



CANARA UNION NEWSLETTER

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www.canaraunion.co.in

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September 2026



Programmes for the Month of September 2026

- | | | | |
|----------|------|----------------|--|
| Saturday | 05th | 6.00-8.00 p.m. | Discovering a Bharat Ratna – Life and legacy of Pt. Bhimsen Joshi by
Pt. Nagaraj Rao Havaladar – Details inside |
| Sunday | 06th | 3.00-6.00 p.m. | Wing Commander Mulky Memorial Quiz by The Karnataka Quiz Association |

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.

NEW ANNOUNCEMENT

THOSE MEMBERS WHO HAVE NOT PAID THEIR ANNUAL SUBSCRIPTION FOR 2024-25 AND 2025-26 MAY NOTE THAT THEIR MEMBERSHIP STANDS CANCELLED.

MEMBERS WHOSE ANNUAL SUBSCRIPTION FOR 2026-27 ARE DUE, YOU ARE REQUESTED TO PAY IMMEDIATELY.

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.



Hon. President:

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Meera Philar

meeraphilar79@gmail.com

A WORD FROM THE PRESIDENT

Our Independence Day at the Canara Union went so well! My congratulations and thanks to all who made it another day to remember. Meeting, practicing, preparing are not easy, but all of them did, and with a lot of 'josh'.

I also thank Shri N Jayavanth Rao who hoisted the flag.

It is difficult to capture the morning in words. I will let these photographs and the link to the video below do that, especially for those who were not present.



I dream but sometimes dared not dream too much about the new-building project, but hope intensely that things fall into place and that the work commences before too long. If that happens, this was our last celebration of the country's independence on the grounds of the Canara Union, so beloved to so many of us. We shall then be like Janus (after who January is named) looking back as well as looking forward.

Video Link: <https://shorturl.at/mlCiY>

At a time like this, we remember Bal Gangadhar Tilak's fervent declaration:

'Swaraj is my birthright and I shall have it.'

And for us, 80 years down, a lot of Pandit Nehru's 'tryst with destiny' speech stays true.

'At the dawn of history India started on her unending quest, and trackless centuries are filled with her striving and the grandeur of her successes and her failures... This is no time for petty and destructive criticism, no time for ill will or blaming others.'



The last sadly continues to be true particularly in the way the monsoon session of Parliament proceeded. And our sadness and anxiety are heightened by the fact that, unlike in the old days and because of the media, we can see, read and hear these things over and over again.

I hope we can live to see a country, a

world, which is protected *by each one of us by our actions*, from divisions of caste, religion and belief. That is the true meaning of swaraj.



The news about food contamination in hotels, restaurants and food-storing places is alarming. It will take a long time for things to be set right and for stringent regulations to be put in place. It is true that both for pleasure and necessity, eating 'outside' food is something we do and is difficult to stay away from. But please let us exercise great caution for as long as we can.

At a time like this, I remember the places and times when the managers and owners of restaurants took pride in showing us round the kitchens and storage rooms. The owner of MTR would do this in the 60s. And most recently, (the now late) Shri Ajay Shirali in charge of the Karla Math, loved showing everyone round the glistening kitchens where the highest standards of food-preparation and hygiene were maintained.

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.

ACKNOWLEDGEMENTS

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

Canara Union Welfare Fund

A Well-Wisher

Rs. 12,000.00

Shri Kishore S Rao

(In memory of wife Nina Rao)

Rs. 25,000.00

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.

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.

ALL DRAMA LOVERS



- We are back again with your favorite NGM Konkani One-act Drama Competition.
- The proposed dates are from 13th to 15th November, 2026. Exact dates will be announced soon.
- Get ready with your troupe, play and send in your entries after the formal announcement is made in October issue.
- Please note that the competition will be subject to minimum of four (4) entries. In case of less number of entries there will be only a drama festival with no prizes.

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.

