



CANARA UNION NEWSLETTER

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www.canaraunion.com

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Photograph by Shivsharan Trasi

Programmes for the Month of June 2026 - Venue: Shri Chitrapur Math, 15th Cross, Malleswaram
Parijnan Kala Samarpanam presents -

Saturday 20 5 p.m. Hindustani Vocal Recital by Vidushi Bharathi Pratap.
Tabla: Shri Sagar Bharathraj, Harmonium: Shri Surya Upadhyaya
Sunday 21 10 a.m. Workshop on Decoding Food Labels by Smt. Varsha Koppikar and Smt. Arti Balse.

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.

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.

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.1060031300 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.



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

Nowadays, the conversation, whether it is at a kitty party or a pub or in the pavilion of an ongoing IPL match, centres around recent austerity measures. It has suddenly hit a high pitch, with, as always, support as well as objection. And a third attitude is casualness, pretending there is no need to change anything.



I think those who object and those who are casual have forgotten the various war times, and the recessions due to monsoon failures in the past?

When the late Shri Lal Bahadur Shastri was the PM, measures like the number of guests to be invited for weddings and other social functions came into force. We were asked to serve as volunteers at weddings where we helped serve the dishes—themselves limited to 6 or 7—with a tablespoon so that guests would ask again to be served only those things they liked. And in this way wastage was avoided or reduced. Hattangadi Gowrishankar-mam, the captain of our Canara Union volunteers, used to monitor this very closely so that none of us broke the rules.



We have many examples of austerity from leaders of the past. The late Shri S Nijalingappa, CM of Karnataka, was a champion of such measures. Rather than talk about it, he applied it to his life. He refused to take the salary of Rs 10,000 (in 1959 it was like a million rupees today) and accepted, perhaps until the times changed, a token salary of a rupee a month! And he would cycle to the Vidhan Soudha.

In our homes, at the time of World War II, I remember we managed with very simple food and used measures to make it stretch. We have friends in England who still eat with great austerity. They say they can never forget the hard times and have got used to eating only the most basic food. I must say this is not easy, I have tried to follow it without success.

When austerity measures are announced late, though, it creates confusion. When the recent war broke out, there was a sense conveyed of things being normal. We were given to understand that the stock position of essentials such as crude, LPG and fertilisers was comfortable and there was no cause for panic. It was kind but misleading. We are now in a new position where we are asked, quite rightly, to hold back on many things. Perhaps we will gradually get accustomed to this as we did in Covid times. Speaking for myself, I can work on food, cut down use of electricity, not travel unless very necessary, but can't see myself jumping into buses to save on petrol. I might break a bone or two. So the best thing is to stay home. I said speaking for myself, not for the other one in the house.

On a lighter note, and since laughter is free, let me suggest a formula. We lived in Chennai for over four decades and used to talk about what we called the Karunanidhi formula. If and when there was a shortage of any essential items and if there was a scramble for, say, LPG, the government would reportedly create a shortage of sugar and so the direction of scrambling changed. If there was a shortage of vegetables because of the diesel prices mounting, milk would suddenly go into short supply.

Shortage or surplus, what a lovely country we live in. Jai Hind!

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.

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.

"I never think about the past. Why waste time thinking about something I cannot change."

-- *Legendary singer Asha Bhosle*



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



JAYATI'S BAKERY

FRESH | EGGLESS | HANDCRAFTED

Jayati Nayel, based in Malleshwaram, Bangalore, crafts unique 100% eggless international bakes — from soft Japanese milk bread to garlicky Korean Buns — freshly made to order with premium wholesome ingredients and no preservatives. Every bake is thoughtfully customised, because cakes aren't just sold here — they're made to be loved.

Contact Jayati's Bakery: 9871583001 to get the updated menu and pre-book your orders.



