



Hindu Swayamsevak Sangh, U.S.A., Inc.

A Non-Profit Organization



December 1, 2015

The Office of the Governor
1205 Pendleton Street
Columbia, South Carolina 29201

The Honorable Nikki R. Haley,

I am writing on behalf of Hindu Swayamsevak Sangh USA, Inc. ("HSS" or the Hindu Service Society), a 501(c)(3) tax-exempt charitable organization. We would like to request proclamation from your office supporting tenth year of our national campaign from January 16th 2016 to January 31st 2016, "Health for Humanity - Yogathon" also known as "Surya Namaskar Yajna". This campaign encourages persons from all corners of the country regardless age, gender, ethnicity, faith, nationality etc. to participate and achieve personal goals of healthy life style.

HSS launched the Health for Humanity Yogathon as an annual event in 2007 to create awareness about yoga and its advantages in achieving a healthy body, mind, and spirit. The Surya Namaskar yoga routine integrates simple postures of well-balanced movements in ten steps with an easy breathing technique to provide immense health benefits for everyone, from beginners to yoga enthusiasts.

Last year 10,000+ participants from 38 States took part that highlighted:

- 17 Public Schools
- 25 Universities and Colleges
- Mayors of 11 Cities proclaimed a day
- 75+ nonstop Yogathon between 6 to 24 hours durations.
- 100+ attended Columbia chapter Surya Namaskar Yajna event 2015.

Last year, many others, from Singapore, Holland, Kenya etc. also participated in this health awareness campaign making its success international. The total count of this 10 steps Yoga postures was close to one Million, that reflects in to several millions of collective calories burning! You can find more information about this initiative and its success over the years at <http://www.hssus.org/sny/>

I will follow up with your office within next week. Please have your office contact me at (551) 482 8237 or patelhareshb@hotmail.com, if you would like additional information.

Thank you in advance and I look forward to meeting you.

Regards,
Columbia Chapter of HSS, USA

Hindu Swayamsevak Sangh is a non-profit cultural organization with over 150 chapters throughout the U.S.A. For more information about HSS, contact by email at sampark@hssus.org or by phone at 973-500-8HSS (8477).

Regd. Office: 121 HAWTHORNE CT ROCKAWAY NJ 07866
www.hssus.org

Proclamation

In Recognition of Surya Namaskar (SUN Salutation) Awareness Period
January 16 - 31, 2016

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.

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, BE IT RESOLVED, that the < >
do hereby recognize the

Health for Humanity Yogathon

And thank HSS for their outstanding job with helping to preserve and promote the ancient heritage and cultural values around the world.