



ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

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Akshaya Nagar to Ananth Nagar

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News Bites

A Hennagara resident's legal battle has prompted the Karnataka High Court to direct authorities to clear stormwater drain encroachments, highlighting the importance of protecting lake connectivity and preventing waterlogging in Anekal, Bengaluru South.

Bengaluru South City Corporation has proposed an animal crematorium at S. Bingipura, Jigani Hobli, along Begur-Koppa Main Road. Included in the 2026-27 Action Plan, the project is currently in planning and tender preparation stages.

Doddamara Road upgrade gets a push from the Chief Minister's Office, with the PWD seeking ₹7.6 crore for 1.8 km of road improvements and drainage works, pending approval.

BJP's Shobha Charan has reportedly been elected unopposed as Chandapura Municipal Council president. Residents hope the new leadership prioritises traffic management, road repairs, drainage, sanitation and organised street vending to address long-standing civic concerns.



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BEYOND THE WATER TANKERS: WHAT CAUVERY STAGE V MEANS FOR ELECTRONIC CITY

For years, water in Electronic City has been more than a utility issue. Private tankers, borewells and storage systems became part of everyday life for many residential communities, particularly during summer months when groundwater levels fell and tanker costs rose.

The commissioning of the Cauvery Water Supply Scheme Stage V has the potential to fundamentally change that equation. Designed to extend Cauvery water and sewerage infrastructure to Bengaluru's 110 peripheral villages, the project represents a major shift towards a more formal and predictable

municipal water network.

But for Electronic City, the real story begins after the pipeline reaches the neighbourhood.

The transition from tanker dependence to BWSSB supply will require apartment communities to examine their own water infrastructure. High-rise developments need efficient internal plumbing, accurate metering, adequate storage and leak detection systems to ensure that municipal supply translates into genuine reliability.

There is also an important economic shift. Tanker dependence exposes communities to seasonal price

fluctuations and supply uncertainty. Municipal water introduces a more structured tariff regime, making consumption measurable and encouraging resident welfare associations to treat water as a managed operating cost rather than an invisible entitlement. Yet Cauvery water should not be mistaken for a permanent solution to Bengaluru's water challenges.



Murli Padmanabhan

CHANDAPURA NH-44 RAILWAY UNDERPASS PROJECT MAKES PROGRESS AS COMMUTERS AWAIT TRAFFIC RELIEF



Chandapura, Bengaluru South: The long-pending railway underpass project at Chandapura on NH-44 has made progress with K-RIDE installing the web girder on the supporting beams, raising hopes of eventual relief for commuters navigating this busy corridor.

The latest development marks a step forward in the project, but key works remain before traffic movement can improve significantly. Completion of the remaining railway works and commissioning of the double track are among the priorities before the National Highways Authority of India (NHAI) can proceed with excavation of the main carriageway.

Commuters have called for better coordination between K-RIDE and

NHAI to accelerate the delayed project and minimise further disruption. Continued diversion of heavy trucks and container vehicles, wherever feasible, has also been suggested to ease congestion during construction. Traffic has reportedly been lighter during the Navratri school holidays. However, commuters hope authorities will expedite the remaining work to ensure lasting relief on this important Bengaluru South route.

Snap Newz

Mysuru-Rameswaram Weekly Special Train: Indian Railways will operate a weekly special train between Mysuru and Rameswaram during the Dasara and Deepavali festive season from October 5 to December 1, 2026. The service will run via Bengaluru, Hosur, Salem and Madurai, offering a convenient travel option for festive-season passengers.

Bengaluru Jatre to Bring 10-Day Citywide Festivities: Bengaluru will host a 10-day Bengaluru Jatre from December 4-13, featuring music, art, food, heritage and cultural events across public spaces. The free-entry festival aims to bring communities together and celebrate Bengaluru's diverse cultural identity.

Passport Seva Kendra Shifts to New Whitefield Location: The Passport Seva Kendra at Sai Arcade, Marathahalli ORR, has shifted to GM Tech Park, near Nallurhalli Metro Station, Whitefield, from October 5, 2026.

Applicants with appointments from October 5 onward must visit the new location as per the date and time on their appointment receipt.

BMTC Bus Fares May Rise Again: Karnataka is considering a fare hike for BMTC, KSRTC, NWKRTC and KKRTC, following recommendations from the Atul Tiwari-led committee.

