



# THE TIMES OF INDIA



INCLUSIVE OF LUCKNOW TIMES (CITY ONLY)

**Pat Cummins** grabs the first hat-trick of the 2024 T20 World Cup to fashion **Australia's 28-run win over Bangladesh** via Duckworth Lewis method in their **Super Eight** fixture in Antigua



**Burglars** break into former Italian footballer **Roberto Baggio's** house, assault and rob him at gunpoint while he was watching Italy's match against Spain

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**Walking for 30 minutes daily** can help reduce lower back pain, shows a world-first trial on the effectiveness of the low-cost exercise whose **results were published in The Lancet**

In an online interaction, a **Filipino student** asks **Pope Francis** to 'stop using offensive language' against LGBTQ people, in reference to reports that he had used an offensive slur at a closed-door meet with bishops

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SATURDAY, JUNE 22, 2024

## INTERNATIONAL DAY OF YOGA

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### Girls of Era's College show the way

Namra Zubair | TNN

Burqa and Hijab clad girls from the Muslim community practised yoga with students at **Era's Medical College and Hospital**. Principal Jamal Masood said yoga is a spiritual practice that alleviates many ailments. Prof MM Faridi said yoga relieves stress.

**Do yoga daily, says U'k-hand association:** Members of Uttarakhand Mahaparishad practised advan-



Students of **Era's Medical College and Hospital** perform yoga

ced yoga asanas at Govind Ballabh Pant Upvan. President of the association Harish Chandra Pant appealed to all to practice yoga everyday.

**'A must for health':** Faculty of Architecture and planning celebrated Yoga Day with Lucknow Architects Association. Architects KK Asthana, Sanjay Mathur and principal Vandana Sehgal motivated participants to practice yoga as part of daily life which promotes healthy lifestyle.

**Aqua yoga:** Centrum Hotel organised Aqua Yoga in the pool of the hotel in which students and teachers of GD Goenka participated.

**Pranayam in zoo:** Staff members of Nawab Wajid Ali Shah Zoo celebrated International Yoga Day along with students of Amicus Academy.