

The Senate

HONORING AND CONGRATULATING GANDHI INTERNATIONAL INSTITUTE FOR PEACE UPON THE SECOND ANNUAL 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

The International Day of Yoga was declared unanimously by the United Nations General Assembly in 2014 thanks to the efforts of Indian Prime Minister Narendra Modi in his UN address that year. The following year, on June 21, 2015, observance of the event began and millions of people across the world participated. In India alone, 35,985 people including Prime Minister Modi and dignitaries from 84 nations, performed yoga asanas for 35 minutes in New Delhi. They set two Guinness World Records for the largest yoga class and for the largest number of participating nationalities. The day was observed by millions across the world.

Locally, the Gandhi International Institute for Peace worked with the State Legislature in 2019 to designate June 21 as "International Yoga Day" in Hawai'i. In the process, it officially recognized yoga as a long standing aspect of Indian civilization and a gift to humanity. Its practice 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.

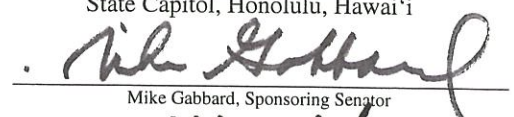
The **Gandhi International Institute for Peace** was founded by Dr. Raj Kumar with the mission to provide information, consultation, education, and training in non-violent conflict resolution. The Institute was also successful in having the Hawai'i State Legislature commemorate the enduring legacy of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

The Hawai'i State Senate hereby honors and congratulates the **Gandhi International Institute for Peace** upon Hawai'i's second annual 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!

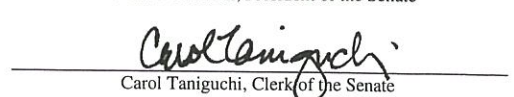
Done this 21st day of June 2020
State Capitol, Honolulu, Hawai'i




Brian T. Taniguchi, Sponsoring Senator


Mike Gabbard, Sponsoring Senator


Ronald D. Kouchi, President of the Senate


Carol Taniguchi, Clerk of the Senate