

# ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura

Akshaya Nagar to Ananth Nagar

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## NEWS BITES

Namma Metro has introduced stricter penalties up to ₹2,500 for misconduct, including littering, playing loud music, and sitting on coach floors, ensuring safer and more disciplined travel.

BMTC's new Vistara AC bus between Tumakuru and Electronic City cuts travel time significantly, offering a faster and more comfortable commute for thousands of IT professionals.

BMTC will launch a new Volvo AC Limited Stop Express between Electronic City Wipro Gate and Channarayana via NICE Road from July 27. The ₹170 service offers faster, comfortable daily commuting.

ELCITA continues promoting lane discipline, responsible driving, and Intelligent Traffic Management initiatives to reduce congestion and improve road safety across Electronic City's busy IT corridor.

The Supreme Court extended Bengaluru civic election timelines until December 31, allowing Greater Bengaluru Authority preparations while local residents continue awaiting elected municipal representatives for governance.

Residents continue demanding better footpaths on Neeladri Road, citing encroachments, broken pavements, and unsafe walking conditions affecting pedestrians, schoolchildren, senior citizens, and daily commuters.

Electronic City's 'JAGRUTI' awareness campaign educates children and parents on personal safety, cyber awareness, and emergency response through community participation and police-supported outreach programmes.

BESCOM scheduled maintenance caused temporary power outages across parts of Bengaluru. Residents and businesses in Electronic City were advised to plan activities around announced shutdown timings.

Election Commission extended Karnataka's Special Intensive Revision, conducting weekend voter camps to help Electronic City residents verify, update, and correct electoral roll details before publication.

### BMTC to Expand Bus Services to Satellite Towns

BMTC will extend bus services to satellite towns around Bengaluru to improve regional connectivity and ease daily commuting. The expansion will enhance access to jobs, education, Metro, and suburban rail networks while helping reduce traffic congestion.

### HC Clears Major Hurdle for Bidadi Mega Township

The Karnataka High Court has dismissed a PIL challenging the acquisition of 7,400 acres for the proposed Greater Bengaluru Integrated Township near Bidadi. The ruling clears a major legal hurdle, allowing the state government to move ahead with the project.

### Metro and Cauvery Water Projects to Boost Bengaluru Rural

The Karnataka government is planning Namma Metro connectivity to the Airport City region and Cauvery water supply for Devanahalli and Hoskote. The proposed projects aim to improve mobility, support rapid growth, and ensure long-term water security for the region.

### 491 km of Bengaluru Footpaths Reclaimed in 9-Day Drive

The Greater Bengaluru Authority (GBA) cleared encroachments from nearly 491 km of footpaths across the city's five corporations between July 1 and July 10. The drive aims to improve pedestrian safety and walkability, with ₹70 crore allocated for footpath repairs.

## GETTING YOUR NAME RIGHT: SIR COMES KNOCKING IN BENGALURU SOUTH

Dear E-City credence Readers, In Bengaluru, a quiet but important process is underway. Booth Level Officers are visiting homes to check voter details as part of the Special Intensive Revision (SIR). Ordered by the Election Commission of India, this drive is like a spring cleaning for democracy making sure every eligible citizen is counted, and the voter list stays accurate and fair.

### What Is SIR?

Special Intensive Revision (SIR) is a nationwide voter-list update by the Election Commission of India.

It makes sure every eligible voter is included — and only the right names stay.

### Why It Matters?

The voter list is like India's big address book. Over

time, it gets messy — people move, some pass away, some names repeat. SIR cleans it up by checking every entry, house by house.

For residents here, the process is refreshingly straightforward. When the BLO visits, you'll receive a form with your existing details already printed.

Look it over, correct anything wrong, stick on a passport photo, sign, and hand it back.

### A few things worth remembering:

Don't wait around if no one visits. Log onto [voters.eci.gov.in](http://voters.eci.gov.in) and fill the form yourself.

Keep your Aadhaar, an address proof, and a recent photo within reach before you start.

The draft roll comes out on August 5. Check your name the same week. Mistakes are far easier to fix now than later.

Errors or missing names can be corrected using Form 8 or Form 6, either through your BLO or online. The final list locks in on October 7.

