. Office messages continue after work hours. Calls interrupt family time. Notifications follow people into weekends and even bedtime. Slowly, being constantly "available" has become a lifestyle. But while technology has improved communication, it has also reduced emotional recovery time. In places like Electronic City, many professionals are finding it difficult to mentally switch off from work.

As a psychologist, I often

hear people say: "Even when I'm resting, my mind is still working." This constant mental engagement can gradually lead to stress, overthinking, anxiety, emotional fatigue, sleep disturbances, and feeling mentally overwhelmed.

One of the biggest challenges today is that many individuals feel guilty while resting. But the human mind also needs silence, pauses, and emotional recovery. Taking short breaks from screens, maintaining work-life boundaries, sleeping well, and talking

openly about stress can positively affect mental wellbeing. Being available for work is important. But being emotionally available for yourself is equally necessary.



- Priyanka MB
Founder &
Chief Psychologist
Inspiron Health

IS YOUR OFFICE SUPPORTING YOUR GROWTH OR BLOCKING IT

As a Vastu Consultant, I often meet business owners who wonder why growth remains slow despite good products, dedicated teams, and strong efforts. While success depends on many factors, the workplace environment can significantly influence productivity, decision-making, and business opportunities.

● **Start with the Entrance;** Your office entrance is

where clients, employees, and opportunities enter. A cluttered or poorly maintained entrance can create a negative first impression. Keep it clean, well-lit, welcoming and in a positive zone.

● **Is Your North-East Blocked?** The North-East zone is linked with vision, planning, and new opportunities. Avoid storing heavy furniture, un-

used equipment, or old files here. A clean and open North-East helps create a more positive work environment.

● **Remove Hidden Energy Blockers;** Broken chairs, non-functional electronics, damaged décor, and piles of unused documents often accumulate over time. Regular decluttering helps improve efficiency and workplace

morale.

● **Check Your Cash Flow Zone;** The North direction is associated with financial movement and opportunities. Keep this area organized and free from unnecessary obstacles or storage.

● **Let Natural Light Flow;** Dark and congested workspaces can affect employee motivation and concentration. Natural

light, ventilation, and organized workstations support creativity and productivity.

Business growth is not only about strategy and hard work. Sometimes, small improvements in the workplace environment can help create conditions that support better focus, teamwork, and long-term success.



Anupma Agrwal
Astro-Vastu Consultant,
Vastu Infinity



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PROPOSED CSR REFORMS UNDER THE 2025 AND 2026 BILLS: WHAT CORPORATES SHOULD TRACK



Brief Overview of Corporate Social Responsibility (CSR) in India

In India, Corporate Social Responsibility (CSR) has evolved from voluntary philanthropy into a structured statutory obligation aimed at addressing national development priorities through corporate participation. Companies increasingly view CSR as a strategic business tool that integrates social and environmental concerns into core operations, creating shared value for both businesses and communities.

Proposed changes:

● **Corporate Laws (Amendment) Bill, 2026** (introduced but not enacted; under JPC review) proposes increasing the CSR applicability threshold based on net profit from ₹5 crore to ₹10 crore. If enacted, companies earning between ₹5-10 crore profit may be exempt from mandatory CSR spending, CSR committee requirements, and related reporting obligations. This bill is in contrast with Companies Amendment Bill, 2025.

● **Companies Amendment Bill, 2025** (introduced but not enacted) proposes expanding CSR applicability by lowering eligibility thresholds from a net worth of ₹500 crore, turnover of ₹1,000 crore, or net profit of ₹5 crore to ₹100 crore, ₹500 crore, and ₹3 crore respectively. This could bring an estimated 1,000-2,000 additional mid-sized companies under the CSR framework.

● **Impact Assessment:** Cap revised from 5% of CSR expenditure to 2% of CSR spending or ₹50 lakh, whichever is higher, enabling more robust assessments.

● **CSR Committee Composition:** Addition of a director experienced in CSR planning and implementation alongside the independent director requirement.

● **Unspent CSR Funds:** Transfer timeline proposed to increase from 30 days to 90 days, offering greater administrative flexibility.

Points to be kept in mind for this year plan:

► Review multi-year CSR commitments periodically and retain flexibility until the proposed reforms become clearer.

► Monitor updates from parliament and major legal firm closely.

► Strengthen CSR governance and ensure board-level oversight of CSR initiatives.

Until these amendments become law, companies must continue complying with the existing provisions of Section 135 while focusing on measurable social impact rather than mere regulatory compliance.

- **Dr Deepashree M R, Assistant Professor, IIHMR Bangalore**

CATARACT SURGERY CAN RESTORE VISION, THE CHOICE OF RIGHT LENS CAN TRANSFORM QUALITY OF YOUR LIFE

Cataract surgery is one of the most successful surgical procedures performed today. Recent advancements such as Femtosecond Laser-Assisted Cataract Surgery (FLACS), where key steps are performed using laser technology, have made the procedure quicker, safer, and more precise.

