



CANARA UNION NEWSLETTER

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www.canaraunion.co.in

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Photographs - Pramod Savur

Programmes for the Month of August 2025

Friday 15th 9.30 a.m. Independence Day Flag Hoisting followed by patriotic songs

FINAL ANNOUNCEMENT

**THOSE MEMBERS WHO HAVE NOT PAID THEIR ANNUAL SUBSCRIPTION FOR 2024-25
MAY NOTE THAT THEIR MEMBERSHIP STANDS CANCELLED.**

Annual Membership Subscription Fees

All Members shall pay in advance their Annual Subscription for the period 1st April to 31st March of the financial year. For ease of payment, we have introduced UPI and the QR code which is published hereunder.

Annual subscription is as follows. Pay by Cash/Cheque/NEFT/UPI. Contact office 080-23342625 if you need clarification.

60 years & below Rs.300/- + GST 18% Rs.54/- = Rs.354/- per annum

Above 60 years Rs.150/- + GST 18% Rs.27/- = Rs.177/- per annum

Over 80 years: No subscription

For Hard Copy of CUNL (Canara Union Newsletter) please add Rs.150/- per annum (April-March) towards postage/delivery charges. You can add to Annual Membership Subscription.

Pay: "The Canara Union", S/B Acct No.10600 31300 00822,
SVC Co-Operative Bank Ltd., IFSC Code: SVCB0000060.

If paid by NEFT, please email NEFT reference number to canaraunion@gmail.com or Whatsapp to 8310857255 with your name. If paying by UPI, please send screenshot with name and details of payment.



All members are requested to send a hello email to canaraunion@gmail.com giving your latest email ID, phone number and address.

Hon. President:	Prakash Aroor	
Hon. Gen. Secretary:	Meera Philar	
Editor:	Amit Kilpady	amitkilpady@hotmail.com
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Member –	Ujwala Gulvady	ujwalagulvady@gmail.com
Member –	Anand Kilpady	anandkilpady@gmail.com

A WORD FROM THE PRESIDENT

After the last two months' happenings here in our country as well as outside, and seeing the deaths, damage and destruction that were caused either by nature or humans, it is necessary for all of us to do some introspection. It seems that very little can be done in the case of natural calamities, even where there is knowledge about areas which are prone to disasters such as earthquakes and floods. But now I am thinking of negative human qualities such as intolerance, irritation, anger, jealousy and hatred. Many believe that these qualities are inherited—'He is just like his father/mother.' But such behaviour is definitely learnt, it comes from imitation, being misled by someone one admires and adopting their prejudices, and listening to others who have strong views.



Many harsh conflicts spring from religious differences, and at the workplace often from not accepting others' opinions. Over the last 75 years, intolerance about language has caused explosive situations the world over, but especially in India. We go back to when the states in our country were reorganised mainly on the basis of language. There was the principal 'state' language, but because of the diversity of the population, the movement of people across regions, other languages came in alongside. Our children typically grow up learning three or four languages, while the principal language helps bring all things together. This is a wonderful situation.

But violence caused by the feeling that one language is superior to another, or that it should be spoken in exclusion to the other languages cannot be accepted. If what happened in Maharashtra is not contained and the culprits go unpunished, there are fanatics, like those who slapped the shop assistant, in many other states. And it looks as if the friendly attempt to speak a language is not enough, one has to speak it accurately, using the right accent. People listening to your efforts to speak exchange amused glances, and you feel very defeated, insulted. In some situations, people pretend not to understand. I lived in Chennai for four decades and public transport employees used to be very rude and refused to understand anything said in English.

There is no end to all this.

But there are good stories with language, like the one about Vishwa who drove our car for us in Chennai. He knew only Tamil, absolutely no other language, or maybe a bit of English. He came with us to Delhi on one occasion. He would move around the grounds of the gated community, having coffee and tiffin with others. He and they also exchanged videos of songs—his Tamil and their Hindi songs—on their phones! But the test came when we ran out of cooking gas, and food had to be made for wedding guests. Our daughter-in-law made all efforts to get a gas cylinder on an emergency basis, without success. Then, an hour later, Vishwa appeared with the 'gas-man' carrying a cylinder. It was connected and hey, we could cook.

We couldn't however contain our curiosity about how Vishwa, not knowing a word of Hindi, managed this very complex act, and we asked him.

'Signal, sir,' said Vishwa. He meant gestures, sign language and loan words like 'gas cylinder' and 'bring'. How amazing! Back in Chennai, we remember how our neighbour's helper could speak only Bangla and ours only Tamil. Yet they exchanged complex information such as how the family was deprived of land by an evil relative, or a daughter-in-law's mean behaviour.

And so language can take us to good communication as well!



