

The Senate

HONORING AND CONGRATULATING GANDHI INTERNATIONAL INSTITUTE FOR PEACE UPON THE INAUGURAL HAWAI'I CELEBRATION OF INTERNATIONAL YOGA DAY

"Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being. Let us work towards adopting an International Yoga Day."

— Narendra Modi, UN General Assembly

International Day of Yoga was declared unanimously by the United Nations General Assembly in 2014. The Indian Prime Minister Narendra Modi in his UN address suggested the date of June 21st as it is the longest day of the year in the northern hemisphere, shortest in the southern hemisphere, and shares a special significance in many parts of the world.

The first International Day of Yoga was observed around the world on June 21st, 2015. In India 35,985 people, including Narendra Modi and dignitaries from 84 nations, performed 21 yoga asanas for 35 minutes in New Delhi. They established two Guinness World Records for the largest yoga class and for the largest number of participating nationalities. In San Francisco, 5,000 participants gathered in Marina Green park to practice yoga. The day was observed by millions across the world.

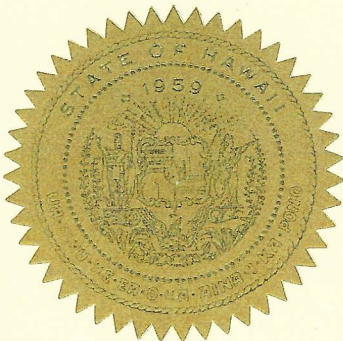
Thanks to the efforts of the **Gandhi International Institute for Peace**, the Hawai'i State Legislature formally recognized International Yoga Day to be observed on June 21st. Hawai'i now stands as a beacon of health and mindfulness, being the first state in the nation to do so.

The Gandhi International Institute for Peace was founded by Dr. Raj Kumar, Ph.D, with the mission to provide information, consultation, education, and training to resolve conflict in a non-violent manner. The Gandhi International Institute for Peace was successful in requesting the Hawai'i State Legislature to commemorate the enduring legacy of Mohandas Gandhi, as "Gandhi Day", annually on October 2nd, the birthday of this inspiring man.

Upon passage of the initiative to establish International Yoga Day in Hawai'i, the State Legislature officially recognized that yoga is a long standing aspect of Indian civilization and a gift to humanity. The practice of yoga is beneficial to the people of Hawai'i, including children, as it lowers stress, reduces health problems and health insurance costs, as well as promotes healthy living among adults and the elderly population.

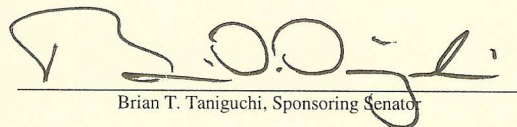
The celebration of the first official Yoga Day in Hawai'i will open and close with the chanting of Sanskrit mantras typically used in yoga. An aerial yoga demonstration will show a new take on an old tradition. Attendees will be invited onto mats to sample several different yoga styles, then meet and greet over refreshments and Indian pupus.

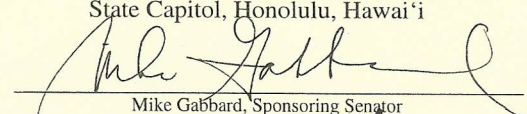
The Hawai'i State Senate hereby honors and congratulates **the Gandhi Institute for Peace upon the inaugural Hawai'i celebration of International Yoga Day**. Mahalo for promoting the practice of yoga to increase the health and well-being of the people of Hawai'i. Namaste!

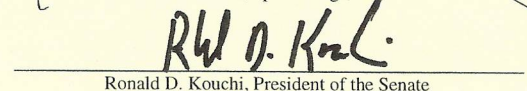


The 30th Legislature
Certificate No. 936

Done this 21st day of June 2019
State Capitol, Honolulu, Hawai'i


Brian T. Taniguchi, Sponsoring Senator


Mike Gabbard, Sponsoring Senator


Ronald D. Kouchi, President of the Senate


Carol Taniguchi, Clerk of the Senate