



Proclamation

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 164 cities and in 34 states including 18 branches in DFW metroplex and 1 of them in West Frisco and Little Elm, through which it conducts a Hindu values education program for the Hindu families, and community service activities such as food drives, providing hot meals to shelters and other Sewa ("Service") activities in several cities.

WHEREAS, HSS is organizing its annual Health for Humanity Yogathon with the goal of having 1000 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, we recognize HSS for organizing its annual Health for Humanity Yogathon to promote the spiritual, mental, and physical well-being of all members of the community, and encourage residents of Little Elm to participate in this health awareness activity.

Given under my hand and Seal of the Town of Little Elm, Texas, this 6th day of February, 2024.

Curtis J. Cornelious, Mayor of Little Elm