



# IUM

THE INTERNATIONAL  
UNIVERSITY OF MANAGEMENT

## IUM Alumni e-Focus



*Prof. Kingo Mchombu*

*Advisor: IUM Founder and Governing Council*

### BUILDING ALUMNI AND UNIVERSITY CONNECTION

BY

BY PROF. KINGO MCHOMBU

There is a well-known African proverb which says “**If you want to go fast, go alone, if you want to go far, go together**”. This proverb captures well the spirit of this short article. Walking together through the IUM Alumni platform, former students, staff and current students can go far to achieve their own goals and the institution’s vision. Below we elaborate on how these mutual interests can be tied up together to achieve an unbreakable fusion.

**Self-development as a personal responsibility:** The workplace where most of you work demands that you keep up with developments through upskilling to build up an impressive expertise portfolio. Most organisations have many employees to care for and you as an individual must constantly focus on your interests and your organisation’s mandate. However, working together as an Alumni team you can learn through this platform, share ideas and organise for self-development and upskilling activities. Your former institution of higher learning i.e. IUM is important in the sense that you can take courses at a commendable discount and you can organise speakers to come to Alumni events and speak on changes which have taken place in the discipline that you studied some years ago.

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### EDITORIAL DESK

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**Community of Practice (CoP):** All disciplines are constantly evolving and there is a need to learn from one another concerning the latest developments. On the other hand, you have acquired immense and valuable experiential learning since you were first hired. Hence the bringing together of these groups fosters a wonderful learning environment. It is a cooperative way of progressing as each one is learning with and from the others.

**Contributions to your Alma Mater:** As stated above, keeping the alumni connected to the current thinking of their university is of vital importance because education does not end when a person obtains a graduation certificate. Alumni need to support the fundraising goals of their university to achieve its vision. On the other hand, the Alumni can also advocate for programs designed specifically to meet their own needs using the university’s expertise, including professional development courses.

## HOLISTIC WELLNESS: THE ROUTE TO BETTER HEALTH

BY

MRS KARIN HUSSELMANN

It is probably fair to say that just about anybody can have healthy behaviours for a few days or weeks, but to make it part of your daily routine it is a horse of a different colour. It really takes determination, consistent efforts to maintain these behaviours as part of our daily routine. Wellness is not a once-off fun event that someone else is organising where you hop, skip, dance and drink a lot of water for a few hours, it is a series of daily activities and habits that you consistently do in order to shape your body, mind and thoughts in such a way that you will be able to deal with the day-to-day demands and worries of life.

It is therefore not something that someone else is doing for you, it is you working hard to becoming a better and healthier you. It can also be argued as a series of (daily) habits which, as soon as you stop doing it, you also stop reaping the benefits. Consistency is therefore key!

Ideally, wellness should be holistic, which means we must look beyond the physical body and also incorporate activities that covers and value the whole person. So, apart from physical health, holistic wellness also embraces the mental, emotional, social and spiritual aspects of health; hence we are killing five birds with one stone.

The easiest way to start incorporating holistic wellness into your daily routine is to start to move more. Yes, it is as easy as that! Be more active! Many people lead an inactive or sedentary lifestyle. The term sedentary refers to very little or no physical activity in our daily lives and is one of the main reasons why people develop chronic diseases such as hypertension, Type 2 diabetes, heart disease and even depression, according to the World Health Organisation (WHO). Physical activity is seen as a keystone habit.

A keystone habit is a habit that has a ripple effect across everything you do in life and make further change possible (Charles Duhigg, *The Power of Habit*). As a keystone habit, physical activity may lead you to engage in a healthier diet, leading to better sleep, which ensures more energy, higher productivity and may cause you to experience increased confidence and keep disease at bay

**The following easy and simple ways may help to incorporate holistic wellness into our daily routine:**



*Mrs Karin Husselmann  
IUM Nursing Lecturer: Community Health Sciences*

- (1) **Physical health** involves the doing of simple physical activity, such as walking briskly for 10 minutes, 3 times a week;
- (2) **Emotional health** involves an awareness and understanding of our emotions and managing them effectively. Communicate what you feel;
- (3) **Spiritual health** is about the meaning and purpose of life, and involves our relationship with a deity. Doing volunteer work, prayers, mantras, meditation and practicing of mindfulness are ways to increase our spiritual health;
- (4) **Social health** involves activities such as assertiveness, being more accepting of others, good listening skills, showing respect, patience and empathy and;
- (5) **Mental health** affects how we think, feel and act, and includes how we handle stress, make choices and relate to others.

