

Schools and communities across America participate in HSS' Yogathon

13,392 enthusiasts from 39 states actively participated including over 4,475 students and teachers from various schools.

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Swayamsevak Sangh (HSS) concluded the 16th annual Health for Humanity Yogathon, also known as Surya Namaskar Yajna (SNY), on January 29th. Surya Namaskar integrates simple Yoga postures in 10 steps that, along with easy breathing techniques, can provide immense health benefits to the body and the mind. It was first launched in 2007 to create awareness about Yoga and its advantages in fostering a healthy body, mind, and spirit for any practitioner regardless of age, faith, gender, or ethnicity. The event is free to the public from all walks of life.

In this year's Yogathon, 13,392 enthusiasts from 39 states, actively performed Surya Namaskar sets throughout the two-week duration of the program. This includes over 4,475 students and teachers from various schools who learned the steps and participated. Many participants acknowledged its benefits in attaining physical and emotional balance and committed to continuing this activity regularly. A highlight from the program was that the African American community performed Surya Namaskars at the Martin Luther King Day celebrations in the Dallas, TX, area.

Several elected officials, including US senators, Governors, State representatives, and Mayors, issued proclamations to recognize the Yogathon and encouraged their constituents to participate in this valuable health awareness program.

Appreciating the Yogathon in the Sully School District in Virginia, Fairfax County Supervisor Kathy Smith said, "This was a great community event, and I appreciated being a part of it. The



Nationwide yogathon activities during Surya Namaskar Yajna 2023



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Sully School District in Virginia, Fairfax County Supervisor Kathy Smith

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"It was a pleasure attending the Surya Namaskar Yajna. Most importantly, I personally benefited by performing Surya Namaskar, as it relieved my longstanding lower back pain. It was heartwarming to see the enthusiasm of youngsters and their parents alike. The overall positive energy in the room was palpable. There was an active exchange of information and ideas with local county government officials and staff from the Fire Station", said

Dr. Krishna Madiraju, President of Century Pediatrics Inc., VA.

Reflecting on the Yogathon, national project coordinator, Dr. Amit Chimanpure, said, "During the pandemic times, we as a community realized the need of mental, physical well-being, and caring for people around us. Through SNY, countless volunteers were able to reach families, community groups, and schools across the country, promoting a healthy lifestyle."

About Hindu Swayamsevak Sangh (HSS)

HSS is a 501(c)(3) voluntary non-profit cultural organization with over 230 chapters across the United States. HSS organizes service activities and community outreach projects to promote discipline, self-confidence, teamwork, and the spirit of selflessness. HSS also fosters a dynamic and flourishing Hindu-American community through civic duty, responsibility, and volunteerism, instilling lasting pride in Hindu heritage among its members. Learn more at www.HSSUS.org.

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