- ✓ 100% Eggless & Vegetarian
- ✓ Premium Small-Batch Baking
- ✓ Fresh, Fun & Hand Made



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:

NEIGHBOURHOOD PREDATOR – A STORY OF CO-EXISTENCE FROM BANDIPUR

SHIVSHARAN TRASI



‘Aakade cross madi hoithu’ a man casually directed us with nod and a smile, sitting calmly at his doorstep. He held up a newspaper, a small cup of tea or coffee by his side. You wouldn’t believe it to know that he was giving us directions to where a leopard had just crossed barely a few minutes before. That’s right. A leopard.

Coexistence is a term so casually bandied about, that it is hard to grasp what it might truly mean and require. So fluid is its meaning, and so grey its colour, with no clear black or white, that it is impossible to contain it in a few words or sentences. But, if we care to observe, there are places, particularly in India, where one might discover what it looks like. On a recent trip to Bandipur, I encountered one of its most famous residents - the reception leopard. It acquired this moniker because the old department reception area lies within its territory. What is unique though is not the leopard itself, but the space it occupies, because for about a hundred metres on either side are a few rows of houses, where people dwell in complete and total harmony with one of India’s most enigmatic predators. Even more surprising, perhaps more so to minds



shaped in cities, is the fact that there is also a school in the same space, in the path of the leopard, where children go about their day unperturbed. I wondered if at some point there may have been some untoward incident or agitation by the villagers, concerned by the fact that a leopard had taken up residence among them. Absolutely not. Never. No problems faced by either side, I was told when I asked, as if even the mere suggestion was blasphemous.

She is in fact a leopardess. An adult female, who has reared generations of cubs in the same space with no incident. She has somehow imparted her ability to live among humans to her cubs, who have also co-existed peacefully. As I digested this, I marvelled at the people who lived here, and wondered what it must feel like to have a heart so big, it makes room for a predator. How it must feel to have such a deep understanding of life, and to acknowledge, regardless of belief systems or ideologies, that whatever it was that brought us here, also brought her here, and therefore, she must be accorded the same rights, dignity, and respect that we desire for ourselves. But beyond dignity, there was also a sense of wonder at the natural world. I noticed it in a fleeting moment, when on reviewing a video recording a friend had made of a recent sighting, I paused it to notice a hand holding a phone camera peeping out of the open door of one of the houses, attempting to capture a creature I’m sure they’ve seen countless times before, yet of whom they will always remain in

awe, where familiarity will never breed contempt. What a truly enchanting world!

They named her 'Meesakari' - the long whiskered one, after her unusually long whiskers. I saw her that afternoon, moving through an open patch, whipping up her tail, signalling to her cub to follow her. And later again in the evening, sharing a kill that her male cub from her previous litter had made. He had brought down a deer fawn and taken it up a tree to keep it away from prying scavengers. Now almost fully grown, he would soon separate



Meesakari whips up her tail - a signal to her cub to follow her.



Mother and her adult male cub share a feast.



Meesakari's newest cub calls to her from the undergrowth

from his mother to chart his own path. Not far away, her newest cub, a tiny furball only a few months old, called out to her, waiting in the dense undergrowth for her to return and lead it into this strange world that they shared with human beings. A world where the children of people and those of the leopard are educated in such close proximity to each other, imparting a sense of respect and reverence that few have, and even fewer understand. Many would argue that this isn't right - that either man or leopard should leave. That debate will continue, and perhaps never truly end, even as stories like this continue to intrigue, making us pause and reflect.



Meesakari and her male cub move through a dense patch of weeds, the tiled roofs of houses forming an unusual backdrop



A resident attempts to capture footage of a leopard on his camera phone, even as it moves through a patch, just meters from his door.

A MEMORABLE TRIP TO KUDUMANGALORE - WHERE TIME STANDS STILL (PART 2)

VIDYA D SAGAR



Chiklihole Reservoir

Next was the visit to Chiklihole Reservoir. This is a small reservoir built across the river that goes by the same name, which flows along the Kaveri river basin of Karnataka. It is at a distance of just 5 kilometres from the Dubare forest. It has been active since 1985 and was built mainly for the purpose of irrigation of the nearby villages (It irrigates 865 hectares of land).