On a lighter note, if language-related violence is not nipped in the bud, we may all have to get another 'domestic travel' passport with the visa stamped for entry into every other state. The qualification for the visa will be the ability to read and speak the language of the state you are entering! Where do we Konkani speakers go for our visas!

PRAKASH AROOR

PRINT COPIES and E-ISSUES



We thank those who have written/telephoned to indicate their preference of the CUNL.

Members who haven't contacted us and who prefer e-issues please let us know your preference. And those members who have opted for e-issues but are still getting hard copies of CUNL, please let the office know. Please write to canaraunion@gmail.com with a copy to meeraphilar79@gmail.com or phone the Canara Union at 080 23342625. Thank you.

PS: Members who have not paid Rs.150/- towards postage of the CUNL for the year, are requested to pay - Cash or Cheque favouring "The Canara Union". If transferring by NEFT, please transfer to "The Canara Union" S/B Acct No.10600 31300 00822, SVC Co-operative Bank Ltd., IFSC Code: SVCB0000060. Please send us a copy of NEFT transfer and your name.

You can also pay by UPI. See details on page 2

NOTE: We are updating our Membership List. Request all Members to send us your latest address, phone numbers (Landline and Mobile) and email IDs to canaraunion@gmail.com.

ACKNOWLEDGEMENTS

We are deeply grateful to the following for the donations made by them towards:

Canara Union Monthly Distress Relief Fund

A Well-Wisher

Rs.12,000.00

PS: We request all donors to provide us with a letter and a copy of PAN Card and Address Proof at the time of donation, which is a requirement by the IT Department.

MEDICAL EQUIPMENT

The medical equipment donated by members to Canara Union are meant to help patients tide over their immediate requirement for a period not exceeding 3 months. If required beyond 3 months, members are requested to make alternative arrangements. (This will help equipment availability to others in need.) All requests need to be made either by email or letters. Henceforth, a nominal refundable deposit will be collected, as follows:

Walking Stick: Rs.100/- Walker: Rs.250/- Wheelchair: Rs.500/- Hospital Bed: Rs.1000/Rs.2000.

RENEWED APPEAL FOR MONTHLY DISTRESS RELIEF ASSISTANCE

Dear Friends, Canara Union continues to assist the badly affected families of Covid-19 every month. Your continued support and help towards this scheme as long as possible would be appreciated. You may make payments either by cheque or bank transfer to the account specified below. For any clarification you may contact or write to us at:

Prakash Aroor, President Mobile: 9901560602

Meera Philar, Hon. Secretary Mobile: 9844022713

Harish Sujir, Hon. Treasurer Mobile: 9845055567

Email: canaraunion@gmail.com

Payments can be made to THE CANARA UNION WELFARE FUND either by cheque or by Net Banking transfer to the following:

The Canara Union Welfare Fund

Savings Bank A/C No.:10980 31300 05454

SVC Co-Operative Bank Ltd. Vidyamandir Branch, Malleswaram, Bangalore 560 003

IFC Code: SVCB0000098

ANNOUNCEMENT

APPLICATIONS FOR DISBURSAL OF SCHOLARSHIPS TO STUDENTS, AND DISTRESS AND MEDICAL RELIEF – WILL BE DISTRIBUTED EFFECTIVE 15.7.2025

Applications for scholarships to students studying UKG to 10th Standard, PUC and professional courses can collect the application forms from the office of the Canara Union, from 15th July 2025. Completed applications should be submitted on or before 15th September 2025 along with necessary documents. Incomplete applications will not be entertained.

Students who have obtained distinction (above 85%) in university/board/public examinations are eligible for merit scholarships. These application forms are available at the Canara Union office effective 15th July 2025. Completed applications along with documents should be submitted on or before 15th September 2025.

Application forms for Distress and Medical Relief for Bhanaps and other members in need of assistance are available at the office effective 15th July 2025. Applications duly completed with necessary documents should be submitted before 15th September 2025.

LISTINGS

We would like to feature new LISTINGS about the availability of services in and around us. Those who cater to any professional services from their homes and small offices, and would like to be included in this listing, please email brief and concise details to meeraphilar79@gmail.com

DEAR PARENTS AND CHILDREN

Thank you for the photographs/paintings/drawings you send us. Please continue to send us these. We would like you to send us articles/stories from time to time, which will be published at the discretion of the Editor. Please email these to meeraphilar79@gmail.com

VERY VERY IMPORTANT ANNOUNCEMENT REGARDING DONATIONS

All Members/Donors wanting to make donations, please see one full page ANNOUNCEMENT in the CUNL. You may pay either by CHEQUE OR NEFT. Follow it up with a letter or fill details in a copy of the Announcement Sheet along with a copy of your PAN Card and Proof of Address. If sending by NEFT, please send to respective account (Name and No.) of your donation choice as mentioned in the Announcement Sheet. For any clarification, please email canaraunion@gmail.com or WhatsApp or call Meera Philar at 9844022713 or Harish Sujir at 9845055567.

