

BOOK POST



CANARA UNION NEWSLETTER

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www.canaraunion.com

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NEW ANNOUNCEMENT

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

MEMBERS WHOSE ANNUAL SUBSCRIPTION FOR 2025-2026 IS STILL DUE, YOU ARE REQUESTED TO PAY IMMEDIATELY. SUBSCRIPTION FOR 2026-27 MAY BE PAID AT THE EARLIEST.

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.106003130000822,
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.



APPEAL

Canara Union appeals to all its Members who are over 80 years to please pay Rs.150/- per annum (April-March) for the Hard Copy of CUNL (Canara Union Newsletter). Method of payment is detailed on Page 2 of the CUNL. Those members who have paid may ignore this message.

Hon. President:	Prakash Aroor	
Hon. Gen. Secretary:	Meera Philar	
Editor:	Amit Kilpady	amitkilpady@hotmail.com
Editorial committee:		
Member –	Meera Philar	meeraphilar79@gmail.com

A WORD FROM THE PRESIDENT

Pondy Bazaar is a well-known crowded street in Chennai, chock-full of lanes, shops and diners.

I remember, in the 1970s, a small child from the US visiting her grandparents took her, among other places, to Pondy Bazaar. 'So what did your Paati buy you in Pondy Bazaar,' we asked her. 'Pondy Bazaar?' she said. 'You mean Yucky Bazaar,' and put out her tongue to show disgust. We listened with a sense of shame.



And this feeling comes up every now and then to us in India, perhaps. Somehow this leads me to think about India-bashing from visiting Indians who live overseas. We seem to have to listen to the list constantly -- dirt, corruption, petty and serious dishonesty, messy streets, human discharge in public places, workmen who overcharge and do a shoddy job... the list goes on. Unfortunately, they are usually right about what they describe. But there are two questions here. Do we not know this about ourselves, do we need them to tell us? And is there a suggestion from their side that we are somehow okay with it all.



There was a time when I reacted with embarrassment. 'Is that how it is? So sorry!'

But now I tell them to stop. From experience I know that from their side the conversation will lead to comparisons between their adopted country and ours, about situations, procedures, food, transport and so on. There is no end.

What our visitors tell us are truths, but maybe we don't need someone who doesn't live here—and is not going to do anything about it -- to tell us? I think courtesy and good manners require that if we must criticise something in a country we visit, we tell our own people, not the people we are visiting. Incidentally, in my experience at least, non-Indian visitors are very conscious of this courtesy -- and I do hope we likewise, when we visit other countries.

Of course, what I have said above should not apply to situations in which people from overseas are in difficulties arising from let-downs, dishonest dealings, and need our help. We must help.

All this may seem like an extreme view, but I am open and listening.

And for a laugh.

Those of us who lived in Chennai in the 1980s may remember Shobhana Ravi, the wonderful TV anchor for Tamil news. It was a great pleasure to listen to her, and I listened occasionally to her in order to improve my understanding of formal Tamil!

She had a very wide fan following and part of this was a senior colleague who watched her read the news every day. One day, he said to us, shaking with laughter, 'Last night we were watching Shobhana and I said to my wife, "Oh this is so sad! She has a pimple on her right cheek. Poor thing!" My wife gave me a look and said, "A pimple! I've been suffering from great pain in the legs for years, and you've never said 'poor thing' to me."

PRAKASH AROOR

SPECIAL ANNOUNCEMENT

Canara Union is happy to announce their new Website www.canaraunion.com which has gone live with immediate effect. We look forward to your thoughts and feedback, if any.

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

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.

LETTERS TO THE EDITOR

We invite our readers to share their views on the Newsletter, and suggestions, at cunlcanaraunion@gmail.com.

We will be glad to publish letters from time to time, at the discretion of the Editor.

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

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

Did you know?

40% of human jobs could be replaced by AI in the future

Artificial intelligence expert Kai-Fu Lee avers that in two decades from now, 40 percent of human jobs could be replaced by equally capable robots. And drivers might be affected the most.

