

The Senate

HONORING AND CONGRATULATING GANDHI INTERNATIONAL INSTITUTE FOR PEACE UPON THE SIXTH ANNUAL HAWAI'I CELEBRATION OF INTERNATIONAL YOGA DAY: YOGA FOR INNER PEACE AND WORLD PEACE

*"Yoga creates a balance at the physical, mental/emotional and spiritual level."
- Dr. Raj Kumar*

INTERNATIONAL YOGA DAY is a joyous and vibrant celebration of the importance of yoga. True yoga is much more than an hour-long *asana* class once a week; it is a daily lifelong practice to reawaken the connection, the union, between ourselves and the Supreme. It is through this connection that we can find inner peace and happiness. This year's International Yoga Day theme is "Yoga for Inner Peace and World Peace," highlighting yoga's transformative power in enhancing physical, mental, and emotional well-being.

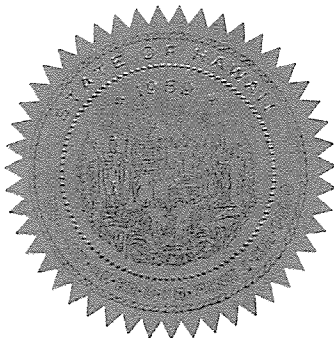
In September 2014, India's Prime Minister Narendra Modi spoke to the UN, and suggested an annual Day of Yoga on June 21st. This day was specifically requested because it is the longest day of the year in the northern hemisphere, the shortest day in the southern hemisphere, and it holds a special significance in many parts of the world. The UN subsequently adopted the resolution titled "Day of Yoga" with widespread support from 177 global leaders.

The first International Day of Yoga was observed on June 21st, 2015. In India, 35,985 people, including Prime Minister Narendra Modi and dignitaries from 84 nations, performed 21 yoga *asanas* on the main road of New Delhi, becoming the largest yoga class ever held. Similar celebrations have taken place around the world in cities large and small, on International Yoga Day ever since.

The **GANDHI INTERNATIONAL INSTITUTE FOR PEACE** initiated the movement to designate June 21st as "International Yoga Day" in Hawai'i. In 2019, the State Legislature officially recognized yoga as a long-standing aspect of Indian civilization, and a gift to humanity. Hawai'i was the first state in the nation to officially recognize International Yoga Day.

*"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 a sense of oneness with yourself, the world, and nature."
- Prime Minister Narendra Modi*

The Senate of the State of Hawai'i hereby honors and congratulates the **GANDHI INTERNATIONAL INSTITUTE FOR PEACE** on the occasion of Hawai'i's **Sixth Annual International Yoga Day**, with special recognition of "Yoga for Inner Peace and World Peace." Mahalo, Dr. Raj Kumar, Founder of the Gandhi International Institute for Peace, and Harendra Panalal, President, for your efforts over the last 23 years to promote peace, nonviolence, and a yoga lifestyle for the highest well-being of all. *Namaste!*



The 32nd Legislature
Certificate No. 680

Kurt Fevella *BTG* *Karl Rhoads*
Ray M. Hehner
Onushelle Sidani
Anne Mousis K.
Jocaine A. Brown
Kurt W. Rasmussen

Done this 21st day of June 2024
State Capitol, Honolulu, Hawai'i

Mike Gabbard
Mike Gabbard, Sponsoring Senator

Ronald D. Kouchi
Ronald D. Kouchi, President of the Senate

Carol Taniguchi
Carol Taniguchi, Clerk of the Senate