DONATION

From:
Name: Sri / Smt. _____
Address:

Date: _____
PAN NO: _____

To,
The President
The Canara Union(Regd.)
Bangalore-560003

Sir,
Sub: Donation towards Endowment Fund/s

I wish to donate a total sum of Rs. _____ (in words: Rupees _____)
towards The Canara Union Endowment Funds detailed below:

Type of Donation	Amount	Bank Details
Building Fund		The Canara Union, Account No 34050851518 State Bank of India, IFSC SBIN0007080
Distress Relief Fund		The Canara Union(Regd) Distress Relief Fund Account No 10600 31300 18707 SVC Co-operative Bank Ltd., IFSC Code: SVCB0000060
Medical Relief Fund		The Canara Union(Regd) Medical Relief Fund Account No 10600 31300 18706 SVC Co-operative Bank Ltd., IFSC Code: SVCB0000060
Students Scholarship Fund		The Canara Union(Regd) Students Scholarship Fund Account No 10600 31300 18705 SVC Co-operative Bank Ltd., IFSC Code: SVCB0000060
Cultural Endowment Fund		The Canara Union(Regd) Cultural Endowment Fund Account No 10600 31300 18703 SVC Co-operative Bank Ltd., IFSC Code: SVCB0000060
Sports Endowment Fund		The Canara Union(Regd) Sports Endowment Fund Account No 10600 31300 18704 SVC Co-operative Bank Ltd., IFSC Code: SVCB0000060
Monthly Distress Relief Fund		The Canara Union Welfare Fund Account No 10980 31300 05454 SVC Co-operative Bank Ltd., IFSC Code: SVCB0000098

I am enclosing the cheque for the above said amount / remitted by NEFT/RTGS, as detailed below:

Cheque No..... Dated drawn on Bank....., Branch.....
NEFT / RTGS Details Remittance made Dated..... Bank / Branch.....
The amount of donation [tick any one]

Is to be kept as a Corpus Fund and interest earned thereon is to be used for disbursement.

Is to be distributed in the next occasion for disbursement as decided by the Canara Union.

The donation is given in the memory of:

I have attached a copy of my PAN CARD and PROOF OF ADDRESS.

Regards,

Signature
Phone No:



Contact: Satish Murdeshwar
+91 813 074 0365

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CONGRATULATIONS



THANK YOU



Mr Arun Bijur
Chairman of the Board of Directors
SPB Projects and Consultancy Ltd

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An integral part of the Pulp and Paper Summit journey since its inception. A veteran of the industry and a true gentleman, Mr. Bijur has lent his wisdom and presence to the Summit across multiple editions, consistently chairing & moderating sessions with clarity, grace, and depth. His long-standing commitment and deep-rooted knowledge of the pulp and paper sector have not only enriched our conversations but also helped shape the quality and direction of the Summit over the years.



ORGANIC HOME GARDENING – A DREAM FULFILLED



UMA SAVUR

In my previous article in our CUNL, I wrote about my journey in the world of gardening over the past 25 years. In this article, I write about the factors that helped me in this journey, like home-made compost, preparation of soil, organic pesticides, fertilisers, and so on. This home gardening hobby of mine has taught me to be self-reliant in the cultivation of vegetables and fruits as per our requirements. I will write about the various steps and procedures that go into a fulfilling home gardening journey.

The first step is the preparation of the soil for sowing. Ideally, the composition of the soil should be equal parts of red soil, vermicompost, coco peat, and one part of neem powder and homemade compost. Once the soil is ready, one can sow the seeds or plant the saplings/cuttings. Next comes the watering of the seeds, saplings, or cuttings. If you have sown seeds, just sprinkle water once a day or keep the soil damp till sprouts grow into saplings about 6 to 8 inches in height. After that you can water once or twice a day, depending on the weather or requirement. For the planted saplings or cuttings, you can water them once a day.



Along with the watering of plants, their nourishment is of prime importance for healthy flowering. Plants require regular nourishment to stay healthy and also to help repel pest attacks. The saying 'Prevention is better than cure' applies to plants too. Home-made compost and organic fertilisers provide the best nourishment for flowers, vegetables, and fruit. This nourishment should be replenished every 8 to 10 days. Care should be taken to carry out the weeding and loosening of the soil before providing it.



