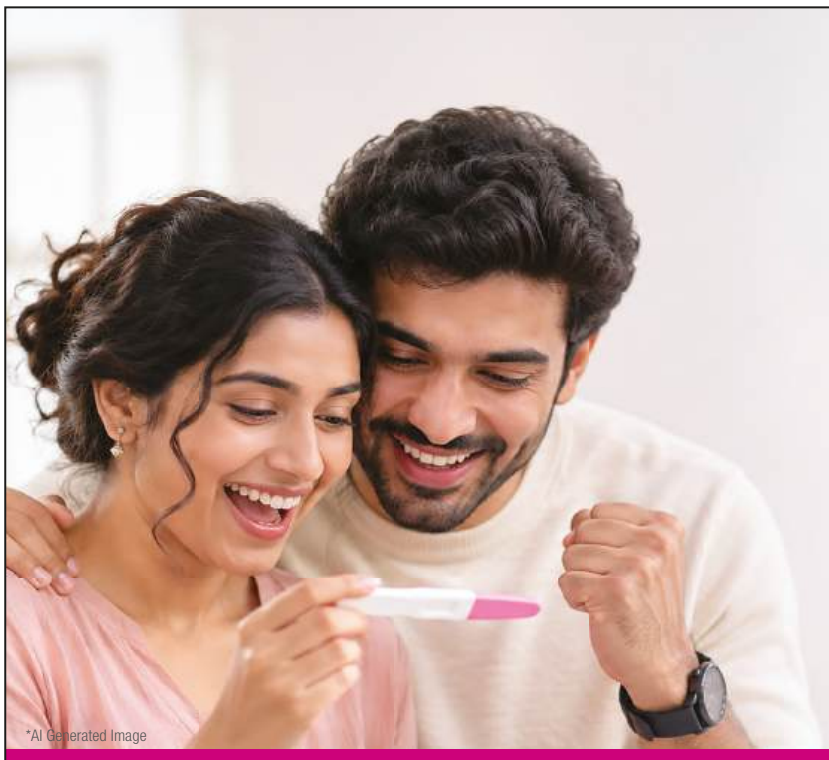
ELECTRONIC CITY CREDENCE

NAMMA NEIGHBOURHOOD NEWS

Bommanahalli to Chandapura | Akshaya Nagar to Ananth Nagar

Volume 4 : Issue 88 | 01st to 14th Nov 2026 | Free Circulation - 25,000 Copies



KIMS HOSPITALS™ ELECTRONIC CITY | KIMS LAKSHYA FERTILITY CENTRE

DISCOVER THE **POSSIBILITIES** OF **PARENTHOOD**
WITH **SPECIALISED FERTILITY & IVF CARE**

- Experienced IVF Specialists
- Advanced Fertility Treatments
- Personalised Fertility Plans
- Comprehensive Reproductive Care

Advanced Laboratory Setup | Fertilisation Techniques (Conventional IVF & ICSI) | Embryo Culture & Monitoring Cryopreservation (Embryo Banking)
Embryo Assessment (As Indicated) | Ovulation Induction (OI) | Intrauterine Insemination (IUI) | Follicular Monitoring | Fertility Preservation
Egg Freezing | Sperm Freezing | Couple Counselling & Evaluation | Quality & Safety Standard

KIMS Hospitals, Electronic City, PES University Campus, Hosur Road
Krishna Institute of Medical Sciences | www.kimshospitals.com

APPOINTMENTS 080 6556 1000 | 24x7 EMERGENCY 080 4400 4400

DID YOU KNOW?

DENTAL IMPLANTS
LOOK, FEEL & FUNCTION
LIKE NATURAL TEETH!

CROWN DENTAL CARE CDC

Dental Implants are a long-term solution for missing teeth that can restore your smile and boost your confidence.

BENEFITS OF DENTAL IMPLANTS

- NATURAL LOOK & FEEL — Designed to blend seamlessly with your natural teeth.
- DURABLE & LONG LASTING — With proper care, implants can last a lifetime.
- IMPROVED FUNCTION — Eat, speak & smile with complete confidence.
- BONE PRESERVATION — Implants help maintain jawbone health and prevent bone loss.



MISSING TEETH? DON'T WAIT, REPLACE IT! Book your appointment today!

- EXPERT CARE — from experienced committed specialists.
- ADVANCED TECHNOLOGY — for precise & predictable treatment.
- SAFE & PAINLESS — Minimally invasive techniques.
- NATURAL LOOKING RESULTS — Beautiful, natural smile you can be proud of.

BOOK YOUR APPOINTMENT NOW! 080-4219 2710 9019359639

Crown Dental Care
crowndentalcare.in
crowndentalcare.in@gmail.com

CROWN DENTAL CARE CDC

Get to Know Us

Meet Our Doctor

Dr. Suhanya Prasanna Kumar,
MDS, FAAD , CERTIFIED IMPLANTOLOGIST - MCODS.