The exact increase is yet to be announced and will require Cabinet approval before implementation.

A CIVIC HAZARD GROWING IN PLAIN SIGHT



What does it take for a civic problem to get the attention of the authorities? At Jhanavi Capetown, apparently, even a growing garbage dump, foul odour and a potential health hazard are not enough. A vacant site on the left side of Jhanavi Capetown has gradually become an unofficial dumping ground. People are openly bringing and dumping waste, including on two-wheelers. The accumulated garbage has created unhygienic conditions, a persistent foul smell and an ideal environment for mosquito breeding, raising serious

concerns about the spread of diseases. The situation is even more alarming because a govern-

ment school is located along this stretch. Students walking to school are forced to move towards the opposite side of the road to avoid the garbage, bringing them dangerously close to moving traffic. What should be a simple walk to school has become a potential safety hazard for children. Apart from this garbage issue, the construction waste is also dumped on the road by VRR near shop City department Store

In the same stretch. This construction waste is dumped in a place where the road curves acting as a blind spot for the drivers. It requires immediate attention to clear this from roads

which are meant to be used by the public. Residents have already raised complaints with the concerned authorities, yet no meaningful action has been taken. The continued inaction allows the problem to worsen every day. This is not merely a cleanliness issue.

It is a public-health and road-safety concern involving school children. The garbage must be cleared immediately, the site monitored and effective measures taken to prevent further dumping.

How many more complaints are needed before action is taken?



- Sreejith R

ANEKAL LAKE POLLUTION: MINISTER ORDERS ACTION AFTER INSPECTION OF FIVE LAKES

Anekal, Bengaluru South: Karnataka Forest and Environment Minister Ramalinga Reddy has directed officials to take action against polluters following an inspection of five lakes in Anekal taluk, raising fresh concerns over the protection of water bodies in rapidly urbanising South Bengaluru.

The inspection covered Chandapura, Muthanallur, Hennagara, Heelalige and Ramakrishnapura lakes. Officials were directed to address pollution caused by the discharge of untreated sewage and industrial effluents, according to reports.

The issue is significant for the Anekal region, where residential expansion and industrial

activity around Electronics City, Bommasandra and Jigani have increased pressure on local water bodies. Effective monitoring of industrial discharge, enforcement of environmental regulations and timely completion of pending Sewage Treatment Plant (STP) works are essential to prevent further deterioration.



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Let them learn. Let them explore. Let them grow.



Art History

Mithila painting, also called Madhubani painting, is a traditional Indian art form that originated in the Mithila region of Bihar and parts of Nepal. It has been practiced for generations, especially by women, who traditionally painted the walls and floors of their homes during weddings, festivals and religious celebrations. The paintings often include nature, animals, birds, flowers, trees and scenes from daily life. One of its important forms is the Kohbar painting, which is created for weddings and represents love, fertility and prosperity.

The key features of Mithila painting are bold outlines, bright colours, detailed patterns and the use of almost every available space in the painting. Artists often use simple shapes, lines, dots and repeated designs to decorate the pictures. Common symbols include fish for prosperity, peacocks for love and beauty, and lotus flowers for purity and fertility. Traditionally, natural colours were made from plants, flowers, leaves and other local materials. Over time, Mithila painting moved from village walls to paper, cloth and canvas. Today, it is famous throughout India and the world and influences fashion, textiles, handicrafts and modern art.

- Global Art Electronic City



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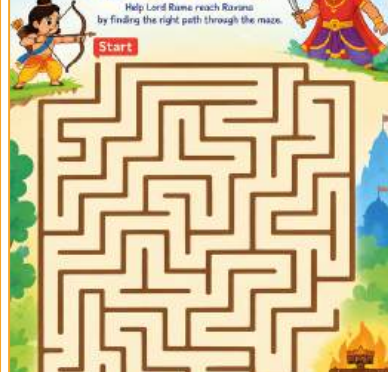
Look closely at the two pictures. Can you find all the differences?



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5 Common Vastu Mistakes Found in Modern Apartments



Modern apartments offer comfort and convenience, but during Vastu consultations, I often notice a few common mistakes that are easy to correct and can make a noticeable difference in the overall feel of a home.

A Cluttered Entrance: The main door is often surrounded by shoe racks, delivery boxes, unused items, or broken décor. Keeping the entrance clean, organized, and well-lit helps create a more welcoming and positive atmosphere.

