

COMMUNICATIONS SOCIETY(SBC14831)

List of Events Organized

Sl. No.	Date	Event	No of Participants
1	30.07.26	“Lifecycle of Medicine - outreach program in schools”	95
2	24.07.26	Technical Talk on "AI for Earth Sciences: From Maps to Decisions"	66
3	13.10.25	CommQuest – IEEE Week 2025	27
4	29.09.25	Online Quiz Event	42
5	29.09.25	Internal IEEE Societies Meeting (IEEE Week Planning)	20
6	25.09.25	IEEE Membership Drive 2025 for Freshers	100+
7	30.08.25	Student Branch Office Members Meeting for IEEE Week 2025	45
8	26.05.25	Importance of Research in the AI World	50
9	16.04.25	Burnout to Balance: Managing Stress and Achieving Wellbeing	50

IEEE COMMUNICATION SOCIETY, BNMIT Office Bearers

SL.NO	NAME	POSITION HELD
1	Varshini R	Chair
2	Sriharini Suresh	Vice Chair
3	Manish N	Secretary
4	Subramanya.D	Treasurer
5	Rajath DK	Webmaster

Faculty Advisor: Dr.Priyadarshini K Desai,
Associate Professor, Dept of ECE



B.N.M Institute of Technology

IEEE ComSoc
IEEE Communications Society

IEEE ComSoc BNMIT SBC

Report on event titled as: "Lifecycle of Medicine - outreach program in schools"

Date: 30th July 2026

Time: 12:00 PM to 2: 30 PM

**Venue: Capital Public School, 339, 5th Main Road,
Kothnur, Churchgatta, 7th Phase, J.P Nagar,
Bengaluru-560078**

Number of Students: 95

Faculty Advisor: Dr. Priyadarshini K Desai

Introduction

As part of the **IEEE Communication Society (ComSoc) BNMIT Student Branch Chapter's** commitment to community engagement and STEM education, an outreach program titled **"Lifecycle of Medicine"** was conducted for the Grade 8 students of **Capital Public School, J.P. Nagar**. The program was organized by the Department of Electronics and Communication Engineering, BNMIT, in association with IEEE Signal Processing BNMIT Student Branch Chapter, IEEE ComSoc BNMIT Student Branch Chapter, and IEEE CAS BNMIT Affinity Group. The session aimed to introduce students to the journey of medicines and vaccines, from their discovery in laboratories to reaching patients, while creating awareness about healthcare, vaccination, and the responsible use of medicines. The session also discussed the role of communication system especially during Covid-19 period in delivery of day-to-day needs, booking slots for vaccination. The outreach program was designed to make science engaging and relatable through storytelling, real-life examples, interactive discussions, quizzes, and classroom activities. The objective was not only to teach scientific concepts but also to spark curiosity about medicine, healthcare, communication and biomedical engineering.

Objectives

The primary objectives of the outreach program were:

- To educate students about the complete life cycle of medicines and vaccines.
- To create awareness about the importance of medicines in disease prevention and treatment.
- To introduce students to different systems of medicine practiced in India.
- To explain how vaccines are developed, tested, and administered.
- To encourage scientific thinking through interactive learning and problem-solving activities.

Session Highlights

The session commenced with an interactive discussion that encouraged students to think about how medicines are discovered and why they are essential in our daily lives. Students were introduced to the concept of medicine, its importance, different methods of administration, and various systems of medicine practiced in India. The presentation further explained the journey of a medicine, covering research and development, pre-clinical testing, clinical trials, large-scale production, and distribution to consumers.

Special emphasis was placed on **clinical trials**, where the students learned about the three phases of testing and why medicines must undergo rigorous safety and effectiveness checks before being approved for public use. The session also introduced students to the history of vaccines by narrating the story of **Edward Jenner**, the inventor of the first successful vaccine, helping them understand how vaccination has saved millions of lives worldwide. Different types of vaccines, oral and injectable vaccines, and the difference between **vaccination** and **immunization** were explained using simple examples suitable for middle-school students.

The students were also introduced to healthy practices such as maintaining hygiene, washing hands, wearing masks during outbreaks, and understanding the significance of immunization cards and emergency health services.