To dwell in good health, wholeness and vitality is essential to prevent illness and disturbance of the equilibrium in our bodies. Holistic health is therefore the new wealth, not pieces of silver and gold. The dividends are less stress, enough sleep, healthy eating, a better self-esteem and even some time out of your day for yourself. "So, be good to yourself, for yourself, by yourself".

## A WORD OF APPRECIATION OF THE PLEDGES AND CONTRIBUTIONS RECEIVED DURING THE REBRANDING AND RE-UNION DINNER OCTOBER 22, 2022

The Office of the IUM Alumni Relations wishes to extend a word of appreciation to all the corporate companies, individuals, friends of IUM, and the Alumni for their generous pledges, contributions, and support towards the “Re-Branding and Re-Union Dinner” of the IUM Alumni Association from 1994 to 2022.

IUM in general and in particular the Alumni Office appreciate you taking time to bless the “Re-Branding and Re-Union Dinner” event to raise funds for the Alumni Office to support the “Catalogue of the IUM Alumni Activities”. Your financial support was beyond our imagination. Your attendance was amazing and played an important aspect in the successful “Re-Branding and Re-Union Dinner”. Words cannot express the depth of our gratitude.

Our theme, “Together Again. IUM for Life”, set the tone for IUM Alumni to reunite after several years of graduating from IUM, to regroup and bond as a family for life. Further, the theme recognized the importance of our Alma Mater which provided training and education for global career opportunities.

The quality of all the speakers was exceptional. The entertainment provided by the IUM choir,

IUM traditional dance group, and Healing vocals Group were absolutely outstanding, pleasing to the ear and sentimental to the alumni.

Our appreciation goes to the IUM Alumni Association philanthropist, the Founder and Chairperson of IUM Governing Council for his generous contribution. An acknowledge goes to Dr. Rakesh Wahi who also made a generous contribution during the “Re-Branding and Re-Union Dinner” of the IUM Alumni. Our admiration goes to Dr Erastus “Chicco” Shapumba for his alertness and generous support during the dinner event. Our appreciation goes to Dr Banda Shiimela for his tireless support to the IUM Alumni Association. Furthermore, IUM would like to express its gratitude to Dr Quinton Van Rooyen for his never ending generosity and support towards IUM.

A huge thank you to “Twiihaleni Decor” which made Tunana Hall look like a screen out of Hollywood. Equally, the alumni office is grateful to the “Pension DRN” (Cafeteria) for the tasty and mouth-watering food served.

IUM is forever grateful to the IUM community for their generous support. Thank you for making the event a great success.





## HIGHLIGHTS OF THE IUM REBRANDING AND REUNION DINNER 22 OCTOBER 2022



Prof. David R. Namwandi | Founder and Council Chair

"This auspicious occasion is also our first IUM alumni reunion from the class of 1994 to 2022. Let us embrace this historic occasion with love and appreciation and celebrate IUM alumnus who went through the gates of this great learning institution, IUM. "



Dr Erastus Shapumba | Class of 2016  
Chairman: Chicco group of Company

"IUM Alumni Association is a family of scholars, a family of thinkers, and a family that can make a difference in the lives of IUM graduates. The IUM Alumni Association will remain our family forever."



Dr Rakesh Wahi | Class of 2012  
Chairman: CMA Investment Holdings

"As a member of an alumni association, you have a great deal of responsibility to your alma mater. Invest in your education, make IUM your first priority of investment"



Dr Frieda Shimbuli | Class of 2016  
IUM Alumni Consultant

"Its is important to build a strong IUM Alumni Association right from the start. The foundation must be stable, strong, and firm."



Mr. Timoteus Ashipala Sheepo | Class of 2016  
Dean Faculty of ICT

"Many of the IUM Alumni have established themselves very well in the Namibian economy and internationally in all the fields they studied while at IUM. support your Alma Mater. Your support is for the future generations of IUM graduates. "



Ms Taleni Matheus | Class of 2021  
IUM Alumni Relations Events Officer

"A big thank you to all the IUM alumni from the class of classes of 1994 to 2022. IUM is yours. IUM is your home. "Together Again. IUM for Life". That is the spirit we should all embrace."



