ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura | Akshaya Nagar to Ananth Nagar

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Newz Bites

Hulimangala Main Road Needs Urgent Repairs
The road connecting Treamis World School and Rashtrotthana School in Hulimangala is in poor condition, causing inconvenience and safety concerns for schoolchildren, parents and commuters. Residents urge authorities to inspect the stretch, repair potholes and ensure safe road access with a clear completion timeline.

Open Drainage Neglected for 2 Months
Open drainage near the Huskur Road Metro Station entrance gate has remained unattended for two months despite repeated complaints. Residents report foul smell, unhygienic conditions, mosquitoes and safety concerns, demanding immediate action.

Namma Metro To Reach Attibele!
Karnataka Government has directed BMRCL to prepare a DPR for extending Namma Metro's Yellow Line by 10.5 km from Bommasandra to Attibele, with nine proposed stations along Hosur Road .

Poor Roads, Rising Traffic in Neeladri
Residents of Neeladri Road and Himagiri raise concerns over potholes, garbage, aggressive street dogs and rising traffic, demanding urgent civic improvements and safer pedestrian access.

Snap Newz

Bengaluru Owners Can Now Get Separate e-Khatas
Joint owners of eligible A-eKhata properties can now apply online for individual e-Khatas through the GBA's e-Aasthi 2.0 portal. The facility enables owners to independently sell, gift, mortgage or manage their property shares, subject to applicable rules.

Metro Works to Speed Up:
Minister Krishna Byre Gowda has directed BMRCL to speed up Pink and Blue Line metro works and reduce traffic disruption on the Outer Ring Road. Blue Line Phase 2A is 87% complete, while Phase 2B has reached 61.5%.

AI Steps In to Clean Bengaluru
Bengaluru South City Corporation has launched an AI-powered camera pilot to identify civic issues. The system has surveyed 150 km of roads and generated around 2,000 complaint tickets, nearly 1,000 related to garbage and black spots.

Bengaluru Uses AI to Fight Garbage Black Spots
Bengaluru South City Corporation has launched an AI-powered camera pilot to identify garbage black spots and track civic complaints. With nearly 1,000 waste-related tickets generated, officials have 10 days to address the issues.

Suburban Rail Progress at Just 12%
Bengaluru's 148-km suburban rail project has achieved only 12% overall progress as of October 2026, according to the supplied infographic. The Kanaka corridor is 12% complete, while Sampige and Parijaatha report 0% progress.

Digi Yatra Trials at BLR Airport
Kempegowda International Airport has started trials of face-recognition-based Digi Yatra for select international departures operated by Air India and IndiGo.E-passport validation and facial recognition aim to speed up airport entry and security checks, while passports and immigration formalities remain mandatory.

OCTOBER 16 DOWNPOUR HIGHLIGHTS DRAINAGE CHALLENGES ACROSS SOUTH BENGALURU

ANEKAL: Heavy rainfall on Friday, October 16, 2026, disrupted daily life across Anekal taluk, leaving roads waterlogged and making commuting difficult for residents, motorists and students.

Rain continued for approximately eight hours, from around 11:30 a.m. to at least 7 p.m. Areas including Chandapura, Attibele and Hebbagodi along National Highway 44 experienced waterlogging, while submerged potholes created additional risks for road users.

In Chandapura, standing water made it difficult for cars and two-wheelers to navigate affected stretches. Some vehicles reportedly became stranded, disrupting daily travel and movement along important commuter routes.

Drainage Under Scrutiny

The incident has renewed concerns over inadequate drainage, road maintenance and stormwater management across South Bengaluru's rapidly developing outskirts.

Residents need coordinated action from the relevant authorities to identify vulnerable stretches, clear blocked drains and improve rainwater drainage.

With recurring rainfall disrupting essential travel, lasting infrastructure improvements are crucial to reducing waterlogging and ensuring safer commutes for residents across Anekal and neighbouring areas.

PRR-2 LAND ACQUISITION HIT BY HIGH COURT STAY IN BENGALURU

Interim order halts acquisition proceedings on affected properties in Machohalli, adding uncertainty to the proposed road project.