MONTHLY DISTRESS RELIEF FUND HAS BEEN REVISED TO WELFARE FUND

Dear Friends, Canara Union revises the Monthly Distress Relief Fund to **Welfare Fund**. Under the Welfare Fund we will continue to assist some needy families every month, as in the past. 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
Welfare 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]

- ☐ 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:

Co-sponsored by Canara Union

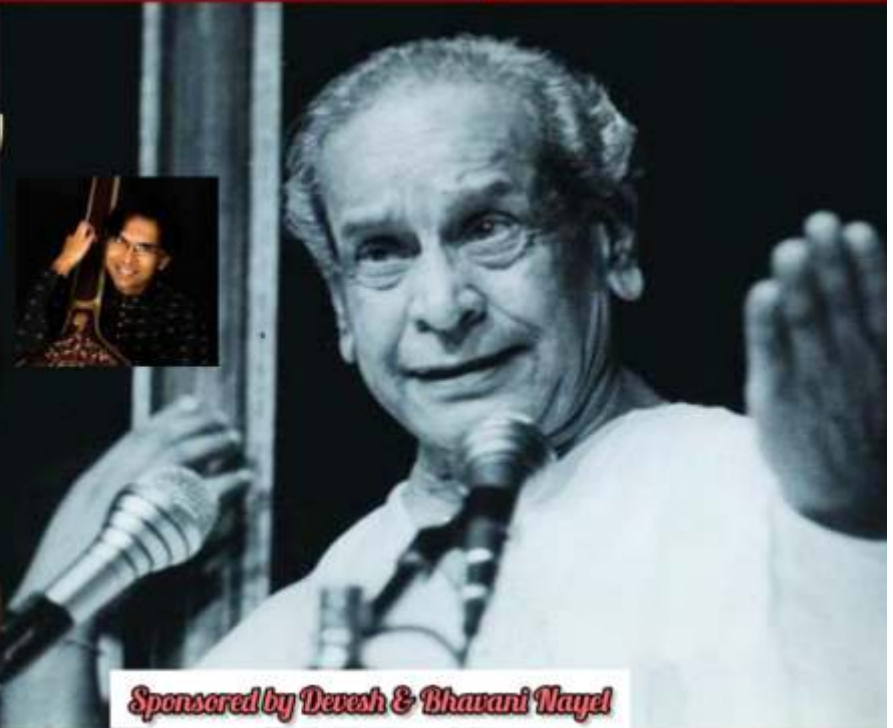


Discovering a Bharat Ratna

Presentation on the life and legacy of Pt. Bhimsen Joshi,
by Pt. Nagaraj Rao Havaldar

Saturday, September 5th
6pm to 8pm
Canara Union Main Hall

English &
Kannada



Sponsored by Devesh & Bhavani Nayel

WING COMMANDER MULKY MEMORIAL QUIZ SUNDAY, SEPTEMBER 6, 2026

The Wing Commander G.R. Mulky Memorial Quiz will be held at the Canara Union on Sunday 6th September 2026 between 3.00 p.m. and 6.00 p.m.

Wg. Cdr. G.R. Mulky pioneered open quizzing in Bangalore through the 1980s and the 1990s with a question-setting style that drew easily from his sense of curiosity and fun and his wide reading. The quiz is a special event on the quizzing calendar because we pay tribute to a man who brought zest and wit and good spirit to everything he did.

The Quiz will be conducted by Mr. Arul Mani and his team from the Karnataka Quiz Association (KQA). The contest is open to all, with a maximum team size of 4 persons. Entry will be free for Canara Union members and for school students upto Std XII. The other teams will pay an entry fee of Rs.200/-.

ANNOUNCEMENT

APPLICATIONS FOR DISBURSAL OF SCHOLARSHIPS TO STUDENTS, AND DISTRESS AND MEDICAL RELIEF – WILL BE DISTRIBUTED EFFECTIVE 1.8.2026

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 1st August 2026. Completed applications should be submitted on or before 15th September 2026 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 1st August 2026. Completed applications along with documents should be submitted on or before 15th September 2026.

Application forms for Distress and Medical Relief for Bhanaps and other members in need of assistance are available at the office effective 1st August 2026. Applications duly completed with necessary documents should be submitted before 15th September 2026.

