

King of birds Garuda Dev a force to reckon with



The Garuda is a powerful bird that serves as Lord Vishnu's carrier. Many vedas and puranas, such as the Garuda Purana, the Ramayana, and the Mahabharata throw light on Garuda's important role. Lord Garuda is shown as a man with wings and bird-like characteristics.

Legend has it that Maharishi Kashyap had two wives, Kadru and Vinta. Though they were both sisters, they were rivals. One day, Kadru demanded one thousand serpent sons from Maharishi Kashyap. Hearing this, Vinta desired two sons who would be more powerful than Kadru's sons.

Maharishi Kashyap grants their wishes and Kadru has a thousand snake sons. However, Vinta's eggs do not hatch. Growing impatient she breaks one egg and out emerges a partially formed Aruna, the first red rays we receive in the morning, and the charioteer of Lord Surya. Aruna curses Vinta that she would become a slave to her sister Kadru and can only be rescued by her second son. Garuda, who emerges from the second egg, is enormous in size. To rescue his mother from slavery to his stepmother, he asks the serpents what they want in

return for his mother. The serpents ask for the divine immortality nectar from heaven. Garuda fights all the gods, including Indradev to obtain the nectar. He promises Indra Dev that once he has rescued his mother from slavery, he will bring the immortality nectar back to heaven.

While he is bringing it to the serpents, he encounters Lord Vishnu, who is impressed that Garuda has not drunk the divine immortality nectar himself. In appreciation, Vishnu grants Garuda two wishes. Garuda says his first wish is to be held higher than Lord Vishnu, and the second to become immortal without drinking immortality nectar. Vishnu grants the boons and also asks Garuda to become his mount.

When he brings the nectar to the serpents, he gets his mother released and advises the serpents to clean themselves and drink the nectar. While the serpents leave to clean themselves, Lord Indra comes down and takes the nectar away. Some drops spill on the sharp blades of grass that the immortality nectar was kept on. When the serpents return, they start licking the grass. While they do not get any

nectar, their tongues got split into two. This is the mythological reason behind snakes having a forked tongue.

This story depicts Garuda as being a strong, intelligent, and powerful bird and is widely known to be a permanent enemy of serpents. The relationship between Garuda and his mother, Vinta tells a lot about his ability to be loving and caring, and how he can go to any extent to make his mother happy. Garuda was well-focused and determined to achieve his goals. He handles the situation deftly to liberate his mother Vinta from slavery and prevents the serpents from sipping the immortal nectar. Garuda, who swoops down on serpents, is depicted as the most formidable warriors and combatants.

The Indian Air Force also uses the Garuda in their Guards Brigade coat of arms and have named their special force the "Garud Commando Force." Garuda is also worshiped in other countries, such as Indonesia, Thailand, Nepal, Mongolia, Myanmar, Japan, etc., for well-being, power, and courage.

Dhriti Gupta, class IX, Air Force School Jalahalli

FURIOUS NATURE

Humans and animals, creatures
Can't live without nature.
We take it for granted
Treasures under the ground, wanted.
Destroying forests and rivers, some dare
They forget that those give us the water and air.

Animals, birds and the whole of nature together
Are furious at us for taking away their shelter.
Skies killing on the spot, with lightning
We melt from the Sun who is brightening.
Tsunamis, earthquakes, floods, droughts, the lot of them disasters
Humans are at mercy while nature shows them who are their masters.

Mother Earth gets polluted
Destroying trees and plants, long ago rooted.
She wants harmony and peace
Destruction and chaos to cease.
But now she's had it, she's furious
That we don't take her as luxurious.
The dark clouds rain heavily, destroying crops
Snow, hail, storms and tornados don't seem to stop.

She is doing what we did to her

Wants us to fix everything the way they were.
For she will not stop until we do
And hope we do not die trying to.
Power grows as anger grows
Peace should be established, friends instead of foes.
The only way to calm nature down
Is to abide by her wishes everywhere around.