BENGALURU: Bengaluru's Peripheral Ring Road-2 (PRR-2) project has encountered a legal hurdle after the Karnataka High Court temporarily stayed land acquisition in Machohalli village and directed authorities to maintain the status quo.

The order, issued on October 17, 2026, followed a petition by landowners challenging the acquisition notification. The court also issued notices to the Bengaluru Development Authority (BDA) and the Special Land Acquisition Officer.

The petitioners questioned the validity of the acquisition process, citing the lengthy gap between the preliminary notification and the final notification.

What It Means for South Bengaluru

PRR-2 is a proposed 52-km corridor intended to connect Mysuru Road and Hosur Road, improving connectivity across Bengaluru's southern belt. The BDA issued a final notification in September to acquire approximately 1,427 acres across 31 villages.

The latest order applies to the affected properties in Machohalli and does not halt the entire project. The court is yet to decide the merits of the landowners' challenge.

Further proceedings will determine the outcome of this dispute and its implications for the affected land parcels.

HEBBAGODI AND ATTIBELE IN FOCUS AS BENGALURU PROPOSES SEVEN NEW TRAFFIC POLICE STATIONS

Proposed police restructuring could bring greater attention to traffic management in South Bengaluru, including the Electronic City–Attibele corridor.

BENGALURU: Hebbagodi and Attibele are among seven locations identified for proposed new traffic police stations under Bengaluru's planned police restructuring, bringing renewed attention to traffic management in the city's rapidly developing southern corridor.

The proposal forms part of a broader plan to reorganise Bengaluru's policing system. The proposed additions could provide a more focused approach to traffic regulation in areas experiencing increasing commuter movement.

For residents and daily commuters around Electronic City, Hebbagodi and Attibele, traffic management remains an important civic concern. The corridor connects residential neighbourhoods, industrial and technology hubs, educational institutions and commercial establishments, generating substantial daily travel.

Why Hebbagodi and Attibele Matter

The proposed traffic police stations could help direct greater attention towards traffic regulation, road safety and monitoring of busy junctions and connecting roads. Better coordination and a dedicated focus on traffic-related issues could also be relevant during peak-hour congestion, when commuters travel between Electronic City, Bommasandra, Chandapura and Attibele.

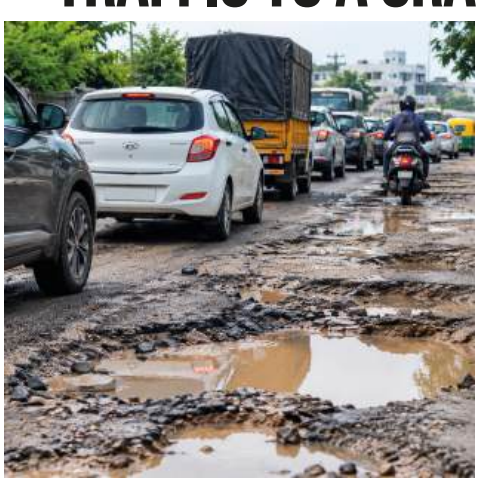
However, the actual impact will depend on implementation, including staffing, deployment of personnel, jurisdictional boundaries and the availability of traffic enforcement resources. The proposal alone does not guarantee an immediate reduction in congestion or travel time.

What Residents Will Be Watching

Residents and commuters will be looking for clarity on when the proposed stations may be established, the areas they will cover and how traffic personnel will be deployed. Effective enforcement, junction management and coordination with relevant civic and transport agencies will remain important to addressing local traffic concerns.

For South Bengaluru, the proposal places Hebbagodi and Attibele within a wider discussion about the need to align policing infrastructure with the region's changing mobility needs.

SHANTHIPURA ROAD POTHOLES BRING TRAFFIC TO A CRAWL NEAR HEBBAGODI



Damaged road stretch disrupts commuters, with residents demanding urgent repairs.