While patients often focus on the surgery itself, one of the most important decisions comes before the procedure—the choice of the intraocular lens (IOL) that will replace the cataractous lens.

Understanding Intraocular Lenses

An intraocular lens (IOL) is a transparent artificial lens implanted inside the eye to replace the natural lens clouded by cataract.

Modern cataract surgery is not just about removing a cloudy lens but also an opportunity to correct refractive errors and customize vision according to an individual's lifestyle and visual needs. Choosing the right IOL is therefore a highly personalized decision.

One Lens Does Not Fit All

The ideal lens for one person may not be the best choice for another.

An IT professional may benefit from excellent intermediate vision, while someone who drives frequently at night may prioritize sharp distance vision with minimal glare. Teachers, avid readers, and craftsmen may require better near vision. Lens selection depends on factors such as age, occupation, lifestyle, visual expectations, eye health, and anatomical considerations.

Premium Intraocular Lenses

Advances in lens technology have led to premium IOLs that provide clear vision across multiple distances, reducing dependence on glasses.

● **Multifocal and Trifocal Lenses:** Provide vision for distance, intermediate, and near tasks, offering greater spectacle independence. Some patients may experience glare and halos, particularly at night.

● **Extended Depth of Focus (EDOF) Lenses:** Provide a continuous range of vision with smoother transitions between distances. They offer better contrast sensitivity and fewer halos and glare symptoms, making them popular among screen users and frequent night drivers.

● **Toric Lenses:** Correct astigmatism during cataract surgery, thus correcting cylindrical power along with cataract removal.

Making an Informed Choice

Modern cataract surgery is no longer just about removing a cloudy lens; it is about helping patients see the world in a way that complements how they live, work, and engage with life," says Dr. Rohit Shetty, Clinician & Translational Scientist and Director of Narayana Nethralaya Eye Hospital, Electronic City.

The best lens is not necessarily the most advanced or expensive—it is the one that aligns with the patient's lifestyle, professional demands, visual expectations, and eye health. A detailed discussion with your ophthalmologist can help determine the most suitable option.

'JAGRUTI' INITIATIVE LAUNCHED TO PROMOTE CHILD SAFETY AND COMMUNITY AWARENESS

"Jagruti," a child welfare and community awareness initiative, will be launched in Electronic City, bringing together government agencies, NGOs, schools, and volunteers to support children and vulnerable communities.

The initiative is being undertaken collaboratively by the Police Department, Child Protection Department, Electronic City Credence, SMSC Charitable Trust, and Samriddhi Early Learning School to promote child safety, education, protection, and social welfare through awareness programs in schools, apartment communities, and underserved areas.

As part of the first phase, awareness sessions will be held in July for migrant and slum-dwelling children and their families around Electronic City, including Tirupalya, with support from local panchayat representatives and community leaders.

The campaign will work in coordination with the District Child Protection Department (DCPO), West Division, Bengaluru Urban District, Anekal, to strengthen child protection mechanisms and provide

support services to children and families in need. Community members will also be encouraged to reach out to the **Child Helpline - 1098** for immediate assistance, protection, and guidance related to child safety concerns.

The programme will be launched on July 1, with the DCP and Police Commissioner expected to attend. Selected volunteers will receive government training to support awareness, child protection, and community outreach efforts. Organizers hope "Jagruti" will boost awareness, strengthen child protection, and help create a safer environment for children across Electronic City.



- Manisha J

AURA 2K26 KICKS OFF ECWA'S CULTURAL CALENDAR IN ELECTRONIC CITY



Bengaluru: The Electronics City Welfare Association (ECWA) successfully organized Aura 2K26 at EuroSchool, Electronic City, on 7 June 2026. The event provided a vibrant platform for children from Electronic City and surrounding localities to showcase their talent, creativity, and

confidence. Aura 2K26 received registrations from over 50 apartment communities, reflecting strong community participation and enthusiasm. More than 140 children participated in the event, contributing to a total of 213 competition entries across multiple categories. Many participants displayed remarkable versatility by competing in more than one event.

The event brought together young talent from diverse backgrounds, fostering interaction, healthy competition, and a strong sense of community. Competitions across various categories encouraged children to express their creativity, build confidence, and showcase their abilities in a supportive environment. Parents, volunteers, and organizers played a

vital role in ensuring the smooth conduct of the programme, motivating participants to perform at their best and making the event a memorable experience for everyone involved.

With enthusiastic participation and impressive performances, Aura 2K26 was a resounding success. The event not only celebrated the creativity and talent of young participants but also set a positive tone for ECWA's cultural initiatives throughout the year, marking a memorable beginning to its 2026 cultural calendar.

ECWA extends its heartfelt gratitude to all participants, parents, volunteers, apartment communities, sponsors, and supporters whose contributions made Aura 2K26 a grand success.

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