

B.N.M. Institute of Technology

An Autonomous Institution under VTU

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College Internal Complaints Committee (CICC)

Circular

21/07/2025

All the members of College Internal Complaints Committee (CICC) are hereby requested to attend a meeting on **22/07/2025** at **11.00 am** in HoD's Cabin, Dept. of ECE.

Agenda:

1. Committee Half yearly (Part -1)2024-2025 report about the CICC activities.
2. Discussion about the CICC Events to be organized during Part-2 of 2024-2025.
3. Reconstitution of CICC Committee student members.

Yasha Jyothi M Shirur
Chairperson, CICC
(Dr. Yasha Jyothi M Shirur)

Circulation:

Sl. No.	Name and Designation	Position in CICC	Signature
1	Dr. Yasha Jyothi M Shirur Professor & HoD- ECE	Chairperson	<i>Yasha Jyothi M Shirur</i> 21/7/25
2	Dr. Priyashree S – Assoc. Prof, Dept. of EEE	Member Secretary	<i>Priyashree S</i>
3	Dr. S Srividhya - Professor & HoD- ISE	Member	<i>S Srividhya</i>
4	Sri. Manu A S – Asst. Prof, Dept of Mech. Engg.	Member	<i>Manu A S</i>
5	Smt. Akshatha Kamath – Office Assistant	Member	<i>Akshatha Kamath</i>
6	Sri. B M Ananda – Foreman, Dept. of ECE	Member	<i>B M Ananda</i> 21/7/25
7	Ms. B G Megha Hebbar – Student, Dept of ISE	Member	<i>B G Megha Hebbar</i>
8	Ms. Gaayana G R- Student, Dept of ECE	Member	<i>Gaayana G R</i>
9	Ms. Samiksha D – Student, Dept of EEE	Member	<i>Samiksha D</i>
10	Mr. Simhananda	Member from NGO – Youth For Parivarthan	<i>Simhananda</i>

BNMIT	BNMIT / FORMAT/001	Issue: A	Page No: 1 of 2
CICC/22-23/01	Minutes of College Internal Complaints Committee Meeting	Rev: 0	Meeting Date: 22-07-2025

Agenda 01: Committee report for the year 2024-2025

Discussions were held regarding the committee report for the year 2024-2025 (Part 1).

Dr. Yasha Jyothi M Shirur, Chairperson, College Internal Complaints Committee, welcomed all the committee members to the Meeting. It was informed that no complaints were lodged for the first half of the academic year 2024-2025.

Agenda 02: Review of steps taken for prevention of sexual harassment in the campus.

In the meeting the following points were discussed for the implementation in the next year.

1. Students and staff were informed to lodge complaint at any time with any committee member. Such complaints will be informed to the Chairperson and senior committee members to take further actions.
2. The committee will meet at the beginning of every academic year and also whenever necessary.

Agenda 03: Review of activity conducted during the first half of 2024-2025.

1. An event was conducted for girl candidates on "Building A Secure Financial Future for Women" on 26th Mar 2025 was organized by IEEE Women In Engineering (WIE) to address on "To set different life goal and tell how to become great and secure person for their family and country". The talk was delivered by Ms. Beena M, Senior manager, Learning & Development Dept., HDFC Life Insurance.
2. An event on "Managing Stress and Achieving Wellbeing" was conducted on 26th Mar 2025, organized by IEEE Women In Engineering (WIE) to address an engaging and insightful session on managing stress and emotional well-being—topics that are increasingly vital in today's demanding academic and professional environments. The talk was delivered by Dr. Prema M, Peer Counseling Leader, Aapta Salaha Kendra and Smt. Satyavathi Kananur, Life Skill Mentor, Aapta Salaha Kendra.

Agenda 04: Review of training activities and motivational talks to be conducted for girl candidates.

1. Proposal to conduct Inspirational Talk on 'Menstrual Hygiene' and "Creating Awareness on Women's Health and Wellness" to be conducted on behalf of Women empowerment during the second half of 2024-2025.

Agenda 05: Reconstitution of CICC committee

1. Proposal for the reconstitution of CICC committee was submitted.
2. Proposal for the change of members of the committee was discussed.