BENGALURU: Potholes on Shanthipura Road near Hebbagodi are causing daily traffic congestion and delays, leaving residents and commuters struggling to navigate the damaged stretch.

A report published on October 20, 2026, highlighted the deteriorating condition of the road connecting Hoskuru fruit market to Shanthipura village. Nearly half the stretch is reportedly damaged, narrowing the carriageway and leaving space for only one car to pass at a time.

The situation is particularly difficult during school and college hours, when students reportedly face delays reaching their destinations. Residents say the poor road condition has disrupted routine travel despite the area's proximity to Electronic City and its residential layouts.

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Use Kannada in daily life, encourage others to learn it and keep our language alive.
Keep Our State Clean and Green
Do not litter, conserve water, plant trees and protect our environment.
Preserve Our Heritage and Culture
Respect our monuments, traditions, festivals and local arts.
Be Kind and Helpful
Help those in need, respect everyone and build a caring society.
Follow Rules
Obey traffic rules, keep our surroundings safe and follow laws.
Support Education
Learn, grow and help others learn. An educated Karnataka is a progressive Karnataka.
Respect Diversity
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Transform Bengaluru into a Sponge City



Sponge City concept includes green infrastructure and permeable surfaces to absorb and store rainwater instead of letting it flow away. The need for policy-driven measures to upgrade Bengaluru into a Sponge City is not just an **environmental necessity** but a **strategic investment in water security, energy savings and climate resilience.**

Context & Problem:

- Bengaluru receives almost 1000 mm of rainfall annually, amounting to about 2000 Million Litres per Day (MLD) of water.
- But we depend heavily on Cauvery water pumped from 100 km away and 1000 feet uphill, consuming enormous energy and resources.
- While the city faces water shortages and flooding, rainwater is currently lost as polluted runoff, flowing downstream, contaminating lakes.
- BWSSB pumps about 1500 MLD and almost one-third of this is lost to leakages (UFW – Unaccounted for Water).
- About 30% of Bengaluru's water supply still comes from unsustainable and deep borewells, while over 40% of the city's borewells have already dried up.
- The severe, chronic water crisis is driven by over-extraction of groundwater, erratic monsoons, rapid, un sustainable urbanization, and growing demand.

Why Sponge City?

Over 2 Crore people living in and around Bengaluru can draw multiple policy-driven benefits:

- **Capture & Recharge:** Sponge city infrastructure (permeable pavements, rain gardens, wetlands, restored lakes, soak pits and so on) can retain rain water locally, recharge aquifers and raise the groundwater table.
- **Flood Mitigation:** Sponge systems reduce flooding, which results in traffic disruption, massive loss of man-hours and even deaths.
- **Water Security:** Harvesting even 30–40% of rainfall (600–800 MLD) will help complement, and reduce dependence on Cauvery supply.
- **Climate Resilience:** Greenery and wetlands improve biodiversity, reduce heat island effects and enhance urban livability.

We earnestly appeal to the Government of Karnataka to:

▶ Firmly declare intent to upgrade Bengaluru as a "Sponge City" under urban policy.

▶ Mandate permeable infrastructure in all new road, transport, buildings and Storm water drain projects.

▶ Restore and protect lakes, wetlands, and Raja Kaluves.

▶ Integrate rainwater harvesting into BWSSB's supply planning.

▶ Allocate dedicated budget and encourage CSR partnerships for sponge city projects.

▶ Give directions for comprehensive survey of GBA area by Experts, to come out with guidelines, on high priority.

▶ Eablish Bengaluru Sponge City Task Force which includes top officials from various stakeholders to coordinate, collaborate and implement Sponge City on war-footing.

▶ Extend Sponge City concept to all major towns and finally across the State.

Total live water storage in all 4 major Dams across River Cauvery is currently around 40% of their total capacity. With 2026 monsoons almost over, next major rains in the catchment area are expected only in June 2027. Climate Change is real and present danger. Unless corrective steps are initiated now, the future is not only bleak, but also ominous, because we cannot live without water even for a single day.



