

**PROCLAMATION TO RECOGNIZE  
CELEBRATION OF “YOGA FOR HEALTH, HEALTH FOR HUMANITY  
SURYA NAMASKAR YAJNA 2019”  
JANUARY 14 – 30, 2019**

**WHEREAS**, Yoga is the ancient practice of keeping the mind, body, and spirit in good health; and

**WHEREAS**, **Hindu Swayamsevak Sangh (HSS)** is a non-profit social and cultural organization that aims to preserve and pass on ancient Hindu heritage and cultural values of universal brotherhood and selfless service to the next generation and to raise awareness of Hindu culture worldwide; and

**WHEREAS**, January 14, 2019 is celebrated as Makar Sankranthi – a day that marks the change of season as the Sun enters the sign of Capricorn or Makar, which ushers in longer days symbolizing sunshine in life; and

**WHEREAS**, **HSS** is organizing the annual “**Yoga for Health, Health for Humanity**” or “**Surya Namaskar Yajna - 2019**” 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 **Surya Namaskar**, also known as the **Sun Salutation**, integrates simple yoga postures that, along with breathing techniques, provide the practitioner with the key health benefits of yoga practice; and

**WHEREAS**, The **Bharatiya Temple** in the City of Troy has participated in this event for the past 10 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 14-30, 2019, as “Yoga for Health, Health for Humanity - Surya Namaskar Yajna 2019”** in the City of Troy; and

**BE IT FURTHER RESOLVED** that the City of Troy thanks **Hindu Swayamsevak Sangh** for their outstanding job helping to preserve and promote the ancient heritage and cultural values around the world.

**Presented this 7<sup>th</sup> day of January, 2019**