

PROCLAMATION
OF THE MAYOR OF THE CITY OF FOLSOM
RECOGNIZING THE
HINDU SWAYAMSEVAK SANGH
HEALTH FOR HUMANITY YOGATHON

WHEREAS, yoga is an ancient Hindu practice developed thousands of years ago in the Indian subcontinent for maintaining spiritual, mental, and physical well-being; and

WHEREAS, Surya Namaskara, or Sun Salutation, is a traditional yogic practice combining a sequence of postures with breathing exercises; and

WHEREAS, Hindu Swayamsevak Sangh (HSS), is a nonprofit charitable organization with over 235 branches in 164 cities and 34 states., HSS conducts a Hindu values education program. Their work includes community service activities such as organizing food drives, providing hot meals to shelters and providing other beneficial service activities; and

WHEREAS, HSS organizes its annual Health for Humanity Yogathon with the goal of having over 10,000 individual participants practice Sun Salutations to promote the spiritual, mental, and physical well-being of all members of the community; and

WHEREAS, yoga enthusiasts, yoga studios, local schools, and other community organizations participate in the Health for Humanity Yogathon.

NOW, THEREFORE, I Rosario Rodriguez, Mayor of the City of Folsom on behalf of the Folsom City Council, do hereby recognize HSS for organizing their annual Health for Humanity Yogathon and encourage citizens to participate in this health awareness activity.

PROCLAIMED, this 28th day of February 2023.



Rosario Rodriguez, MAYOR

Attest:

Christa Freemantle, CITY CLERK

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to facilitate double-sided printing.*



CITY OF
FOLSOM
DISTINCTIVE BY NATURE