- Rajkumar Dugar, Founder, CITIZENS FOR CITIZENS (C4C)

This Deepavali, buy local, light up a livelihood!



During this Deepawali, when you light a lamp, you are not only creating a cheerful aura, but you are lighting the stove in a traders' home. While big companies give the final push with discounts and offers, it is the small traders who need the commerce desperately, as it means the family's livelihood.

This is the time when small traders in electronic city and surrounding villages including Neeladri, Doddatogur, Chikkatogur, Podu, Hulimangala, Begur, etc, gear up to make small profits which will see them through the lean winter times. Flowers grown locally are brought and sold by vendors on the roads, creating a colourful, brilliant show on the road. Fruits and vegetables are grown and marketed specially during this time.

Local sweet vendors, women who are brilliant cooks, use this opportunity to create mouth watering dishes, sweets, chaklis, chips, and anything else the festive mood calls for. Local boutiques and tailors study the fashion trends and insta pages to procure the best fabrics and create fashions to celebrate the new year.

This year, your hard-earned money can make life sweeter for a family near you, while you win by getting the best that money can buy.

Local made sweets are fresher and sweeter than boxed sweets which have been prepared months in advance. Locally made clothes can be altered by the obliging tailors or shops, instead of hassling for returns in online shopping. The flowers are better, fruits and fresher and the smiles of gratitude from the traders are genuine and heartfelt.

This Deepawali, provide light to a local family! Happy new year!



- Chandrika Inturi Author / Writer

Photography as a Hobby, *A Journey That Changed Me:*

Two things have changed me for the better: my daughters and photography. Watching my daughter imitate my habits, words, and actions made me see myself differently. I realized that if I wanted her to grow into a good human being, I had to become a better person myself. **She inspired me to be the person I want her to become.**

Photography has changed me in a different but equally beautiful way. It has taught me to love life, appreciate people, and look at the world more closely. As photographers, we get to meet different people every day. We are invited into their lives, witness their relationships, and become a part of some of their most intimate and meaningful moments. Through my camera, I have had the privilege of understanding families from close quarters. And the more people I meet, the more I realize that, at heart, everyone has so much love to give. Photography has given me a unique perspective on life. It has taught me to pause, observe, and appreciate the little things we often overlook. Sometimes, all it takes is looking at life through a lens to understand its beauty a little better. I started photography as a hobby while working in the corporate world. Six years later, I turned my passion into a full-time profession. Looking back, one of the greatest rewards of this journey has been the opportunity to witness life so closely, to meet wonderful people, and to preserve moments that families can cherish for generations. Today, when mobile phones allow us to take hundreds of photographs every day, I believe a photograph we choose to share should be more than just another picture. It should mean something. It should be a photograph worth returning to years later. That is the thought behind our tagline: **"Creating Timeless Memories."** Because, for me, photography has never been just about taking pictures. It is about understanding people, celebrating relationships, appreciating life, and creating memories that become more valuable with time.



- ANULAL S. Founder, LAL Photography

RESIDENTS FLAG NEELADRI ROAD WOES



Electronic City, Bengaluru: Residents of Neeladri Road and surrounding areas near Himagiri have raised concerns over deteriorating roads, unsafe pedestrian access, garbage accumulation and increasing traffic congestion. Recent rains have worsened road conditions, leaving potholes and uneven surfaces that pose risks to motorists and pedestrians. The absence of proper footpaths forces people to walk alongside moving vehicles while dealing with potholes and aggressive street dogs.

Residents are also concerned about the anticipated opening of Lulu Supermarket and other retail outlets near Himagiri, fearing that increased commercial activity will add to the existing traffic congestion, particularly near PSR. They question whether the current road infrastructure can handle the expected rise in vehicle movement. Another major concern is the road outside the PSR clubhouse, opposite their apartment complex. Following action against footpath encroachments, the stretch reportedly developed large potholes and uneven surfaces, resulting in water accumulation. During recent Durga Puja celebrations, Some residents attempting to cross the road reportedly tripped and sustained injuries. Uneven surfaces, standing water and speeding vehicles have made pedestrian movement hazardous.