Book Your Appointment Now:
080-4219 2710
9019359639

Crown Dental Care
crowndentalcare.in
crowndentalcare.in@gmail.com

Crown Dental Care , 2nd Cross Street,
Above Axis bank building,
Neeladri Nagar,
Electronic City Phase 1,
Bengaluru – 560100

Newz Bites

Bommasandra Flyover Hit-and-Run

Electronic City Traffic Police are investigating a hit-and-run on Bommasandra flyover that killed two people early November 7. CCTV footage is being examined to identify the fleeing vehicle locally

Silk Board Junction Makeover Begins

Silk Board Junction's makeover began under GBA's Ward One campaign. Plans include improved pedestrian space, lighting, seating and a recreational area beneath the flyover, alongside drainage improvement measures for residents.

Hebbagodi Records Highest Rainfall at 55.5 mm – November 7

On November 7, southern Bengaluru suburbs received moderate showers, led by Hebbagodi's 55.5 mm. Tirupalya recorded 48.5 mm, Veerasandra 45 mm and Shanthipura 44.5 mm; central Bengaluru largely remained dry.

Neeladri Nagar Records AQI Spike of 181

Neeladri Nagar recorded an AQI peak of 181 on November 9, compared with 46 on November 6. Rising pollution raises concerns for residents, particularly vulnerable groups.

ROADS TURN HAZARDOUS AMID POOR ROAD RESTORATION AND SEWAGE OVERFLOW:

Shree Ananth Nagar and Kammanahalli



Residents of Shree Ananth Nagar, Kammanahalli and surrounding localities are increasingly concerned over deteriorating road conditions, repeated utility excavations and persistent sewage overflow, which have made daily commuting increasingly dangerous. Several stretches along Ananth Nagar Main Road and connecting roads have been dug up for utility works but left inadequately restored. Loose gravel, exposed soil, potholes and uneven road surfaces have become particularly hazardous during the rainy season. Two-wheeler riders and pedestrians are among the worst affected, with slippery surfaces increasing the risk of accidents.

Adding to the problem, sewage and drainage water frequently overflow onto Ananth Nagar Main Road. During heavy rainfall, contaminated water spreads across the carriageway, forcing commuters to navigate through stagnant, foul-smelling water. The situation raises serious concerns about public hygiene, sanitation and the spread of waterborne diseases.

These concerns have become even more urgent following the tragic death of Medha Akarsh, a 32-year-old Central Government employee, who lost her life on August 12, 2026, after falling from a two-wheeler and being run over by a mini goods vehicle on Ananth Nagar Main Road near Hebbagodi. Residents are urging Hebbagodi CMC, BWSSB, concerned ward authorities and utility agencies to undertake immediate inspections, permanently restore excavated roads, repair potholes, strengthen drainage infrastructure and prevent sewage discharge onto public roads.

Residents stress that temporary patchwork is not a solution. Coordinated civic action, proper road restoration and regular drainage maintenance are essential to ensure public safety and prevent further tragedies.



- Mr Sundar Ram
Resident

SnapNewz

SOUTH INDIA'S BULLET TRAIN DREAM GAINS MOMENTUM!

The proposed high-speed rail corridor will connect Bengaluru, Chennai, Hyderabad and Amaravati, bringing major South Indian cities closer. The projected travel time between Bengaluru and Chennai is just 73 minutes, subject to project implementation.

BENGALURU PINK LINE METRO INAUGURATION EXPECTED ON NOVEMBER 13!

Prime Minister Narendra Modi is expected to inaugurate the 7.5-km elevated Pink Line stretch from Kalena Agrahara to Tavarekere, featuring seven stations. The launch is expected to boost Metro connectivity across Bengaluru South, subject to official confirmation.

GBA'S 'WARD ONE' CAMPAIGN COVERS 43 BENGALURU WARDS!

The Greater Bengaluru Authority has selected 43 wards across five city corporations for its Ward One campaign. In Bengaluru South, selected areas include HSR Layout, Iblur, Billekahalli, SG Palya and Jayanagar, focusing on ward-level civic issues and administration.

BENGALURU'S PROPOSED 28-KM TUNNEL ROAD GAINS ATTENTION!

A revised East–West underground tunnel corridor has been proposed from K.R. Puram to NICE Road Junction, with an estimated cost of ₹30,000 crore. The project aims to improve connectivity across Bengaluru, but key details await official confirmation.