INDIA'S MUSEUMS

GAYATRI MADAN DUTT

(A version of this article first appeared in the Bhavan's Journal of the Bharatiya Vidya Bhavan)



The word 'museum' comes from the ancient Greek term *mouseion*. The *mouseion* was a site where the Nine Muses, daughters of Zeus, the chief of the gods, used to be venerated. The Muses were regarded as patrons of the arts and sciences. In parallel with the Greek *mouseions*, the temples of India, home to the images of gods and goddesses, their walls and towers covered in intricate sculpture, could also be seen as the nation's earliest 'museums'. Today's *mouseion*, however, has changed its character — from being a religious place where deities were worshipped, it has now become a secular space where a nation's cultural and natural heritage is admired.

Knowledge was greatly prized in early India and was orally transmitted. On the invention of writing, this knowledge was inscribed on palm-leaf and birch-bark manuscripts. These written documents had to be preserved in a suitable place. A museum has been called a country's cultural repository where "history and memory meet." A museum "performs the externalised function of our own brains by remembering for us what is most valuable and essential in our culture." Taken in this sense, the library which stood at the ancient university of Nalanda could be considered, alongside temples, as the first of another kind of 'museum' in India. Housed in a building of as many as nine storeys, it stored for us in its vast collection of manuscripts, India's cherished wisdom gathered over several millennia, before it was destroyed in 1197 AD. But India is believed to still possess 10 million manuscripts today — the largest

collection in the world, 70% in Sanskrit and the rest in her numerous regional languages. Ancient manuscripts continue to be part of museum collections today.

There is an interesting incident from Europe concerning museums and the general public. When the Romans expanded their power over Europe and West Asia in the final centuries BC, they transported art objects from these regions to their capital at Rome. They especially valued the beauty and grace of Greek statuary. A tussle arose between Rome's aristocracy and merchant class and the State of Rome as to who would secure ownership of the statues. The wealthy strongmen wished to buy them and install them in private gardens for their personal, limited viewership, but the State had other ideas. Emperor Augustus finally settled the matter by proclaiming that "Greek art should henceforth be considered public property [or *res publica*] ... and should be used in the service of the state." It is from this phrase *res publica* which literally means public affair or entity, and therefore 'for the public good or commonwealth' that the word republic is derived. In the massive building programme undertaken by Rome, Greek statues were used to ornament the exteriors of new buildings and monuments. As a result, Rome became an open-air "museum of Greek art" to be enjoyed by every Roman citizen.

India's first modern public museum, the **Indian Museum**, was founded in Kolkata in 1841 under the aegis of the Asiatic Society of Bengal.

Two great names are associated with this Society. One is Sir William Jones who founded the Society, and who was the first to describe in detail the kinship shared by Sanskrit, Latin, Greek and Persian. The other is James Prinsep who deciphered the Brahmi script. He was Secretary of the Society for some years. Maharajas of surrounding princely states and many leading citizens of the city donated some of their private collections to the museum.



Indian Museum, Kolkata
Credit: Vyacheslav Argenberg, Wikipedia

Kolkata's Indian Museum is not only the oldest, but also the largest museum in the Asia-Pacific region. Today, it has six sections: for Art, Archaeology, Anthropology, Zoology, Geology and Industrial Botany. Its Coin Room houses the largest collection of Indian coins in the world. An Egyptian mummy can be seen here. Among its valuable holdings are Buddha's relics, and a four-lion capital from the Mauryan Period, the design of which is India's official emblem.



Credit: Chrsi 1964, Wikipedia

The **Government Museum** in Chennai was the second to be set up in 1851. It today exhibits

the largest collection of Roman antiquities outside Europe, and a fine array of bronze idols.