Decision (s):

Chairperson briefed the following points:

1. The committee has decided to reconstitute the Student members of CICC committee, regarding the replacement of student members: Brinda D, 3rd sem Student, Dept of ISE, Ms. Thanishka K- 5th sem Student, Dept of ECE and Ms. SaiRashmi B J-3rd sem Student of Dept of EEE, With effect from 22/07/2025,

BNMIT	BNMIT / FORMAT/001	Issue: A	Page No: 2 of 2
CICC/22-23/01	Minutes of College Internal Complaints Committee Meeting	Rev: 0	Meeting Date: 22-07-2025

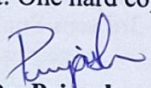
- Ms. B G Megha Hebbar (1BG24IS013), Ms. Gaayana G R (1BG23EC032) and Ms. Samiksha D (1BG24EE036), have been nominated as the student member of CICC committee, With effect from 22/07/2025.
- The CICC members list along with contact numbers should be displayed on Notice board of all departments.
- Students were given information about committee members name and contact numbers that is also available in college website.
- The committee meeting concluded with the Chairperson thanking all the members for their active participation and suggestions.
- The program on 'Menstrual Hygiene' and "Creating Awareness on Women's Health and Wellness" was proposed to be conducted during second phase of 2024-2025.

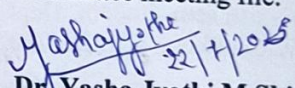
Committee Members Present during the meeting

Sl. No.	Name and Designation	Position in CICC
1	Dr. Yasha Jyothi M Shirur - Professor & HoD- ECE	Chairperson
2	Dr. Priyashree S – Assoc. Prof, Dept. of EEE	Member Secretary
3	Dr. S Srividhya - Professor & HoD- ISE	Member
4	Sri. Manu A S – Asst. Prof, Dept of Mech Engg.	Member
5	Smt. Askshatha Kamath – Office Assistant	Member
6	Sri. B M Ananda – Foreman, Dept. of ECE	Member
7	Ms. B G Megha Hebbar – Student, Dept of ISE	Member
8	Ms. Gaayana G R- Student, Dept of ECE	Member
9	Ms. Samiksha D – Student, Dept of EEE	Member
10	Mr. Simhananda-NGO	Member from NGO – Youth For Parivarthan

Originated by Dr. Priyashree S Associate Professor, Dept. of EEE, BNMIT Member Secretary, College Internal Complaints Committee	Approved by Dr. Yasha Jyothi M Shirur Professor & HoD, Dept. of ECE, BNMIT Chairperson, College Internal Complaints Committee
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Distribution List: One hard copy to College Internal Complaints Committee meeting file.


Dr. Priyashree S
Member Secretary, CICC


Dr. Yasha Jyothi M Shirur
Chairperson, CICC

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Report of Invited Talk on "BUILDING A SECURE FINANCIAL FUTURE"

26th March 2025

Time: 2:30 pm to 3:30 pm

No of participants: 32

Mrs. Beena M delivered a talk on Building a secure Financial Future. This talk was organized by IEEE Women In Engineering (WIE) to address on "To set different life goal and tell how to become great and secure person for their family and country."

Ms. Beena M provides an insightful overview of **HDFC Life**, a prominent leader in the **BFSI (Banking, Financial Services, and Insurance)** sector. With over 25 years of experience, HDFC Life has established itself as a trusted provider of comprehensive financial solutions. The company's tagline, "Life of Pride," reflects its commitment to empowering individuals to build wealth, secure their financial future, and achieve financial independence.

As part of the larger **HDFC Group**, HDFC Life offers a wide array of services, including life insurance, health coverage, retirement planning, and investment solutions. This diverse range of offerings ensures that HDFC Life meets the varied needs of its customers, making it a one-stop solution for all financial needs. In addition to life insurance, HDFC Group operates in several other sectors, including **HDFC Ergo** (general insurance), **HDFC Pension** (retirement solutions), **HDFC Capital** (real estate funding), and **HDFC Mutual Fund** (investment services).

HDFC Life is dedicated to providing flexible and tailored policies that adapt to the changing needs of its customers. The company's offerings include benefits such as tax savings, investment growth, health security, and guaranteed retirement income. Through the **Click to Achieve Par Advantage** program, HDFC Life introduces specialized benefits, such as **spouse care, student care, flexible lump-sum options, and family income advantages**, ensuring that every aspect of an individual's financial well-being is covered.