The Neeladri Road Chokepoint: When Growth Outpaces Infrastructure

There are few places that capture Electronic City's transformation as clearly as Neeladri Road. What was once a relatively straightforward connecting road has evolved into one of the busiest local corridors in Electronic City



Phase 1. Shops, restaurants, offices, apartments and daily commuters now compete for the same limited road space. The result is a street where the intensity of urban growth is increasingly visible in every metre. The problem is not simply traffic. For pedestrians, stretches without continuous footpaths can make even short journeys uncomfortable and, at times, unsafe. Informal parking further reduces the usable carriageway. During heavy rain, inadequate or poorly integrated stormwater infrastructure can compound the problem, turning sections of the corridor into waterlogged bottlenecks. This is where Electronic City's infrastructure challenge becomes larger than a road-maintenance issue. A neighbourhood can add thousands of homes and workplaces far more quickly than it can redesign its streets. When that happens, every additional vehicle, shopfront and pedestrian movement puts pressure on infrastructure that was never designed for today's intensity of use. The economic consequences are easy to overlook. Time lost in congestion affects employees and businesses alike. Difficult pedestrian access can discourage local retail activity, while unreliable drainage can disrupt movement and affect commercial establishments during the monsoon. The answer, therefore, cannot simply be another round of pothole repairs or periodic road widening. Neeladri Road needs to be treated as a complete urban street. That means continuous pedestrian pathways, clearly managed parking, safer crossings, improved stormwater drainage and better integration with public transport. Short-distance mobility options—including cycling and other forms of micro-mobility—can also reduce the pressure created by local car and two-wheeler trips. The corridor could further benefit from better coordination between traffic management, civic agencies, local businesses and residential communities. Solutions such as managed parking or carefully planned traffic circulation should be tested based on actual movement patterns rather than introduced in isolation. Electronic City has already outgrown the road it once needed. The next step is to build the street the neighbourhood needs today. Neeladri Road does not merely require more capacity. It requires a better designed capacity one that works for vehicles, pedestrians, businesses and the communities that depend on it.



- Murli Padmanabhan

Upkar Meadows Main Road Cries for Attention



Upkar Meadows Main Road, which connects seven other layouts and also serves as an alternative connecting road to Jigani, is in an extremely pathetic condition. Travelling on this road has become a daily struggle for residents, commuters, school buses, senior citizens and children. In the name of UGD (Underground Drainage) work, the road has remained neglected for ages, with no proper restoration by the Town Development Authority or the concerned Corporation.

Several accidents have already occurred, putting the lives of children, adults and pedestrians at risk. The damaged road and unsafe conditions have made even a short journey extremely difficult. This is not just an inconvenience but a serious public safety issue. A major connecting road serving several layouts cannot be left in such a deplorable condition. We strongly urge the concerned authorities to expedite the pending UGD work, immediately restore the damaged stretches and lay a proper road without any further delay.

How long should residents continue to suffer? Must we wait for a major accident or loss of life before action is taken? We appeal to the authorities to take immediate responsibility and address this long-pending issue. Residents deserve safe roads, not endless delays and assurances.

kyochi
Foot Reflexology
BY VISHALI IMPIRED

Five Reasons to Choose Foot Reflexology



Pain Relief | Better Circulation | Deep Relaxation | Better Sleep | More Energy

Kyochi is a specialized holistic wellness and foot reflexology center model in India.

Signature Services

- **Relaxation & De-Stress Reflexology** — Gentle pressure techniques designed to calm the nervous system.
- **Chronic Pain Relief** — Targeted sessions focusing on zones connected to the back, neck, shoulders, and joints.
- **Detox Reflexology** — Stimulates elimination pathways like the liver, kidneys, and lymphatic reflexes.
- **Femme Cycle Support** (For hormonal/menstrual health)
- **Nasal Therapy** (For sinus and respiratory congestion)
- **Little Feet** (For children)
- **Vita-Flex**

Electronic City Phase 1, Sai Baba Road, Near IFIM Hostel, Bengaluru. | Booking: 9945109566

LUGARONE SOLUTION
CLEAN ENERGY FOR A BRIGHTER TOMORROW

SOLAR | EV SUSTAINABLE SOLUTIONS

CLEAN ENERGY HIGHER POSSIBILITIES

For Homes. Businesses. Industries. For a Greener India.



LOWER ELECTRICITY BILLS | HIGHER ROI | REDUCED CARBON FOOTPRINT | SUSTAINABLE COMMUNITIES



RESIDENTIAL — ROOFTOP SOLAR | WITH SUBSIDY
COMMERCIAL — ROOFTOP SOLAR | CAPEX | OPEX
INDUSTRY — ROOFTOP SOLAR | CAPEX | OPEX

CONTACT US
lugarone.com
business@lugarone.com
9884379333
LET'S BUILD A CLEANER, GREENER TOMORROW. TOGETHER.

