



SRWA Newsletter

Working together for a better community



PRESIDENT'S MESSAGE

By Mrs. Indurani Sridhar

How common is the adage "Time and tide wait for no man"! Your committee has taken this seriously and worked with a fervour after the COVID years to try and improve the area despite many impediments. The Committee has constantly been in touch with the various government agencies who have been carrying on developmental works in the area to complete what has been undertaken.

The Committee, after many consultations and discussions and an opinion poll on the Sankey Flyover issue, corresponded regularly with the agencies concerned to highlight the fact that a flyover and road widening would not serve the purpose of easing traffic congestion at the Bashyam Circle and alternate scientific traffic management systems should be put in place. In fact, the subsequent closing of the flyover during peak traffic has eased the congestion at the Circle and within the area. We do hope that the present dispensation will consider our petition favourably and look at many other alternate solutions so as not to disturb the eco-sensitive nature of the surrounding area.

Following through on our decision to increase community participation, we have had multiple programmes for the residents, starting with Independence Day, Republic Day, The Winter Carnival, Children's Painting Contest and more. This has attracted many of the residents of Sadashivanagar to become members of the association.

SRWA will continue to strive for the betterment of the community in every possible way with your support.

Events & Happenings

➤➤➤ *SAY NO TO TOBACCO WALKATHON - 18.6.2023*



Dr. Shilpa Shashikiran is a person with a vision and a passion for community wellbeing. The modest Orchards Dental Clinic has metamorphosed into the Orchards Wellness Centre under her initiative. She has been organising talks for doctors and for the community on the importance of Mental Health and on 18th June, she organised a high profile event attracting over 300 people. The walkathon was flagged off by none other than our own residents, Shri. Shadakshari, well known for his philanthropic activities and Real Star Upendra, who has moved to

Sadashivanagar recently. As a run up to this event Dr. Shilpa and her team had organised a 'Say No to Tobacco' painting contest in the neighbourhood schools, and prizes were distributed on that day.

➤➤➤ *WORLD ENVIRONMENT DAY - 4.6.2023*

To mark the occasion of World Environment Day, SRWA decided to plant a few tree saplings along the road skirting the wall of the Low Level Park. The evening of June 4, 2023 saw a bunch of excited children from the locality waiting to get their hands dirty! They helped plant 3 Pongamia trees, named them and now can't wait to witness the fruits of their efforts. The children and grown-ups present there learned a few facts about the newly planted trees. We hope that this little gesture from the children goes a long way in doing our little bit for the environment and restoring the greenery of Sadashivanagar, which it's well known for. We are sure the children went home with a few nuggets of information regarding the symbiotic relationship between the environment and us. We invite SRWA members and residents to come forward to plant trees in spaces they deem fit in the area. SRWA managing committee would be more than happy to facilitate this noble endeavour.



➤➤➤ *PAINTING COMPETITION - 19.5.2023*



After a very hot and dreary summer, it was time for some fun and enjoyment. Our plans of a summer camp had been shelved because of the election fever and there had been a lull. However, Ms. Indumati Sreenivasan, a member of our community whipped up our enthusiasm and planning for a painting competition was afoot. Indu wanted to hold this in memory of her late mother Smt. Vasantha Sreenivasan, a long standing member of the association and an artist herself.

Our Events Committee spurred into action and a google form was sent out inviting young artists in the age group of 6 -15 yrs. Thanks to the reach of Social Media, we had 118 participants from far flung areas of North Bengaluru and our own children of course. The sylvan surroundings of our Low Level Park further inspired the kids to paint nature in all its glory while parents waited comfortably in the shade and enjoyed a hot cup of coffee and cookies courtesy SRWA.

Ms. Indumati made sure that the children would not be left for want for anything. As soon as the kids finished they were treated to cakes and juices and the most beckoning item – the swings and seesaws of the Children's park! The art teachers took their time in judging the contest and there were prizes galore in all three categories. The most attractive and thoughtful gift was an illustrated book of cartoons with Gandhi's sayings which was given to every participant along with a participation certificate.



Events & Happenings

THE WINTER CARNIVAL - 29.1.2023

Sadashivanagar and the neighbourhood areas were abuzz with the fact that this was the first carnival being held at Sadashivanagar, post pandemic. The phone had been ringing non-stop for the allocation of stalls from as far as Koramangala. The carnival committee had however decided to have a ceiling of 40 for the number of stalls – games, food and other items.

The kinds of stalls were not repetitive, ranging from organic and home-made food products to hand embroidered linen to handmade jewellery and soaps with each one having a unique sales pitch. Quite a few stalls were actually taken by our own residents. Anupama's homemade *chutney pudis* and pickles were a runaway hit as was the biryani and the soaps & more by Archana. A special mention about three young entrepreneurs who sold tender coconut water with a twist! Their initiative was a big draw to the food counters and people could not help but speak of their enthusiasm.