Residents have also questioned the quality of civic services as Doddathoguru moves towards town panchayat status. Despite paying garbage cess and other charges, they expect improved waste management, regular road maintenance and effective drainage.

They are urging the concerned authorities to repair damaged roads, clear garbage, address street-dog concerns, develop safe pedestrian pathways and implement effective traffic-management measures. With commercial development accelerating, residents stress that civic infrastructure must keep pace with growth. They are calling for immediate intervention and greater accountability to prevent existing civic issues from worsening.



- M.S. Adithya Resident



First Aid Mistakes That Can Make an Emergency Worse

In an emergency, the instinct to help is immediate. But well-intentioned first aid that is based on outdated advice or common misconceptions can sometimes cause more harm than doing nothing. Here are the mistakes that emergency physicians see most often.

◆ **Tilting the head back during a nosebleed:** Leaning the head back causes blood to flow down the throat, which can cause nausea, vomiting, or aspiration. The correct approach is to lean slightly forward and apply firm pressure to the soft part of the nose for ten minutes without releasing.

◆ **Putting butter or toothpaste on a burn:** Both trap heat in the skin and increase the risk of infection. Run cool water over a burn for at least ten minutes. Nothing else should be applied before medical assessment.

◆ **Removing an embedded object from a wound:** An object lodged in a wound may be helping to control bleeding. Removing it can cause rapid blood loss. Stabilise the object in place and get to an emergency department immediately.

◆ **Moving someone after a fall or accident:** If a spinal injury is possible, moving the person can cause permanent paralysis. Keep them still and call for emergency services unless they are in immediate life-threatening danger where staying put is worse.

◆ **Giving water or food to an unconscious person:** An unconscious person cannot protect their airway. Anything given by mouth can enter the lungs.

Good first aid starts with knowing what not to do. When in doubt, call emergency services and follow their instructions rather than improvising.

- Dr. Jillella Shiva Ranjan Reddy
Consultant - Emergency Medicine
KIMS Hospitals, Electronic City



Dear Child



This world is a beautiful yet an ironic place. It will love you and sometimes hurt you. Sometimes you will be surrounded by people and yet feel alone. Sometimes you will be trusted and sometimes you will be tested. You will win and you will lose sometimes. Sometimes you will learn and sometimes you will teach. Sometimes you will receive and sometimes you will be the one to give. Sometimes you will save yourself and sometimes you will change someone else's life forever. Sometimes you will smile to express your happiness and sometimes you will smile to make others smile. Sometimes you will wipe other's tears and sometimes you will be the cause of their tears. Sometimes you will feel lucky and sometimes you will sacrifice. Sometimes materialistic things will bring you happiness and sometimes a simple hug will suffice. Sometimes life will seem easy and sometimes all will feel like a lie. Sometimes the choice will be easy and sometimes it will get crazy. Sometimes you will meet saints and sometimes the devil will be close by. Sometimes your hard work will thrive and sometimes your best will not arrive.

Just remember, with a beautiful rose there are always thorns. Such is this world.

So, choose to be happy and safe. Choose to do the right thing. Choose to take good care of yourself and guide others around you. Choose to say No when you are fed up. Choose to trust your intuition. Choose to standup for the right thing. Choose to learn and grow. Choose to be kind. Choose to be loved and love others. Choose to forgive. Choose to not give up. Choose to be healthy. You have the power to make this world a better place, choose to believe in yourself. I believe in you.



Shipra Lamba
Psychologist

NAMMA METRO YELLOW LINE EXTENSION TO ATTIBELE MOVES FORWARD



Proposed 10.5-km corridor to have nine stations along Hosur Road

BENGALURU SOUTH: The proposed extension of Namma Metro's Yellow Line from Bommasandra to Attibele has taken a step forward, with the Karnataka Government directing Bangalore Metro Rail Corporation Limited (BMRCL) to prepare a Detailed Project Report (DPR).