Heavy Storage in the North-East:

Many families use the North-East corner for storing cartons, luggage, or bulky furniture. This area is best kept light, clean, and free from unnecessary storage to maintain openness within the home.

A Blocked Centre of the House: The centre of the home is frequently occupied by heavy furniture, stacked items, or storage units. Keeping this space as open and clutter-free as possible supports better movement and a sense of balance.

Mirrors Reflecting the Bed: Large wardrobe mirrors facing the bed have

become common in modern apartments. If possible, position mirrors so they do not directly reflect the bed, or cover them while sleeping.

Holding on to Broken Items: Stopped clocks, damaged electronics, cracked decorative pieces, and unused household items often remain in homes for years. Regularly repairing, recycling, or removing such items helps maintain a more organized living environment.

Most apartment-related Vastu concerns do not require renovation or demolition. In many

cases, simple changes in placement, organization, and maintenance can create a more harmonious and comfortable living space. //



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For many people, spectacles are a necessity. However, for those with an active lifestyle, particularly individuals involved in sports and performing arts, they can sometimes be a hindrance.

Refractive surgery is an elective cosmetic surgery to correct refractive errors due to myopia, hyperopia and astigmatism, which cause focusing problems, thereby eliminating the need for glasses. It is generally performed as an outpatient procedure, typically taking 5-10 minutes per eye and there are various types of refractive surgery.

One approach is **flap-based surgery**, such as Femtosecond LASIK. The surgeon creates a thin flap in the cornea, the transparent front surface of the eye, and uses a laser to reshape the underlying tissue before repositioning the flap. Advanced technologies such as Contoura Vision and WaveLight Plus use detailed measurements of the eye to plan more customised treatment.

Another option is lenticule-based surgery, such as SMILE, SILK and SmartSight. In these procedures, a laser creates a tiny piece of tissue, called a lenticule, within the cornea. The surgeon removes it through a small incision

without creating a flap, changing the cornea's shape to correct vision.

TransPRK is a surface-based procedure that reshapes the cornea without creating a flap. The treatment can be performed without direct instrument contact, suction or a blade.

For people who are not suitable candidates for laser vision correction, an **Implantable Collamer Lens (ICL)** may be an alternative. This corrective lens is implanted inside the eye, in front of the natural lens.

Not everyone is suitable for every procedure. A comprehensive eye examination, including an assessment of corneal shape, thickness, prescription stability and overall eye health, is essential before treatment. This also allows for complete customisation according to patients' eyes and visual needs. says Prof. Dr. Rohit Shetty, a renowned refractive surgeon and Director of Narayana Nethralaya Eye Hospitals. Make an informed choice and take your first step towards freedom from glasses.

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What Your Lungs Are Trying

The lungs are the only internal organs in contact with the outside world all the time. Each breath they filter air thick with pollutants, allergens, bacteria and particulate matter. They do it quietly and efficiently and without complaint, until they can't do it anymore.

How Lung Disease Hides in Plain Sight? Most people lose up to 50 percent of their lung function before they notice anything is wrong. This is because the lungs have significant reserve capacity, and because the body compensates gradually, reducing activity levels so slowly that the change goes unnoticed. **The earliest warning signs are easy to dismiss:**

- A persistent cough that has been present for more than three weeks
- Increased mucus production, particularly in the mornings
- Breathlessness during activities that previously caused none
- Chest tightness that comes and goes without a clear trigger
- Recurrent chest infections that take longer than usual to clear.

Conditions That Begin This Way: Several serious lung conditions present with these early, non-specific symptoms:

- COPD - progressive airflow obstruction most commonly caused by smoking or prolonged exposure to occupational dust and fumes
- Pulmonary Fibrosis - scarring of the lung tissue that reduces its ability to transfer oxygen, producing breathlessness that worsens steadily over time
- Bronchiectasis - permanent widening of the airways causing recurrent infections and chronic mucus production
- Lung Cancer - which in its

early stages may produce only a persistent cough or mild breathlessness, both of which are easily attributed to other causes.

The Test That Changes Everything: Spirometry is a simple breathing test that measures airflow and lung capacity. It is painless, takes under ten minutes, and can detect obstructive and restrictive lung disease at a stage where treatment significantly alters the course of the condition.

