

# Proclamation

**In Recognition of the Health for Humanity Yogathon  
Organized by Hindu Swayamsevak Sangh USA  
January 15 – January 30, 2022**

**WHEREAS**, YOGA is an ancient Hindu practice developed thousands of years ago in the Indian subcontinent for maintaining spiritual, mental, and physical wellbeing; 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, or HSS, is a nonprofit charitable organization with over 235 branches in 173 cities and in 32 states including 18 branches in the DFW Metroplex, through which it conducts a Hindu values education program and community service activities such as food drives, providing hot meals to shelters and providing PPE to first responders; and

**WHEREAS**, HSS is organizing its annual Health for Humanity Yogathon with the goal of having 1000 individual participants cumulatively complete 11,000 repetitions of Surya Namaskara to promote the spiritual, mental, and physical wellbeing 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, TJ Gilmore, Mayor of the City of Lewisville, Texas, do hereby proclaim January 15<sup>th</sup> to January 30<sup>th</sup>, 2022, as:

**Health for Humanity Yogathon**

throughout the City of Lewisville, Texas and I do hereby recognize HSS for organizing its annual Health for Humanity Yogathon to promote the spiritual, mental, and physical wellbeing of all members of the community IN WITNESS WHEREOF, I have signed my name and affixed the official seal of the City hereto, on this 14<sup>th</sup> day of January 2022.



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***TJ Gilmore, Mayor  
City of Lewisville***