The proposed 10.5-km extension along Hosur Road (NH-44) will have nine proposed stations, including Chandapura Circle, Old Chandapura, Thirumagondanahalli, Balagaranahalli, Attibele Industrial Area, Yadavanahalli and Attibele.

The project is expected to improve connectivity for residents, industrial workers and daily commuters across Bommasandra, Chandapura and Attibele. It could also strengthen public transport access to the rapidly developing residential and industrial areas of Bengaluru South.

For commuters, the proposed extension raises hopes of reduced dependence on private vehicles and better connectivity towards the Karnataka–Tamil Nadu border.

However, the project remains at the planning stage. Construction approval, funding and implementation timelines are yet to be confirmed.

PROTECT CHILDREN AND PETS: RETHINK DEEPAVALI, CHOOSE MINDFUL CELEBRATIONS



Sparkling lights, colourful rangolis, festive treats and precious moments with loved ones! As we gear for Festival Of Lights, let's ensure our little ones and furry friends enjoy the celebrations safely.

How Can You Protect Your Kids' Eyes?

Children's eyes are still developing and are especially vulnerable to injuries. Even a tiny spark can cause permanent eye damage. Never let children handle firecrackers without close adult supervision. Maintain a safe distance while lighting crackers, preferably using a long agarbatti, and always wear protective glasses to reduce injury risks. Never hold crackers in your hands or relight one that fails to ignite. Keep a bucket of water or sand nearby for emergencies.

Make Deepavali more inclusive for our furry mates

Pets get frightened by varying degrees due to firecrackers, as dogs and cats have more sensitive ears. Sudden bursts can trigger panic, stress and attempts to flee. Keep pets indoors in a quiet, secure room with windows and doors closed. Provide a familiar, comfortable space and ensure they wear identification tags in case they escape. Keep them away from firecracker displays, and remember that street animals are equally vulnerable to the noise and chaos.

What Should You Do If an Eye Injury Occurs?

"Do not panic if there is an unfortunate eye injury; do not rub or press the affected eye, and never attempt to remove an embedded object. Do not apply pressure, ointments, eye drops or home remedies. Protect the eye with a soft cloth and seek immediate medical attention at an eye hospital," says Prof. Dr. Rohit Shetty, Director, Narayana Nethralaya Eye Hospital.

Choose Care Along With Celebrations

Let every celebration be guided by care as much as tradition, because one moment of carelessness can leave a lifetime of consequences.

This Deepavali, embrace diyas, lanterns and safer celebrations even while lighting firecrackers. Choose to celebrate responsibly and have a wonderful Deepavali.

Narayana Nethralaya
Electronic city

POSITIVE REMINDERS FOR LIFE



Your calendar may be full, yet your most important goals can still be waiting.

The secret isn't doing more every day - it's consciously making room for what deserves your time and attention.



- Sannith Garipally
Founder - Nutrilumen

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WOMEN'S HEALTH



Cardio Is Good For Your Heart, But Muscle Is Your Metabolism. Women are often told fat loss requires more cardio and more exhaustion. Physiology says otherwise. After 30, women lose 3-8% of muscle mass per decade. Less muscle means slower me tabolism, poorer blood sugar control, lower bone density, and more fat gain — especially during perimenopause and menopause. Strength training reverses this. Muscle is the body's largest site for glucose disposal, so building it improves insulin sensitivity, supports hormonal balance, and protects bone health. It also raises your resting metabolic rate. You don't need hours of exercise. Three to four structured weight-training sessions a week are enough to change how your body ages.

Cardio is essential for the heart. But muscle is what protects your metabolism.



- Kamini Bajaj
Fitness coach

Dasara Celebrations



Ajmera Stone Park



Concorde Manhattans



Mahendra Aarya



Prestige Sunrise



Snn Raj Green Bay



Sriram Summit

Trinayani Cultural Samiti Durga Puja 2026:

A Celebration to Remember



Trinayani Cultural Samiti successfully concluded its grand Durga Puja 2026, held from 16th to 21st October at Green House Club House, Electronic City Phase 1, Bengaluru. The six-day celebration brought together devotees, families, and culture enthusiasts in a vibrant display of devotion, tradition, and community spirit. The festivities were inaugurated by MLA Shri Krishnappa Ji, whose gracious presence added prestige to the occasion. Throughout the event, devotees participated in daily Pushpanjali, offering prayers and seeking the blessings of Maa Durga. The sacred Kumari Puja stood out as one of the most spiritually enriching moments, honouring the divine feminine power.

