

Proclamation



Jane Castor, Mayor

WHEREAS, yoga originates from ancient times in India, and it is a process of keeping the human mind and body in good health with the advantage of achieving a healthy body, mind, and spirit, and it includes the belief that spiritual training is considered a part of physical training; and

WHEREAS, each day, millions of people of all ages, genders, ethnicity, faiths, nationalities, and abilities worldwide perform yoga procedures for relaxation, health, and spiritual reasons; and

WHEREAS, Hindu Swayamsevak Sangh USA, Inc. (HSS), a Hindu Service Society, is a nonprofit cultural organization with over 250 branches in 34 states, including five in Florida, and its mission is preserving and promoting the ancient Hindu heritage and values, and since its inception in 2007, it established an annual health awareness program titled Surya Namaskar Yajna, known as the **Health for Humanity Yogathon**; and

WHEREAS, in 2023, the event had over 13,000 individuals from around the United States participate in the Health for Humanity Yogathon, and this year's goal is to encourage even more participants nationwide to complete yoga poses during the event date of January 13 – January 28, 2024, so they may bring awareness about the many health benefits received from the simple postures and breathing techniques, and to promote friendship and mutual understanding among multi-cultural and diverse members of the community; and

WHEREAS, locally, during the Health for Humanity Yogathon, the Abhimanyu Shakha Tampa Chapter of Hindu Swayamsevak Sangh USA, along with yoga and fitness enthusiasts, yoga studios, schools, and other facilities and organizations will participate this year and they will encourage the Tampa Bay area to join in this initiative with the mission of improving the mental and physical well-being of the community.

NOW, THEREFORE, I, Jane Castor, by virtue of the authority vested in me as Mayor of the city of Tampa, Florida, do hereby proclaim January 13 - January 28, 2024 as

"HEALTH FOR HUMANITY YOGATHON"

in the city of Tampa, Florida, and urge all citizens to participate in this health event, and to understand the cultural significance of yoga and its teachings.

Dated in Tampa, Florida, this 24th day of January, 2024.



Jane Castor

Mayor