Coach Rabnawaz
Speak to Lead



Speak with **Confidence.**
Communicate with **Impact.**
Lead with **Influence.**

Everyone has a voice
Our goal is to help you own it

Every Sunday | 6 week duration | Venue: #1, Orchid Park Layout, Neeladri Main Road

Who can participate:
- Working Professionals
- Content Creators
- Business Owners and Entrepreneurs
- Home Makers
- Anyone who wants to master the skill

IN 6 WEEKS, YOU WILL:
- Speak with clarity and confidence
- Improve your voice, tone & body language
- Structure and communicate your ideas clearly
- Tell stories that people remember
- Speak naturally & confidently on camera
- Communicate effectively in meetings & networking
- Pitch your ideas, products & business
- Think on your feet and handle unexpected questions
- Persuade, influence and engage your audience
- Build a powerful personal presence

Contact for more details 9632444875

globalart®
Think Creative

International Creative Drawing & Painting Classes for Children

5 - 15 Years

Little Artists... Big Dreams!



Call 9740776763 for more details

Disclaimer

The Editor and Publisher does not vouch for any claims made by advertisers and hence shall not be held liable for any adverse consequences. We recommend readers to make appropriate enquires before entering into dealings with advertisers. Electronic City Credence is not responsible for any such liabilities.

KYOCHI – HEALING HANDS, BRIGHTER LIVES

Empowering the Visually Impaired Through the Power of Touch

At Kyochi, we believe that true ability is not defined by eyesight, but by skill, dedication, confidence and compassion. We take pride in supporting and providing opportunities for visually impaired therapists, recognising their talent and empowering them to build a brighter and more independent future. Through the art of Foot Reflexology, our skilled therapists offer a relaxing wellness experience with care, attention and dedication. Our mission goes beyond wellness. It is about creating an inclusive environment where everyone deserves respect, equal opportunities and the chance to shine.

Why Choose Kyochi?

Professional and caring foot reflexology services. Dedicated visually impaired therapists. A peaceful and relaxing wellness experience. Supporting inclusion, dignity and empowerment. Promoting a community built on compassion and respect.

Every session is more than just a wellness experience. It is also an opportunity to support talented individuals and make a positive difference in their lives.

Choose Kyochi. Support Ability. Celebrate Inclusion. Because sometimes, the hands that cannot see can still bring comfort, confidence and healing.

Visit Kyochi and experience wellness with a meaningful purpose.

YAKSHAGANA STEALS THE SHOW AT VRR GOLDEN ENCLAVE'S 70TH KARNATAKA RAJYOTSAVA CELEBRATIONS



VRR Golden Enclave Villa Owners Co-operative Society celebrated the 70th Karnataka Rajyotsava with great enthusiasm, patriotic fervour and cultural splendour at its premises in Electronic City, Bengaluru, on November 1, 2026. The celebrations commenced with the hoisting of the Kannada flag by the Board of Directors of the Society, symbolising pride in Karnataka's rich heritage, language and culture. The highlight of the event was a captivating Yakshagana performance by professional artists, depicting the traditional episode of 'Kamsa Vadhe' (The Slaying of Kamsa). Prior to the performance, Mrs. Pinky Singh, Organising Secretary of the programme, briefed the audience on the significance and background of the episode. The artists enthralled the audience with their vibrant traditional costumes, energetic dance movements, expressive acting, powerful storytelling and melodious traditional music. The performance received tremendous appreciation from the residents and showcased the grandeur of Karnataka's age-old Yakshagana art form. Mr. James, President of the Society, welcomed the gathering. Dr. S. Sureshbabu, Vice-President, addressed the residents and highlighted the significance of Karnataka Rajyotsava, emphasising the importance of preserving Kannada language, culture and traditions and passing them on to future generations. Mr. Ketan Chandrana proposed the vote of thanks. The celebration witnessed the enthusiastic participation of over 200 residents, bringing together families and people across generations in a spirit of unity, cultural pride and community bonding.

The programme concluded with a sumptuous lunch, marking the successful culmination of a memorable Karnataka Rajyotsava celebration at VRR Golden Enclave. The event stood as a fitting tribute to Karnataka's glorious cultural heritage and reaffirmed the Society's commitment to fostering harmony, togetherness and the promotion of traditional art forms.



Dr Sureshbabu

Understanding IVF:
A Guide to the Process, Benefits and What to Expect

Infertility can be an emotionally challenging experience for couples hoping to start a family. With advancements in reproductive medicine, In Vitro Fertilisation (IVF) has emerged as an important treatment option, offering hope to individuals and couples experiencing difficulties with conception.

IVF is an assisted reproductive technology in which an egg is fertilised with sperm outside the body in a laboratory. The resulting embryo is then transferred into the woman's uterus, where it may implant and develop into a pregnancy.

The process typically involves five stages: ovarian stimulation, egg retrieval, fertilisation, embryo development and embryo transfer. During ovarian stimulation, hormonal medications help the ovaries produce multiple eggs. These eggs are collected through a minimally invasive procedure and fertilised with sperm in a laboratory. The developing embryos are monitored before a suitable embryo is selected for transfer.