The dam is surrounded by lush green meadows on one side and green forest on the other. It is a beautiful sight to behold. The tranquility is also enhanced by the greenery all around. The dam has a unique semi-circular shape, which is the main attraction for tourists. When the inflow increases, the water overflows like foam on a curved surface and is spectacular to see. Watching the sunset from the dam is also a wonderful experience. We were told that the best time to visit was during the monsoon as the increase in water levels yields a splendid view.

Harangi Dam

Our next visit was to Harangi dam, which is built across a tributary of the Kaveri. This is the first



dam to be built across this mighty river. It was less crowded here—a perfect place for a quiet retreat. We had a relaxed evening enjoying the beauty of the lush green surroundings of the dam. The soothing gentle breeze added to the tranquility of the place.

We learned that the best time to visit the dam was from August to September, when the dam is completely filled with water and is a picturesque sight to see. The garden in Harangi is well maintained and beautiful to see when it gets lit up after dark. We also got to taste the delicious food at Top In Town, a restaurant in Kushalnagar.

Musical Fountain in Harangi

The main attraction at Harangi is the musical fountain. We were told that the musical fountain would start at 7 PM, so well before that time, we took our places in the space provided to watch it. Soon the place was filled with people. Most of them were young and seemed to be on a college trip.

Exactly at 7 PM, the fountain started to the background music. It was colourful and enchanting. The youngsters started to dance to the music, and it was great fun watching them and the dancing fountain.

Other Tourist Spots in Kushalnagar

There are other beautiful tourist spots in and around the city of Kushalnagar like the Abbey falls, Talakaveri where the river Kaveri originates, Madikeri Fort, and many other beautiful places which we did not have the time

to visit. We hope to cover them during our next visit.

The Lakehouse

The best part of the visit was our stay at the lakehouse. We had an enchanting view of the sunset and the sight of the lake and its surrounding area covered in dew. There was a portico in front of the house where we could sit and see all the way to the far end of the lake.

We saw ducks and other birds who visited the lake to drink from it. I was enchanted with the swing in the portico. Sitting on the swing reminded me of my childhood and I felt a sort of freedom there. The only issue was that there was no internet or network there, so for two days I had a complete screen detox! No social media, no calls, no messages.

An Amazing Vacation

Roaming inside the farm, our pet was so excited, he seemed transformed. He loved the pampering he got from all the people in the house and was calmer and more relaxed. The amazing view of the lake with the backdrop of the trees had a serene effect on us. This is the most beautiful vacation we have had in a very long time, and we were so thankful to our hosts for this wonderful time we had at their farm at

Kudumangalore. This has been a memorable trip to be cherished for us.

We have such a fast-paced life nowadays, we hardly have time for ourselves to sit in a tranquil place and contemplate, to relish and absorb the beauty of nature and our surroundings, to enjoy life in the real sense. A balance is needed to not get addicted to technology.

A retreat into nature like the one we had is necessary to relish the real experience of being human. It is necessary to take some time away from screens and interact with real people, to contemplate in peace, to enjoy nature so that we can connect with our real self, the self inside us.



FIFA Football World Cup Trivia

- **Most World Cups (Men's):** Brazil is the only nation to have appeared in all 22 men's finals tournaments held from 1930 to 2022, securing five titles.
- **All-time Top Scorer:** Germany's Miroslav Klose holds the record for the most World Cup goals scored, with 16 goals across multiple tournaments.
- **Most Goals in a Single Tournament:** France's Just Fontaine scored an astonishing 13 goals at the 1958 tournament in Sweden.
- **Fastest Goal:** Turkey's Hakan Sukur scored just 11 seconds into a 2002 World Cup match against South Korea.



BE AN ENERGY BOOSTER

SADHNA KAIKINI



Remember a famous cricketer promoting Boost with the famous line, "Boost is the secret of my energy!"? What about each one of us becoming energy boosters?

