

PROCLAMATION

By Mayor and Council – Township of North Brunswick

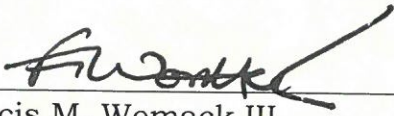
WHEREAS, YOGA is an ancient process of keeping the human mind and body in good health. Spiritual training is considered a part of physical training from ancient times in India. The Surya Namaskar (SUN Salutation) is a special sequence of YOGA postures that provides the key health benefits of YOGA in a very succinct package; and

WHEREAS, Hindu Swayamsevak Sangh (HSS) is a voluntary, non-profit, social and cultural organization, which aims at preserving and passing on the ancient Hindu heritage and cultural values to the next generation of Hindus and raise awareness around the world; and

WHEREAS, HSS is organizing a Health for Humanity Yogathon and the goal is to complete One Million Surya Namaskar (SUN Salutation) by Twelve Thousand participants, collectively and individually, to promote friendship, mutual understanding and good health among multi-cultural and diverse members of the community; and

WHEREAS, YOGA enthusiasts, YOGA Studios, local schools and organizations are participating in this event. SUN Salutations can be included daily during this time as a part of physical activity and/or spiritual training.

NOW THEREFORE, WE the Mayor and Council of the Township of North Brunswick, **Do Hereby Proclaim**, January 15th through January 30th, 2022 as Health for Humanity Yogathon in North Brunswick and thank Hindu Swayamsevak Sangh for their outstanding job with helping to preserve and promote the ancient heritage and cultural values around the world.



Francis M. Womack III,
Mayor of North Brunswick

Bob Davis,
Council President

Lisa Russo,
Municipal Clerk
January 31, 2022