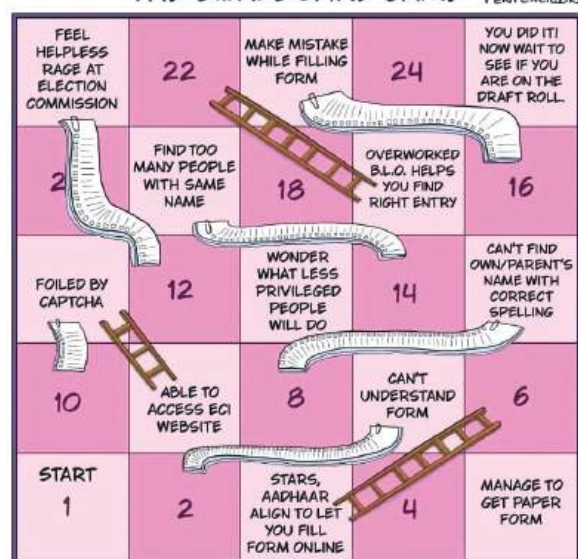
**It's a small task, ten minutes at most. But it decides whether your voice counts when it matters. Don't let a form stand between you and your vote.**



Ashok kumar Dasari  
Author & Content creator

## SIR: BETWEEN INTENT AND IMPLEMENTATION

### THE S.I.R. BOARD GAME



The latest buzzword in India's electoral landscape is Special Intensive Revision (SIR). Conceived as a comprehensive exercise to cleanse electoral rolls by identifying duplicate and ineligible entries, it is an important step towards strengthening the integrity of the electoral process. Few would disagree with its objective. Yet, for many citizens, the experience of participating in the exercise has been anything but seamless. The SIR exercise traces voter records back to 2002, a period not long after voter identity cards became an integral part of India's electoral system during the transformative tenure of former Chief Election Commissioner T.N. Seshan. While the database served its purpose then, it could scarcely have anticipated the mobility that defines

modern India. Over the past two decades, millions have migrated across districts and states in pursuit of education, employment and better opportunities, often retaining voter registrations at more than one location. Cleaning the electoral rolls is therefore necessary, but doing so in a country as dynamic and mobile as India is far more complex than it appears on paper.

That complexity becomes evident at the citizen's doorstep. Booth Level Officers (BLOs), entrusted with carrying out the revision, are visiting households to distribute and collect SIR forms. Their efforts deserve appreciation. The "Kannada only" forms poses a challenge for non Kannadigas. To that extent bilingual forms would have made the exercise easier. While

an online option exists, it often requires applicants to navigate lengthy questionnaires, and overcome technical hurdles with limited assistance. The offline experience is equally demanding. Filling the forms accurately requires patience, and applicants frequently seek clarifications that volunteers and BLOs, themselves working under relentless deadlines and administrative pressure, are often unable to provide. Their workload has increased significantly, and signs of fatigue and burn-out are difficult to ignore. For many citizens, navigating the SIR process has resembled a game of Snakes and Ladders—every step forward interrupted by an unexpected obstacle before progress can resume.

The success of SIR will ultimately rest on whether it delivers cleaner electoral rolls while reinforcing public confidence in the electoral process. After all, the credibility of any reform lies as much in the experience of the citizen as in the integrity of the outcome.



- Tilak Subramanyan

## KARNATAKA PROPOSES NEW APARTMENT OWNERSHIP AND MANAGEMENT LAW

The Karnataka Government has proposed the **Karnataka Apartment (Ownership and Management) Bill, 2026 (KAOMA)** to replace the two existing apartment laws enacted in 1972. The proposed legislation aims to modernize apartment ownership, governance and management by addressing long-standing legal and administrative issues while aligning key provisions with the Real Estate (Regulation and Development) Act (RERA).

The Bill will apply to apartment projects with more than eight units and introduces several significant reforms. It provides for the transfer of project land and common areas to apartment owners, establishes a dedicated dispute resolution mechanism with appellate authorities, and clearly defines the roles and responsibilities of pro-

motors, apartment owners and resident associations.

Among its key provisions, apartment buildings older than 30 years must obtain a structural stability certificate every five years. The Bill also mandates the creation of a common capital fund for renovation and redevelopment. Redevelopment of an apartment complex will require the consent of at least 75% of apartment owners, while dissenting owners must receive compensation of at least twice the market value.