Disneyland has an underground tunnel system

The tunnels were built to minimize the chances of Disney characters having to run through other lands to get to their posts, which spoiled the magic. Thanks to the tunnels, you won't see a Tomorrowland spaceman turn up in the Old West-inspired Frontierland.

Our skin sheds

Our current skin will be gone in a month — our skin sheds 30,000 to 40,000 skin cells every day. In fact, over 100 of those cells probably flaked off while we are reading this sentence. However, it rejuvenates just as quickly as it sheds. Regular exfoliation twice a week helps get rid of lingering skin cells to make room for a fresh layer.

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

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(Regd) , 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..... Dateddrawn on Bank.....,Branch.....
NEFT / RTGS Details Remittance made Dated..... Bank / Branch.....

The amount of donation [tick any one]

- 1.) Is to be kept as a Corpus Fund & interest earned thereon is to be used for disbursement.
- 2.) 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 & PROOF OF ADDRESS.

Regards,

Signature
Phone No:

THE HOMECOMING

SARAS RAO AND GAYATRI MADAN DUTT



The four siblings: Kuttu, Gontyaa, Buchchi and Thammaa, were in sizzles of excitement. Their eldest sister, Shaantam, was coming home on her first long visit after more than two years. A brilliant and conscientious student, she had completed her Bachelor's in Special Education for the Visually Impaired in the US. She had been invited to help start a School for Blind Children in Chennai by drawing up a Training Course Programme for new teachers. Shaantam loved children. Her kind heart had drawn her to the path of social service. She had almost completed the programme, needing to only give it a final wrap-up. Having hardly spent time with family, she was now coming for a ten-day break.

Everybody loved gentle Shaantam. As for the siblings, she was the highest object of their adoration. She had been their second mother in their toddler years, feeding them imaginative cauliflower-trees from *aambat*; golden-ocean *daali thoy*; hopping bunny-rabbit *batatey* from *sukken*; and green meadows of *bhaajje upkari*. She told them *Kaayl Maammaa-Gupch Akkaa* (Crow-Sparrow) and *Gadda-Badda Duddiyaa* (Rough-Tumbling Pumpkin) stories and showed them magic tricks.

Do you remember Shaantam Akka's pencil magic? Thammaa asked. Oh, wow! That was awesome. (He hadn't yet been told how the trick was done, although the other siblings knew!)

Shaantam had held a special extra-long pencil in her hand, bent at the elbow. Now carefully watch the lead tip of the pencil. You should stare at it hard. Soon, the force of your concentration will make something happen at the tip.

The four kids gazed at the pencil tip as if their life depended on it! Then their mouths fell open. A shining drop of water appeared at the tip and then dropped down with a mini splash. Tell us how you did it. Tell us how you did it, they pleaded, crowding round her. That's a secret! Shaantam had said with a charming lilt and smile.

She had tucked a ball of cotton soaked in a little water behind her ear. While the kids were busy 'devouring' the pencil tip with their eyes, she had carefully taken out the cotton, hidden it loosely in her palm, and lightly squeezed. She had later revealed the modus operandi to the elder siblings, but they had all kept Thammaa deliciously in the dark for the time being, so they could enjoy his innocent wide-eyed wonder when he spoke about it.

Everyone wanted to go to receive Shaantam. They piled on to each other's laps in the car.

Finally, like ushering in Lord Ganesh or Goddess Durgaa, Shaantam was brought home. Amma made all her favourite dishes. Pappa and she sat and talked for hours. The siblings hung around her like fans. She went to



visit their relatives and her many, many friends.

On the last few days of her stay, they claimed her solely for themselves. Take us back to the old days, Akka, they coaxed her. That cute story we all love, which our wonderful Dada had told you – we want to hear it again.

Shaantam took out a sheet of paper from her purse. You are all fond of writing poetry, aren't you? So I've made a poem out of dear Dada's story. Here it is:

“Kids, when I was young, I had a lesson in Marathi Class. It was about a nice, but very forgetful boy.

The lesson was called 'Visraalu Veenu'. Veenu would forget where he kept pen, book and toy.

