



# NEW HORIZON COLLEGE OF ENGINEERING

Autonomous College Permanently Affiliated to VTU, Approved by AICTE & UGC  
Accredited by NAAC with 'A' Grade, Accredited by NBA

## Department of CE

### Event 1:

<b>Name of the Event</b>	The Way of Healthy Living
<b>Date</b>	07th June 2023
<b>Beneficiary</b>	IV Sem CE/AIML.
<b>Write up</b>	<p>The CE .Net Club of Computer Engineering Department had organized an event “<b>The Way of Healthy Living</b> “on <b>07<sup>th</sup> June 2023</b>. The session commenced at <b>10.00 am</b> through offline mode in Falconry seminar Hall. The welcome address was given by Dr S P Manikandan HOD-CE, followed by Introduction of speaker Mr. Kumar Himanshu, Wellness Coach by Ms. Shreesha, 3<sup>rd</sup> Year Student of Computer Engineering Department.</p> <p>Mr Kumar Himanshu, Wellness Coach spoke about importance of Healthy Living, ways for healthy living, impact of lifestyle on health, stress management, ways to increase one’s energy to live a happier, healthier and more productive life. He also conducted quiz about health with prizes as rewards for winners.</p> <p>Finally, the event concluded with a vote of thanks by Ms Rachana, Club Member, 2<sup>nd</sup> Year Dept. of CE.</p>

**Coordinator**  
Mr. Rahul B

**HOD-CE**  
Dr. S P Manikandan