The proposed law also empowers Urban Development Department authorities to regulate apartment associations, approve bye-laws and resolve disputes. The government has invited suggestions from stakeholders before finalizing the legislation.



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## THE POWER OF DIALOGUE IN SHAPING PUBLIC POLICY

The "One Nation, One Classroom" Policy Study Report, prepared by the Specially Constituted Study Team of the Adi Shankara Foundation under the mentorship of Advocate Shubhankar C. and the guidance of Dr. Sanjeev Gowda G.S., is the result of months of research into India's school education system. The report examines key challenges and proposes practical reforms to promote equity, uniform standards, student safety, and stronger regulatory oversight. Its progress has reaffirmed that meaningful policy reform is built not only on sound research but also on constructive institutional dialogue. As part of this initiative, the Study Team has had the privilege of presenting the report before Members of Parliament, senior government officials, constitutional authorities, and Hon'ble Judges of the High Court. Every interaction has reinforced

the importance of open engagement in shaping informed public policy.

The discussions with the Hon'ble Judges of the High Court were especially enriching. Their Lordships generously devoted time to understand the report, thoughtfully examined its recommendations, and offered valuable observations that deepened the Study Team's perspective. Their willingness to encourage evidence-based discussions reflected the judiciary's commitment to intellectual engagement and public welfare. The interaction with Dr. C. N. Manjunath, Hon'ble Member of Parliament for Bangalore Rural, was equally encouraging. He carefully examined the report, sought detailed explanations on several recommendations, and appreciated the importance of the issues addressed. Such exchanges highlight the value of collaboration between

researchers and policymakers in advancing informed governance. Our experience underscores a simple yet enduring lesson: transformative public policy emerges through institutions that are willing to listen, deliberate, and engage. As India continues its journey towards educational reform, sustained dialogue among researchers, legislators, administrators, and the judiciary will remain essential in translating well-researched ideas into meaningful and lasting public policy.



**Sakshi Paul**  
Member, Study Team  
Adi Shankara Foundation

## WHAT INSPIRED ME TO WRITE *Shouldn't Have Told*



**- Aditri Paul**  
Class XII (Commerce)  
Delhi Public School,  
Electronic City

**S**houldn't Have Told is the story of two best friends who have been inseparable since the day they were born. They do everything together, share an unbreakable bond, and hardly ever argue. Their friendship seems perfect in every way, until one day. What follows is a psychological thriller that explores trust, secrets, and the complexities of the human mind. Books have been my closest companions for as long as I can remember. I have been an avid reader since I was three years old, and reading has always been my favourite escape.

Among all genres, psychological thrillers have fascinated me the most because they explore - how people think, feel, and make decisions. I have always been curious about human behaviour, hidden emotions, and the mysteries of the mind.

Writing *Shouldn't Have Told* gave me the chance to turn that curiosity into a story of my own. Publishing my first novel at the age of 16 feels exciting, overwhelming, and like a dream come true.

More than anything, it has taught me that age should never stop anyone from chasing their passion. This journey has given me confidence in my writing and inspired me to keep creating stories that make readers think and feel. I hope to become a bestselling author one day while pursuing Psychology, a subject I truly love. For me, writing and psychology go hand in hand, as both help us understand people and their stories. I hope this is only the beginning of a life-long journey of storytelling.

To every teenager who dreams of writing - start today. Your age is never a barrier, and every story deserves to be told because your voice is unique.



Every morning, we hear about tragic road accidents involving parents, school children, commuters, and pedestrians. Many of these incidents occur during the busiest hour of the day—

7:00 AM to 8:00 AM—when school traffic and office commuters crowd the roads. A simple step can make a difference: if your travel is not essential, consider leaving after 8:00 AM. Fewer vehicles during peak school hours can reduce congestion, lower stress, and make our roads safer for children and families. If you must travel: Wear a helmet on two-wheelers, Always use seat belts, Follow speed limits, Avoid mobile phone use while driving, Start a little earlier to avoid rushing.

Road safety is not only the government's responsibility, it belongs to all of us. A few minutes of patience can help save lives.

