

## Proclamation

In Recognition of the Health for Humanity Yogathon  
Organized by Hindu Swayamsevak Sangh USA  
[January 29, 2025]

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

**WHEREAS**, SURYA NAMASKARA, or Sun Salutation, is a traditional yogic practice combining a sequence of postures with breathing exercises;

**WHEREAS**, HINDU SWAYAMSEVAK SANGH, or HSS, is a nonprofit charitable organization with over 233 branches in 169 cities and in 32 states including Oregon, through which it conducts a Hindu values education program for the Hindu families, and community service activities such as food drives, providing hot meals to shelters and other Sewa (“Service”) activities in several cities;

**WHEREAS**, HSS is organizing its annual Health for Humanity Yogathon with the goal of having over 10000 individual participants practice Surya Namaskar 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 are participating in the HSS Health for Humanity Yogathon.

**NOW, THEREFORE**, I, Tina Kotek, Governor of the State of Oregon, hereby proclaim 2<sup>nd</sup> February, 2025 HSS for organizing its annual Health for Humanity Yogathon to promote the spiritual, mental, and physical well-being of all members of the community, and encourage the citizens to participate in this health awareness activity.