IVF may be recommended for several conditions, including blocked fallopian tubes, endometriosis, ovulation disorders, male-factor infertility, unexplained infertility and age-related fertility challenges. In certain cases, techniques such as Intracytoplasmic Sperm Injection (ICSI), where a single sperm is injected directly into an egg, may improve the chances of fertilisation.

However, IVF does not guarantee pregnancy. Success rates depend on several factors, including the woman's age, egg and sperm quality, underlying fertility conditions and embryo quality.

It is important for couples to seek timely medical advice from a gynaecologist or fertility specialist. Understanding the treatment, discussing expectations and receiving appropriate emotional support can help couples make informed decisions about their reproductive health.

- Dr. Lavanya Kiran
Director & Lead Consultant
Obstetrics, Gynecology, Robotics, Regenerative Medicine, Cosmetic Gynaecology & Fertility
KIMS Hospitals, Electronic City

YOUR SKIN IS TALKING. ARE YOU LISTENING?

What Ayurveda and modern science teach us about understanding our skin

We often label our skin as oily, dry, or sensitive and follow the same routine for years. But here's an important distinction: **your skin type may remain relatively stable, while your skin's condition can change frequently.** Ayurveda recognises this through Prakriti (individual constitution) and Vikriti (current imbalance). These traditional concepts encourage observing changing needs rather than following a one-size-fits-all approach. Modern dermatology explains why this matters. **Even oily skin can be dehydrated.** Oil production and water retention are different functions, while the skin barrier helps retain moisture and protect against irritants.

Three Things Your Skin Wants You to Know

- **Oily doesn't always mean hydrated:** If your skin looks shiny but feels tight after washing, it may lack water. Choose gentle cleansers and lightweight moisturisers instead of stripping away natural oils.
- **More skincare isn't necessarily better skincare:** Persistent redness, stinging, or flakiness may indicate irritation or barrier disruption. Reduce harsh exfoliation and unnecessary activities, prioritise gentle cleansing and moisturisation.
- **Your skincare routine should evolve with you:** Weather, age, hormones, and lifestyle can influence your skin's needs. Reassess your routine periodically rather than relying on products simply because they worked before.

Ayurveda emphasises individualised care and adapting to changing conditions, while modern science helps us understand the mechanisms behind skin health.

The most effective skincare routine isn't necessarily the most elaborate. It's the one that responds to what your skin needs today.



- Lakshmi Priyaa T T
Founder, LIFE PURIFIED
Advanced Ayurvedic Skincare & Personal Care

Hebbagodi Faces Acute Water Crisis:
JUST 0.5 MLD SUPPLIED AGAINST 18 MLD REQUIREMENT

Electronic City Credence | Civic Special Report

HEBBAGODI: The growing urban population of Hebbagodi is facing a serious drinking water challenge, with the City Municipal Council officially acknowledging a significant gap between water demand and actual supply.

In an official communication dated November 6, 2026, addressed to the Bengaluru Urban District administration, Hebbagodi City Municipal Council stated that the area requires approximately **18 million litres per day (MLD),** while the actual Cauvery water supply received is just **0.50 MLD.** Although the allocation through the Bangalore Water Supply and Sewerage Board (BWSSB) is stated to be 3 MLD, the quantity actually reaching the municipal area remains considerably lower.

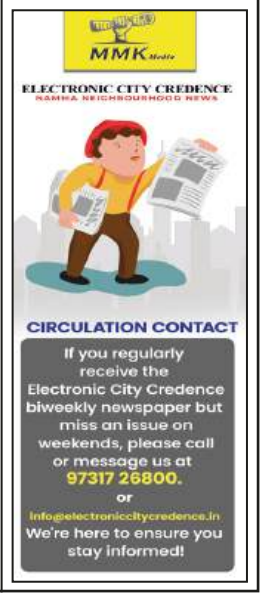
The communication also highlights ongoing infrastructure works being undertaken by the Karnataka Urban Water Supply and Drainage Board (KUWS&DB), including Cauvery water supply pipelines and the construction of overhead water tanks (OHTs). The municipality expects improved water availability once these projects are completed.

Road conditions have emerged as another major concern. The council acknowledges that underground drainage (UGD) and water pipeline works have resulted in roads being dug up, requiring restoration after the completion of infrastructure projects.

Residents, particularly those in rapidly developing residential layouts, continue to seek reliable drinking water, proper drainage and motorable roads.

The official response raises important questions about project completion timelines, the shortfall in water delivery and accountability for road restoration.

With Hebbagodi witnessing continued urban growth, residents need more than infrastructure promises. They need a clear action plan, measurable deadlines and reliable civic services.





I would like to become the CEO of multiple companies and buy a Lamborghini Aventador. If I were the Prime Minister of the country, I would fix all the roads so that I could drive my supercar anywhere I wanted to.