HDFC Life encourages individuals to invest 30% of their monthly income to build long-term wealth and achieve financial independence by the age of 60. With former cricketer **Rishabh**

Pant as its brand ambassador, HDFC Life continues to lead in delivering reliable and innovative financial products that secure a prosperous future for its customers

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17th Cross, 17th Mile, Bengaluru 560 076

**IEEE Women in Engineering, BNMIT**

Organizes a Talk on
Building a Secure Financial Future

Date: 26-03/2025
Time: 2.30pm to 3.30pm
Venue: N-401, New Building Seminar Hall


Mrs. Beena M.
Senior Manager
Learning & Development Clerk
HDFC Life Insurance

Dr. Narayan Rao R. Masray
Chairman ISE
BNMIT

Prof. T. J. Rama Murthy
Director
BNMIT

Dr. S. Y. Kulkarni
Additional Director & Principal
BNMIT

Prof. Elneswar R. Masray
Dean
BNMIT

Dr. Krishnamurthy G. N.
Deputy Director
BNMIT





Handwritten signature: yashraj
Date: 26/03/2025

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Report of Invited Talk on “Managing Stress and Achieving Wellbeing”

26th March 2025

Time: 12:30 pm to 1:30 pm

No of participants: 49

In an engaging and insightful session, **Dr. Prema M** and **Smt. Satyavathi Kananur** delivered an impactful talk on managing stress and emotional well-being—topics that are increasingly vital in today’s demanding academic and professional environments. With their thoughtful approach and ability to connect with young minds, they simplified complex emotional and psychological concepts, making the session both relatable and memorable for students.

Stress, as they explained, is the body’s natural reaction to challenging situations. While short bursts of stress can improve performance and sharpen focus, chronic stress can be damaging—particularly to the **hippocampus**, the part of the brain responsible for memory and learning. Long-term stress can lead to emotional exhaustion, reduced attention, and a general decline in mental clarity, especially among students juggling academic pressures and personal responsibilities.

The speakers emphasized that effective stress management begins with valuing personal happiness and engaging in self-care. They introduced ten practical, easy-to-follow techniques often recommended in counselling. These included staying hydrated, planning tasks ahead, engaging in regular physical activity, and maintaining balance across physical, emotional, and spiritual dimensions. Creative outlets such as journaling and hobbies were highlighted as excellent ways to reduce mental clutter and gain perspective. They also introduced calming techniques like **Chin Mudra** and deep breathing exercises, which help soothe the nervous system and foster inner peace. A useful bedtime practice they suggested was listing stressors—an act that helps acknowledge worries and contributes to better emotional regulation and sleep quality. Simple actions such as helping others, expressing gratitude, and laughing were presented as powerful ways to release **oxytocin**, the body’s natural “feel-good” hormone, which supports emotional connection and mental well-being.

A key part of the session was the discussion on **peer counselling** and its growing relevance. **Dr. Prema M** and **Smt. Satyavathi Kananur** stressed that students often feel more comfortable opening up to peers who share similar experiences. Peer counselling provides a non-judgmental space where emotions can be safely expressed, helping reduce

stigma around mental health. The benefits are far-reaching: improved confidence, emotional balance, healing from emotional trauma, and enhanced assertiveness. They also clarified the often-confused conditions of **anxiety and depression**. Anxiety, they explained, involves restlessness, worry, and overthinking, while depression is characterized by withdrawal, hopelessness, and a lack of motivation. Recognizing these differences is crucial in seeking the right support—be it therapy, lifestyle changes, or professional help.

In conclusion, the session by Dr. Prema M and Smt. Satyavathi Kananur served as a powerful reminder that stress management is not just a temporary need, but a lifelong skill. With consistent mindfulness, effective planning, and nurturing relationships, individuals can build resilience, avoid burnout, and live more balanced, fulfilling lives. The simplicity and warmth with which the speakers addressed these sensitive topics made a lasting impact, encouraging students to prioritize mental health and take meaningful steps toward emotional well-being.



Yashraj
26/3/2025