



The Senate

HONORS AND CONGRATULATES GANDHI INTERNATIONAL INSTITUTE FOR PEACE UPON THE FOURTH ANNUAL HAWAI'I CELEBRATION OF INTERNATIONAL YOGA DAY: *BEING TRULY HUMAN*

"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, Prime Minister of India, before the United Nations General Assembly, 2014

The International Day of Yoga was unanimously declared by the United Nations General Assembly in 2014 due in large measure to the efforts of Narendra Modi, Prime Minister of India. Globally, observance of the day of recognition for the traditions of yoga began on June 21, 2015, and millions of people across the world participated. In just New Delhi, India alone, 35,985 people -- including Prime Minister Modi and dignitaries from 84 nations -- performed yoga asanas (postures and movements) for 35 minutes.

Locally, in 2019 the **GANDHI INTERNATIONAL INSTITUTE FOR PEACE** successfully worked with the Hawai'i State Legislature to designate June 21 of each year as "International Yoga Day". 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 became the first state in the nation to officially recognize International Yoga Day (Section 8-31, Hawai'i Revised Statutes).

The **GANDHI INTERNATIONAL INSTITUTE FOR PEACE** was founded in 2001 by Dr. Raj Kumar with the mission to provide information, consultation, education, and training in non-violent conflict resolution, and raising awareness about healthy living. In 2015 the Institute successfully advocated for the Hawai'i State Legislature to commemorate the enduring legacy of Mohandas Karamchand Gandhi by designating his birthday on October 2 of each year as "Gandhi Day" (Section 8-16.2, Hawai'i Revised Statutes).

The Fourth Annual Hawai'i Celebration of International Yoga Day on June 21, 2022 has the theme: *Being Truly Human* – Focusing on the power of self-determination and choosing our way. It points to the humane aspect of being human, our *kuleana* (responsibility) to our fellow human beings and all of the other beings with whom we share planet Earth.

The keynote speaker is **Dr. Deepak Chopra**, the world's leading expert on Yoga, Meditation, and Ayurveda. The Honolulu program and festivities are co-sponsored by the **GANDHI INTERNATIONAL INSTITUTE FOR PEACE** and the **STILL AND MOVING CENTER** -- Director Renee Tillotson.

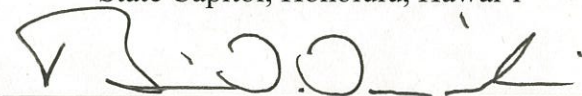
The Senate of the Thirty-First Legislature of the State of Hawai'i hereby honors and congratulates the **GANDHI INTERNATIONAL INSTITUTE FOR PEACE** upon the occasion of Hawai'i's fourth annual celebration of International Yoga Day; and expresses its *Aloha* and appreciation for the promotion of the practice of yoga as a significant contribution to improve the health and well-being of the people of Hawai'i.

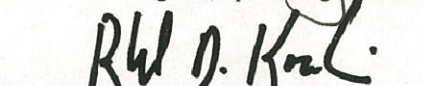


The 31st Legislature
Certificate No. 862

Done this 21st day of June 2022
State Capitol, Honolulu, Hawai'i


Mike Gabbard, Sponsoring Senator


Brian T. Taniguchi, Sponsoring Senator


Ronald D. Kouchi, President of the Senate


Carol Taniguchi, Clerk of the Senate