This story is about another such Veenu. His name was Visraalu Venkatesh Maam.

He kept forgetting names, words and things. What messes he got into! Raam, Raam!

Once, he attended a festival at a friend's house. The food that was served was delicious.

The sweet dish is especially good, he thought. This recipe must be truly precious.

From delicacy, he took little, then asked its name. They're sweet pancakes — *Paatolis*, they told him.

Oh, *Paatoli!* My wife will make them for me. I'll eat to my throat's very brim!

On his way home, so he wouldn't forget, he muttered *Paatoli, Paatoli, Paatoli*.

A bird, tweeting *Cheen Cheen*, dropped 'prasaad' on him, 'prasaad' that wasn't too holy!

Upset and angry, *Cheen Cheen*, he mocked back and clean out of his mind went *Paatoli*.

Now he was muttering a new word – *Cheen Cheen*. His memory had bowled him a googly.

Then, there before him lay a wide ditch. He hitched up his dhoti and crossed it.

Ayyabbaa, he gasped, as he took the long step. Again, as you guessed, he muddled it!

Visraalu Venkatesh Maam was mumbling *Ayyabbaa, Ayyabbaa* as he walked in through his door.

Wife, there's a dish named *Ayyabbaa*. Please make it. I can't bear to wait any more.

Ayyabbaa? What kind of dish is that? Never heard of it in my life.

What?! Never heard of a simple thing like that? Now, there's going to be some strife.

Will you make it or not? Don't know what you're talking about. The couple soon came to blows.

The neighbours ran in and separated them, not letting them get too close.

Beating each other? Shame on you both! The marks on your arms look like *paatolis*.

Ah! *Paatoli, paatoli*. That's the name of the dish. Beloved wife, forgive your Visraalu's follies.



His wife learnt to make really delicious paatolis; cooking had always been her talent.

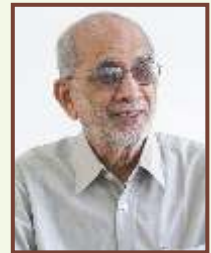
And one thing Visraalu Venku never forgot was to wallop paatolis to his heart's content."

The kids laughed and applauded till the room echoed with the sound.

But all good things must come to an end, as Pappa often said. Shaantam had to return to Chennai to do the final wrap-up on her Training Programme. The children were inconsolable, Buchchi and Thammaa shedding the most tears. But I'll be back in a month or two, and that will be my really special homecoming, Shaantam said, as she touched Pappa's and Amma's feet, and kissed her siblings goodbye.

THE QUIET TRANSFORMATION

KISHORE SUNDER RAO (AMEMBAL)



As we grew older, we found the simple pleasures in life could be so rewarding. We would take a gentle walk around the walking path, going only as fast as she could walk, and soon she would sit in a chair by the side of the

track and I would continue, at a brisker pace, to finish my thirty minutes of walking. After some time, the children playing in the garden would begin to come and speak to her, at first very tentatively, and later there would be an inconsequential conversation going between the old lady and the children. Often the children would seek a reason to spend time with her, sometimes beginning with a question like, "Have you seen my Mamma?"

In time, adults also would stop by her side and have a short conversation before continuing their walk. This was the beginning of a small community – the old lady, the children, the adults and I who would have finished my walk

and would have joined her. As more and more people joined the group, she began to get to know them all by name and each conversation began to be a small interlude before they continued their play. The children and the adult walkers had a common purpose of either playing or walking around the walking track, but she soon got established as the kind, old lady with a ready response, to young and older walkers. The transformation was almost imperceptible. She had always been friendly, but shy, and took some time to begin a friendship. And here she was, a friend to young and old, known to all as being available for a short chat or a complaint from the children whenever they had had a small quarrel with one of their friends.

She was always thin and with age and illness had become frail. One evening she became ill after dinner and had to be moved to hospital. It was just a short three days in ICU and one afternoon, around lunch time, she quietly slipped away.

