

HSS Announces 17th Annual “Health for Humanity” Yogathon

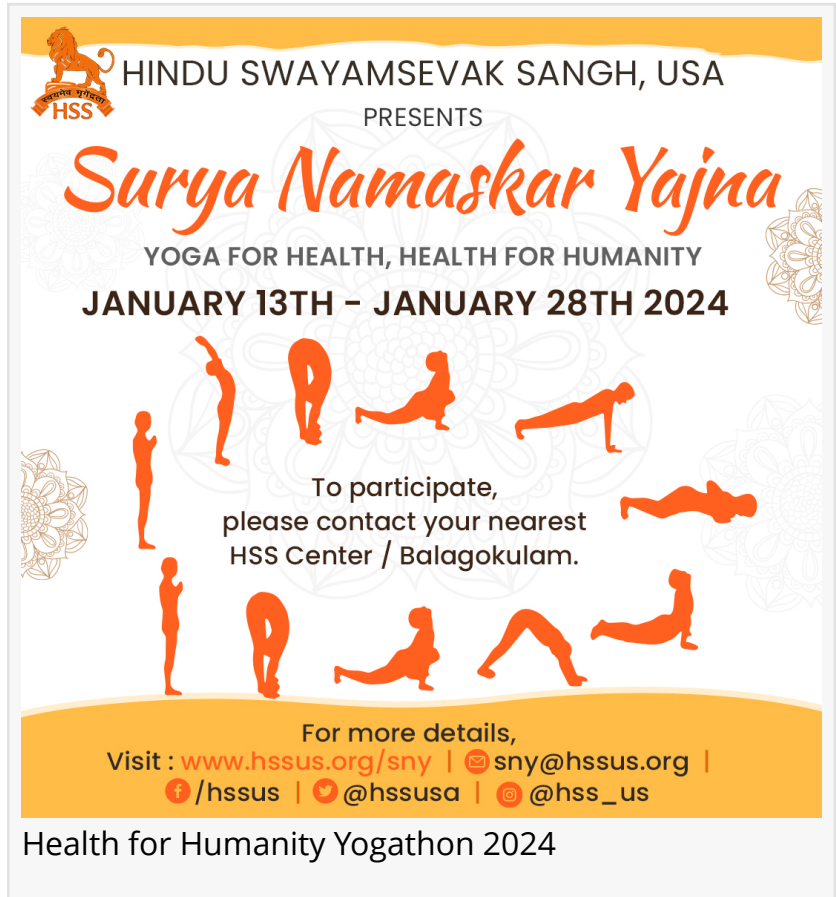
This health awareness program runs from Jan-14 to 28, 2024. All are invited to join & practice regardless of age, gender, race, ethnicity, nationality or faith.

ROCKAWAY, NEW JERSEY, USA, January 8, 2024 /EINPresswire.com/ -- [Hindu Swayamsevak Sangh](https://www.hinduswayamsevak.org) USA (HSS) announces the seventeenth annual "Yoga for Health, Health for Humanity Yogathon" or "Surya Namaskar Yajna" (SNY). This program runs from January 13th to January 28th, 2024. Participants across all ages, genders, races, ethnicities, nationalities, and faiths are invited to participate in the Yogathon to kickstart the New Year with health awareness and practice.

Surya Namaskar is a yogic practice done in reverence to the sun. Research shows several physiological and psychological benefits from Surya Namaskar when practiced regularly. They are performed as a series of 10 physical postures, flowing in a graceful, continuous sequence. The Surya Namaskar Yajna seeks to promote the practice and its benefits among all Americans aspiring for a fit body and balanced mind.

Since its inception in 2007, participants from 43 states have actively participated in the Yogathon through Yoga centers, community organizations, schools, and colleges, and also as individuals. Regardless of their faith and belief, these participants have performed over four million Surya Namaskars over the past several years. This is a testament to the success of the Yogathon in achieving diversity and inclusion in communities nationwide while promoting public health and well-being equitably.

Acknowledging this, community leaders and elected officials across the nation also appreciate



The poster for the Surya Namaskar Yajna features a central illustration of ten orange silhouettes of human figures in various yoga poses, arranged in two rows. The background is white with faint, light blue mandala patterns. At the top left is the HSS logo, which includes a lion and the text 'HSS'. To the right of the logo, the text 'HINDU SWAYAMSEVAK SANGH, USA' is written in a bold, sans-serif font, followed by 'PRESENTS' in a smaller font. Below this, the title 'Surya Namaskar Yajna' is written in a large, stylized, orange script font. Underneath the title, the text 'YOGA FOR HEALTH, HEALTH FOR HUMANITY' is written in a bold, sans-serif font, followed by 'JANUARY 13TH - JANUARY 28TH 2024' in a bold, sans-serif font. In the center of the poster, below the yoga poses, is the text 'To participate, please contact your nearest HSS Center / Balagokulam.' in a bold, sans-serif font. At the bottom of the poster, there is a yellow banner with the text 'For more details, Visit : www.hssus.org/sny | sny@hssus.org | [/hssus](https://www.facebook.com/hssus) | [@hssus](https://www.instagram.com/hssus) | [@hss_us](https://www.tiktok.com/hssus)' in a bold, sans-serif font. Below the banner, the text 'Health for Humanity Yogathon 2024' is written in a bold, sans-serif font.

HINDU SWAYAMSEVAK SANGH, USA
PRESENTS
Surya Namaskar Yajna
YOGA FOR HEALTH, HEALTH FOR HUMANITY
JANUARY 13TH - JANUARY 28TH 2024

To participate,
please contact your nearest
HSS Center / Balagokulam.

For more details,
Visit : www.hssus.org/sny | sny@hssus.org |
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Health for Humanity Yogathon 2024

this initiative and encourage their residents to participate in the Health for Humanity Yogathon and benefit from a healthy lifestyle. The Yogathon has received numerous proclamations from American mayors, governors, US Congressmen, and US Senators. It is widely covered by the print and digital media as well by TV channels across the US. It also found recognition in the Congressional records in 2017. The “Let's Move” initiative of then First Lady Michelle Obama declared HSS as a partner in 2012 in cognizance of the Yogathon.

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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