Mokshitha Kumar, class X, DPS Whitefield



THE SUN WAS FURIOUS AT ME TODAY

Its heat was like the red flamed bonfire
piercing deep inside
my contracted pupils
with arrows of flames
causing my eyelids
to shut close.

The veins covering
my closed eyelids
twisted and knotted
around each other
as the sun shove
more intensely as though
it's a ravenous monster
being confined for a long
time.

The thumping in my



freshly ironed heart
felt like a fast drum
beat
which was being hit
with
flame covered metal-
lic mallets.

The sun was blazed
over my bare arms
slowing burning it into
ashes
like the old devastat-
ing diary pages
being shredded into a
dark brown dust.
Sarah Danish, class XII, St Francis Xavier Girls High School

VASISHTASANA

Or Side plank pose or Vasishtasana is both a balancing and strengthening posture. It strengthens the arms and wrists. It derives its name from the Sanskrit word 'vasishtha' which means best or excellent.

STEPS:

- Begin in plank pose, that is, raise your torso by balancing on your hands, with palm downwards on the floor.
- Exhale and shift the bodyweight to the right hand and edge of the right foot, stacking the left foot on top of the right.
- Inhale and reach the left hand to the sky. Keep the hips in line with the knees and shoulders.
- Breathe while holding the pose.

BENEFITS:

- Strengthens and tones your arms and shoulders.
- Builds your balance, which helps improve focus and concentration.



Strengthens your back muscles, especially your lower back.

- Strengthens the wrists, arms, belly and legs.
- Improves your core strength.

PRECAUTIONS:

- Avoid the asana if you have wrist, elbow injury.
- Those having issues with neck, shoulders, back, hips, knees should

avoid doing this asana

RECORD:

- Daniel Scali (Australia) has broken the record for the longest time in the abdominal plank position (male) with 9 hours 30 minutes and 1 second.

Bindu MT, Yoga Instructor, Bhavan's Adarsha Vidyalaya, Kakknad, Ernakulam

Yoga should be practiced under the supervision of Yoga Guru. The views expressed in the above article are those of the author's and the newspaper takes no responsibility of it.

An enterprising and caring industrialist who is motivating

India's biggest entrepreneur, industrialist, philanthropist and the former chairman of the Tata Group and The Tata Sons has always inspired me, as I too want to become a great entrepreneur who does good for society and helps the needy. He is well known for the development activities he has initiated in his company and in India. He had started various charitable



Ratan Tata

INSPIRING ICONS

turned out to be a triumphant success. His great and motivational acts have encouraged many people around the world to create their own path and achieve success.

Like every successful person, he too has encountered troubles. His life wasn't always perfect, he also faced many problems along the way, but Tata

always learnt from them. He has said, "Ups and downs in life are very important to keep us going in a straight line," which is a meaningful statement that teaches us a lesson for life.

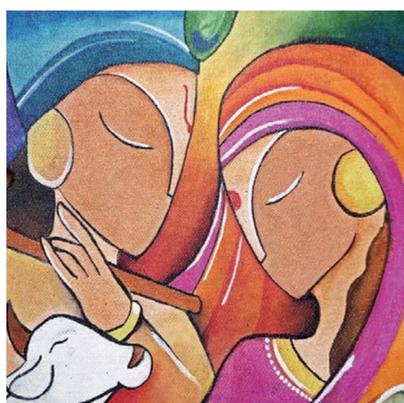
Ratan Tata is a great supporter of education, medicine and rural development and is considered a leading philanthropist in India. He has also supported The University of New South Wales Faculty of Engineering to develop capacitive deionization to provide improved water for challenged areas. Even at the age of 84, he has stayed in good shape and follows a healthy diet which shows the importance of fitness with smartness. He is still active in the events of the company too. When I grow up, I wish to be a successful person who does good for the society and is loved by people just like Ratan Tata is. Like him, I too would like to be a person who motivates and inspires people all around the world.