The chairs around the walking track remained unoccupied for a few weeks. The children played around the chairs but had nobody to make inconsequential conversation with. The adults missed her but remembered her as the aunty with a smile who was always willing to discuss the weather.

It took me a couple of months to go down and walk, alone. It's only last week that I told myself that life must go on and I have begun to walk, but never to sit in that lonely chair. Till, one evening I did sit and the very same day adults started stopping to talk about the weather and other inconsequential topics. For a couple of days people did not mention her. But very soon they began to talk about all that they had discussed with her and how they missed her gentle smile and readiness to spend the time of day with.

I now sit there, taking part in gentle conversations. In my mind there is still that empty chair beside me and I can almost hear her giving an opinion. The banter has returned to the conversations and very soon I hear a quiet voice saying "Come, let's go home, the mosquitoes have started biting". I still sorely miss that happy association of sixty-two years and wait for another empty chair to be created.



HARRY POTTER QUIZ

(For the Potterheads)

- Q1. What were the names of Harry Potter's friends?
- Q2. How was Sirius Black related to Harry?
- Q3. What animal was Harry's Patronus?
- Q4. What were the names of the 7 horcruxes?
- Q5. What is Dumbledore's full name?
- Q6. What are the names of the 4 houses?

See Page 13 for answers...



A MEMORABLE TRIP TO KUDUMANGALORE - WHERE TIME STANDS STILL (PART 1)

VIDYA D SAGAR



Travel Plans for Kushalnagar and Kudumangalore

After being stuck at home for more than two years due to the pandemic, we were so bored. We felt more for our pet, who could not play outdoors. The most he got was a walk down the lane near our home. He loves the outdoors and loves people and started to throw tantrums.



We started surfing the net trying to find a pet-friendly nature retreat nearby to spend a few days there with him. We had almost booked a place when we got a call from a close relative which changed everything for us. They had planned a visit to their farmhouse in Kushalnagar and asked whether we were interested in joining them.

We agreed and left for the farm a few days later on an early December morning. We were super excited, and so was our pet. He started jumping for joy as soon as he realized he would be coming along.

Arrival at the Lake House

We reached the farmhouse around midday. We were in for a surprise on our arrival at the destination—it was a lakeside house, and the view was breathtaking. There was greenery all around and the atmosphere was so calm and peaceful. A perfect nature retreat far away from the hustle and bustle of busy city life. "This is a true hidden gem that you have here," we told our hosts. The weather was perfect. The rain had just stopped, and the lake was full.

After lunch and a little rest, we planned on visiting the nearby well-known places. The farmhouse is located in Kudumangalore, a village in Kodagu district in the southern state of Karnataka. Our first visit was to the Golden Temple at Bylkuppe. Unluckily for us, the Buddha temple was closed due to the COVID restrictions. Our next destination was Nisargadhama Forest Park.

Visit to Nisargadhama Forest Park

Nisargadhama Forest Park is situated 3 kilometres from the city of Kushalnagar in Kodagu district. It is the main tourist attraction and a popular weekend getaway in the district. Maintained by the government of Karnataka and spread across 64 acres, it is an attractive sight to see. Entering the reserve through the hanging bridge, which itself is a big attraction here, we admired the sight of river Kaveri flowing magnificently through the dense forest. The lush greenery of the forest and the cool atmosphere were so beautiful to experience. We came to know that the ideal time to visit the



forest was from October to May. Nisargadhama is called an island by the locals, as it is formed by the extensive Kaveri river, which is the main water source of the region.

The forest consists of lush foliage of teak, sandalwood, silver oak trees and bamboo groves, which are well-maintained by the authorities. A perfect place for a picnic with children. There are deer, peacocks, rabbits to see and also a playground for the children to play.

Elephant rides and boat rides were cancelled due to COVID restrictions. The tree-top bamboo cottages and guesthouses run by the forest department house the tourists during their stay here.

We got to see a number of birds at the exotic bird park there. We also saw the statues of the original Kodavu tribe dancing and depicting their lifestyle, which was very interesting.