Let us choose safety over haste and make our mornings safer for everyone.



**R. Vikram Singh**

## EVERY PEEL HAS A PURPOSE



The belief that true wellness extends beyond caring for the body and also includes caring for the environment is strongly held. A sustainable lifestyle is consciously followed, and eco-friendly practices are regularly adopted to reduce waste and promote healthier living. Among the most valuable sustainable habits that have been embraced is the use of bio-enzymes in daily life. This practice was introduced by Parul, founder of Eco-Margdarshak, through whom the preparation of bio-enzymes using citrus fruit peels, jaggery, and water

by a simple fermentation process was learned. Through this method, kitchen waste is effectively transformed into a natural, multipurpose cleaner.

Bio-enzymes are widely used for various household purposes. They are used as an effective kitchen cleaner, floor cleaner, and natural aid for gardening. A gentle home-made shampoo is prepared by soaking reetha (soapnuts) and shikakai in bio-enzyme, allowing the hair to be cleaned naturally without the use of harsh chemicals. When only reetha is added to the bio-enzyme, a natural detergent is produced

for washing clothes in a washing machine. Bio-enzyme is also used as a natural utensil cleanser, through which grease is efficiently removed while ensuring safety for both the family and the environment. It is believed that mindful living begins with small and conscious choices. Gratitude is extended to Parul and Eco-Margdarshak for inspiring the adoption of this sustainable way of life.

By adopting simple and sustainable practices, the environment can be protected while healthier homes can be created for present and future generations.



**-Kankana Kar**  
Yoga Therapist

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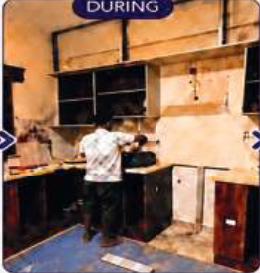
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## SMARTPHONES

Have you ever wondered,  
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We see it all the time,  
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I am talking about smart phones,  
Little screens glowing bright.

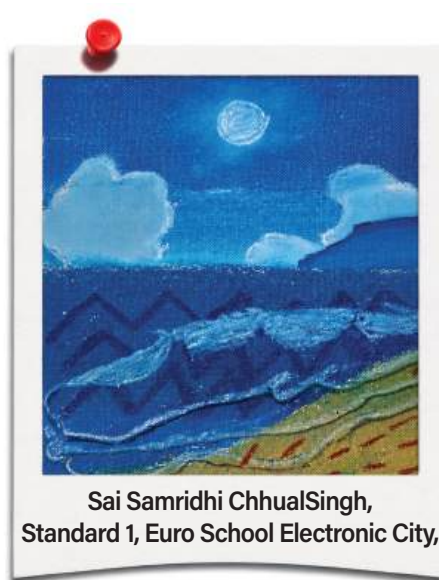
Have you ever given  
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And the smartphone addiction has begun.

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- K. Laavanya  
6C, VIBGYOR High  
Electronic City, Bengaluru



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## ACL INJURY: RECOVERY DOESN'T END WITH SURGERY, IT ENDS WHEN YOU RETURN TO SPORT SAFELY

Anterior Cruciate Ligament (ACL) injuries are among the most common sports injuries affecting footballers, badminton players, cricketers, runners and active individuals. Surgery is only one step in recovery. A structured rehabilitation programme is what enables a safe and successful return to activity. Why Rehabilitation Matters: Rehabilitation restores knee movement, muscle strength, balance, coordination, agility, confidence and sport-specific movement. Returning too early without

achieving these goals greatly increases the risk of another ACL injury. Return to Sport Criteria: A safe return should be based on functional milestones rather than time alone: full pain-free range of motion, minimal swelling, good quadriceps and hamstring strength, excellent balance, successful hop tests, proper running and landing mechanics, and psychological readiness. Modern ACL Rehabilitation: Evidence-based rehabilitation includes progressive strengthening, neuromuscular train-

ing, proprioception, cardiovascular fitness, agility, plyometrics, sport-specific drills and a gradual return-to-play programme. Functional training and aquatic therapy can further support recovery.

Whether managed surgically or conservatively, ACL injuries require comprehensive rehabilitation. Recovery is complete only when the individual can confidently and safely return to work, recreation or sport with reduced risk of re-injury.