When to Seek Urgent: Review These symptoms require prompt medical attention and should not be managed with over-the-counter medication:

- Coughing up blood, even a small amount
- Breathlessness that is worsening progressively
- Unexplained weight loss alongside respiratory symptoms
- Persistent chest pain.

Lung disease is largely irreversible once established, but it is often preventable and almost always manageable when caught early. The window for meaningful intervention is open longest at the beginning, when the symptoms are easiest to dismiss. That is precisely when the assessment matters most.

- **Dr. Pavan Yadav M V,**
Clinical Director &
Senior Consultant,
Interventional Pulmonology &
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Once, I met a woman selling vegetables from a trolley. Her husband, who worked in a mill, had passed away. The family received around ₹2.5 lakh, but that money was exhausted. With a son in Class 8 and a daughter in Class 10, she had to work hard to support their education.

I also met a family whose 55-year-old father died in a tragic accident. He had insurance cover of around ₹45 lakh, and his family received approximately ₹1.15 crore in

benefits.

Today, his daughter is pursuing her MBBS degree in the second year, with financial support to continue her dream of becoming a doctor.

Two families faced the same tragedy, but their financial situations were very different. This is why life insurance matters. It cannot replace a loved one, but it can protect the dreams they leave behind. As a financial advisor with over 23 years of experience, I believe insurance is

not just about selling a policy. It is about protecting a family's tomorrow.



- **R. Vikram Singh**
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almonds provide healthy fats, while eggs contain choline, a nutrient important for memory and learning. Fatty fish supplies omega-3 fats that support brain health. Colourful fruits like berries, oranges and pomegranates provide antioxidants, while leafy greens offer essential vitamins. Whole grains provide steady energy, and drinking enough water helps maintain attention. Too many sugary snacks can replace nutritious foods in your diet. **Feed your brain wisely, stay active, sleep well and let your mind shine!**

ELECTORAL INTEGRITY MUST RISE ABOVE POLITICAL CONVENIENCE

The facts speak for themselves.

The Election Commission of India has reportedly conducted Special Intensive Revision (SIR) nine times, with seven exercises taking place under Congress led governments. Yet, the process is questioned most aggressively when the BJP is in power at the Centre. Should constitutional institutions be judged by their procedures or by which party benefits electorally?

The Modi government's Chief Election Commissioner and Other Election Commissioners Act, 2023, included the Leader of the Opposition in the selection committee. Although the committee's composition remains debated, the law introduced a defined statutory framework for appointments.

Article 324 of the Constitution entrusts the Election Commission with the superintendence, direction and control of elections. Electoral rolls must remain accurate. Deaths, migration and changes of residence make periodic revision necessary. However, no eligible citizen should be unfairly excluded, and every deletion must follow due process and applicable legal safeguards.

Consider the apparent inconsistency in political reactions. Why are elections in Kerala, Karnataka and Tamil Nadu readily accepted when Congress or its allies and preferred candidates succeed, while elections in West Bengal, Assam and other states face allegations of irregularities when the BJP or its allies prevail? Every election deserves scrutiny, but allegations must be supported by evidence not dictated by political disappointment.

ment.

The same standard of accountability must apply to public institutions and political commentators. Where were the loudest self appointed guardians of democracy when allegations surrounding the Karnataka Public Service Commission's veterinary doctor recruitment process raised questions about transparency and merit? Institutional accountability cannot become selective outrage.

And what about the so called "Cockroach Janata Party" (CJP)? If this label represents a political or activist group, its criticism deserves examination on substance rather than slogans. No organisation should claim moral superiority while overlooking other serious public concerns.

Since 1952, India's electoral system has enabled millions of citizens, including those in remote villages, to participate in democracy. That legacy must be protected through transparency, impartial scrutiny and lawful procedures.

Democracy cannot survive on double standards. Accurate voter lists, protection of every eligible voter and evidence based criticism must remain non-negotiable regardless of who wins.



Shubankar C
High Court Advocate
Chairperson
Adi Shankara Foundation

FOUR MEN WITH KNIFE ATTACK PUB EMPLOYEE IN ELECTRONIC CITY, FORCE ₹37,500 TRANSFER



A pub employee was allegedly attacked by four men with a knife in Bettadasanapura, Electronic City, Bengaluru, while returning home from work. According to the reported incident, the assailants threatened the victim with a knife and forced him to transfer a total of ₹37,500.

