



ALUMNI ASSOCIATION

A REPORT ON WELLNESS AWARENESS PROGRAMME

The Alumni Association, in collaboration with the Departments of EEE, ECE, ME and MCA, organized a Wellness Awareness Programme on the topic “What to do about your health” on 9th May 2026 at Tejas Seminar Hall. The session was delivered by Kumar Himanshu, Wellness Coach – The Wellness Atlas at Dell Technologies and an NHCE Alumnus from the 2005–2009 batch.

The programme aimed to create awareness among faculty members about the importance of maintaining good health and wellness in today’s demanding lifestyle. The speaker emphasized the significance of preventive healthcare and adopting sustainable healthy habits in daily life.

During the session, participants were encouraged to understand the root causes behind common lifestyle-related issues such as stress, unhealthy eating habits, lack of physical activity, irregular sleep patterns, and work-life imbalance. The speaker explained how these factors affect overall well-being and highlighted the importance of mindful living.

The session also helped participants realize how small and consistent lifestyle changes can create a significant positive impact on health over time. Through practical examples and real-life experiences, the speaker motivated the audience to take simple yet effective steps towards improving their physical and mental wellness.

The programme further inspired participants to feel hopeful and empowered to take the next step towards better health. Various practical and easy-to-follow wellness tips suitable for busy academic and professional routines were shared during the session, making the content highly relatable and useful for the audience.

The Wellness Awareness Programme was highly informative and interactive. It provided valuable insights into healthy living and encouraged participants to prioritize their well-being through sustainable lifestyle practices.

Glimpse of the Session:

<https://drive.google.com/drive/folders/1liFDh5iRC4pCIN8CtrQxrumYJrHxHOJf?usp=sharing>