

# What's up?

...adding value

June 2002, Issue 1, Free Circulation

## FROM EDITOR'S DESK

Dear Readers,

Our neighborhood is full of educated housewives, busy executives, energetic youngsters and wise retired souls, all capable of supporting, participating, contributing, enjoying or benefiting from various activities that are going on in the vicinity. Unfortunately there do not exist an effective method of bringing two to-gather.

This initiative called 'what's up' is an effort to bridge this gap. It would be our endeavor to use this medium to 'add value' to lives of our readership.

We would encourage your feedback or suggestions to help us make this an effective medium.

We also welcome people who would like to contribute by participating in this initiative. Interested persons may contact us. -EDITOR.

e-mail: [whatsup@post.com](mailto:whatsup@post.com)  
Phone : 080 5521022

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For any feedback  
or suggestions,  
kindly contact

what's up @ post.com

Call : 5521022

## HAPPENINGS

\* Newly Opened in Koramangla, **SaiKruppa Art Gallery** is a humble effort towards fulfilling 'Arty' needs of Residents. It offers painting on different Subjects & Mediums viz. Oil, Canvas, Traditional Tanjore Painting, Abstract stain Glass etc. In addition to offering Terra-cotta pots, artifacts & Mural. **Regular Art Classes** are also conducted by various artists. Interested persons may contact Saikumar (9845210235) No. 1, Kathali Palaya Main Rd., 6th Bk. (Opp. Koramangla Club).

\* **Good news for Fitness enthusiasts.** Aerobics classes are conducted by Rebeck qualified instructor in a private & exclusive place, set in a lush Green Surroundings, right in Heart of Koramangla. This place also has latest Gym equipments & facilities viz Treadmills, steppers, big Changing room, shower etc. Interested may contact Leena or Kanahya at 'O2 Fitness Unlimited'. Phone - 9845055111 / 5537300.

\* **Free Meditation Sessions** for Inner Peace & Illumination, are held every Wednesday from 6 to 7 pm at 131, 3rd main, 1st Block, K'mgla. Mrs Sreedevi Sarma, driver behind this initiative, claim that it help harness the hidden power within you to overcome all your limitations. Imagine if you could learn to heal yourself and others from Physical and Emotional ailments, to be empowered and self sufficient. Imagine if you could dissolve stress, if you could energize opportunities, if you could turn hope into realities - just imagine your life then !!! Contact - 5536197 / 5536242.

## HEALING HANDS

**Dr. Anasuya**, a Graduate in Ayurveda, and a Japanese friend Rie Goto wanted to offer people something unusual. **Akshaya Ayurvedic clinic** is the actualization of this dream.

The primary aim of Akshaya is to provide health care, mainly through ayurveda, but it is much more. It is a place to share and grow - in body, mind and spirit.

Akshaya aim to promote social awareness and make the world a better place in its own small way.

Akshaya aim to provide health care with personal touch.

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- \* Consultations in Ayurveda.
- \* Treatment for spondylitis, backache, alopecia, migraine, arthritis, skin diseases & computer related injuries.
- \* Weight-loss as well weight gain programs.
- \* special domiciliary package for postnatal care.
- \* Treatment including massage and skin / hair care.
- \* Genuine ayurvedic medicines are available.
- \* Consultation in other systems including allopathy can be arranged.

Dr Anasuya could be contacted at following address between 10 am to 7 pm ( Noon break 1pm -3pm) :

### Akshaya Ayurvedic Clinic

No. 48, 3rd cross, 29th main  
BTM 2nd stage, 1st Phase,  
Bangalore - 560076  
Phone - 568 6308

## "A new school with new concepts"

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phone # 2991898 e-mail: [info@ssi-school.com](mailto:info@ssi-school.com)

If you wish to get a copy of this publication in your mailbox,  
kindly send an e-mail to [whatsup@post.com](mailto:whatsup@post.com)