The cultural programmes added immense colour and excitement to the celebrations. An energetic Dandiya Night filled the venue with music and joy, while a captivating Bharatanatyam performance showcased the richness of India's classical heritage. Young artists enthusiastically participated in a special Drawing Workshop by Global Art, expressing their creativity through art and imagination. Another major highlight was the Bhog Distribution, where devotees and visitors shared the blessings of Maa Durga through traditional prasad served with warmth and devotion. The success of Durga Puja 2026 was made possible by the unwavering support of members, volunteers, sponsors, well-wishers, and the wider community. Their collective efforts created cherished memories of faith, culture, and togetherness.

Trinayani Cultural Samiti extends its heartfelt gratitude to everyone who contributed to making this celebration a grand success. A special thanks to Ecity Credence for covering our event and supporting our community initiative.

Shubho Bijoya!

TRAVEL TALES

Dear Mrs. Manasa,

We would like to express our heartfelt appreciation to you and the entire team at Reva Tours and Travels for organising our recent family holiday to Bhutan. Our journey through Phuentsholing, Thimphu, and Paro was a beautiful blend of cultural discovery, breathtaking landscapes, peaceful surroundings, and precious family moments. The seamless arrangements, thoughtful planning, and attention to detail made our trip comfortable, memorable, and truly enjoyable. A special mention goes to our amazing resort stay at Udumwara, Paro, which was an absolute highlight of the trip! The beautiful setting, serene ambience, and wonderful hospitality made it the perfect place to unwind, soak in Bhutan's natural beauty, and create cherished memories together as a family. It was more than just a holiday; it was an opportunity to pause, reconnect, and experience the peace and tranquillity that Bhutan is so beautifully known for. Thank you, Manasa, for understanding our travel needs and ensuring that our family experienced Bhutan in such a wonderful way. We wholeheartedly recommend Revaa Tours and Travels to anyone looking for a well-planned, hassle-free, and memorable travel experience. We look forward to travelling with you again and exploring more beautiful destinations together!

With warm regards and best wishes.

- Reva Tours

PSR KRISH KAMAL CONCLUDES NINTH ANNUAL DURGA PUJA WITH DEVOTION AND FESTIVAL CHEER



Residents of PSR KRISH KAMAL recently concluded it's ninth annual Durga Puja , with the community immersing themselves in six days of reverent rituals and joyful festivities. The celebration featured a captivating enactment of Bhakta Prahlad by children, along with talent showcases, delicious bhog prasad and a lively flea melas by budding entrepreneurs. The event culminated in a heartfelt visarjan, as residents bid a bittersweet farewell to durga maa with fervent prayers for her return next year.

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Beyond Festive Glow: Why Skin Needs Intelligent Care This Diwali



Diwali is when we want luminous skin, yet often when it is under strain. Late nights, travel, make-up, pollution and disrupted routines stress it. The outcome of dullness, dehydration, sensitivity or breakouts is not simply cosmetic. It is often the skin barrier signalling that it needs recovery, not another quick fix.

Ayurveda views skin in context: the individual, season, climate and daily rhythm. That thinking is remarkably relevant today. Modern cosmetic science brings it into high-performance care combining botanicals with actives such as niacinamide, ceramides or hyaluronic acid, in formulations designed for safety, stability and compatibility.