The Museum at Chennai

Since then, around 900 government, university and private museums have come up all over India. They cover a wide range of subjects. The **Marine Museum of the Zoological Survey of India** in the Andaman and Nicobar Islands displays the beautiful sea life of the Bay of Bengal. Arunachal Pradesh's **Jawaharlal Nehru State Museum** at Itanagar showcases the tribal lifestyle of the state with its colourful masks and attractive headgear. Himachal Pradesh's **Shivalik Fossil Park** at Saketi is the largest fossil park in Asia, set up in the same spot where the animal fossils were found. It displays their skeletal remains and also their models. We can view the fibreglass life-size sculptures of some of these extinct animals: the sabre-toothed tiger, giant crocodile, hippopotamus; also the giant elephant with tusks measuring 18 feet, as well as the giant land tortoise. They are a magnificent sight.



Models of the sabre-toothed tiger.
Credit: tourmyindia.com



18-foot-tusked elephant.

Sculpted by Sachindra Nath Paul.

Credit: V J D Chauhan



The giant tortoise. Credit: V J D Chauhan



Sivatherium: Extinct ancestor of today's giraffe

Credit: uchytel.com

Also on display are the remains and models of Sivatherium, 'Shiva's Animal', the ancestor of the giraffe which once roamed between Africa and India (the giraffe now lives only in Africa).

The tusks of several species of elephants that lived 1 million years ago can also be seen here.

The **Munshi Aziz Bhat Central Asian Museum** at Kargil in Ladakh displays the fine wares that used to be traded along the Silk Route between China, Central Asia and India. It is named after an eminent trader, social entrepreneur and patriot.

Bengaluru is host to three important museums:

1) The **State Archaeological Museum** where 11th century Hoysala sculpture can be seen;

(2) The **Hindustan Aeronautics Aerospace Museum** where aircraft are exhibited and which also has a flight simulator and mock Air Traffic Control Tower; and

(3) The **Vishveshwarayya Industrial and Technological Museum**, well known for its interactive displays and mechanical devices. In its spacious premises, the ground and three upper floors are each devoted to one particular scientific discipline; it has a pleasant rooftop cafeteria.

The **National Museum** at New Delhi, set up on August 15, 1949, houses more than 2,00,000 artifacts. Among them are the famous bronze



The Museum in Bengaluru

Dancing Girl recovered from the Harappan site of the Indus-Sarasvati Civilisation, as also the Pashupati seal.



Credit:
Mamoon Mengal
world66.com



The Museum at New Delhi.
Credit: Miya.m

The original of the well-known Priest Head was handed over to the Pakistani authorities at their request after the Simla Agreement was signed in 1972 and is now housed at the museum in Karachi. Its replica however can be seen in the New Delhi museum.

The Coin Gallery traces the history of currency in an innovative way: the display starts with cowrie shells and ends with credit cards! In the Maritime Heritage Gallery is a statue of the ocean god Varuna, below which is inscribed the Vedic phrase from the Taittiriya Upanishad (1.1): 'Shanno Varunah' (May Varuna Be Auspicious To Us) which is the motto of the Indian Navy.

In Mumbai, the **Chhatrapati Shivaji Maharaj Vastu Sangrahalaya** (formerly the Prince of Wales Museum) displays a world-class

collection of art, archaeological artifacts and objects of natural history. It is art in its own right, having been built in the grand Indo-Saracenic style; it has been classed as a Grade I Heritage Building.



The Museum in Mumbai

The **Bombay Natural History Society**, one of India's largest non-governmental organisations, owns a collection of rare taxidermically-preserved animal species and has devoted itself to researching into and conserving the country's biodiversity; the well-known 'Bird Man', Salim Ali, was its former President. The **Bhau Daji Lad Museum** features agricultural and industrial arts, and the 'Planetarium' at the Nehru Centre presents astronomical exhibits and documentaries. The **Gandhi Museum** at Mani Bhavan is the venue where the Mahatma laid plans for the Non-Cooperation, Satyagraha and Swadeshi Movements.

This is only a brief overview of India's estimated 900 museums or 'jaadughars': 'houses of magic', as they have come to be popularly called. Our States and almost all our Union Territories showcase their own 'magic' in their many museums.

This ancient land within which lies almost every climate zone and geographic ecosystem, where all the world's human varieties or 'races', all the language families, and all major religions thrive, may itself well be deemed the world's most comprehensive museum.

