



DEPARTMENT OF ELECTRICAL AND ELECTRONICS ENGINEERING

Report on ALUMNI TALK

EVENT TITLE : “WHAT TO DO ABOUT YOUR HEALTH” (WELLNESS AWARENESS PROGRAMME)

Date and Venue :

9th May 2026 - 10:00 AM – 11:00 AM

Tejas Seminar Hall, New Horizon College of Engineering

Resource Person :

Mr. Kumar Himanshu, Alumnus – EEE Department (Batch 2005–2009)

Dell Technologies, Wellness Coach – The Wellness Atlas

Organized By

Alumni Association

Departments of EEE | ECE | ME | MCA

Event Overview

A **Wellness Awareness Programme** titled “*What To Do About Your Health*” was organized on **9th May 2026** at **Tejas Seminar Hall** for the staff members of New Horizon College of Engineering. The programme aimed to create awareness about maintaining physical and mental well-being amidst demanding professional schedules and modern lifestyle challenges.

The session was conducted by **Mr. Kumar Himanshu**, an alumnus of the EEE Department (2005–2009 Batch), currently associated with **Dell Technologies** and serving as a **Wellness Coach at The Wellness Atlas**. Drawing from both his corporate and wellness coaching experience, he delivered an insightful and practical session focused on sustainable health practices for working professionals. The programme was organized collaboratively by the **Alumni Association** along with the Departments of **Electrical and Electronics Engineering (EEE), Electronics and**

Communication Engineering (ECE), Mechanical Engineering (ME), and Master of Computer Applications (MCA).

Objectives of the Programme

The primary objectives of the programme were:

1. To create awareness about the importance of physical and mental wellness among staff members.
2. To educate participants on the root causes of common lifestyle-related health issues.
3. To encourage healthy habits and sustainable wellness practices in daily life.
4. To provide practical and manageable strategies for improving overall well-being despite busy professional schedules.



Key Highlights of the Session

1. Understanding Lifestyle-Related Health Issues

Mr. Kumar Himanshu discussed how modern lifestyle habits such as:

- Sedentary work culture
- Stress and anxiety
- Irregular sleep patterns
- Lack of physical activity
- Unhealthy eating habits

can gradually affect long-term health and productivity.

He explained the importance of identifying the root causes behind common health concerns rather than merely treating symptoms.

2. Importance of Small and Consistent Changes

One of the central themes of the session was that **small and consistent lifestyle modifications can create significant positive health outcomes over time.**

The speaker encouraged participants to adopt practical habits such as:

- Regular walking and physical movement
- Mindful eating practices
- Proper hydration
- Maintaining healthy sleep schedules
- Stress management techniques

He emphasized that wellness is not about drastic changes but about building sustainable daily routines.

3. Mental Health and Emotional Well-being

The session also highlighted the importance of mental and emotional wellness for educators and professionals. Mr. Kumar Himanshu discussed:

- Managing workplace stress
- Developing positive thinking patterns
- Practicing mindfulness and relaxation techniques
- Maintaining work-life balance

Participants were encouraged to prioritize mental wellness as much as physical fitness.

4. Practical Wellness Strategies for Professionals

The speaker shared several easy-to-follow wellness strategies that can fit into a busy professional routine, including:

- Short daily exercise practices
- Digital detox habits
- Breathing and relaxation exercises
- Healthy meal planning
- Time management for self-care

The practical nature of the session made it highly relatable and beneficial for faculty and staff members.

Interactive Session

The programme concluded with an engaging interactive session where staff members discussed various health-related concerns and sought guidance on:

- Managing stress and burnout
- Improving sleep quality
- Maintaining fitness with limited time
- Developing healthy routines in professional life

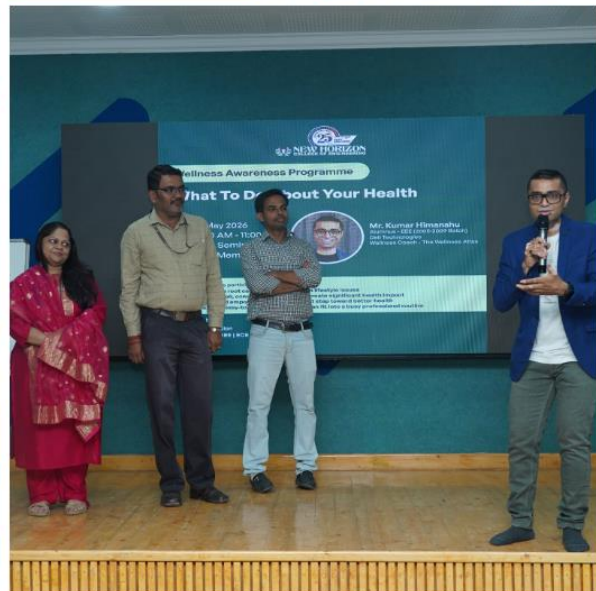
Mr. Kumar Himanshu addressed the questions with practical suggestions and motivational insights, making the session highly interactive and impactful.

Outcomes of the Programme

The wellness awareness programme achieved the following outcomes:

1. Participants gained awareness about the **importance of preventive healthcare and wellness management.**
2. Staff members understood how **small lifestyle changes can significantly improve physical and mental health.**
3. The session motivated participants to adopt healthier habits and prioritize self-care.
4. The programme fostered a positive outlook towards achieving a balanced and healthy professional life.





Conclusion

The **Wellness Awareness Programme** on *“What To Do About Your Health”* was highly informative, engaging, and beneficial for the staff members of NHCE. The session by **Mr.**

Kumar Himanshu provided valuable insights into maintaining wellness in today's fast-paced professional environment.

The participants appreciated the practical guidance and motivational approach adopted during the session. The institution expressed sincere gratitude to the speaker for sharing his expertise and contributing towards promoting a healthier and more balanced lifestyle among faculty and staff members.

The programme concluded successfully with active participation and positive feedback from attendees.



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