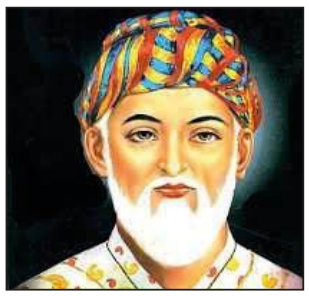
Three principles worth carrying beyond Diwali: Do not confuse intensity with efficacy. Aggressive exfoliation or too many activities can impair a stressed barrier. Skin renewal is not synonymous with irritation. **Layering** is not a skincare strategy. A ten-step routine is not necessarily more intelligent than a few products addressing a clear need. The formulation and how ingredients work together matters as much as the ingredient list. **"Natural" is not the final test of quality.** A botanical earns its place through the quality of its source, extraction, concentration, stability and the formula around it. Tradition deserves rigour, not romanticisation.

At LIFE PURIFIED, this is the essence of Advanced Ayurveda: classical botanical intelligence strengthened by modern formulation science and delivery technologies. This festive season, gifting care can mean something deeper than offering a momentary glow. It can be an invitation to understand one's skin better and care for it with greater intention, long after the celebrations end.



Lakshmi priya
LIFE PURIFIED

THE ART OF COMMUNICATION



रहिमन धागा प्रेम का, मत तोड़ो चटकाय।
टूटे से फरि ना जुड़े, जुड़े गाँठ पड़ जाय॥

(Rahiman dhaaga prem ka, mat todo chatkaay, toote se fir na jude, jude gaanth pad jay.)

I am sure many of the readers must have read this in one of their Hindi lessons in school. In school days, this must have been a simple read or memorization for the exams. Although this couplet was written in the 16th- 17th century, it holds its relevance in present times as well. In olden days, people used to share their thoughts or words of wisdom very creatively (through stories, poetries, couplets etc.) while having conversations.

About the writer and the meaning of the couplet:

This is the couplet written by the famous poet and one of the nine prominent ministers (gems), famously known as "Navratnas" in Mughal emperor Akbar's court, Rahim Khankhana.

Couplet (doha/ दोहा): It refers to a 2-line poetry of equal length written one after the other.

The poet compares love and human relationship with a delicate thread. It means that the bond of love, friendship, or trust is like a delicate thread which should never be broken. When it breaks, no matter how many efforts are made, it cannot come to its original shape. Even after trying hard to join the thread, a small knot always remains.

In the present age and time, in this fast-paced world where we are over-loaded with so much of information, the bonds of love, friendship and trust are easy to maintain as well as break. Instead of having face-to-face conversations, we have started texting using abbreviated words and emojis.

Let's start reviving the art of having and holding conversations, with ourselves and with others around us to preserve the bonds of love and friendship.

A short story based on this couplet to follow soon in the next edition of Electronic City Credence.



- Deepa Ahuja Ramani
Language Facilitator
Performance storyteller

Wearing headphones for just an hour could increase the bacteria in your ear by 700 times.







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This Deepavali

PROTECT THE SIGHT · RESPECT THE SILENCE

PROTECT THE SIGHT

For Little Eyes

One spark can take a lifetime of sight.

SAFE WAY TO LIGHT A CRACKER

Goggles on — Arm's length with a long agarbatti — Cracker

Keep children safe from hazardous cracker injuries.

- Crackers only with **an adult beside them**
- Always wear **protective glasses**
- **Never hold** a cracker, **never relight** a dud
- Keep a **bucket of water & sand** close

RESPECT THE SILENCE

For Gentle Ears

What is a bang to us is terror to them.

HOW HIGH WE HEAR · APPROX.

Humans	20 kHz
Dogs	45 kHz

Pets hear fainter, higher sounds; bursts bring **panic & lasting fear**.

- **Light over sound:** diyas, lanterns, rangoli
- Pets **indoors, in a quiet room,** windows shut
- Put an **ID tag on the collar**
- Spare the **street animals** too



FREE EMERGENCY / PRIMARY TREATMENT

For firecracker-related eye injuries, contact our **nearest centre immediately.**

NN Bommasandra	NN Bannerghatta Road	NN Whitefield/ Indiranagar
080 6666 0658	90361 54170	080 6579 4900

NARAYANA NETHRALAYA
your faith shall heal you