# HIGHLIGHTS OF THE IUM REBRANDING AND REUNION DINNER 22 OCTOBER 2022





# HIGHLIGHTS OF THE IUM REBRANDING AND REUNION DINNER 22 OCTOBER 2022





IUM ALUMNI WEDDING BELLS



Mr Ferdinand Katuuo Class of 2014 tied the knot with Mrs Diana Katuuo on 8 August 2015



Mr Solomon Ulenga Class of 2010 tied the knot with Mrs Shange-elao Uulenga on 6 December 2014



Mrs Drusilla Emma Hoeses Class of 2015 tied the knot with Mr Elago Abed on 8 December 2018



Mrs Anastasia Mulungu (Tchicuco) Class of 2016 tied the knot with Mr Paulino Tchicuco on 13 December 2014



## A N N O U N C E M E N T S

### ALUMNI ASSOCIATION VOLUNTEER PROGRAMME

Volunteering with the Office of the IUM Alumni Association means to volunteer your professional skills and services in exchange for no monetary value. It means to work for unpaid activities planned for alumni members, the university, and the global community during the course of the academic year. Volunteering is an act of kindness in which people donate their time and labor to the IUM Alumni Relations Office.

#### UPCOMING EVENTS

There are numerous volunteer opportunities available with the Office of the IUM Alumni Relations. With the guidance of the alumni staff, as a volunteer, you will assist and provide professional services to the planned activities in the following categories:

#### ACTIVITIES

Events | Programmes | Community Engagements | Sports Projects

Please sign up to volunteer for one year with the Office of the IUM Alumni Relations.

**Please contact Ms Taleni Matheus** | Email: alumni@ium.edu.na | Cell: 081-452-4420 for further assistance.

### IUM ALUMNI ASSOCIATION MEMBERS TO BECOME DONORS

By becoming a donor towards the IUM Alumni Association and your Alma Mater is a rewarding experience. To donate means to give money, goods and in-kind. Donate for future generations to come.

#### BECOME A DONOR TOWARDS THE IUM ALUMNI ASSOCIATION

In order to make a difference in the IUM Alumni Association, it is prudent to show care by becoming an active donor towards the IUM Alumni Association.

#### DONOR CATEGORIES

Individual donor | Major donor | Corporate donor

Many universities rely on donations from students who graduated from their respective universities.

Let us make a difference ● Let us donate ● IUM for live.

Please sign up as a donor towards the IUM Alumni Association.

**Please contact Ms Taleni Matheus** | Email: alumni@ium.edu.na | Cell: 081-452-4420 for further assistance.

### BECOME A MEMBER OF THE IUM ALUMNI ASSOCIATION

#### REGISTER AND BECOME A MEMBER OF THE IUM ALUMNI ASSOCIATION

The Office of the IUM Alumni Relations wishes to encourage all the students who graduated from IUM from 1994 to current students, to register with the alumni office to become members of the association.

**Please Contact Ms Taleni Matheus**

Email: alumni@ium.edu.na | Cell: 081-452-4420 for further assistance.

PROMINENT IUM ALUMNI



**Ms Ndamonoghenda  
Jermias**  
Bachelor's Degree  
(Honours)  
Class of 2022



**Mr Ndamono Iizyenda**  
Bachelor's Degree  
Class of 2022



**Mr Elkan Mbidama**  
Bachelor's Degree  
(Honours )  
Class of 2022



**Mr Lamek P. Amukoshi**  
Bachelor's Degree  
Class of 2022



**Mrs Penombili Nantinda**  
Bachelor's Degree  
Class of 2022



**Nestor Metusalem**  
Master's Degree  
Class of 2021



**Mr Frans N. Amutenya**  
Bachelor's Degree  
(Honours)  
Class of 2021



**Mr David Hango**  
Master's Degree  
Class of 2021



**Mr Festus Jafet**  
Bachelor's Degree  
(Honours)  
Class of 2020

PROMINENT IUM ALUMNI



**Mr Kefas Kasimeya**  
Bachelor's Degree  
(Honours)  
Class of 2019



**Mr Mathias M. Nangolo**  
Bachelor's Degree  
(Honours)  
Class of 2018



**Ms Ndamona Ingashipola**  
Bachelor's Degree  
(Honours)  
Class of 2017



**Mr Daniel Shigwedha**  
Bachelor's Degree  
(Honours)  
Class of 2017



**Ms Kristofina Efrain**  
Bachelor's Degree  
(Honours)  
Class of 2017



**Dr Moses Waiganjo**  
Master's Degree  
Class of 2016  
*(PhD obtained from Greenlight University)*



**Ms Fransina Titus**  
Bachelor's Degree  
(Honours)  
Class 2016



**Ms Elizabeth Elias**  
Bachelor's Degree  
(Honours)  
Class of 2015



**Ms Lydia N Hangula**  
Bachelor's Degree  
(Honours)  
Class of 2014