Sanath Kothari, class VIII, St Joseph's Boys' High School, Bengaluru

Painters' Gallery



LOOK OF FEAR: Nilesh Kumar Singh, class X, Air Force School Jalahalli East



RADHA KRISHNA: M Chinmayi, class VII, HAL Public School



SALUTE TO DOCTORS: Aditi Joshi, class VIII, Samved School



TEARDROP: Janessa Jayanth, class VI, KV MEG & Centre

SRH MEET MI IN MUST-WIN GAME

ROLLERCOASTER RIDE FOR HYDERABAD FOLLOWING FIVE MATCH LOSS

Their play-off chances hanging by a thread, Sunrisers Hyderabad will need to snap their five-match losing streak when they take on an already eliminated Mumbai Indians in the IPL on Tuesday. It has been a rollercoaster ride for SRH who won five games in a row before losing the next five.

HOPING FOR RESULTS

SRH, if they win their two remaining games including the one against MI, will jump to 14 points and then be left hoping that the other results go their way to have an outside chance of making the play-offs. But a loss against Mumbai at the Wankhede stadium will surely eliminate them, as there are already seven teams now with 12 or more points.

Hyderabad will need to put up a much improved show with the bat. Skipper Williamson is enduring a wretched run in this season and the Kiwi has collected just 208 runs from 12 games at an average of 18.92. He needs to find his mojo.

His opening partner Abhishek Sharma, who chipped in with a 43 in the last game, needs to convert the starts to big scores. But the duo would have their task cut out against a formidable Mumbai attack on a track that helps pacers.

SRH have the necessary fire-power in the middle-order with the likes of Rahul Tri-

Ishan Kishan and Rohit Sharma, captain of Mumbai Indians, take a run during the 51st T20 cricket match of the Indian Premier League 2022 (IPL season 15), between the Gujarat Titans and the Mumbai Indians.



pathi, Aiden Markram and swashbuckling Nicholos Pooran, but consistency has been an issue. Their middle-order crumbled in their last game against Kolkata Knight

Riders, which they lost by 54 runs, and hence the three would need to fire in unison. Equally crucial is the role of Washington Sundar and Shashank Singh as finishers.

WARY OF MALIK

The MI batters will need to be wary of Malik, who is improving after every game and already has 18 wickets. MI will take confidence from their five-wicket win over Chennai Super Kings, whom they bundled out for 97 and probably look to dent SRH's chances.

But for Mumbai, the form of skipper Rohit Sharma and IPL's costliest buy Ishan Kishan are huge concerns. The duo needs to provide an aggressive start, especially in the absence of Suryakumar Yadav.

As far as the MI bowling is concerned, pacer Sams is right on the money and can wreak havoc at the start. The ever-reliable Jasprit Bumrah and Ri-

ley Meredith have also played their parts while rookie spinner Kumar Kartikeya Singh has been providing necessary breakthroughs in the middle overs. AGENCIES

Head coach Tom Moody defended the move to open with an out-of-form Williamson and the New Zealander will need to prove his coach right

Upcoming IPL Match



MAY 17

7.30 PM

Wankhede Stadium, Mumbai



Photo: PFI

SEVILLA DRAW AT ATLETICO MADRID

A LATE GOAL SECURES CHAMPIONS LEAGUE SPOT

A late second-half header from Youssef En-Nesyri earned Sevilla a 1-1 draw at Atletico Madrid on Sunday, securing Julen Lopetegui's side Champions League qualification despite extending their winless run to four games. With Real Madrid already crowned champions and both Barcelona and Atletico assured of a top-four finish, the pressure was on Sevilla, who had drawn their previous three games.

HEAD-TO-HEAD RECORD

Yet Sevilla equalised five minutes from fulltime following a mistake by Reinildo Mandava, who gifted the ball to Oliver Torres on the edge of his own area and the former Porto midfielder crossed perfectly for En-Nesyri to score for Sevilla. With one match remaining, the result left Sevilla fourth in the standings on 67 points, three ahead of Real Betis in fifth, but with a better head-to-head record than their local rivals.

The Copa del Rey winners, who had secured a Europa League spot, won 2-0 at home against Granada on Sunday. Barcelona were held to a goalless draw at Getafe, but still wrapped up a second-place finish in LaLiga to secure a spot in the lucrative Spanish Super Cup in Saudi Arabia. They are on 73 points, five ahead of third-placed Atletico.