**BEAUTY PARLOURS**

**Desiree Herbal Beauty Parlour**, Shop No. 1, BDA Shopping Complex, Koramangla, B'lore-34, Phone - 5530068

**Eve's World**, 902-1st Flr., 6th A Main, 1st Blk. (Near Wipro Park), Koramangla, B'lore - 34, Phone - 5529192

**Nicole's Herbal Beauty Parlour**, 6-Jai Plaza, 80 ft. Road, (opp Aishwarya Shopping Point), 1st Blk. Koramangla, B'lore-34, Phone - 5504244

**Sonam Beauty Parlour**, 35, GF, 1-A Main, 2nd Cross, 7th Blk. Koramangla, B'lore-95

**BOUTIQUE- GARMENT**

**Hema's Boutique** (Ready made suits, Dress material / tailor), 1053, 7th Main Rd. 3rd Blk. Koramangla, Phone 5503993

**BK Garments** ( Under Garments for Men, women & children) No. 23, BDA shopping complex, Koramangla, B'lore.

**Pooja's closet**, Shop 352, 1st-A Main Rd. 7<sup>th</sup> Block, ( Next to friends restaurant ), Koramangla. Phone - 4104015

**Vastra Boutique**, ( Ladies Dress material & stitching), No.-56, 4th Cross 5th Blk, Koramangla, Ph. 5521982

**Vividly Garments** (Western outfits), 353-1st B Main 7th Blk. Koramangla, B'lore-95, Ph. 5717403 / 5701462

**Your Choice Boutique** (Fashion Garments for Ladies, Gents, Children) Shop 18, BDA Complex, 3rd Blk. K'gla. Phone 5529602

**COLD STORAGE**

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80 Ft. Road, 1<sup>st</sup> Blk.

Koramangla. Ph. 5522845

**DRESS MAKERS / TAILOR**

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**DOCTORS / CLINICS**

**Bhavaní Surgical & Maternity Nursing Home**, 384 -7th Main, 1st Blk. Koramangla, B'lore-95, Ph. -5535478

**Child Care Clinic**, 91- NIIT Bldg, 19th Main, 6th Blk, Koramangla, B'lore-95, Ph. 5716375

**Dr. Mercy's ENT Clinic**, # 45, Merchant's Nest, 80 Ft. Rd. 4th Blk. (Near Liberty Showroom), Koramangla, Ph. 9844260851

**Kottakal Arya Vaidyashala Agency**, 234 - 1st Main, 7th Blk. Koramangla, B'lore. Phone - 9845119722

**Miswak Dental Clinic**, 261-1st B Main Rd. 8th Blk. Koramangla, B'lore-95, Ph.5702228

**Orthopaedic & Spine Centre**, 352-1st Cross, 7th Blk. Koramangla, B'lore-95, Ph. 98452008939 / 5500789

**Ododnita Dental Polyclinic**, 104,FirstFlr. Raheja Arcade, Koramangla, B'lore-95, Phone - 5500843

**Aparna Polyclinic**, ( Dr. AS Prakash) Phone - 5720359

**Dentist** ( Dr. Shyamaia chandra ) - 5536614 / 5522569

**FAMILY PHYSICIAN**

**Kalpagam Clinic**, 101-6th Blk. Koramangla, Phone - 5531633

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**PHONES**

**Phone world** - 4104016 / 17

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**Anubhav Playhouse**, 230 / A, 18th Main, 6th Blk. Koramangla, B'lore-95. Phone - 5531727 / 5533116

**SHOES SHOP**

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**Video / CD Library**

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\* **Want someone to help you organize theme parties** at your house. Kindly contact - 9845004903

\* **Beautician at your doorstep**. Contact anita at No 14/A, 1st cross, 7th Blk., Koramangla. Ph.-5710158

\* **Lady dance instructor** is required to conduct classes for Ladies Group in Koramangla. Contact - 9845004903

## SOCIAL CAUSE

\* If you wish to help someone running an orphanage by donating old clothes, toys, books etc. Kindly contact editor - phone 5521022

## BUSINESS LINKERS

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What's up?

Contact 5521022

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