Advik
Age 12 Yrs, 7th grade.
Greenwood High International School

Children's Day is celebrated on the birthday of Jawaharlal Nehru.
I am determined to study hard and become an army soldier.



Ajmad
7yrs, Government Lower Primary School, Maruthi Nagar

Happiness for me is enjoying spending time with family and playing with friends. I feel so happy, and I want to be a teacher.



Avanya
5yrs
Treamis

I enjoy Children's Day because we don't have to do any class worksheets or homework at school. When I grow up, I want to be an engineer and create robotic electronics.



Ayaan
4th Grade
Vibgyor High
Electronic city

Children's Day is Jawaharlal Nehru's birthday, and it's a day filled with fun where we play together. Children's Day is celebrated on November 14th. We feel very happy while celebrating this occasion. It will



Bhruvi
8 yrs
BGS National Public School



I love Children's Day because, on that day, we wear colourful dresses, have a half day, and play. Additionally, ma'am gives us chocolates and cakes.

Shaurya
7yrs
DPS Electronic city

I aspire to become a cricketer when I grow up. If I were to become the Prime Minister of India, I would focus on repairing roads, fixing street lights, ensuring access to clean water, providing proper sanitation, offering education to those who cannot attend school, and providing free hospital services for individuals who cannot afford medical bills.

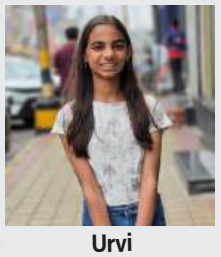


Drish Krishna
Age 12 yrs
D P S Electronic City



Sai
6yrs, Government Lower Primary School
Maruthi Nagar

I enjoy singing songs, playing games, and giving gifts to others. I especially like playing games with my friends. My aspiration is to become a doctor.



When I grow up, I want to become an architect. If I become Prime Minister, I would like to make my nation proud and do what is necessary to improve it.

Urvi
6th grade
D P S Electronic city

The sun wakes up with golden rays,
Brightly shining through the day.
The flowers bloom, the breezes sing,
Joy is carried on their wing.
The stars appear when night is near,
Their twinkling light feels calm and clear.
The moonlight soft throughout the night,
Bringing a silver friend through the night.
The world is full of wonders,
And every day brings something new.



Parinidhi
Grade 7 F
Vibgyor High,
Electronic City
Bengaluru

To me, happiness means that my family and friends are happy and prosperous and that my faith doesn't waver. Something that would also make me happy is getting a pet dog.



Gargi Balasubramanian
Class 9A,
PSBB Learning Leadership Academy,
Bengaluru



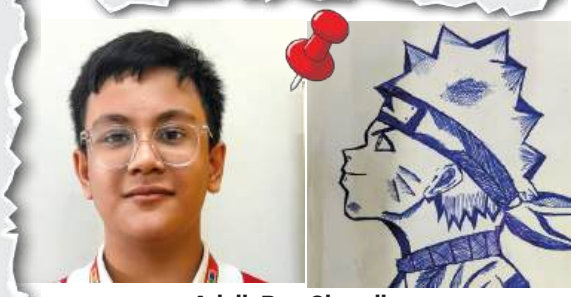
K.Chetana Sree
VI 'F'
St.Xavier's School
Bettadasanpura

What Does Happiness Mean to You?

Happiness means feeling happy, peaceful, and satisfied in our life. To me, happiness is not about having a lot of money or expensive things. It is about spending time with my family and friends, playing, laughing, and helping others.

Small things like getting good marks, eating my favourite food, and making others smile give me happiness. I feel happy when my family is healthy and everyone is smiling.

I believe happiness comes from love, kindness, and sharing. We should always be thankful for what we have and try to make others happy. Happiness is not having everything; it is enjoying everything we have.



Advik Roy Chaudhary
Grade 6 D , Vibgyor High Electronic City



Mahathi
Grade 6 G
VIBGYOR High,
Electronic City, Bengaluru

Lesson Learned

Once, there was a girl named Sasha. She was very pretty and smart. Everybody loved her. One day, she saw her friends bullying and stealing from others. Sasha thought of stopping them, but she was tempted to join them too. She felt like doing it just once for a change and she joined her friends. Later, they became such a bad group. They called themselves, "The Baddies". Nobody liked Sasha and her friends, even their teachers. Her teachers would ask her, "Sasha, what happened to you? You were such a kind girl!" But Sasha ignored them and ran away. Later she became even worse. She started stealing from everyone, even from her own parents! One day, she was going to steal money from her parents. As she did, her hand got stuck in the piggy bank and she felt a note. The rest of her money was with her parents as a punishment. She pulled very hard and ripped the note into a half. Hearing the sound, Sasha's parents came and caught her. They told her not to do this anymore. She cried and said sorry to her parents. Sasha became good again. She told sorry to everyone she bullied and stole and became good friends with everyone. She left her bad friends group and only played with her new friends.