THE JAYANAGAR TIME-TRAVELER

PRAKASH JOTHADY



The morning sun in Bengaluru rises through a haze of filtering dust, diesel fumes, and the delicious, heady perfume of filter coffee emanating from the adjacent Swathi Kitchen.

In the centre of Jayanagar's 4th Block Park, an elderly man named Vasudev was fighting a lost struggle with a massive sheet of newspaper. To the casual observer, Vasudev appeared to be interested in state politics. He was hiding behind a Deccan Herald, as if it were camouflage. He was not looking at the news. He was not looking at the toddlers who were using the sand as a weapon in the playground. Vasudev's thoughts have somehow gotten itself into a time machine and travelled back to 1984.

Back then, this park did not have three separate

microbreweries and a boutique pet spa on either side of it. In those days, a 'traffic congestion' was three structural engineers on BSA SLR bicycles waiting for a stray cow to pass.

Vasudev sat with his gaze fixed on a line about cryptocurrencies. But his mind was calculating how many MTR Rava idly could be purchased for five rupees forty years ago. He exhaled. A man sighed, remembering winters in Bengaluru when you needed a monkey cap rather than an absurd light denim jacket.

A shriek interrupted his sleep. Vasudev did not even blink when a toddler tripped over a root of a Gulmohar tree at a decibel level that broke a dozen municipal ordinances. In his mental timeline, he was now attempting to woo his wife



Shanthi by strategically positioning himself outside her college on a Bajaj Chetak that began on the first kick exactly 4% of the time. He recalled the raw, stark dread of being caught by her father. That guy had a moustache that could halt an army, making today's hipster beard fashions look like a plea for assistance.

A tech dude in a pastel yellow gilet walked by, chatting loudly into his AirPods about 'synergistic deliverables'. Vasudev pushed up his thick-framed spectacles. In his day, "deliverables" entailed carrying home the ration rice without ripping the bag. People spoke Kannada, Tamil, or English, not this peculiar corporate language of existential horror.

Vasudev smiled slowly, his face crinkling. The world had transformed, with quaint bungalows giving way to glass monopolies and calm afternoons being replaced by high-speed fibre

internet. He sat on this slightly moist concrete bench, the smell of wet dirt and roasting coffee beans in the air, knowing that the city's heart was far from dead. It was merely lurking beneath a slew of digital startups.

A wayward badminton shuttlecock hit him square on the nose, tearing a hole in the sports sections of his Deccan Herald. Vasudev blinked and returned to the year 2026. A breathless, terrified boy dashed up.

Vasudev picked up and returned the shuttlecock. In my day, young fellow, we had the decency to attack the opponent rather than the press. In good, thriving English.

Vasudev chuckled as the boy ran. He folded his paper and was now ready to head home and explain to his grandchild why TikTok was so much inferior to a decent game of Gilli-Danda.

WHAT-IF AND JUST-IN-CASE: HAD WE TAKEN EVERYTHING WE NEEDED?

USHA AROOR



Recently, we needed to make a quick, day visit to Mysuru.

There was no problem. The Husband planned it all, the date, the time and the taxi. We were to return the same day. The evening before, the Husband looked at me severely and said, 'We go, we come, that's it. No other visits, no stops on the way except for a quick breakfast.' 'And' he added, as if prophetically, 'we take no bags.' We-go-we-come seemed fine. The fruit and sweets for Mysuru had already been bought.

But it was too simple and as the evening moved on, I crept to the other room, wondering whether to take a backpack or a duffle bag. Both would be too much of a dare to smuggle into the car.

What if we needed medical attention, I thought, so I hunted for the files and put them in the bag, declaring, 'Let's take the medical files.'

Then, by association, I thought of medicines. What if we were delayed and needed to have



them. Medicines fall into three categories—those we take routinely, the ones which address specific occurrences, and those for injuries, stings, etc. Anything could happen, so a pile of carefully sorted pills, powders, balms and liquids went into three small, marked bags, and in turn into the large one.

