

# Proclamation



*Jane Castor, Mayor*

**WHEREAS**, yoga originates from ancient times in India and it is a process of keeping the human mind and body in good health with the advantage of achieving a healthy body, mind and spirit, and it includes the belief that spiritual training is considered a part of physical training; and

**WHEREAS**, each day, millions of people of all ages, genders, ethnicity, faiths, nationalities and abilities worldwide perform yoga procedures for relaxation, health and spiritual reasons; and

**WHEREAS**, Hindu Swayamsevak Sangh USA, Inc. (HSS), a Hindu Service Society, is a nonprofit cultural organization with the mission of preserving and promoting the ancient Hindu heritage and values, and on 2007, it established an annual health awareness program titled Surya Namaskar Yajna, known as **Health for Humanity Yogathon**; and

**WHEREAS**, in 2019, the event had over 35,000 individuals from around the United States and internationally participate in the Health for Humanity Yogathon, and this year's goal is to encourage participants globally to complete one and a half million yoga poses during January 18 – February 1, 2020 to bring awareness about the many health benefits received from the simple postures and breathing techniques, and to promote friendship and mutual understanding among multi-cultural and diverse members of the community; and

**WHEREAS**, locally, during the Health for Humanity Yogathon, the Abhimanyu Shakha Tampa Chapter of Hindu Swayamsevak Sangh USA, along with yoga and fitness enthusiasts, yoga studios, schools, fire stations, and organizations will participate in the 2020 event and they will encourage the Tampa Bay area to join in this initiative with the mission of improving the mental and physical well-being of the community.

**NOW, THEREFORE**, I, Jane Castor, by virtue of the authority vested in me as Mayor of the city of Tampa, Florida, do hereby proclaim January 18-February 1, 2020 as

## ***"HEALTH FOR HUMANITY YOGATHON"***

in the city of Tampa, Florida, and urge all citizens to participate in this health event, and to understand the cultural significance of yoga and its teachings.

Dated in Tampa, Florida, this 3<sup>rd</sup> day of January, 2020.



*Jane Castor*  
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Mayor