Moral: Don't steal from others and don't bully others. If you make others suffer, you will suffer too.



An Eco-Friendly Kali Puja at Shriram Liberty Square

A Celebration of Faith, Unity and Sustainability.





On 7th November, Diwali Day, Shriram Liberty Square Apartments, Electronic City Phase 2, witnessed a beautiful celebration of faith, togetherness and environmental responsibility with an eco-friendly Kali Puja organized by OIKYA (Unity. Union. Oneness), a team of Bengali like-minded residents.

What made this celebration truly special was the conscious effort to make every aspect of the event environmentally sustainable. It began with the selection of an eco-friend natural clay and sundried rather than kiln-baked, allowing it to dissolve easily in water during immersion.

The mandap reflected simplicity, creativity and traditional Bengali aesthetics. Instead of disposable decorations, sarees, bedsheets, fabrics and fresh flowers were used. The ladies of the organising committee added a personal artistic touch by hand-painting bedsheets to create a beautiful backdrop for Maa Kali's stage. Traditional Bengali takingly created on the floor using Khori Mati, a natural white clay traditionally used for this beautiful art form. Jute mats were thoughtfully provided for the Purohitji's seat.

Posters depicting the ten forms of Maa Kali and their significance added a spir
itual and educational dimension, while newspaper art was creatively incorporated into a photo backdrop. These posters and newspaper arts have been carefully preserved for reuse next year. Even the event banner was made using sustainable canvas.

Sustainability extended to the rituals and celebrations too. Clay pots, plates and natural banana leaves were used for offerings to the Goddess. Palm-leaf plates and wooden spoons were chosen for bhog and prasad distribution. Diyas illuminated the celebrations, replacing firecrackers and reminding everyone that the true brilliance of a festival lies in its spirit.

The event also featured eco-friendly stalls and interactive workshops, warmly welcomed by residents. Eco_Margdarshak conducted paper-bag-making and composting workshops, while Bhoomi hosted a painted-diya stall.

As our first attempt at an eco-friendly Kali Puja, we believe we made a meaningful beginning. There is always room to do better, but every small step counts.

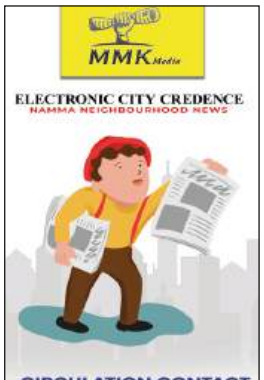
A heartfelt thank you to all the organisers, volunteers, participating residents and the entire OIKYA team for bringing this vision to life.

May Maa Kali inspire us to celebrate our traditions while protecting the planet we call home.



Kankana Kar
Resident





CIRCULATION CONTACT

If you regularly receive the Electronic City Credence biweekly newspaper but miss an issue on weekends, please call or message us at **97317 26800.**
or
info@electroniccitycredence.in
We're here to ensure you stay informed!

Modern Parenting, Happy Children



Raising kids today is an entirely different ballgame. If you are a Gen Z parent or just a parent trying to navigate today's digital, fast-paced world you've probably realized that the old-school "because I said so" parenting rulebook doesn't quite cut it anymore. From a psychological standpoint, today's kids are growing up with unprecedented access to information, screens, and subtle pressures we never faced at their age.

Gen Z parents actually have a massive superpower here, you are naturally more empathetic, open-minded, and tuned into mental health than previous generations. You don't just want your kids to obey, you want them to feel heard, understood, and emotionally secure. However, gentle and modern parenting can sometimes feel exhausting. When your toddler is having a meltdown in a grocery aisle or your pre-teen is glued on gadgets, it's easy to feel like you're failing. Psychology reminds us that children don't need perfection, they need connection. Setting gentle boundaries, validating their big feelings instead of dismissing them, and being a safe space to land when things go wrong are what truly build resilience.

This Children's Day, remove some time from your daily chores, put down the phones for a bit and just play, laugh, and be present with your kids. They will cherish all the good times spent together. Happy Children's Day!



Cecilia Anish Phatarpekar
Psychologist

BEYOND BOOKS: KNOWLEDGE THROUGH CONNECTIONS

Education truly begins at home. Before the age of six, a child's brain develops at an extraordinary pace, absorbing the world primarily through observation and imitation. From walking and talking to following daily routines, young children mirror their parents. Because their logical reasoning is still forming, they rarely do what they are told; instead, they blindly copy what they see.

As children navigate a complex social world, they look to adults for cues. Simple habits like greeting others can be taught through repetition, while deeper emotional skills require patience. Guiding a child through disappointment, social rejection, delayed gratification, and empathy happens through daily example. When parents honk impatiently in traffic or complain loudly while waiting for an order, children learn that impatience is acceptable.