Just before I went to bed, I thought what if the house is burgled while we are away. As I put things away securely, I also picked up the laptop to put it in the safe. And then I thought what if the hard disk crashes. There were precious documents there, I could not afford to lose them, so I spent the next hour copying them into the Google drive.

It then occurred to me that we might, for reasons beyond our control, need to halt in the city late or overnight. So a change of clothes? Towels? Soap, toothbrush, hair oil? I threw these into the bag. And oh yes, I mustn't go without some books, just in case.

I thought now I would watch the television news companionably with the Husband, for at least a short while and to calm down. As I sat down, a food commercial popped up, and I remembered the time we arrived, some years ago, at a temple town. It was past midnight. A curfew had been declared and the streets were completely deserted. We hadn't eaten since the morning and drove round hoping for at least an idli and a coffee, or even a banana. But there was nothing, not even little 'box' shops selling biscuits and tea.

The memory of this bothered me. I felt embarrassed to be thinking of food but what if the taxi broke down and we were stranded in a strange wild place. I got up from watching television as if I were saying good night and slipped quietly into the kitchen. Biscuits, a few snacks, some more fruit and two bottles of water rapidly found their way into the bag. Now, with studied casualness, I moved the bag, full and heavy, to the living room. The Husband noticed—I meant him to—but said nothing.

I've looked at everything, I thought, as we finally went to bed. And the next morning, we were up and ready early. Then we picked up the bag and just as we were leaving through the door, a thought struck me. What if on the way, there was a restroom 'accident' and a change was needed? So I scrambled back into the room and the cupboard and some inners and tissues were stuffed into a special compartment in the bag.

Soon we were in the taxi and 'the Bag' sat in the middle of the back seat, large and exuding blame. Never mind, I thought, it's better to be prepared. As the taxi left, and as I leaned back, I saw the Husband look straight ahead and I'm quite sure I heard him say, deadpan, 'I rest my case.'

THE MASKS WE WEAR IN EVERYDAY LIFE AND THE SEARCH FOR AUTHENTICITY

VIDYA D SAGAR



A Reflection on Shakespeare's Comparison of the World as a Stage in Modern Times

“All the world's a stage, and all the men and women merely players; they have their exits and their entrances.”

These lines from William Shakespeare's play “As You Like It” is one of the most famous metaphors in Literature and holds a lot of meaning.

It reminds us of the various roles we play as we navigate through life, as parents, children, professionals, caregivers and friends.

There is a need for us to adapt to each role we play and at times we hide our true feelings behind masks, much like the actors in a play.



This metaphor is especially relevant today, particularly on social media where people often present the best version of themselves.

They also display cruelty by making mean, unkind, hurtful remarks on other peoples' posts

which is truly deplorable.

Such contrasts make us reflect more on who we really are and whether we are living a meaningful life.

In the classic book on sociology ‘Presentation of the Self in Everyday Life’, the author Erving Goffman uses dramaturgical framework to explain human interaction.

His theory is that social life is a theatrical performance in which people like actors navigate different behaviours to form the impressions that others form of them.

According to him, there is a front stage in which we portray a rehearsed performance to an audience and a backstage where we drop our guard and be our true selves. He stressed the importance of keeping the two regions separate to maintain the situation.

He believes that more often the masks we wear reflect what the society expects and also who we hope to become.

Learning when to perform, when to let go and when to be simply ourselves is living well as per this theory.

Eventually he suggests that the self is not a fixed entity, but a fluid collection of roles played for different audiences for different situations.

In quieter moments, reflecting on the meaning of a life lived well, we realize that though most

people measure it by perfection and success alone, there are other factors that can be attributed to a life well lived.

We often go through our days burdened under the weight of invisible expectations, unrealistic goals, pressure to achieve, trying to control every outcome, and always strive for perfection.

The truth is we gain peace when we let go of this burden. Our souls were never meant to carry this burden.

When we let go of the things we cannot change, the weight eases and we become light.