I started making home-made compost after attending a lecture and demo by Dr. Meenakshi Bharath at our Bangalore Math in 2006. The procedure is easy and can be a day-to-day garden activity. Initially, I started making it in old mini drums with a few holes drilled into them. I collect kitchen waste such as peels of vegetables and fruits, and mince these into small pieces. These pieces will constitute each layer in the compost drum, alternately with layers of crushed dry leaves. Buttermilk should



be sprinkled every three days on the surface layer, which helps in the decomposition. Once a week, the layers should be aerated by turning and mixing the contents. Once one drum is full, it must be covered with newspaper, and a second drum should be used. The contents of the first drum will be ready as compost by the time the second drum is full.

I used the drums for making compost till 2020. That year, my daughter Deepali gifted me the 'Khamba', a compost-making contraption consisting of three pots. The procedure for making compost in the Khamba is the same as described above.

Recently, on the 25th of May, Samvit Sudha launched *Urvarya*, a premium organic compost, at our Shri Chitrapur Math in Bangalore. We had used this compost in the past, and it has yielded excellent results.



Urvarya ka kamaal - Look at the size of the valli leaves!

In addition to the kitchen compost, the use of organic fertilizers like *honge* and neem powder, cow dung, *Panchgavya*, and citrus fruit enzymes is recommended.

The water used for soaking and washing cut

vegetables, lentils, rice, and pulses can benefit garden plants, as it contains many nutrients. One important aspect of organic home gardening is pest control, which involves eliminating pests. Not all insects are harmful to plants; for example, insects like bees, ladybugs, and earthworms are garden-

friendly. Bees assist in pollination, earthworms aerate the soil, and ladybugs feed on mealybugs, scales, and aphids. A wide range of organic pesticides is available on the market. Homemade pesticides can be made using kitchen ingredients; one recommended option is diluted buttermilk with a pinch of *hing*, which should be sprayed on the plants. Another suggestion is a mixture of the 3 Gs — ginger, garlic, and green chilies — which should be ground into a paste. One teaspoon of this mixture should be mixed with one litre of water and strained before applying to the plants. Additionally, a pest repellent can be made with one teaspoon each of neem oil and mild organic shampoo.

In my previous article in the CUNL's April issue, I mentioned that we started growing vegetables and fruits in 2019. Initially, we cultivated tomatoes, capsicums, potatoes, beets, carrots, ladies' fingers, greens, and brinjals. Gradually, we tried our hand at growing fruits too. So far, we have been successful in growing and



harvesting pineapples, papayas, guavas, pomegranates, and bananas. Presently, papayas, lemons, and pomegranates are in the growing stages. Tomatoes and greens are easy to cultivate and can be a part of kitchen gardens too. Greens can be grown on balconies in smaller pots or in grow-bags where at least 2 to 3 hours of sunlight is available.

During the 'stay at home' Covid times, I used to watch various organic terrace gardening group presentations on YouTube and had picked up quite a few tips. In one such programme, a professional gave lectures on topics like soil constitution, organic fertilisers, pest management, etc. These presentations were a blessing for us as we discovered later during the successful maintenance of our terrace garden. Some of these groups are still functioning, guiding first timers as well as regular members in their quest for a pest-free garden blooming with flowers and endowed with fruits.



Gardening requires a lot of patience and hard work, and the results manifest in a beautiful presentation of nature. I am forever grateful to God, Guru, and Mother Nature for their bountiful blessings, which have brought us the priceless joys of satisfaction.

SOJOURN TO THE MAHA KUMBH - PART 2: SIGHTS, SOUNDS, AND SURPRISES

NARESH BANTWAL



After the holy dip, our spiritual selves felt deeply nourished—but our physical selves were growing quite restless. The sun was now blazing overhead, and our stomachs had started staging a protest. In our early-morning rush to reach the Sangam, we'd only managed a quick cup or two of tea. By now, it was well past noon, and every aroma from the nearby *bhandaras* (community kitchens) was setting off a fresh round of hunger pangs.

We didn't have to look far. Lining the roads were

countless *bhandaras*, each offering free, hearty meals to the passing pilgrims. Some were simple affairs run by small local groups, while others were vast operations sponsored by well-known industrialists and organizations. These were no ordinary offerings—some served full three-course meals with astonishing efficiency. Piping hot dal, soft rotis, fluffy rice, mixed *sabzis*, pickles, sweets—the kind of food that tastes even more divine when it comes from the loving hands of *sevakartas* and is shared with thousands.



Replenished and re-energized, we made our way toward the historical Kila Ghat to visit the ancient fort built by Emperor Akbar and now under the Indian Army's care. Halfway up the fort's steep stone path, we came upon the magnificent Akshaya Vat—a massive, ancient banyan tree that stood like a timeless sentinel. Local guides told us that it was mentioned in the Rigveda, a tree that symbolized eternal life and stood unshaken through centuries of floods, empires, uprisings and faith. It felt deeply symbolic—this tree that endured everything, just like the spirit of the Kumbh itself.