Energy, in this article, has hardly anything to do with physical, mental and emotional energy that is most often spoken about. "I'm exhausted after my long sprint," says a sports buff. "I can't take this anymore!" says a fatigued youngster having put in long hours of work. A harassed spouse screams out, "Stop it! Leave me alone!"



Underlying all of them is one thing common - a complete depletion of energy. The energy that prompts one to smile, to stay enthusiastic, to be joyous and enjoy everything that one does! That's the energy we will consider in this article.

Start with questions to yourself.

1. What makes you feel on top of the world / at peace / wanting to share / willing to help?
2. What makes you feel angry/ hopeless/ lost/ fearful/uncomfortable?
3. Who are the people who create happy situations and who do the opposite?

Once you honestly answer the above questions, it's time to ask yourself if you also may be causing discomfort, unhappiness and hurt to others. And of course, bringing love, happiness and warmth to many too. Ironical but a hard fact! I too can be - if a term may be used here - an energy stealer! And that's where I need to begin to reverse that!

Pay attention to the WHY of all the above questions and the answers to them! The truth is that the whole world runs on an unseen, invisible energy that has nothing to do with solar or electric energy!

Every time there is a drop in that energy, we feel low and yearn for it. Conditioned from years, we start stealing it from those around us - often our loved ones or from those who are loyal to us. Others do the same to us and thus

unknowingly we set up a vicious cycle of stealing energy! Very, very sad!

But what if we get out of this cycle and instead become Energy Boosters? Here is how you can do it.

Just like you drive down to the nearest petrol bunk for diesel/petrol OR plug in to charge your electric car, first learn about the Universal Energy Bunk! Mother Nature!

Ever noticed how a brisk walk, a spot of gardening, spending time with a beloved pet or speaking to an enthusiastic, wise person can pull you out of a foul mood? All of them replenished your lost energy.

'The Celestine Prophecy' and its sequel 'The Ten Insights' speak at length about this simple secret. If you start with simple self-awareness and become alert to what steals your energy, you can get out of this rut.

The sequence -

Something happens that begins to drain my energy - I'm alert - I move away to a space where I can see the open sky, a tree by the side of the road, the fish swimming in the aquarium, the radiant moon in the dark sky! Consciously I allow myself to imbibe the energy that they naturally carry.

A tip here! I allow myself to open up and send a message of appreciation and love to whoever I am watching in that moment. A natural passing of energy happens, and I feel good enough to return - this time with enough energy to overcome the situation that had challenged me.

Now I have no more need to deprive another of his/her energy. I have found my own Energy Bunk! The relief of NOT having hurt or upset somebody else is in itself an energy booster to

me! Wonderful things can happen - a control over my environment to begin with!

If I can persist on this path, this practice can become a habit. Let it begin with Step #1.

Step #1: I am aware that my energy level is low, and I know where to refill myself with energy from the Universal Energy Bunk!

Step #2: I will no longer allow others to 'steal' my energy. Nor will I do that to anyone.

Step #3: Keeping my energy level optimum most often, I will slowly strive to help others too to become Energy Boosters.

Start with this and rise up to be the Boost - the secret of a larger energy!



HEAD IN THE CLOUDS: TEEN TIMES AND COLLEGE (PART 3)

VANDANA PANDIT



This is an extract from Vandana Rao Pandit's book Head in the Clouds - My Adventures in the Air Force and Life Beyond. The following is from the ninth chapter of the book. Subsequent chapters will be published in forthcoming issues of CUNL.

My father had not changed with the times and as usual was firmly convinced that if I took a bike to college, at some point I would be found under a bus or truck. That it could be a car, or another bike never occurred to him; it had to be a bus or a truck. I pointed this out to him once and almost lost my privilege – my lovely Luna. Imagination runs in the family.