## GASTRIC PROBLEMS: DON'T IGNORE THE WARNING SIGNS

Acidity, gas, bloating, indigestion, and a burning sensation in the stomach are among the most common digestive complaints affecting people of all ages. While these symptoms may occur occasionally, frequent or persistent gastric problems should not be ignored, as they may indicate an underlying digestive disorder.

**What are the situations that can cause stomach problems?** Several factors contribute to gastric problems, including irregular meal timings, overeating, excessive consumption of spicy or oily foods, stress, inadequate sleep, smoking, alcohol intake, and certain medications. Taking antacids and painkillers continuously, eating junk food, and a sedentary lifestyle. **How can we**

**manage:** Eating balanced meals at regular intervals, drinking enough water, including proper amount of fiber foods, exercising regularly, and managing stress

**Complications:** If gastric symptoms continue for more than two weeks, severe, and leads to gastric ulcer irritable bowel disease or associated with weight loss/gain, difficulty swallowing, persistent vomiting, blood in stools, or severe abdominal pain, bloating. **How can we help you:** Homeopathy offers an individualized approach to digestive health by considering a person's overall symptoms, constitution, and lifestyle. It aims to support the body's natural healing process and may help manage recurrent gastric complaints,

Taking timely action and maintain-

ing healthy habits can help prevent complications and improve your quality of life. Don't ignore recurring gastric discomfort—early consultation and proper care are the first steps toward a healthier digestive system.



Dr Sreya S Madhavan  
BHMS PGDGC

Dr Sreya's Revive Homeo Clinic

## HIGH BLOOD SUGAR CAN PUT YOUR SIGHT AT RISK- GET SCREENED FOR DIABETIC RETINOPATHY

India is known as the diabetes capital of the world, and 10-12% of the population in Bengaluru is diabetic. High blood sugar can increase the risk of eye diseases like cataract and glaucoma and can also damage the retina, particularly the central macula—resulting in diabetic retinopathy and macular edema, which lead to blindness if untreated.

**What is Diabetic Retinopathy?** Prolonged high blood sugar damages the tiny blood vessels of the retina, leading to changes in vision like blurred vision, dark spots or floaters, cobweb-like shadows, fluctuating eyesight, faded colours, and difficulty seeing at night. Diabetic Eye Disease develops silently, progressing to advanced stages before it is detected.

### Early Detection Can Prevent Vision Loss:

Dilated eye examination can diagnose diabetic retinopathy. "Advanced tests like Optical Coherence Tomography (OCT), Fundus Photography, and Fluorescein Angiography help assess the severity of the disease, and guide appropriate treatment," says Dr. Rohit Shetty, Clinician & Translational Scientist, and Director, Narayana Nethralaya Eye Hospital, Electronic City. The disease progresses through four stages. **Mild Non-Proliferative Diabetic Retinopathy (NPDR)** involves small swellings in retinal blood vessels and usually requires monitoring. In **Moderate NPDR**, blood vessels become blocked or leak fluid, requiring regular follow-ups. **Severe and Very Severe**

**NPDR** may involve the growth of abnormal blood vessels and requires treatment by a retina specialist, and eye injections (Anti-VEGF medication, steroids).

**Proliferative Diabetic Retinopathy (PDR)**, is a very advanced stage where abnormal blood vessels grow into the retina and vitreous, leading to retinal detachment and blindness. Along with injections, laser therapy or surgery (vitrectomy) may be required.

### Protect Your Vision Before It's Too Late:

Diabetic retinopathy is a serious condition that can lead to permanent vision loss, retinal detachment, or vitreous haemorrhage. Seeking timely treatment is the most effective way to protect vision and preserve quality of life.

- Narayana Nethralaya

## WHAT CHALLENGES DO WE THINK THAT PEOPLE WITH DISABILITIES FACE ?

When it comes to Persons with Disabilities (PWDs), one of the biggest challenges is not always the disability itself, but the environmental barriers created around them that prevent full participation, integration, and equal opportunities. Today, we are living in a rights-based era, where inclusion is not charity it is a fundamental right. Every individual deserves dignity, accessibility, and the opportunity to participate fully in society and I strongly support this.