The afternoon sun was relentless, and we were grateful to spot a small but miraculous modern marvel: a Water ATM! Yes, a free RO water refill booth right there on the roadside, offering cool, clean water to parched throats. We eagerly



filled our bottles and drank as though it were nectar from the heavens.

After a brief rest back at our tents (and perhaps a nap for some of us), evening brought a new kind of adventure: street food and shopping. We stepped out again, this time with lighter hearts and heavier appetites. The air was thick with the mouth-watering aromas of *chaat*, *jalebis*, and *malaiyo*—the frothy, milk-based sweet specialty of this part of India. Every corner seemed to tempt us with something delicious, and of course, we gave in happily forgetting our diet restrictions.



One particularly delightful surprise came when we entered a large tented market filled with stalls from across India—handlooms from Rajasthan, toys from Uttar Pradesh, brass idols from Tamil Nadu, and herbal oils from Karnataka. And there it was: a shop proudly selling the famous Hakki Pikki hair oil!

Now, what made this scene particularly amusing was not just the bold claims of the oil—promising lush, flowing locks—but the enthusiastic crowd it had attracted. Bald men (some hopeful, some sceptical) surrounded the stall, examining bottles with great seriousness. Behind the counter stood a group of Kannadiga shopkeepers—both men and women—each with enviably thick, shiny hair flowing down their backs. If ever there was a live advertisement, this was it! We couldn't resist a few chuckles... and yes, one or two of us might have bought a bottle “just to try.”

By the time we made our way back to the tents, the evening had progressed into night. The streets glowed with solar powered lights and the buzz of continuous movement. We enjoyed a simple but comforting dinner—dal, roti, rice—and retired to our beds, physically exhausted but inwardly glowing with the warmth of so many shared experiences.

Next day we visited the Bade Hanuman Ji Temple, perhaps the only Hanuman temple in India where the deity abides in a reclining position. Even among the crowds, there was a hushed reverence in the air, as if everyone knew they were in the presence of something extraordinary. Later in the day, we wandered through Shaheed Chandrashekhar Azad Park, a lush green pocket of peace in the heart of the city, its leafy paths offering a moment of calm. This is a small but well-maintained park with a huge green cover, including a small lake, footpaths, roads, and hygienic restrooms! And a statue of Azad, with his trademark moustache twirl, stood tall—a quiet reminder of courage and conviction during the freedom struggle.

Reflections on Infrastructure and Management

It's one thing to read about the Kumbh Mela in newspapers or see photographs of the crowd from above. But standing there, amidst the sea of humanity, you truly begin to grasp the scale—and the sheer miracle—of its organization.

Initially, I had my doubts. With millions of people descending upon one city, I half expected chaos: overflowing bins, unruly crowds, or long waits for basic needs. But what we saw left us genuinely impressed—and to be honest, very proud.

Everywhere we went, there were systems in place that actually worked! From the thousands of sanitary workers who tirelessly



kept the tent city clean, to the rows of spotless mobile toilets, the changing rooms near the river, the well-marked roads, strategically placed CCTV cameras, the public address system with its constant stream of announcements keeping everyone informed—it all ran like clockwork. There were times we paused mid-step, looked around, and just marvelled: How is this all even possible?

The technology surprised us too—CCTV cameras, public address systems, massive surveillance balloons hovering above the river, water ATMs at regular intervals, even solar-powered streetlights and a temporary field hospital. And these weren't just for show; they were functioning, serving, helping. I remember refilling my bottle at a water ATM and wondering, “This little kiosk is more thoughtful than some hotel amenities.”

We were also struck by the behaviour of the people. Despite the massive crowds, there was no pushing, no shouting, no frayed tempers. Pilgrims waited patiently in long queues, helped one another find directions, and shared meals and space with grace. It made me reflect—maybe it was the spiritual atmosphere, or perhaps the power of collective purpose, but the crowd seemed to carry its own sense of

quiet discipline. One moment stood out in particular. We had just crossed one of the temporary pontoon bridges built across the river, and as we reached the midpoint, I looked around—behind me, a line of pilgrims stretching far into the distance; in front of me, a sea of saffron, white, and maroon winding through the camp. Above us, birds circled in the golden evening light, and below us, the sacred waters flowed calmly. It felt surreal. Knowing that all of this—bridges, tents, roads, streetlights, kitchens—would be dismantled in a few weeks made it feel like a beautiful dream that only a few are lucky enough to witness. In a country where infrastructure is often criticized, this was a shining exception. We realized that behind the simplicity of our experience lay a massive, coordinated effort—thousands of workers, months of planning, and a vision carried out to near perfection. It wasn't just about managing a crowd—it was about honouring a tradition, ensuring that each person, no matter how old or young or where they came from, could participate in this great spiritual gathering with dignity and ease.

