



WHEREAS, YOGA is an ancient Hindu practice developed thousands of years ago in the Indian subcontinent for maintaining spiritual, mental, and physical wellbeing; 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 235 branches in 164 cities and in 34 states including 35 branches in the in the state of Texas, through which it conducts a Hindu values education program and community service activities such as food drives, providing hot meals to shelters and other Sewa (“Service”) activities in several cities across Texas; and

WHEREAS, HSS is organizing its 16th annual national campaign, Health for Humanity Yogathon also known as *Surya Namaskar Yajna (Sun Salutation Yogathon)*, with the goal of having 1,000 individual participants practice Surya Namaskar to promote the spiritual, mental, and physical well-being of all members of the community; and

WHEREAS, YOGA enthusiasts, yoga studios, local schools, and other community organizations are participating in the HSS Health for Humanity Yogathon.

NOW, THEREFORE, I, GEORGE C. FULLER, BY THE POWER VESTED IN ME AS MAYOR OF THE CITY OF MCKINNEY, TEXAS, DO HEREBY PROCLAIM JANUARY 14-29, 2023 AS

**HEALTH FOR HUMANITY - SURYA NAMASKARA YAJNA
SUN SALUTATION YOGATHON WEEKS**

IN MCKINNEY, TEXAS, RECOGNIZING HSS FOR PROMOTING THE SPIRITUAL, MENTAL, AND PHYSICAL WELLBEING OF ALL MEMBERS OF THE COMMUNITY, AND URGING CITIZENS TO PARTICIPATE IN THIS HEALTH AWARENESS ACTIVITY.

WITNESS MY HAND AND SEAL THIS DAY, JANUARY 10, 2023.

GEORGE C. FULLER, Mayor

ATTEST:

EMPRESS DRANE, City Secretary