A big draw was the glittering "I Love Sadashivanagar" Selfie Booth. All of the 800 plus visitors must have taken pictures there to remember this glorious evening. The children bounced their hearts out at the bouncing castle and tried their little hands at the many game counters adjacent to the food counters that were serving rolls, chaats, cupcakes, mocktails and much more.

Gopal and Geeta Navale of the Esperanto group from Malleswaram, integrated beautifully and the evening was made all the more pleasant with the strum of the guitar matching the strains of the Veena. An open mic opportunity was lapped up by the children to showcase many a budding talent. Bank of Baroda, Diagnostica Span, 56 Secure and Inventure Academy were the sponsors of the event. The residents of Sadashivanagar and surrounding areas had a great evening and left not before enquiring about the next carnival!

REPUBLIC DAY - 26.1.2023

SRWA urged its residents to rededicate their nationalistic spirit on January 26, 2023. The national flag was unfurled early in the morning to encourage the walkers in the park to participate in the function. A few patriotic songs were sung by the residents even as we paid tribute to our leaders who fought for our independence.



ASPHALTING OF ROADS

A lot of time and effort was spent in coordinating with the BBMP on the asphaltting of roads in the area. Most of the work was completed before the elections, however, there are certain patches that have not yet been attended to. We hope this will be completed in the near future.

DEBRIS COLLECTION AND REMOVAL

Construction debris left behind after asphaltting, road repairs, pavement and kerbstone work have been cleared recently. However, since there is a great deal of construction work taking place by private parties in the area, it is essential that the pavements and roadsides be cleared after the construction is over and debris removed as per the rules of the BBMP, by the parties concerned.

Events & Happenings

➤➤➤ *INDEPENDENCE DAY - 15.8.2022*



India celebrated Swatantrata ka Amrit Mahotsav this year in a very festive spirit. Festoons of saffron, white and green were to be seen everywhere and the spirit of freedom penetrated the air.

Sadashivanagar, for the first time in its history, proudly hoisted the tricolor at the Low Level Park. The park itself was decorated beautifully in the national colours and you could feel the joy and happiness as the residents and more so, the children in the area walked in.

There was a poignant silence for a moment as Indu Sridhar, the President of SRWA, hoisted the flag and the flower petals were strewn around the flag pole and the park reverberated with the National Anthem. A short programme had been organised. After the President's address, Shri A.V.Gokak, our octogenarian resident and the chief guest for the occasion, spoke passionately about the idealism that prevailed at the time of Independence and that we should all try to inculcate even today. Lt. Col.

Kakde encouraged all those present to give a thought to the brave unknown soldiers guarding our borders and Shri Ramanathan reminded us of our rights and duties to our nation in the historic words of President Kennedy – Ask not what your country can do for you, ask what you can do for your country. The children who were dressed as national leaders, subsequently went round the park led by our own Diwakar and ever enthusiastic Krishna waving the national tricolor and shouting Vande Mataram in strong voices. It was a day to remember.

➤➤➤ *SANKEY FLYOVER PROJECT*

The announcement of the Sankey Flyover project caused a great deal of resistance amongst the residents of the area. After consultation with experts and conducting a poll which largely disputed the worthiness of this project, SRWA represented the same to various government agencies. SRWA is in consultation with like-minded neighbouring citizen groups to ensure that the Sankey Flyover Project and the Sankey Lake Project do not disturb the eco sensitive region which is the treasure of the area.

➤➤➤ *UPKEEP OF JANATHA BAZAAR WASHROOMS*

Seeing that the upkeep and maintenance of the washrooms at the Janatha Bazaar building was not up to the mark, SRWA took it upon themselves to get the fixtures repaired and get the washrooms cleaned on a regular basis. The parents and children visiting the Tamarind Tree Children's park and others have been appreciative of the efforts.

➤➤➤ *BENCHES AT THE SRI. S. BANGARAPPA (PPEC) PLAYGROUND*

For the comfort of the parents of the children taking lessons at the skating rink at the Sri. S. Bangarappa (PPEC) playground, SRWA facilitated the installation of two stone benches by the BBMP. Further two more benches were procured taking it to a total of four. The parents have been very grateful of this gesture and these benches are being used by all those coming to the playground for various sports activities.

➤➤➤ *COLLECTION DRIVES*

During the course of the year, a few residents and members approached SRWA to help them organise drives to collect e-waste, toys and clothes. These collection drives were aimed at helping the underprivileged and also moving towards a greener planet. SRWA was more than happy to support these initiatives and it was heartening to see the residents of Sadashivanagar enthusiastically and generously contributing at these drives.