The incident has raised concerns about public safety in the Electronic City area, particularly for employees returning home after late-night shifts. The attackers

reportedly targeted the employee and used the knife to intimidate him into transferring the money. The incident highlights the safety risks faced by people working in pubs and other establishments that operate late into the night.

Police investigation and further details regarding the incident are awaited. Residents and employees are advised to remain vigilant while travelling during late hours and report suspicious activity or threats to the police.

BAF and BWSSB: Strengthening Bengaluru's Water Security

Focus on treated water reuse, STP management, community awareness and better access to drinking water. Bangalore Apartments' Federation (BAF) met with Dr. N. Manjula, IAS, Chairperson, Bangalore Water Supply and Sewerage Board (BWSSB) and team, on 28 July 2026 to discuss areas of collaboration towards improving Bengaluru's water security. The meeting focused on some of the key water-related challenges faced by apartment communities and the larger opportunities for Bengaluru to make better use of its existing water resources. BAF, which represents more than 1,500 apartment communities and over 3.6 lakh households, shared several initiatives and areas where stronger collaboration with BWSSB could help. One of the key areas discussed was the reuse of treated used water (TUW). With more than 3,000 decentralised STPs in the city and an estimated treatment capacity of 650-700 MLD, Bengaluru has a significant opportunity to use treated water for purposes where potable water is not required. At present, apartment communities already reuse treated water for activities such as toilet flushing, landscaping, common-area cleaning and vehicle washing. There is scope to increase this further and, at the same time, develop opportunities to use treated water outside individual communities. BAF and BWSSB discussed the possibility of expanding treated-water use in parks, industries, construction and other non-potable applications. This can help reduce the dependence on fresh Cauvery water and groundwater for uses that do not require drinking-quality water.

Taking treated water beyond apartment boundaries: A major opportunity is to connect apartment communities generating treated water with nearby users who require water for non-potable purposes. BAF highlighted the treated-water-to-parks initiative in Yelahanka as one such example. The 90-day pilot, supported by KSPCB and executed by WELL Labs with participation from 10 apartment communities, demonstrated how treated water from apartment STPs can potentially be used in nearby public spaces. There is scope to build on such pilots and explore similar models for parks, medians and dust suppression, as well as for industries and construction activities. The meeting also discussed the possibility of developing localised water networks or micro-grid clusters, where treated water from apartment communities and other sources could be connected to nearby demand centres. Hebbal/Yelahanka has been identified for such an exercise, while the Peenya industrial water system was discussed as an example of a possible model.

Creating a viable ecosystem for treated water: For treated-water reuse to become more widespread, there also needs to be a reliable and practical model for both suppliers and users.

The BAF presentation highlighted the potential for apartment communities with STPs to utilise or monetise surplus treated water. The existing policy framework also provides for apartments to sell surplus treated water, and BAF and BWSSB have discussed promoting treated used water at ₹8 per KL. A stronger ecosystem for treated water can benefit both sides. Apartment communities can find productive uses for surplus treated water, while parks, industries and other users can access an alternative source for non-potable requirements.

Strengthening the Green Star Challenge: Another area discussed was the Green Star Challenge, an initiative aimed at encouraging better water-management practices among buildings. The first Green Star Challenge, conducted in 2024, had more than 480 participants, with apartment communities forming the majority. Buildings are assessed on their water-management practices and receive a rating from one to five stars. BAF proposed that the initiative could be institutionalised as a recurring programme, potentially once every two years. This would allow apartment communities to assess their current practices, identify areas for improvement and work towards better water-management standards over time. The initiative could also provide opportunities for recognition and incentives for communities that demonstrate good practices. Awareness and capacity building: Water sustainability also depends on how effectively communities manage the systems already available to them. BAF discussed capacity-building initiatives through BAF Parihara, including sessions on rainwater harvesting, water conservation and effective STP management. Training for STP operators, including the possibility of working with EMPRI, was also discussed. There was also discussion around public outreach and awareness programmes to help residents better understand water conservation, government initiatives and the safe reuse of treated water. BAF's proposed public lecture series on sustainable living and water sustainability is intended to bring practical, research-backed information closer to apartment communities and residents. Improving access to drinking water: While promoting treated water for non-potable applications, BAF also raised the need to improve access to drinking water for apartment communities.