This Children's Day, celebrating childhood also means committing to mindful, responsible parenting. The values we model during these early years shape the resilient, compassionate adults they will become. Children are a reflection of their parents, proving that true education goes far beyond textbooks. Show them the best version of yourself, and trust that they will absorb the good.

Dr Rachel Jayaseelan
Counseling Psychologist

RAINWATER HARVESTING INITIATIVE AT SHIKARIPALYA: A STEP TOWARDS WATER CONSERVATION



A retired NGO professional residing in Electronic City is continuing his commitment to environmental conservation through rainwater harvesting initiatives. Having promoted the construction of several water-harvesting structures during his NGO career, he remains actively involved in creating awareness and encouraging sustainable water management even after retirement.

Recently, during a visit to J.G. Arabic College, Shikaripalya, he identified the need for rainwater-harvesting facilities on the campus. The Principal readily extended support for the initiative, paving the way for the construction of two rainwater-harvesting wells along with filtration structures.

With technical guidance and support from the Rainwater Harvesting Theme Park, Jayanagar, the two structures were successfully completed. Fortunately, good rainfall followed soon after their completion, enabling the campus to harvest rainwater to the maximum possible extent. The institution will take responsibility for the necessary maintenance of the structures.

As a registered BWSSB Rainwater Harvesting Volunteer, he is keen to extend his experience and guidance to other educational institutions, residential societies and communities interested in implementing similar initiatives.

This effort highlights how individual commitment, institutional cooperation and technical guidance can come together to conserve precious water resources and promote a sustainable future.



- Abdul Gaffoor

The Childhood That We are Slowly Losing

An educator's reflection on nurturing happier, more confident children.

Don't you remember when your mom called you back home at dusk time? You pretended to be hard of hearing as the game was yet to be over in your mind. We have all grown up that way - climbing the guava tree, trading our half of tiffin with a friend, coming back home with scratches and untold tales.

Now, we see our children walking past the deserted playground with heavy bags to go to school, then to tuition, then martial arts, then dance classes. By the time they finish, dusk falls and a television awaits them. We pressure them because we love them and we hope that they will have everything which we couldn't get. But at some point, on their way, the marks became the criteria and a child who loved to sit and gaze at clouds started to seem to be lagging behind.

Parents and teachers who greet our children in the morning every day: maybe before asking them about their grades we should try and ask them about their day. Maybe we should appreciate their efforts, not just their ranking. Not all children have to be toppers but all of them deserve an opportunity to find out what excites them.

On this Children's Day, our children do not need another goal to chase. They need us to sit beside them and let them talk. Childhood is not a waiting room for adulthood. It is a life of its own and it passes by very fast. Let's not hurry so much building their tomorrow that we forget about their today.



- Divya R Krishnan
Educator



ELECTRONIC CITY CREDENCE
NAMMA NEIGHBOURHOOD NEWS

Editorial & Publishing Office:
15, 3rd Floor, 4th Main, 4th Cross, Duo South
County Layout, Basapura, Bengaluru - 560100
Website : www.electroniccitycredence.in
Email : info@electroniccitycredence.in

Editor	—	M.Uma Maheshwari
Co - Editor	—	Komal Agrawal
Publisher	—	Shivakumari Dharmaraj
Reporter	—	Manisha J
Internet Design	—	Vittal Diwakar
Graphic Designer	—	Nikhesh Alva
Advertising Executive	—	Maria D'souza Kumuda K. V

Published and owned by MMK Media, Editor - Uma Maheswari, printed at Newsline printers Bangalore, # A-356, 1st stage, 1st Main road, Peenya Industrial Estate, Bengaluru-560058 and published at # 15, 3rd Floor, 4th Main, 4th Cross, Duo South County Layout, Basapura, Bengaluru-560100



Dr. RUUPARAO

Renowned Pshychologist &
ICF PCC Qualified Coach

Feeling Mentally Tired?
Emotionally Drained?



Do you often feel

- Mentally tired or overwhelmed?
- Stuck in the same emotional loops?
- Stressed in relationships or parenting?
- Lost confidence or sleep? overthinking?
- Like no one really understands you?

You don't have to carry it all alone. Step into a space that's safe, warm & judgment-free. We'll talk, reflect, & build your emotional strength — together.

BOOK NOW

Because Mental Wellness
is Your Best Investment.

AREAS I HELP WITH:

- Anxiety, Low Mood, or Emotional Swings
- Women's Mental Health & Menopause Care
- Parenting, Teen & Child Issues
- Relationship Counseling & Trust Repair
- Trauma, Guilt, Shame & Inner Healing, Depression and anxiety

Scan to Connect with Us on Whatsapp

Scan For Location

+91-97408 66990

E City, Bangalore

Online & In-Person Appointments Available

www.ruuparao.com