It's hard to fully describe the sense of pride we felt—not just as pilgrims, but as citizens.



Final Reflections and Departure

All too soon, our final day arrived. As we packed our bags and readied our backpacks, there was a quiet sense of reluctance among us.

The days had flown by in a blur of sacred dips, shared meals, long walks, laughter, devotion, and discovery. It felt like we had been swept up in something far larger than ourselves—something ancient and alive.

Before heading back, we climbed to a viewpoint near the fort, where we paused to take in one last sweeping view of the illuminated tent city. From that high vantage point, the entire Kumbh shimmered in the twilight like a woven fabric of devotion and discipline. It was a sight none of us would ever forget.

As we made our way to the airport, the energy of the event still hummed within us. We spoke little—each of us lost in our own thoughts, memories quietly folding into our hearts like pages in a well-loved book.

Looking back, what stays with me most is not just the scale of the Kumbh, but the spirit of it—the generosity of strangers, the sense of unity among diversity, the silent understanding that we were part of something timeless. The Maha Kumbh wasn't just a destination on a map. It was a moment to cherish for the rest of our lives.

And though we returned to our daily routines soon after, something within had changed. The calm, the camaraderie, the connection to a deeper rhythm—it lingers still. We had gone to bathe in the sacred waters, but in truth, we were immersed in something far more profound.

It was, and will always remain, a journey of the soul encompassed in the simplest joys of shared travel: good friends, warm meals, endless walking, sudden laughter, a tradition and the spirit of oneness of all humankind.

AWAKENING MELODIES

PRAKASH JOTHADY



Being woken up by singing outside my window felt good. It helped me remember that things are still going on in my life. I was lost for a long time; I didn't know what my job was or why I was here. But that wasn't the case today. It was my goal today to figure out what my life was all about.



During my morning coffee, I reflected on the things that brought me joy. After a long day at work, I felt good when my friends laughed, the sun warmed my face, and I felt like I had accomplished something. These little things started to add up to something big, even though most people didn't notice.



I decided to take a walk to clear my mind. Numerous people were in the park close to my home. Families with children playing on the swings and older people sitting on the chairs and telling stories about the past. I saw that everyone here has a different reason for being here.

While I was sitting on a bench, I closed my eyes and let the sounds of the park wash over me. At that moment of peace, I felt like I was a part of the world. I understood I needed to make my own meaning instead of just finding it.

The way I chose to help people in need is by giving my time. It gave me a sense of purpose to see people smile with thanks. When I picked up my pen and paper again, I wrote about my feelings and experiences to give people who had lost hope.

Every day I discovered new reasons to live. Being kind to people, seeing beautiful nature, and feeling loved by family and friends - all gave me ideas. I learned that the things that made me feel alive were what gave my life meaning, not one big thought.

So I set out on my journey, ready to face each day with an open heart and mind. Everyday pleasures and relationships helped me figure out what my life was all about. It was about a beautiful fabric in life, and I couldn't wait to add my bright colours to it.

PERSONALIA

Dear Members of the Canara Union,

The Canara Union frequently gets enquiries about personal announcements. These are personal in nature, usually small, and are generally about the following:

- births, weddings, engagements, thread ceremonies
- items for sale
- services available (catering, paying guest accommodation etc)
- student performance
- success at work, awards, personalia information etc
- change of address, relocation
- seeking information about services available

'**THE INDEPENDENT PAGE**', for small-format, half- and full-page announcements will be published at a nominal rate. The tariff will be as follows + GST of 18%:

Upto 50 words	-	Rs 100.00	without photo
51 to 150 words	-	Rs 150.00	with photo if any
151 to 250 words	-	Rs 250.00	with photo if any

Also:

Full-page feature/ad of A4 size	-	Rs 700/-	per page
Half-page	-	Rs 300/-	per half-page

Please send all announcements to the Canara Union by the 16th of the month.

The Amchi Catering Service



The Amchi Catering Services

ARE YOU A SEAFOOD LOVER?

Enjoy Mangalorean style fish fry, Sukka, Amshe-Tikshe or Kundapuri curry? Amchi Catering Services brings you lip-smacking seafood and chicken recipes, delivered at your doorstep. We use fresh ingredients, same-day catch, no preservatives, and customized to your taste and spice level. Started by **Swetha Kesarkodi**, Amchi Catering aims to make our community's delicacies more accessible and at reasonable prices. *Orders will be accepted from Wednesdays to Sundays and kitchen will be closed on Sankashti's and other Festival days. Orders will be taken 1 day prior to the desired delivery day.* To book your order, call or WhatsApp on +91-8217606455/ +91-9880990111.