Values like kindness, love, courage, gratitude and the ability to appreciate the simple joys, like time spent with loved ones, laughter, beauty of nature are essential for true happiness.

I believe a life of significance is one in which we live up to our full potential, with intention and gratitude.

HEAD IN THE CLOUDS: TEEN TIMES AND COLLEGE (PART 4)

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 upcoming issues of CUNL.

In college we had regular entertainment programmes in the auditorium known as the 'Audi.' Eminent personalities from various fields like journalists and sports personalities, which included alumni, would come and give us talks which were awe inspiring. Music and dance competitions, and most fun of all, well-



known local music bands, performed regularly. 'Shyam and The West Winds' were a favourite and we danced and sang along with them a good number of times. I have vivid memories of Sr. G dancing along too.

Beauty queens, national-level swimmers and other athletes, superb debaters, singers and actors – they all made us proud. MCC was a cornucopia of everything that inspired us as young women and the world seemed firmly poised at our feet.

It was overwhelming and I decided to take a back seat in everything. This was totally contrary to my character as earlier in school I had been involved in almost every extracurricular activity. I did not involve myself now in any extracurricular activities. I gave up music, dance and even basketball – my favourite sport. Why I did this, I have no answer



to. That was my loss. I just withdrew into a shell and my friends from college cannot believe that a quiet girl like me has so much to say today. Contrarily, my school friends think I have sobered down. I am happy to go along with both ends of this spectrum because that is exactly what happened.

While still in college I joined a group for students called AIESEC – The International association of students in economics and management, a global platform for young people to develop their leadership skills by conducting management programmes. The members consisted of boys and girls from St Joseph's and Christ College among others. We met regularly and had our office in the Bangalore Palace Grounds and conducted many workshops, managements events and festivals by approaching well-known businesses and companies. I made a lot of friends there and learnt a lot. We would approach companies for sponsorships and participation and go on our bikes to Commercial Street and MG Road in the dead of night to put up our posters. This was an exhilarating part of my college life. My cousin Madhu was also in AIESEC and we all had a lot of fun learning, working, travelling and partying together. We would go to discotheques like Time and Again, Night Flight and Princess - the most happening party places at the time. On one such night out, Madhu was staying the night at my place and when we returned, our apartment gates were locked with no sign of the watchman. So we decided to climb the

gates. She managed easily as she was wearing trousers, but I was wearing a short denim skirt and got awkwardly stuck on top of the gate. Just then the watchman arrived, and in a panic, I tried to climb off, and landed most awkwardly on the pavement, legs in the air, but with no harm done other than some bruising to my dignity. He opened the gates for us with a resigned air and we rushed in giggling.

Academics were a virtual breeze and I graduated having done well in my exams. I had planned to do an MBA that same year but somehow that did not work out. I later did a Postgraduate course in marketing and brand management from Mount Carmel Postgraduate college while I worked in advertising. I did well and was awarded a medal at the end of the course for having topped my class in Brand Management.

In 2017, the batch of '92 decided to hold an event to celebrate twenty-five years since we graduated from Mount Carmel College. We formed a committee and our former college president Vandana Rao - my namesake, friend and an extremely accomplished debater, took charge and did a fabulous job of organising and planning it meticulously down to the last detail.

This was a momentous occasion for us to celebrate our lecturers, our principal and ourselves and we formed a committee. This not only resulted in us having a great time reuniting but also brought us all close in organising this momentous and highly ambitious event. Organising this event was the best thing that happened to us as a group.

We roped in a young lady – Ahana Gupta, an expert in Zumba - an exercise fitness programme, and the daughter of a batchmate and close friend Resham. Ahana

choreographed the western dance event, and she did an outstanding job of teaching us. It is not easy to train forty-something ladies who haven't shaken a leg for what seems like centuries. Dancing at parties and clubs is not the same. Ahana is a saint with her endless patience and good-natured attitude in teaching us steps we never thought we could pull off without falling flat on our faces.