Interactive Activities

To ensure active participation and better understanding, the session included several interactive learning activities. A quiz competition was conducted where students answered multiple-choice questions on medicines, vaccines, immunization, clinical trials, healthcare systems, and disease prevention. The quiz encouraged enthusiastic participation, with students eagerly volunteering to answer questions and engaging in discussions to explain their reasoning.

In addition, students participated in a classroom activity where they arranged the stages of the life cycle of a medicine in the correct sequence—from research and development to reaching the consumer. Real-life examples, storytelling, and open discussions were incorporated throughout the session, allowing students to ask questions, relate the concepts to everyday life, and develop a deeper understanding of the topics in an enjoyable and interactive manner.

Outcome & Conclusion

The outreach program successfully introduced Grade 8 students to the life cycle of medicines and vaccines through storytelling, visual presentations, quizzes, and interactive activities. Students gained a better understanding of medicine development, clinical trials, vaccination, immunization, and the importance of healthy practices in preventing diseases. Their enthusiastic participation throughout the session reflected their interest and understanding of the concepts.

Overall, the "**Lifecycle of Medicine**" outreach program effectively promoted scientific awareness and healthcare literacy among the students. The interactive and activity-based approach made learning enjoyable, encouraged curiosity, and helped students connect classroom concepts with real-life applications.



B. N. M. Institute of Technology

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Department of Electronics & Communication Engineering

In Association with

IEEE Signal Processing Society

IEEE Communications Society

IEEE Circuits and Systems Society

"Lifecycle of Medicine - outreach program in schools"

Date: 30th July 2026

Time: 12.00pm to 2:30pm

Venue: Capital Public School,

339, 5th Main Road, Kothnur, Churchgatta,

7th Phase, J.P Nagar, Bengaluru-560078

Resource Person



Dr. Lakshmi Bhaskar

Associate Professor
BNMIT, Bengaluru



Dr. Priyadarshini K Desai

Associate Professor
BNMIT, Bengaluru

Organizers

Dr. Yasha Jyothi M Shirur
Professor & HoD

Dr. Keerti Kulkarni
Associate Professor

Dr. Priyadarshini K Desai
Associate Professor

Dr. Lakshmi Bhaskar
Associate Professor

Sri. Narayan Rao R. Maanay
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Prof. T. J. Rama Murthy
Director
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Dr. S. Y. Kulkarni
Additional Director & Principal
BNMIT

Prof. Eishwar N. Maanay
Dean
BNMIT

Dr. Krishnamurthy G. N.
Deputy Director
BNMIT





BNM Institute of Technology

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Department of Computer Science and Engineering
in association with

**BNMIT IEEE Computer Society Student Branch Chapter, GRSS SBC,
ComSoc SBC**

Report on Technical Talk on “AI for Earth Sciences: From Maps to Decisions”

Event Title: Technical Talk on "AI for Earth Sciences: From Maps to Decisions"

Event Date and Time: 24th July 2026, 10:00 am

Venue: N401, BNM Institute of Technology

Resource Person: Mr. Aman Bagrecha

The IEEE BNMIT Student Branch, in collaboration with the IEEE Geoscience and Remote Sensing Society Student Branch Chapter (GRSS SBC), IEEE ComSoc Student Branch (ComSoc SBC) and IEEE Computer Society Student Branch Chapter (CS SBC), successfully organized a technical talk titled "AI for Earth Sciences: From Maps to Decisions" on 24th July 2026 at 10am at BNM Institute of Technology. The session was delivered by Mr. Aman Bagrecha, Geospatial Scientist and Co-founder of Let's Talk Spatial, who shared valuable insights into the transformative role of Artificial Intelligence in geospatial technologies and Earth observation.



The talk began with an introduction to the fundamentals of satellite imagery, covering concepts such as electromagnetic wavelengths, spectral bands, false-colour composites, spatial resolution, and radar imaging. The speaker explained how optical and radar sensors capture different characteristics of the Earth's surface

and highlighted their applications in environmental monitoring, defence, and weather-independent observation.

The session further explored the importance of spatial and temporal analysis in satellite imagery. Participants learned how neighbouring pixels provide contextual information for image interpretation and how multi-temporal datasets enable effective change detection for applications such as deforestation monitoring, pollution analysis, and land-use mapping. The discussion emphasized the significance of data normalization and domain knowledge in obtaining reliable results.



