

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, ethnicities, faiths, nationalities, and abilities worldwide perform yoga procedures for relaxation, health, and spiritual reasons, and Surya Namaskara, or Sun Salutation, is a traditional and well-known yogic practice that combines a sequence of postures with breathing exercises; and

WHEREAS, Hindu Swayamsevak Sangh USA, Inc. (HSS), a Hindu Service Society, is a voluntary, nonprofit, educational and cultural organization with 233 branches in 32 states, including six in Florida, and its mission is preserving and promoting the ancient Hindu heritage and values; and

WHEREAS, since its inception in 2007, HSS established an annual health awareness program titled Surya Namaskar Yajna, known as the **Health for Humanity Yogathon** and the goal of the annual initiative, now in its 18th year, include encouraging thousands of participants to practice Surya Namaskar and to promote its benefits of spiritual, mental, and physical well-being, and it strives to foster friendship and mutual understanding among multi-cultural and diverse individuals in communities nationwide during the campaign, this year held January 18 - February 2, 2025; 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 join with other communities across the nation in participating in this beneficial event.

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 18 – February 2, 2025, as

“HEALTH FOR HUMANITY YOGATHON”

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

Dated in Tampa, Florida, this 21st day of January 2025.



Jane Castor
Mayor