KIDS CORNER

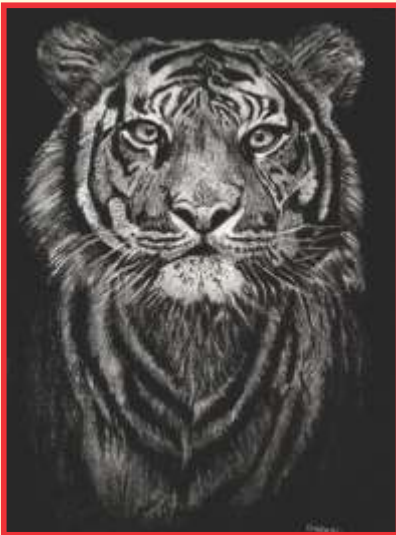


Dhruv Talgeri (10 years)



Lila Muddidri (8 years)

TALENT CORNER



Charcoal Artwork - Deepali Honnavar



Colour Pencil Artwork - Anupama Talgeri



Graphite Pencil Artwork - Archana Kulkarni



Water Colours Artwork by Ananya Trasi

LISTINGS

Product	Contact	Mobile No.
Internationally Certified Make-up Artist & Hair Stylist Specialising in bridal, fashion and party makeovers. Available for bridal and pre-wedding events, fashion photoshoots.	Anagha S Kamath	+91 8861441021
Home Made Condiments Aamti Pitti, Kholombo pitti, Madras sambar powder, Rasam powder, Idli Sambar powder (no adding cooked tuvar dal), Chow chow masala powder (with tamarind), Methkut, Garlic chutney, Fried gram chutney powder, Molagapodi (for idli and dosa), Groundnut chutney powder.	Vidya & Santosh Irde	+91 9341183420 +91 9379897639
Refashioned/Customised/Handmade Items Crochet, quilting and fabric accessories, hand embroidery, stitching(kids), handmade toys and planters, giving a new life to anything to Reduce, Reuse and Renew.	Sheethal Shirali	+91 9886225732
Fun About Crochet Handcrafted in crochet just for you at your doorstep. Key chains, mobile, iPad pouches, Bookcovers, Bookmarkers, Sling Bags, Baby Sets, Baby Blankets, Saree Blouses & Crochet Jewellery. Email: smita.koppikar67@gmail.com	Smita Koppikar	+91 9910077916
Kodial Kitchen Authentic Vegetarian & Non Vegetarian Mangalorean Saraswath homestyle food. Customised -Day/Week Plans at customized price. Bulk orders on package pricing	Anoop Kumar Baindoor	+91 9449445757 +91 8217641219
Insurance Vehicle and Medical Insurance requirements and other utility services	Ravikiran Shirali	+91 9343584044
Insurance Advisor for LIC Life Insurance and HDFC ERGO General Insurance (e.g. Health, Vehicle, Home, Fire, Industrial, etc)	Prashant G Balsekar (Authorised Agency Code: 2014 8271 0921)	+91 8310183498, +91 9343097773
Purohit Performance of various Poojas, vratas, ceromonies and rituals	Niteesh Mudur Bhat	+91 9900911144
Purohit Contact me for all types of Poojas, homas, apara kriyas and ceremonies	Ruthwik Shukla	+91 9740670573
Godshey Artisan Chocolates Pure & Real Bean-to-Bar Chocolates, made to European Standards, using finest organic cacao beans. 100% Veg & Natural, No preservatives, No Artificial flavours. We make customised gift hampers for every occasion. Over 30 variants including sugar free, drageeand spreads. Visit www.godshey.in or call/whatsapp.	Tejal Savur Katre	+91 9594932266
Ruah Associates - Cleaning Products For all needs-hand wash, floor cleaner, dishwash liquid, toilet cleaner, detergent powder, glass cleaner, multipurpose cleaner, phenyl.	Monisha Kallianpur	919902057999
Aakar Creations and Aakar Art Classes For gifting ideas of hand painted products and learning different kinds of art for children and adults.	Monisha Kallianpur	919902057999
Advaya Dishwashing Liquid Soap Home-made soap with minimum chemicals and can be used for cleaning utensils by hand (Not for machines) and ceramic tiles too. Quality comparable to other popular brands and reasonably priced. Available in ½ ltr and 1 ltr cans. Fresh stock available.	Anjali Karkal	919869107108

Report on the Activities of Bangalore Local Sabha for the Month of June and July 2025

Reported by **SAIKRUPA NALKUR**

Special Programmes

On 15th June, the occasion of Janma Divas of Parama Pujya Shrimat Parijnanashram Swamiji III was observed with Bhashya Pathana and Ashtavadhana Seva.