The Government of India has introduced several schemes, protections, and legal frameworks for persons with disabilities. Currently, around 21 disabilities are recognized, with multiple Acts and policies designed to safeguard rights and provide support. Conditions such as Autism Spectrum Disorder (ASD), Specific Learning Disabilities, Intellectual Disabilities, along with many others, are increasingly being

identified and require awareness and appropriate intervention. Children, adolescents, and adults with disabilities deserve a fair chance at education, employment, independence, and a secure future. There are laws and provisions specifically created to protect these rights. A very important point of awareness: it is not mandatory that assessments for educational accommodations must happen only in government hospitals. Qualified and licensed professionals, including RCI-registered psychologists and professionals with recognized qualifications such as M.Phil or relevant PG qualifications, can conduct assessments and provide reports for school accommodations. Schools are expected to recognize these, as clearly mentioned in CBSE guidelines and accommodation mandates. Schools also carry the responsibility of promoting inclusion,

including reservation policies and creating accessible learning environments. Of course, where infrastructure limitations genuinely exist, challenges may arise but inclusion should always remain the goal.

This post is simply to spread awareness, not to create controversy. I believe all of us parents, professionals, educators, institutions, and policymakers are stakeholders working toward the same purpose: ensuring every individual gets the opportunity they deserve.



Ms Syreda Ameena  
V2 E City Dental Center

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## JAI JAGANNATH! THE SACRED JOURNEY BEGINS



Vibrant colors and chants of "Jai Jagannath!" filled Concorde Manhattans as hundreds of residents celebrated the annual Jagannath Rath Yatra. Following traditional rituals and Pahandi Bije, devotees pulled the chariot carrying Lord Jagannath, Lord Balabhadra, and Goddess Subhadra. Devotional songs and dance recitals accompanied the procession, which concluded with a Mahaprasad feast for residents and staff.

Organizers shared the festival's significance, highlighting how bringing Odisha's rich tradition to Bengaluru fosters cultural pride and unity. Centered around the idea that "God comes to you," the event bridged diverse communities through shared devotion and celebration.

- Purushotham Kolla, Resident Concorde Manhattans



Rath Yatra - Ajmera Infinity

## A Grand Celebration of Faith, Culture, and Community Ratha Yatra 2026 at Godrej Nurture



Godrej Nurture, Bengaluru, celebrated the Sri Jagannath Ratha Yatra 2026 with immense devotion and community spirit. The festival featured Pahandi Bije, the grand Ratha Yatra, daily aartis, bhajans, cultural performances, children's activities, and Sri Jagannath Mahaprasad Seva, bringing together hundreds of residents in prayer and celebration. The festivities will be concluded with the sacred Bahuda

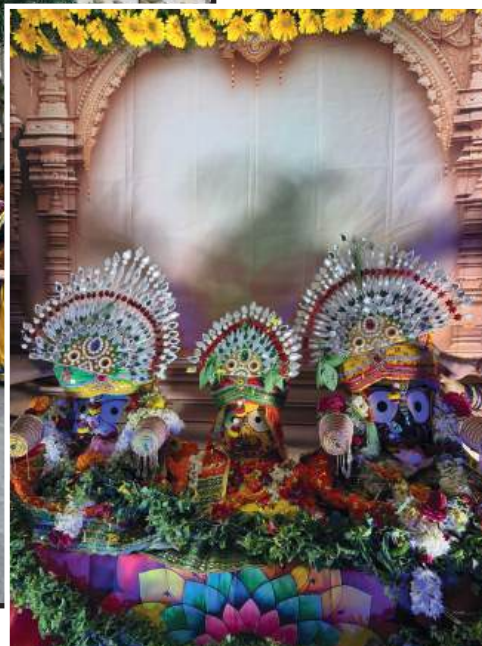
Yatra, Suna Besa, and Niladri Bije, leaving devotees spiritually enriched. Organized by dedicated resident volunteers, the celebration beautifully showcased Odisha's rich cultural heritage while strengthening the values of faith, unity, inclusiveness, and service, making it a memorable spiritual experience for the entire community.

- Madhusmita Biswal

Resident Godrej Nurture



Rath Yatra Sriram Summit



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