

**PROCLAMATION TO RECOGNIZE
CELEBRATION OF “YOGA FOR HEALTH, HEALTH FOR HUMANITY
SURYA NAMASKAR YAJNA 2021”
JANUARY 16 – 31, 2021**

WHEREAS, YOGA is an ancient Hindu practice developed thousands of years ago in the Indian subcontinent for maintaining spiritual, mental, and physical wellbeing; and

WHEREAS, **Hindu Swayamsevak Sangh (HSS)** is a nonprofit charitable organization with over 235 branches in 173 cities and in 32 states including 4 branches in the state of Michigan, through which it conducts a Hindu values education program and community service activities such as food drives, providing hot meals to shelters and providing masks to senior care and first responders in several cities across Michigan; and

WHEREAS, The **Surya Namaskar** also known as **Sun Salutation**, integrates simple yoga postures that, along with breathing techniques, provide the practitioner with the key health benefits of yoga practice; and

WHEREAS, **HSS** is organizing the annual “**Health for Humanity Yogathon**” or “**Surya Namaskar Yajna - 2021**” with a goal to create awareness about Yoga and its advantages in achieving a healthy body, mind and spirit and thereby promote friendship, mutual understanding and good health among all members of the community; and

WHEREAS, **HSS** initiated this project in 2006 and participants from over 42 states in the United States of America have participated in this event regardless of individual faith and belief; and

WHEREAS, The **Bharatiya Temple** in the City of Troy has participated in this event for the past 14 years. Yoga enthusiasts, yoga studios, local schools, and community organizations from across the United States are committed to participating in this event; and

WHEREAS, Anyone, regardless of age, religion, gender, or race, is invited to include **Surya Namaskar** as part of their daily physical and spiritual practice to contribute to achieving this goal;

NOW, THEREFORE, BE IT RESOLVED, That the Troy City Council recognizes **January 16 – 31, 2021**, as “**Yoga for Health, Health for Humanity - Surya Namaskar Yajna 2021**” in the City of Troy; and

BE IT FURTHER RESOLVED, That the City of Troy thanks **Hindu Swayamsevak Sangh** for organizing its annual Health for Humanity Yogathon to promote the spiritual, mental, and physical wellbeing of all members of the community; and for helping to preserve and promote the ancient heritage and cultural values around the world.

Presented this 25th day of January, 2021