Dubare Elephant Camp

Our next visit was to the Dubare Elephant Camp. This is a forest camp on the banks of the river Kaveri. This is one of the most popular tourist spots in Kodagu. We spent some memorable moments watching the elephants from close quarters.



Here, the elephants are trained by naturalists. The trained elephants participate in the famous Mysore Dussehra processions. We watched a few elephants being bathed in the river. We were overjoyed to watch an elephant do the sun salutation after his bath. Elephant rides and interactions like feeding them or bathing them were temporarily stopped due to COVID. Yet the visit was a memorable one for us.

[To be continued...]

ANSWERS to Harry Potter Quiz

1. Ron and Hermione.
2. Harry's Godfather
3. A Stag
4. Diary, Ring, Locket, Cup, Diadem, Nagini, and Harry
5. Albus Percival Wulfric Brian Dumbledore
6. Gryffindor, Slytherin, Ravenclaw, Hufflepuff

BOOK REVIEW - THE CATERPILLAR WHO WENT ON A DIET AND OTHER STORIES BY RANJIT LAL

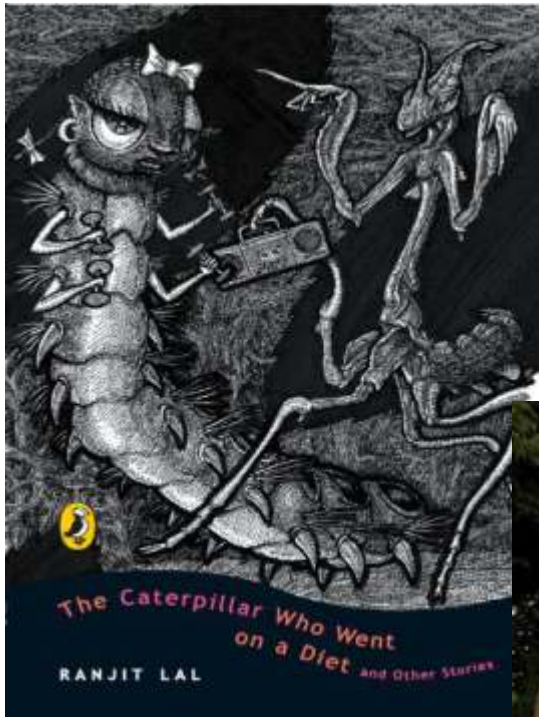


NANDINI KALLE

Imagine, you walking between tall shelves in a library or a bookstore where all kinds of books are there, just waiting to be picked up and read... and you come across this fascinating title:

The Caterpillar Who Went on a Diet..... I'm sure you wouldn't bother to read the rest of the title or read the name of the author. You would just pick it up and begin reading straight away. That's how enticing the book is and even funnier than the title!

To me, the best way to study subjects like the sciences is by reading a book like this one by



Ranjit Lal, where he blends most beautifully, science, facts and humour. In his own words, this book is for anyone between the ages 10 and 100!

This book has short stories where he has these creepy crawlies talking and wondering, taking revenge and having a good time. The book has grumpy, confused, brave and timid insects, all having problems that need solving. And by the time you come to the end of a story, the bug in question has also learnt something and become wiser, or braver or less angry. The author has seamlessly blended humour, information and a bit of philosophy. Each story makes the reader think. That's why I would advise the reader to read not more than one story at a time, giving time to oneself to allow every aspect of the story to sink in. Because in this kind of learning, there is a growth of the mind. The book is also interesting as it takes a refreshing look at a variety of insects and while being fictional, there are factual elements too. A human element is also thrown in for good measure, and it is possible that the reader may



draw similarities between human nature and the fictional attitudes and behaviours of the insects. And so, though this book may be unputdownable, it will

definitely encourage the reader to read slowly and with care and attention because it is an ideal mix of facts and delightful fiction.

What would go through the reader's mind if the title of a story is – *Cheeni Chor*, or say, *Laddu Gulabjamun*?

