



Republic of Palau
Office of the President

Tommy E. Remengesau, Jr.
President

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PRESIDENTIAL PROCLAMATION NO. 18-238

Declaring June 21, 2018 as International Day of Yoga for the Republic of Palau

“Yoga for Peace: Health, Happiness, Harmony”

WHEREAS, Presidential Proclamation 18-227 declared the year 2018 as the Year of Good Health and calling for a national effort to promote better health and well-being in the Republic of Palau; and

WHEREAS, the United Nations has declared, within its 17 Sustainable Development Goals, Sustainable Development Goal 3, “Good Health and Well-Being,” the objective of which is to “ensure healthy lives and promote well-being for all at all ages,” and has called upon nations around the world to pursue targeted measures to improve the health and well-being of their people; and

WHEREAS, good health and wellness result in happiness, strength, wisdom, productivity, and peacefulness; and

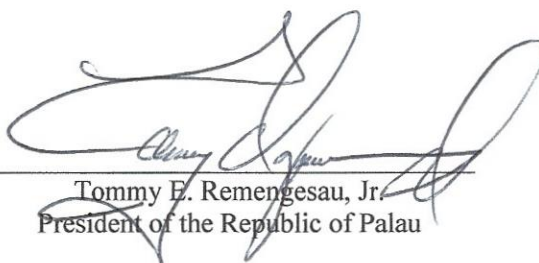
WHEREAS, on December 11, 2014, the 193 member United Nations General Assembly approved by consensus with a record 177 co-sponsoring countries a resolution to establish 21 June as “International Day of Yoga” noting the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health; and

WHEREAS, Yoga is beneficial for physical fitness, musculoskeletal functioning and cardio-vascular health; Yoga is beneficial in the management of diabetes, respiratory disorders, hypertension, and many lifestyle related disorders; Yoga helps to reduce depression, fatigue, anxiety disorders and stress; and

WHEREAS, Yoga is an invaluable gift from ancient Indian tradition that embodies unity of mind and body, thought and action and is a holistic approach to maintaining and improving health and well-being;

NOW THEREFORE, I, Tommy E. Remengesau, Jr., President of the Republic of Palau, by the virtue of the authority vested in me by the Constitution and laws of the Republic of Palau, do hereby declare June 21, 2018 as International Day of Yoga in the Republic of Palau and urge everyone as well as civil society, including non-governmental organizations and individuals, to observe the International Day of Yoga towards the promotion of peace, happiness, harmony and good health and wellbeing in accordance with national priorities and raise awareness of the benefits of practicing Yoga.

SO PROCLAIMED, this 19th day of June 2018 at the National Capitol in Ngerulmud, Republic of Palau.



Tommy E. Remengesau, Jr.
President of the Republic of Palau