I was in the western dance along with a few others and we danced to pop songs from the eighties and nineties like 'Footloose,' 'It's raining men' and 'Pump up the jam.' We also had a chorus that I joined which was led by Anjali Menezes and Nisha Abraham. Nisha also set up the entire audio-visual presentation which included popular advertisements from our time, memories of college life and a

karaoke session, which involved the audience joining in too. This was a lovely and poignant flashback to our old times of dancing with wild abandon in the Audi again. We sang many popular songs from the nineties which included 'That's what friends are for' by Dionne Warwick and 'Let me be there' by Olivia Newton-John.

The Indian dance was choreographed by another set of girls; they too were superb and brought the house down.

Most of the alumni contributed generously to a fund we set up, which we hope will go a long way in providing timely medical needs to those retired lecturers who may require 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. 250.00 with photo if any
51 to 150 words	-	Rs. 500.00 with photo if any
151 to 250 words	-	Rs. 750.00 with photo if any

Also:

Full-page feature/ad of A4 size	-	Rs.1500/- per page
Half-page	-	Rs.1000/- per half-page

Please send all announcements to the Canara Union by the 15th 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.	Sheetal 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



Aarohi Basrur (12 years)



Pranika Hattikudur (10 years)



Ashlesha Moodbidri (14 years)



Ashlesha Moodbidri (14 years)

TALENT CORNER



Graphite Pencil Artwork
by Archana Kulkarni



Graphite Pencil Artwork
by Asha Kulkarni



Winter in Watercolor
by Rekha Mavinkurve



Lilac Breasted Roller by Sharmila Rao

Report on the Activities of Bangalore Local Sabha for the month of July – August 2026

Report by **Saikrupa Nalkur**

➤ **Special Programmes:**

- i. On 25th July on the occasion of Deva Shayani Ekadashi, sadhaka-s rendered Akhanda Bhajan at the Math.
- ii. On 29th July, on the auspicious occasion of Guru Purnima and Chaturmasa Prarambha, there was sankalpa for Chaturmasa pujans and programmes. This was followed by Shri Gurupujana with Shri Vedavyasa Ashtottara Shatanamavallih, Bhashya Pathana and Ashtavadhana Seva.
- iii. As a part of Parijnanalahari Samuhika Sadhana, on 25th July, Abhivyakti was conducted for Bangalore and UK based sadhaka-s on verses of Shivananda Lahiri and Guru Paduka Stotra.

➤ **Chaturmasa Programmes:** During the auspicious occasion of Chaturmasa from 29th July to 26th September, programmes are held every Tuesday, Wednesday, Saturday and Sunday. A few snippets from these activities held so far are as below:

- i. **Bhajan Seva:** Bhajan Seva, Sangeetika and Nritya Seva was rendered by various bhajan mandali-s and sadhaka-s across all age groups.
- ii. **Workshops:** (a) Workshop on Mural Art by Shri Ravindra Basrur mam, (b) Divasutrakala - A Crochet Workshop by Smt Smita Koppikar, (c) Workshop on Creative Visualisation by Smt Lakshmi Rao Udiaver, (d) Workshop on Sohrai Art by Smt Monisha Kalyanpur.
- iii. **Talks:** A series of talks were also rendered on this occasion as detailed below:
 - a) Vedanta discourse was rendered by Vidwan Shri Abhinand on “Sanatana Dharma, Spirituality and Swadharma” and by Vidwan Dr Chandrashekhar Tekal on “Sadhana Marga - Practical Sadhana”
 - b) Talk on “Karpanya in Our Lives” was rendered by Smt Dr Sudha Tinaikar pachi and on “Dashavatara” by Shri Arun Chandragiri mam.

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

OBITUARY

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

Smt Hemalata Dhareshwar, aged 88 years, on 28 July 2026 at Bengaluru

Smt Radha Bhat Bantwal, aged 80 years, on 1 August 2026 at Bengaluru

Shri Nandakishore Kallianpur, aged 68 years, on 20 August, 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,
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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

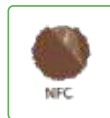
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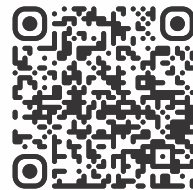
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