These stories, incidentally, remind me of another well-known author who was an animal lover and who built a zoo called Jersey Zoo on Jersey Island in the English Channel. Gerald Durrell, besides being an animal lover, was a copious writer who wrote not only about his life in Corfu as a young lad but also his fascination for all kinds of wildlife - from ants to spiders to lizards to rare species of animals on the verge of extinction. His books are exceedingly

engaging because they not only have funny and sometimes provocative titles, but also describe animals that behave very much like human beings with their idiosyncrasies and human beings who behave like unreasonable animals.

But coming back to Ranjit Lal and **The Caterpillar Who Went on a Diet and Other Stories**. If anything, a curious reader will definitely be drawn to the titles of the 14 stories. But the reader must be patient enough to go through the entire book because sometimes the words that are used in the stories may be a tad off-putting. But if one has the tenacity to go beyond words, then this book will surely draw chuckles, giggles and even guffaws!

THIS JOURNEY IS MINE AND YOURS!

PREETA BELLARI



Four months of 2026 have quietly slipped by, almost like pages turning in a book you didn't realize you were finishing. As I paused and looked back, it felt like the beginning of a long, meaningful journey, like the early months of a pregnancy, where so much is forming within, unseen yet powerful. Eight more months lay ahead, waiting to shape something beautiful out of everything I choose to feel, hold on to, or let go.

Life, I've come to understand, doesn't arrive wrapped in perfection. It comes with its share of storms, unexpected, overwhelming, and sometimes unfair. There are days in our life when the weight of challenges feels too heavy,

when the heart feels like giving in, when silence speaks louder than words. But somewhere deep within, there is always a voice... a quiet, steady whisper, that reminds us to find a way. It says, don't lose yourself.

It's easy to fall into the trap of questioning, complaining, or feeling lost. But every time we stand at that edge, we should realize something... challenges are not here to break us, they are here to shape us. They teach us resilience, patience, and the strength we never knew we had.

Along this journey, we meet so many people, each one leaving behind a piece of themselves

in our story. Some stay, becoming a part of our everyday life, while others quietly walk away, taking their chapter with them.

Earlier, I used to hold on to people, to memories, to emotions. But now, I understand, nothing is truly permanent. Relationships, like seasons, come and go. And that's okay. Letting go isn't always easy. Attachments can feel like comfort but also carry the risk of pain. Detachment, on the other hand, is not about becoming cold, it's about protecting your peace. It's about learning to love deeply yet not lose yourself when things change. Sometimes, it takes a heartbreak, a disappointment, or a moment of being deeply hurt to truly learn that balance.

And yet, despite everything, life remains incredibly beautiful. It's beautiful in the little moments, the laughter shared, the unexpected

kindness, the warmth of a genuine connection, the strength you discover after every fall. Life isn't complicated on its own, it's we, as humans, who tend to overthink, overfeel, and sometimes, overcomplicate it.

So today as always, I have chosen and choose differently. I choose to make my life beautiful, intentionally, consciously. I choose to live fully, to embrace each day with gratitude. I choose to love without fear, to build new friendships, to spread smiles wherever I go. I choose positivity, not because life is perfect, but because I deserve peace. There is no space for negativity in my world. No room for harsh words or heavy energy. My heart chooses light, my mind chooses hope, and my soul chooses happiness. Because at the end of it all, this journey is mine... and I want it to be nothing less than beautiful.

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.

KIDS CORNER



Lila Aseem Mudbidri (8 years)



Alaina Honnavar Aval (6 years)



Ashlesha Moodbidri (13 years)



Pranika Hattikudur (10 years)

TALENT CORNER



Colour Pencil Artwork
by Deepali Honnavar



Landscape in Colour Pencils
by Nivedita Baidoor



Winter Paintings in Watercolor
by Rekha Mavinkurve



Graphite Pencil Artwork by Archana Kulkarni

LISTINGS

Product	Contact	Mobile No.
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, ceremonies 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 Months of March-April 2026

