



HR0606

LRB102 23691 ECR 32875 r

1 HOUSE RESOLUTION

2 WHEREAS, Yoga is an ancient Hindu practice developed  
3 thousands of years ago in the Indian subcontinent for  
4 maintaining spiritual, mental, and physical wellbeing; and

5 WHEREAS, Surya Namaskar, or Sun Salutation, is a  
6 traditional yogic practice combining a sequence of postures  
7 with breathing exercises; and

8 WHEREAS, Hindu Swayamsevak Sangh (HSS) is a nonprofit  
9 charitable organization with over 252 branches in 171 cities  
10 and 34 states, including nine branches in the State of  
11 Illinois through which it conducts a Hindu values education  
12 program and community service activities such as highway clean  
13 up, an annual health for humanity yogathon, and food drives  
14 and provides hot meals to shelters in several cities across  
15 the state; and

16 WHEREAS, HSS is organizing its annual Health for Humanity  
17 Yogathon with the goal of having 4000 individual participants  
18 cumulatively complete 52,000 repetitions of Surya Namaskar to  
19 promote the spiritual, mental, and physical wellbeing of all  
20 members of the community; and

21 WHEREAS, Yoga enthusiasts, yoga studios, local schools,

1 and other community organizations are participating in the HSS  
2 Health for Humanity Yogathon; therefore, be it

3       RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE ONE  
4 HUNDRED SECOND GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that  
5 we commend Hindu Swayamsevak Sangh for organizing its annual  
6 Health for Humanity Yogathon to promote the spiritual, mental,  
7 and physical wellbeing of all members of the community; and be  
8 it further

9       RESOLVED, That a suitable copy of this resolution be  
10 presented to HSS as a symbol of our esteem and respect.