College life was great fun and those years have given me my most memorable moments. We were allowed to go in and out as we pleased and 'bunk' classes. I made sure that I always had over 75% attendance, as to go under would result in parents being called in at the end of the year and one would not be given the hall ticket for the exam. Plus, my recently acquired vehicular freedom may have been in jeopardy. So, I kept myself out of trouble, or just about.



Occasionally, boys from local colleges would zoom in and out of the college on their bikes, and one day, some girls got so tired of this that they locked both the gates and pelted the riders with half-eaten corn. I don't think this deterred them much, as they were soon back. This is a famous MCC story that gained some notoriety in those days.

Many girls had boyfriends who would pick them up on bikes and cars and I was somewhat envious of this. It seemed like a cool thing to do, but as I knew very few boys who had cars then, it never happened with me. The guys I knew with bikes either had girlfriends or didn't like me and vice versa.

We had recently discovered a pub in town called 'Noon Wines.' We decided to visit during the day on our lunch breaks. We loved the place, although it was dark and dingy, but had character and most importantly wine, which was cheap and very strong. Two birds, one stone. We would then sail back into class pleurably high with no guilt whatsoever.

I once mentioned to my mother that we did this quite regularly and she didn't seem to have an opinion, so I carried on. I think she didn't believe me and thought I was exaggerating as usual. The irony was that we were quite open about going there, and it didn't even occur to us to hide these afternoon expeditions. Our classmates' WhatsApp group is now called 'Noon Wines.'

Many years later, when my older daughter



Pranati went off to Law school in Sonipat, Haryana, my mother asked me how I would keep an eye on her. I asked her if she remembered my Noon Wine days. She said she knew of no such thing and would have strongly disapproved. I informed her that she did know and that she hadn't said a word. I now suspect she hadn't even heard me then. We have agreed to disagree on this. Sometimes, parents do not know it all. And sometimes ignorance is bliss.

Our Noon Wines stints died a natural death as we soon got bored and suspected that the quality of the wine was devolving. We considered ourselves experts by now. Also, spending about Rs 50/- on a glass regularly was hitting our pockets hard. It was not the money, we assured ourselves, but the quality of the wine.

We went on a very memorable college trip to Kodaikanal in Tamil Nadu during our final year in college. The same two hapless young male lecturers chaperoned us, and I think we must have given them a hard time by constantly ragging them. They were good sports and didn't seem to turn a hair. One night, we managed to sneak in some rum and some 'More' menthol cigarettes into the dormitory we were given. Not being regular drinkers or smokers, we managed to convince ourselves that we were drinking hard and were very high. We also took some pictures to prove this to the girls who hadn't come on the trip.

Unfortunately, one of the girls (a first bench, so can't remember her name) got chills and high fever due to the extremely cold weather and we had to go and alert the two lecturers late in the night amidst our dancing and partying. I remember the intense discussion on which lucky girls would go to their room and what they would wear. Finally, two of the bolder ones went and the girl got the required medical attention. We had one friend who strongly disapproved of our mischievous behaviour and was justifiably giving us stern lectures throughout the trip. But we were thick-skinned and shameless and didn't let this stop us.

We also did some ushering during the Miss India competitions and other modelling shows which were held at the Chowdaiah Memorial Hall. We were paid about Rs 100/- for an evening's work. This was to earn some extra pocket money and we thoroughly enjoyed ourselves. Our job was to help the models dress – they would rush out onto the ramp and then come back in, undress and change. Famous models of the time like Mehr Jessie, Anu Ahuja, Binita Singh, Milind Soman, Lascellous Symmons and many others would come for the shows. We would have a lovely time gawking at them whilst trying to help them backstage. We assisted the female models and would be starry-eyed at their perfect faces and bodies. I did this a few times with my friends and we loved the whole experience and the bonus cash.

