



# The Senate

## HONORING AND CONGRATULATING GANDHI INTERNATIONAL INSTITUTE FOR PEACE UPON THE FIFTH ANNUAL HAWAI'I CELEBRATION OF INTERNATIONAL YOGA DAY: YOGA FOR HEALTH, HEALING, AND PEACE

*"True yoga is not about the shape of your body, but the shape of your life. Yoga is not to be performed; yoga is to be lived. Yoga doesn't care about what you have been; yoga cares about the person you are becoming. Yoga is designed for a vast and profound purpose, and for it to be truly called yoga, its essence must be embodied."*  
— Aadil Palkhivala

Since 2014, The International Day of Yoga has been observed worldwide by millions of people. In Hawai'i, the **GANDHI INTERNATIONAL INSTITUTE FOR PEACE** initiated the movement to designate June 21<sup>st</sup> as "International Yoga Day." In 2019, the State Legislature officially recognized yoga as a long-standing aspect of Indian civilization and a gift to humanity. Scientific studies show that yoga supports stress management, mental health, mindfulness, forgiveness, inner peace, healthy eating, and quality sleep—all of which are essential for the well-being of everyone from keiki to kupuna. Hawai'i was the first state in the nation to officially recognize International Yoga Day.

The **GANDHI INTERNATIONAL INSTITUTE FOR PEACE** (GIIP) was founded by Dr. Raj Kumar following the terrorist attack on the Twin Towers in New York on September 11<sup>th</sup>, 2001. Since then, Dr. Kumar and the members of GIIP have been raising awareness about nonviolence and peace among youths and promoting peace in the community. The organization's Board of Directors is comprised of a variety of professionals, including social and spiritual leaders, peacemakers, doctors, psychologists, social workers, teachers, engineers, and several musicians. The Board has built bridges and developed relationships among various local businesses, colleges and universities, churches, and non-profit organizations. GIIP's mission is to provide information, consultation, education, and training in non-violent conflict resolution.

*"The hatha-yoga system is meant for controlling the five kinds of air encircling the pure soul by different kinds of sitting postures – not for any material profit, but for liberation of the minute soul from the entanglement of the material atmosphere... The yoga practitioner should be determined and should patiently prosecute the practice without deviation. One should be sure of success at the end and pursue this course with great perseverance, not becoming discouraged if there is any delay in the attainment of success. Success is sure for the rigid practitioner."*  
A.C. Bhaktivedanta Swami

The Senate of the State of Hawai'i hereby honors and congratulates the **GANDHI INTERNATIONAL INSTITUTE FOR PEACE** upon the occasion of Hawai'i's **Fifth Annual International Yoga Day** in celebration of Yoga for Health, Healing, and Peace. Mahalo for your tireless efforts to promote peace, nonviolence, and the great importance of a yoga lifestyle in our community. We wish you success in continuing your mission for the highest well-being of all. Namaste!



*[Handwritten signatures of legislators]*

Done this 21st day of June 2023  
State Capitol, Honolulu, Hawai'i

*[Signature of Mike Gabbard]*  
Mike Gabbard, Sponsoring Senator

*[Signature of Ronald D. Kouchi]*  
Ronald D. Kouchi, President of the Senate

*[Signature of Carol Taniguchi]*  
Carol Taniguchi, Clerk of the Senate