

# MONTHLY NEWSLETTER



## Engineering Wellness

Location: Mudd 530

Contact: seas-wellness  
@columbia.edu

Operating Hours: 9am-  
5pm

## Upcoming Events



### STRESS-BUSTERS SERIES

- Final Fruit Fuel: May 5th
- Lemon-Aid for Finals: May 7th
- "Donut" Stress: May 14th





## WELLNESS AT CU

- Upcoming Engineering Wellness Events
  - **Stress-buster Series**
    - Final Fruit Fuel: May 5th @ 10:30 am (4th Floor Mudd)
    - Lemon-Aid for Finals: May 7th @ 11:30 am (4th Floor Mudd)
    - "Donut" Stress: May 14th @ 9:30 am (4th Floor Mudd)
- Upcoming CU Events
  - New Plays Festival: 'WINGS // WATERMELON' (May 9-10)
  - Jewish American Heritage Month Celebration (May 12)
  - Pop-Up Concerts: Imani Winds (May 18)
  - For more events see **CU Event Calendar**



## WELLNESS IN NYC

Whitney Biennial 2026

Mar 8 - Aug 23, 2026

Ninth Avenue International Food  
Festival

May 16-17, 2026

Any questions or concerns? Email: [seas-wellness@columbia.edu](mailto:seas-wellness@columbia.edu)

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# MAY SPOTLIGHT

## AAPI Heritage Month



Asian American and Pacific Islander (AAPI) Heritage Month is an annual, month-long observance in May celebrating the contributions and cultural significance of Asians, Native Hawaiians, and Pacific Islanders in the United States.

## AAPI Contributions to Engineering

### **Tsu-Jae King Liu**

Recognized for leadership in electrical engineering and for becoming president of the National Academy of Engineering in 2025.

### **Jyotika Athavale**

Recognized for leadership in functional safety, engineering standards, and technology leadership, including a 2024 IEEE award.

### **Winnie Ye**

Recognized for contributions to engineering research and leadership in advancing women in engineering globally.

*Note: This campaign highlights selected voices and stories and does not capture the full breadth of AAPI identities and contributions. We welcome your suggestions and feedback—please feel free to reach out to SEAS Wellness.*