Know Your Neighbour

K. R. KRISHNAMOORTHY

»»» *ANYONE CAN BECOME A RUNNER*

You don't have to see the whole staircase. Just take the first step.

- Martin Luther King Jr.

Hi, I am Krishnamoorthy, a resident of Sadashivanagar. Though I have been living here for close to three decades, my attachment to this community has grown tremendously in the past decade, since I started running. Jogging along the streets of our locality, early morning runs around Sankey Lake, greeting familiar faces or stopping for a quick chat with neighbours, running is how I connect with Sadashivanagar and its people.

I wasn't a runner during my younger days. I got into it when I was well past 50, that too because of a health issue. During my peak professional career, I did not pay attention to my health due to which, when I was 46 years old, I had a heart attack. An angioplasty and the accompanying stents made me a little serious about my physical health. I started walking in our Sankey Lake trail. In a few years, I climbed up the steps to Tirumala from Tirupati. This gave me more confidence and since then, I have been going to Tirumala by climbing up the steps every year.

I started running a decade ago when I was 57. Initially I started with 400m in Sankey Lake trail. After a week I increased it to 600m, then 800m and so on. The following year, I ran 10 km in an event called Kaveri Trail Marathon near Srirangapatna. I then joined a runners group in Bangalore. This group's sessions comprise different types of training - Tempo runs, cardio workouts, hill training, endurance running, yoga and also muscle strengthening. They also advise on nutrition and sleep.

In long distance running, one does not compete with anyone but oneself. Besides one's physical ability, it is also a matter of the mind. This of course needs a disciplined life style. The key to running is to just start, with however small a distance one can manage; and then to sustain it, by showing up everyday. The benefits are immense. Physical and mental health improve tremendously. The endurance one builds out of long distance running is helpful in the normal day-to-day life's demands as well.



My cardiologist whom I consult regularly, cites me as an example to other patients for overcoming fear after a heart ailment. I have now completed several Half-marathons (21.1 km), 25km and even one 30k. It has indeed been a great learning experience for me. So, paraphrasing Chef Gusteau from the movie Ratatouille, anyone can become a runner even after a health scare!

Know Your Neighbour

NAMRATA SHAH

➤➤➤ *STRIVING TO CREATE A COMMUNITY OF INDEPENDENT WOMEN*

"2Up 2Down" was founded in 2010 by Namrata Shah and houses fabric designs that are a unique blend of the East and the West. Namrata studied textile design at the Srishti School of Art Design and Technology, Bangalore. After having worked extensively with the handloom industry in Bangladesh for a duration of 5 years, she moved back to Bangalore and established 2Up 2Down. The philosophy of '2Up 2Down' is to create unique and distinct hand-crafted textiles (stoiles/scarves/saris/fabric by meter) by engaging in sustainable practices. The focus is to create textiles that have a universal appeal with special attention to detail in techniques of 'Shibori' (Japanese tie & dye-stitched and clamp) married with hand-embroidery and block prints by employing and empowering only women belonging to weaker backgrounds.



She strives towards creating a community of women who believe in themselves and are willing to make a difference by being self-reliant and financially independent. The women are provided with good working facilities, yearly increment, fair wages and paid holidays. The textiles created are more of a by-product. Namrata does not see 2Up 2Down as a fast fashion brand, but works on creating textiles that are one of a kind and heirloom pieces.

The workshop is an all-inclusive set up, where 80% of the processing is done in-house, including the dyeing and processing. The unit is set up in a beautiful lush green farm studio surrounded with coconut and mango trees. The studio is conscious about each stage of the process and makes every effort to ensure that the environment is not harmed in any way during the stages of processing. Keeping this in mind they have set up an eco - sustainable water treatment plant with minimal maintenance to filter all the contaminated water from dyeing which in turn is used to irrigate the farm.

Namrata was awarded the 'Young Creative Entrepreneur Award 2010', India- British Council (Runner Up), as well as has featured on 'Young turks' CNBC TV-18 in 2010 for her achievements. She has worked on projects for established Indian designers like Tarun Tahiliani, Abraham and Thakore, Priyadarshini Rao and for internationally acclaimed fashion designers and labels such as Lori Weitzner Inc New York, Laura Seigel, Giorgio Armani, and Piece & Co, USA. She exports to USA, UK, and Europe. In December 2016, she did an editorial launch for Levi's Shibori Collection in Mumbai. For Titan Raga, she designed an exclusive collection of fabric watch straps in 2018. She has collaborated with the eminent artist S. G. Vasudev where some of his art works were incorporated in fabric installations for his retrospective exhibit. Namrata was awarded the "She Unlimited entrepreneur Award 2019" by the Times of India.