The Sanchari Kaveri (Kaveri on Wheels) initiative was discussed as an important support mechanism, particularly for communities that require drinking water through tanker supply. BAF highlighted the need to explore longer-term arrangements that can provide greater reliability to apartment communities. The objective is to ensure that available potable water is used efficiently for drinking and other essential requirements, while treated

water is increasingly used wherever potable water is not necessary.

Working together for a water-secure Bengaluru: The meeting provided an opportunity for BAF and BWSSB to discuss practical areas where government agencies and apartment communities can work together. Bengaluru has already invested significantly in decentralised STP infrastructure. The next step is to make better use of the treated water being generated and create practical linkages between apartment communities and potential users across the city. This will require coordination between BWSSB, BAF, GBA, KSPCB, apartment communities, industries, institutions and other stakeholders. Successful pilots can provide the basis for wider implementation. BAF looks forward to continuing its engagement with BWSSB on treated water reuse, STP performance, water conservation, community awareness and drinking-water access.

The larger objective is simple: to make better use of the water Bengaluru already has, reduce unnecessary dependence on potable water for non-potable needs, and encourage apartment communities to become active partners in building a more water-resilient city.

Key takeaways: More treated water reuse: Expand safe reuse in apartments and explore use in parks, industries, construction and other non-potable applications. Connect communities to users: Develop practical models for supplying surplus treated water from apartment STPs to nearby users. Strengthen Green Star Challenge: Build a recurring framework to encourage better water-management practices. Build community capacity: Increase awareness and training on rainwater harvesting, conservation and STP management. Improve drinking-water access: Explore longer-term support through Sanchari Kaveri for apartment communities.

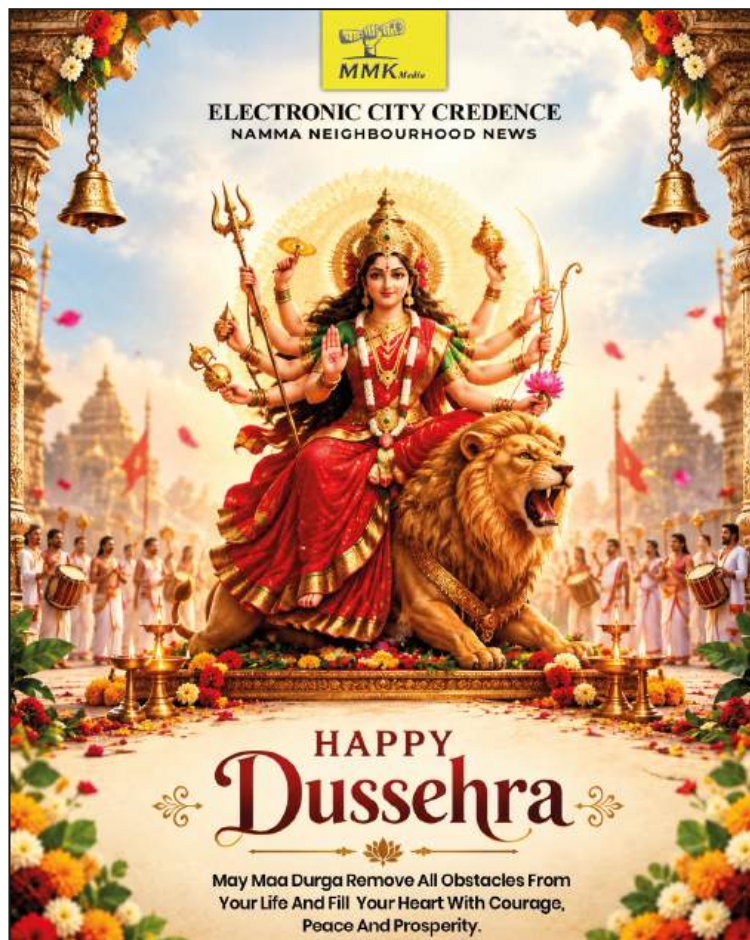
BAF and BWSSB will continue to explore these areas of collaboration with the shared objective of strengthening Bengaluru's water security.

About BAF: Bangalore Apartments' Federation (BAF) is a federation of 1,500+ Apartment Owners' Associations (AOA) and Residents Welfare Associations (RWA) bringing communities together to learn, collaborate, share experiences and collectively address the challenges of apartment living.

