



The Senate

HONORING AND CONGRATULATING GANDHI INTERNATIONAL INSTITUTE FOR PEACE UPON THE THIRD ANNUAL HAWAI'I CELEBRATION OF INTERNATIONAL YOGA DAY: RENAISSANCE YOGA

"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, United Nations General Assembly

The International Day of Yoga was unanimously declared 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.

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, the Legislature 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, and promotes healthy living among adults and the elderly population. Hawai'i was the first state in the nation to officially recognize International Yoga Day.

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 2015 in having the Hawai'i State Legislature commemorate the enduring legacy of Mohandas Gandhi by designating his birthday on October 2 of each year as "Gandhi Day".

"A man may seek a Golden Thread that binds all religions, sciences and philosophies, and yet never be wholly successful unless he becomes a universal man, a Renaissance man, a man of all cultures." — Raghavan Iyer

The Senate of the Thirty-First Legislature of the State of Hawai'i hereby honors and congratulates the **GANDHI INTERNATIONAL INSTITUTE FOR PEACE** upon the occasion of Hawai'i's third annual celebration of International Yoga Day. Mahalo for promoting the practice of yoga as a significant contribution to improve the health and well-being of the people of Hawai'i -- truly a Golden Thread that can unite all in peace. Namaste!



The 31st Legislature
Certificate No. 382

Done this 21st day of June 2021
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