When I was about eighteen, I started doing some modelling for a few local brands and for a glossy magazine in Mumbai called Glad Rags. I was still convinced I was not suitable to model. As a child, I was of dubious complexion – not too dark or too fair and too lanky, skinny and awkward. Apparently, the years that followed had been kind and now I had acquired some facial lightening and could take on the world. I

shrugged to myself and went with the flow. If I could earn and have some fun, I was all for it. Colour ran the worlds of modelling and films. When a baby was born, the first question asked would be if the baby was fair or dark. But things were beginning to change then, and a lot of dark-skinned models were starting to rule the ramp. Naomi Campbell from the US, our very own Noyonika Chatterji and a few others became highly successful models.

My grandmother - Anama who was very unconventional for grandmothers of those days - was convinced I would become a famous model one day and would make me walk across her living room with a stack of books balanced on my head so my back was always straight. We would automatically straighten up whenever we spotted her eyeing our postures. I had started doing a few advertisements by then



which were mainly print ads and had made some money that thrilled me. Soon I was offered an opportunity to move to Mumbai and take up modelling full time but by then I had decided that I needed more substance in my life, and I did not want to move out of my comfort zone. Modelling was fun and I was lucky that I never encountered any sleazy men at all or maybe didn't notice and the men and women I worked with – the models, photographers and agencies.

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.

LISTINGS

Product	Contact	Mobile No.
100% EGGLESS INTERNATIONAL BAKES-Jayati's Bakery From Fluffy Japanese milk bread and soft Korean buns to beautifully customized cakes, every bite is crafted to delight - freshly made to order with premium ingredients and no preservatives. Every bake is thoughtfully customized, because cakes aren't just sold here - they're made to be loved.	Jayati Nayel	+91 9871583001
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, quilling 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

KIDS CORNER



Nidhi Kundapur (8 years)



Nikita Burde (8 years)



Dhruv Talgeri (10 years)



Ritu Burde (15 years)

TALENT CORNER



Acrylics on Canvas by Sarita Koushik



Water Colours and Black Pen Artwork
by Ananya Trasi



Graphite Pencil Artwork
by Archana Kulkarni



Sharmila Rao

French Open Tennis Trivia



- Oldest Open Era Champion: Novak Djokovic, who won the 2023 tournament at 36 years and 20 days old.
- Youngest Men's Champion: Michael Chang, who won at 17 years and 3 months in 1989.
- Record Singles Titles: Rafael Nadal holds the men's record with 14 titles, and Chris Evert holds the women's record with 7 titles.
- Historical Milestone: In 1968, it became the first Grand Slam to become an open tournament, allowing amateurs and professionals to compete together.
- Coupe Suzanne Lenglen: The women's singles trophy honors the legendary French tennis star Suzanne Lenglen.
- Coupe des Mousquetaires: The men's singles trophy is named after the "Four Musketeers" of French tennis (Jean Borotra, Jacques Brugnon, Henri Cochet, and Rene Lacoste).

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.

Sales counter timings: 4 to 6 pm on Tuesdays, Thursdays, and Saturdays

Website: www.samvitsudha.com

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

CLASSIFIED

FOR RENT

Cosy 1RK Cottage, D Block, Pandurangashram, 8th Main Road, Malleswaram, Bangalore. Ideal for singles/couple (CSB).

Contact Archana Bhat: +919821190475

OBITUARY

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

Smt Susheela Narayan Balwally, aged 94 years, on 1 May 2026 at Bengaluru

Shri Krishna Singh, aged 97 years, on 6 May 2026 at Bangalore

Smt Lalita Arvind Masurkar, aged 87 years, on 9 May 2026 at Bengaluru



THE CANARA UNION (REGD.)

No. 42, The Canara Union Road (8th Main), Malleswaram, Bangalore - 560 003.

Phone : 080-23342625 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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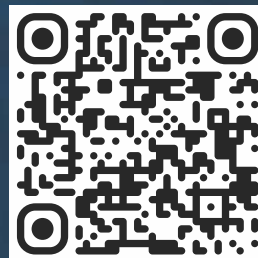
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