

Senate Resolution No. 285

BY: Senator MAYER

COMMENDING Hindu Swayamsevak Sangh upon the occasion of hosting its 18th Annual Health for Humanity Yogathon from January 18-February 2, 2025

WHEREAS, It is the sense of this Legislative Body to recognize and pay just tribute to the cultural heritage of the ethnic groups which comprise and contribute to the richness and diversity of the community of the State of New York; and

WHEREAS, Attendant to such concern, and in full accord with its long-standing traditions, this Legislative Body is justly proud to commend Hindu Swayamsevak Sangh upon the occasion of hosting its 18th Annual Health for Humanity Yogathon from January 18-February 2, 2025; and

WHEREAS, Yoga is an ancient Hindu practice developed thousands of years ago in the Indian subcontinent for maintaining spiritual, mental, and physical well-being; 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 233 branches in 169 cities and in 32 states including New York, 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; and

WHEREAS, HSS is organizing its annual Health for Humanity Yogathon with the goal of having over 10,000 individual participants practice Surya Namaskar to promote the spiritual, mental, and physical well-being of all members of the community; and

WHEREAS, Health for Humanity Yogathon, also known as "Surya Namaskar Yajna" (Sun Salutation Yogathon), is running from January 18-February 2, 2025; the 16-day event aims to create awareness about Yoga and its advantages in achieving a healthy body, mind, and spirit; and

WHEREAS, Surya Namaskar integrates simple Yoga postures in 10 steps that, along with an easy breathing technique, can provide immense health benefits to the body and the mind; this campaign encourages people from across the country, regardless of age, gender, ethnicity, faith, or nationality, to participate and achieve personal goals of a healthy lifestyle; and

WHEREAS, In January 2024, over 15,500 residents from 36 states participated in this event; furthermore, more than 4,640 students and teachers from 35 schools across the nation participated, learned, and performed "Surya Namaskars"; and

WHEREAS, This Legislative Body is pleased to have this opportunity to recognize such events of significance which foster ethnic pride and exemplify the cultural diversity that represents and strengthens the fabric of the people and the State of New York; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to commend Hindu Swayamsevak Sangh upon the occasion of hosting its 18th Annual Health for Humanity Yogathon from January 18-February 2, 2025, to promote the spiritual, mental, and physical well-being of all members of the community, encouraging all citizens to participate in this health awareness activity; and be it further

RESOLVED, That a copy of this Resolution, suitably engrossed, be transmitted to Hindu Swayamsevak Sangh.