REAL HAS A SPOT

Real Sociedad also secured a spot in the Europa League after recovering from going a goal down to win 2-1 at Villarreal with second-half goals from Alexander Isak and Martin Zubimendi. They are sixth on 62 points, six ahead of Unai Emery's Villarreal side who could fail to qualify for European competition, after reaching the Champions League semi-finals this season. They are only one point ahead of eighth-placed Athletic Bilbao, who won 2-0 on Sunday against Osasuna. Villarreal play Barcelona next Sunday while Sevilla play Athletic, who are still fighting for seventh place and a spot in the Europa Conference League. AP



Sevilla fell behind at the Metropolitano when Atletico defender Jose Maria Gimenez scored the opener with a header in the 30th minute

MEDVEDEV BACK ON ATP TOUR AFTER WIMBLEDON BAN

Watching the recent news from Ukraine is "very upsetting," No. 2-ranked tennis player Daniil Medvedev said of the war that led Wimbledon organizers to ban him and other Russians.

The U.S. Open champion spoke at the Geneva Open where he returns to action after a five-week absence from the ATP Tour for surgery on a hernia injury. "I had some time to follow what is happening, yeah, it's very upsetting," Medvedev said when asked if he could monitor the conflict in Ukraine more closely while not playing.

Though most Olympic sports banned Russian teams and athletes from international competitions, tennis allowed players to continue as individuals and not representatives of their country.

Wimbledon organizers went further, announcing



Daniil Medvedev

three weeks ago with support from the U.K. a decision to impose a ban.

They said that could change "if circumstances change materially" in the war before the tournament begins June 27. Medvedev said in Geneva "I don't know if this decision is like 100%. If I can play, I'm happy to play at Wimbledon," he said. AP

QUIZ TIME!

Q1: In which city was the finals of 2015 ICC World Cup played?

- Brisbane
- Sydney
- Melbourne
- Auckland

Q2: How many states are members of the Badminton Association of India?

- 20
- 25
- 28
- 22

Q3: The "Marquess of Queensberry rules" is a code of generally accepted rules in which of the following sports?

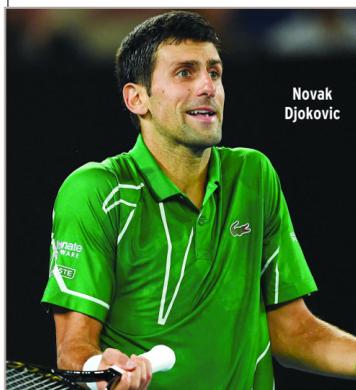
- Chess
- Boxing
- Hockey
- Tennis

Q4: Who was the first woman to win tennis's Grand Slam?

- Billie Jean King
- Maureen Connolly
- Margaret Court
- Martina Navratilova

Q5: Which of these players beat Novak Djokovic at the Monte Carlo Masters?

- Rafael Nadal
- Alejandro Davidovich Fokina
- Daniil Medvedev
- Roger Federer



Novak Djokovic

Q6: Who among the following is the first batsman to hit six sixes in an over?

- Garfield Sobers
- Ravi Shastri
- Ted Alletson
- Kapil Dev

Q7: In Kho-Kho, the players occupying the squares are known as _____?

- Lobby
- Raiders
- Chasers
- Chukker

Q8: How long is the world's record for the longest non-stop rally in table tennis?

- 6 hours, 15 minutes
- 8 hours, 40 minutes
- 11 hours, 50 minutes
- 8 hours, 20 minutes

Q9: At the Rio 2016 Olympics Summer Games, which country won all of the gold medals in table tennis?

- Japan
- Germany
- China
- India

ANSWERS: 1. c. Melbourne 2. c. 28
3. b. Boxing 4. b. Maureen Connolly
5. b. Alejandro Davidovich Fokina
6. a. Garfield Sobers 7. c. Chasers
8. c. 11 hours, 50 minutes 9. c. China