

**Celebration of 5<sup>th</sup> International Day of Yoga in Staff Selection Commission**  
**(Eastern Region), Kolkata**

Staff Selection Commission, Eastern Region celebrated 5<sup>th</sup> International Day of Yoga on 21st June, 2019. On this occasion, Pranayam and Yoga Asanas were demonstrated in office premises at Nizam Palace, Kolkata in the morning. Ms. Priyanka Basu Ingty, Regional Director, along with all other officers and staff participated in the said Yoga Programme. Shri Birendranath Roy, Instructor has imparted Yoga training to the participating officers and staff of the Commission in the office premises. Apart from the demonstration the Instructor explained the benefits of different pranayam and Yoga postures (Asanas).

