

# PROCLAMATION

## *City of Keller*

*In Recognition of Surya Namaskar (SUN Salutation) Awareness Period  
January 18 - February 2, 2020*

- 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, I, Pat McGrail, Mayor of the City of Keller, Texas, by virtue of the authority vested in me as Mayor of the City of Keller, Texas, and on behalf of our City Council, do hereby recognize the*

## **“Health for Humanity Yogathon”**

*in the City of Keller and thank HSS for their outstanding job with helping to preserve and promote the ancient heritage and cultural values around the world.*



*IN WITNESS WHEREOF, I have  
hereunto set my hand and caused the Seal  
of the City of Keller, Texas, to be affixed  
on this the 21<sup>st</sup> day of January, 2020.*

*P. H. McGrail*  
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P.H. McGrail, Mayor  
City of Keller