If your apartment association is not yet a BAF member, we invite you to join the growing network of communities working together for better governance, stronger representation and a more sustainable future.

For membership:

🌐 **Membership:** baf.org.in/new_membership
📞 **Phone or WhatsApp:** +91 7618798081



EFFECT OF WEIGHT LOSS PROGRAMS ON ORAL HEALTH

In recent years, weight loss programs have become an important part of a healthy lifestyle. While they offer many benefits, their effect on oral health is often ignored.

• Dry Mouth:

Low-carb diets, fasting, and intense workouts can reduce saliva flow, leading to dry mouth, bad breath, and higher risk of tooth decay. With proper guidance, adequate hydration and diet planning can prevent this.

• Increased Tooth Sensitivity:

Frequent intake of lemon water, detox drinks, and fruit juices may weaken tooth enamel. Guided timing, moderation, and rinsing the mouth after acidic foods can protect teeth.

• Nutritional Deficiencies:

Rapid weight loss may cause low

iron, calcium, vitamin B12, vit C and vitamin D levels, resulting in mouth ulcers and bleeding gums. A well-planned diet and supplements under supervision can prevent deficiencies.

• Skipping Meals:

Irregular meals disturb the natural balance of oral bacteria and increase cavity risk. Structured meal plans help maintain oral and general health.

• Dehydration:

Increased physical activity without enough water worsens dry mouth and gum problems. Proper hydration guidance is essential during weight loss.

• Preventive Care:

Regular dental check-ups, good oral hygiene, and professional guidance

ensure that weight loss is safe for both body and oral health.

Conclusion:

Weight loss is beneficial, and with proper guidance, its negative effects on oral health can be easily prevented, ensuring a healthy body and a confident smile.



**Dr.Sangeetha,
Dental Surgeon**

Ecogram 10th Year Celebration



Ecogram celebrates a decade of community – driven transformation, celebrating Bettahalasur Gram Panchayat's journey as a model village. The event was held on October 8, 2026 at EcoHub at Bettahalasur Gram Panchayath in North Bengaluru.

Ecogram is a journey of reviving community by amalgamating awareness with digital technology. With the combined effort of Government and dedicated private entities, waste segregation, women empowerment and well-being of future generations has been taken care of. It was honored by the presence of Karnataka Urban Minister Krishna Byre Gowda's wife Smt. Meenakshi as Chief Guest and Embassy Group Chairman Jitendra Virwani as Guest of honor.

There were stalls showcasing bags and accessories made by empowered women of ecogram. People actively purchased from these stalls supporting the cause.

JALODBUST – Eradicating Manual Scavenging by Technology is an innovative mechanised sanitation solution

designed to make sanitation work safer, more efficient and dignified. By reducing the need for manual intervention in sanitation operations, this technology aims to protect sanitation workers from hazardous working conditions while improving the efficiency of cleaning and maintenance processes.

It saw a vibrant group of guests prominently working in the waste management field. Hasirudala and Waste Samaritan being a dedicated partner in Ecogram were felicitated for their contribution. Representatives of SWMRT, Waste Impact Trust, Eco_Margdarsak, Sangraha Vikalpa and many more joined the celebration.



**- Parul Sharan
Founder Of Eco_Margdarsak**

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POSITIVE REMINDERS



Ever noticed how a task can feel impossible when you keep thinking about it, yet manageable once you actually begin?

The longer we wait, the bigger it can seem. Start working on it, make some progress, and let that progress push you towards completion. Because nothing moves until we do!



**- Sannith
Nutrilumen**

HOW MUCH SUGAR IS TOO MUCH?



The World Health Organization (WHO) recommends limiting free sugars to less than 10% of total daily energy intake, with a further reduction to below 5% suggested for additional benefits

ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

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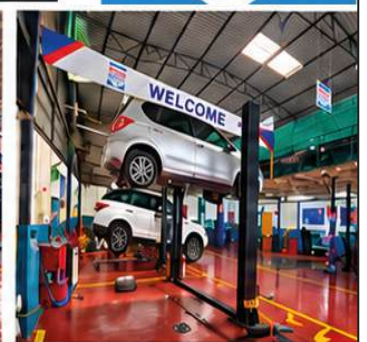
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