

Whereas

Whereas, YOGA is an ancient Hindu practice developed thousands of years ago in the Indian subcontinent for maintaining spiritual, mental, and physical wellbeing;

Whereas, SURYA NAMASKARA, or Sun Salutation, is a traditional yogic practice combining a sequence of postures with breathing exercises;

Whereas, HINDU SWAYAMSEVAK SANGH, or HSS, is a nonprofit charitable organization with over 235 branches in 173 cities and in 32 states, including 3 branches in the state of Oregon, through which it conducts a Hindu values education program and community service activities such as food drives, providing hot meals to shelters and providing personal protective equipment to first responders in several cities across Oregon;

Whereas, HSS is organizing its annual Health for Humanity Yogathon with the goal of having 1,000 individual participants cumulatively complete 11,000 repetitions of Surya Namaskara to promote the spiritual, mental, and physical wellbeing 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, Ted Wheeler, Mayor of the City of Portland, Oregon, the “City of Roses,” do hereby recognize HSS for organizing its annual Health for Humanity Yogathon to promote the spiritual, mental, and physical wellbeing of all members of the community and hereby proclaim January 31st, 2021 to be

Health for Humanity Yogathon Day

In Portland and encourage all residents to observe this day.

Proclaim January 31, 2021 to be Health for Humanity Yogathon Day
(Proclamation introduced by Mayor Wheeler)

January 27, 2021

Placed on file.

Filed January 19, 2021

MARY HULL CABALLERO
Auditor of the City of Portland

By *Keelan McClymont*
Deputy

COMMISSIONERS VOTED AS FOLLOWS:		
	YEAS	NAYS
1. Rubio		
2. Ryan		
3. Hardesty		
4. Mapps		
Wheeler		