Visit of H.H. Shrimat Sadyojat Shankarashram Swamiji to Bengaluru

On 19th June morning, Ganapati Atharvashirsha Homa was performed. In the evening, a Sanskrita Sambhashana session called 'Amrutadhara Sanskrita Bhasha' was organised by Girvanapratishtha Varga, which was followed by Vimarsha conducted by Yuvati Ankita Savnal. Soon after this, the sadhaka-s were blessed with the arrival of Parama Pujya Swamiji. H.H. Swamiji were received with Purna Kumbha Swagata and Pada Prakshalana by Chaitanya Shiroor mam, President, Bangalore Local Sabha. On 20th June, there was Swagat Dharma Sabha during which sadhaka-s welcomed Parama Pujya Swamiji with Swagat Geet. Sadhaka-s were blessed with Ashirvachana by H.H. Shrimat Sadyojat Shankarashram Swamiji, which was followed by Mahapuja, Shri Paduka Puja, Tirtha Vitarana and Shri Bhiksha Seva. In the evening, sadhaka-s presented a Stotra Pathana and Bhajana programme. Shri Devi Pujana was performed by H.H. Swamiji. Exercise, Pranayama and Ninanda was conducted on 21st and 22nd June by Sankalp Bailur.

Sadhaka-s were blessed with Swadhyaya by Parama Pujya Swamiji on 'Shri Subramanya Bhujanga Stotram' from 21st to 23rd June and on 26th June, followed by 30 minutes of meditation. On 21st June, there was Mahapuja and Bhajana Seva which was followed by Shri Paduka Puja, Tirtha Vitarana and Shri Bhiksha Seva. In the evening, there was a program by Parthana Varga and Quiz for all age groups based on Shri Adi Shankaracharya to commemorate the 25th year of Shri Shankara Jayanti Utsava at our Math. On 22nd June, Girvanapratishtha students received Pramana Patra and Shankara Jayanti competition participants and winners also received prizes from H.H. Swamiji. This was followed by Paduka Pujan and Teerth Vitaran. In the evening, the team of Samarth Bhanap Yojana (SBY) organised a Yuvadhara Outreach Program. A musical play, Sandarshan Tukaram directed by Anand Nagarkar mam was also presented.

On 23rd June, there was a Dharma Sabha which commenced with Sabha Prarambha Parthana, Address by President of Bangalore Local Sabha, Vaidika Sambhavana, Vote of Thanks and Kshamayachana. Sadhaka-s were blessed with Ashirvachana by H.H. Swamiji. This was followed by Paduka Puja by President - Bangalore Local Sabha and Tirtha Vitarana. Volunteers meeting with H.H. Swamiji was also held the same evening.

On 26th June, sadhaka-s were blessed with Paramarsha with H.H. Swamiji. On 27th June, during H.H. Swamiji's departure from Bengaluru, sadhaka-s rendered the Niropa Gita and were also blessed with Niropa Upadesha by H.H. Swamiji.

AGM of the Bangalore Local Sabha: On 29th June, the Annual General Body Meeting of the Sabha was conducted. A presentation on the activities of Bangalore Local Sabha was made by the Secretary, Sandhya Nayel, along with a presentation on the Math projects by Dilip Mavinkurve mam.

Upcoming Festivals

On the auspicious occasion of Chaturmasa from July 10th to September 6th, Chaturmasa Kalarpana Seva will take place on every Tuesday, Wednesday, Saturday and Sunday from 5.50 pm to 6.30 pm. Sadhaka-s willing to offer this seva may give their names to Kum. Saikrupa Nalkur: 7042960808, Smt Sandhya Nayel: 9871582225 or Smt Uma Trasi: 99454 27140.

- August 1st** : Varamahalakshmi Pujan with Lakshmi Pujan
August 9th : Rg Upakarma with Yagnopaveeta Dharana
August 10 to 16th : Gokulashtami and Gopal Kallo: Gokulashtami Mhantis will be recited by Sadhaka-s with aarti and prasad vitaran. On 16th August, Gopal Kallo has been organised in the Math with dahi handi breaking. Children would be dressed as gopi-gopika-s on this day.
- August 12th** : Samaradhana of H.H Shrimat Parijnanashram Swamiji III after Ashtami Mhantis with Bhashya Pathana and Ashtavadhana Seva.
- August 19th to 25th**: Saptaha - Samaradhana of H.H. Shrimad Anandashram Swamiji with Samuhika Gita Pathana.
August 25th : Samaradhana of H.H. Shrimad Anandashram Swamiji.
August 27th : Ganesh Pujan will be performed by gruhashthas in the evening.

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OBITUARY

We convey our deepest sympathies to the family and relatives of

Smt Aroona Vinod Bondal, aged 55 years, on 27 June 2025 in Mangalore

Smt Shantha Ramanand Balse, aged 88 years, on 8 July 2025 in Bengaluru

Shri Arjun Sanadi, aged 62 years, on 19 July 2025 in Bengaluru



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