Report by Saikrupa Nalkur

- **On 1st March**, Shishyaswikara Divas of HH Shrimat Parijnanashram Swamiji III was observed with Bhashya Pathana and Ashtavadhana.
- **On 14th and 15th March**, a Workshop on “Discover your Personality” using the Myers- Briggs type indicator was conducted by Smt Udyavar Lakshmi Rao pachi for the laity.
- **On 19th March**, Yugadi - Parabhava Nama Samvatsara Prarambha was organised by Canara Union at Shri Chitrapur Math, Bengaluru, with Panchanga Vachana and panaka panwara. Flute recital by Pt. Nityanand Haldipur with Pt. Omkar Gulwady on tabla was also organised on this occasion. Shri Chitrapur Math calendars for the new samvatsara were distributed. Guru Pujana was also performed in the Garbha gudi on this occasion
- **On 16th April**: Samaradhana of Parama Pujya Shrimat Parijnanashrama Swamiji I with Shri Chitrapur Guruparampara Charitra Pathana, Guru Pujana, Dipanamaskar, Bhashya Pathana, Ashtavadhana Seva and prasad vitaran.
- **On 21st April**: Shri Shankara Jayanti: Address by Chief Guest Shri Mangesh Chickermane mam, distribution of prizes to participants and prize winners of Shri Shankara Jayanti competitions, Bhashya Pathana, Shri Shankaracharya Pujana followed by prasad vitarana.

Samvit Sudha® creations, products made of fabric and handmade paper, upcycled products under “Holding Hands” and “Parijna” books for children are available at Shri Chitrapur Math, Bengaluru.

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Contact: Shobha Ulpe 8861715493, Shruthi Ubhayakar 9423008640, Sheela Nagarkatti 9343093002

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For more details please contact :

9987628794 / 9987628889

OBITUARY

We convey our deepest sympathies to the family and relatives of:

Smt Nandini A Bijoor, aged 74 years, on 19 March 2026 at Bengaluru

Smt Sunita S Baidur, aged 78 years, on 26 March 2026 at Bengaluru



THE CANARA UNION (REGD.)

No. 42, The Canara Union Road (8th Main), Malleswaram, Bangalore - 560 003.
Phone : 060-23342625 e-mail : canaraunion@gmail.com
Website : www.canaraunion.co.in

Notice to Donors of Canara Union's FCRA Account

With the changes in the Foreign Contribution Regulations Act (FCRA), it has become mandatory to channelize all foreign donations by a social/charitable organization in India through the State Bank of India, New Delhi, Main Branch (SBI-NDMB). In accordance with this new FCRA Regulation, Canara Union has opened a new FCRA Account with SBI (NDMB), New Delhi. Hence, the old FCRA account with Bank of India, Margosa Road, Malleswaram, Bengaluru cannot be used for any foreign inward remittance.

We give below the details of the new designated account where the Foreign donations should be remitted.

Name of the Bank: State Bank of India, New Delhi Main Branch
Address: FCRA Cell, 4th Floor, New Delhi Main Branch, 11 Sansad Marg,
New Delhi – 110001,
Account No: 40255120262 (FCRA Savings Account)
Branch Code: 00691
IFSC No: SBIN0000691
SWIFT: SBININBB104
Purpose Code: P1303

All foreign institutions and individual Donors, will have to remit their donations only through the above designated SBI bank FCRA Account. A person of Indian origin, holding a foreign passport, will be covered by the term "foreigner" for the purpose of FCRA. Foreigners having an NRO account in India, if he chooses to use the funds from that NRO account for donation purposes, will also need to transfer to the above stated account only, as it is classified as foreign source donation under the FCRA rules. Donors are advised to use the swift code while doing the remittance for faster transfer. We also request all donors to intimate the Canara Union office of the remittance and clearly state the purpose of the donation (Scholarships, Medical or Distress) and whether it is towards corpus (endowments) or to be disbursed in the year of receipt for the stated purpose. We also request you to give the passport copy, the tax code/identification number, if any, for our various compliance and audit purposes.

(Canara Union Hon. Gen. Secretary: canaraunion@gmail.com)

Prakash Aroor
Hon. President
prakash.aroor@gmail.com

HarishchandSujir
Hon. Treasurer
sujirharish@gmail.com



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