

House Resolution 68

By: Representative Rich of the 97<sup>th</sup>

### A RESOLUTION

1 Recognizing and commending the Health for Humanity Yogathon on January 16-31, 2021;  
2 and for other purposes.

3 WHEREAS, the Health of Humanity Yogathon, also known as "Surya Namaskar Yajna"  
4 (Sun Salutation Yogathon), is an annual event hosted by Hindu Swayamsevak Sangh USA  
5 Inc. (HSS); and

6 WHEREAS, the purpose of the campaign is to encourage persons from all corners of the  
7 country, regardless of age, gender, ethnicity, faith, nationality, etc., to participate and achieve  
8 their personal goals of a healthy lifestyle; and

9 WHEREAS, HSS launched the Health for Humanity Yogathon as an annual event in 2007  
10 to create awareness about yoga and its advantages in achieving a healthy body, mind, and  
11 spirit; and

12 WHEREAS, the campaign integrates simple postures of well-balanced movements in ten  
13 steps with an easy breathing technique to provide immense health benefits for everyone from  
14 beginners to yoga enthusiasts; and

15 WHEREAS, the campaign's inclusive and accessible approach has seen tremendous success  
16 over the years, as evidenced by its more than 10,000 participants across 38 states; and

17 WHEREAS, the Health for Humanity Yogathon is a part of the organization's greater goal  
18 to promote community spirit and ideals among Hindus residing in the United States.

19 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES that  
20 the members of this body recognize and commend the Health for Humanity Yogathon on  
21 January 16-31, 2021.

22 BE IT FURTHER RESOLVED that the Clerk of the House of Representatives is authorized  
23 and directed to make appropriate copies of this resolution available for distribution to the  
24 public and the press.