



PROCLAMATION
Health for Humanity=Yogathon Days

WHEREAS, the Hindu Swayamsevak Sangh (HSS) USA will host its Annual "Health for Humanity Yogathon" January 13-28, 2024, to create awareness of yoga and its advantages in achieving a healthy body, mind, and spirit; and

WHEREAS, Hindus worldwide celebrate January 13th as Makar Sankranti to mark the change of season, usher in longer days, and celebrate sunshine; and

WHEREAS, Wholesome exercise has shown to improve health and reduce stress; and yoga is a physical, mental, and spiritual routine that incorporates a sequence of well-balanced movements called Surya Namaska (Sun Salutation); and

WHEREAS, The HSS is a non-profit, social, and cultural organization that aims to preserve its ancient Hindu heritage and cultural values to the next generation of Hindus, and raise mutual understanding and awareness around the world; and

WHEREAS, the celebration will include daily yoga sessions, a workshop, and closing ceremony; and anyone interested in learning about the benefits of yoga will be able to participate to help improve their overall health and well-being.

NOW, THEREFORE, I, CHRIS RILEY, Mayor of the City of Leon Valley, Texas, do in recognition thereof, do hereby proclaim January 13-28, 2024 to be "**Health For Humanity=Yogathon Days**" in Leon Valley, Texas

Chris Riley

Mayor Chris Riley