A major highlight of the talk was the application of Artificial Intelligence in geospatial analysis. Mr. Bagrecha explained how self-supervised learning techniques generate embeddings from satellite imagery, enabling advanced tasks such as land-cover classification, environmental monitoring, and change detection. The audience also gained insights into agentic AI workflows, demonstrating how modern AI agents can interact



with geospatial tools through the Model Context Protocol (MCP) to answer complex natural-language queries related to Earth observation.

The live demonstration showcased the integration of tools such as Google Earth Engine, Sentinel satellite datasets, Fused.io, MapLibre, and AI agents to retrieve, analyze, and visualize satellite imagery. Through practical examples involving air quality monitoring, deforestation analysis, and satellite image retrieval, participants witnessed how AI-powered workflows can simplify complex geospatial analysis while maintaining scientific accuracy.

The session concluded with an engaging interaction where students discussed the future of AI-driven Earth observation, environmental monitoring, and geospatial intelligence. The talk provided valuable exposure to emerging technologies and inspired participants to explore interdisciplinary applications of Artificial Intelligence in Earth sciences. The IEEE BNMIT Student Branch sincerely thanks **Mr. Aman Bagrecha** for delivering an insightful and inspiring session and for sharing his expertise with the student community. We also extend our heartfelt gratitude to our faculty advisors, **Dr. Chaitra M, Dr. Keerti Kulkarni,** and **Dr. Karthik S, Dr. Priyadarshini K Desai** for their constant guidance, encouragement, and unwavering support in making this event a grand success.

B.N.M. Institute of Technology
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IEEE Week 2025 – CommQuest Event Report

Venue: N- 401

Date: 13th October, 2025

Time: 02:00 pm to 04:00 pm

No of participants: 27

Organized by:

IEEE Communications Society – BNMIT Student Branch Chapter and
IEEE BNMIT Student Branch Chapter
B.N.M. Institute of Technology (Autonomous), Bengaluru

Overview:

As part of IEEE Week 2025, the IEEE Communications Society (ComSoc) Student Chapter, BNMIT, organized an interactive technical event titled “CommQuest” on 13th October 2025 from 2:00 PM to 4:00 PM. The event aimed to test students’ logical thinking, communication knowledge, and teamwork through engaging and creative rounds inspired by real-world communication concepts.

Event Proceedings:

A total of 13 teams participated enthusiastically in the event, which consisted of three rounds and a tie- breaker. The first round, Morse Minute, required teams to decode Morse code messages using their phones. This round tested quick decoding skills and awarded bonus points to the fastest teams.

The second round, Emoji Express, included two parts: Emoji to Word and Word to Emoji, where participants creatively decoded and encoded communication symbols. Based on their performance, 7 teams advanced to the next stage.

The third round, Channel Chaos, introduced the concept of signal interference by adding an incorrect emoji within a sequence. Teams had to identify the anomaly, simulating the challenge of filtering noise in communication systems.

The competition concluded with a Blind Pictionary tie-breaker, where one team member drew while the other guessed the communication-related term. This round added excitement and fun, creating a lively and engaging atmosphere among participants.

Objective:

- To encourage understanding of communication concepts through interactive activities.
- To develop logical thinking, teamwork, and quick decision-making skills.
- To make learning technical concepts engaging and enjoyable.

Conclusion:

CommQuest successfully combined technical knowledge, creativity, and teamwork, making it an exciting highlight of IEEE Week 2025. The event showcased the enthusiasm and innovative spirit of the IEEE BNMIT ComSoc team, leaving participants with a memorable and enjoyable learning experience.

Photographs from the Event:

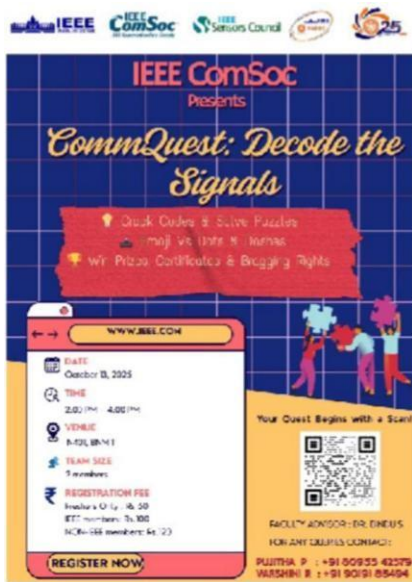


Fig. 1: Official poster of the CommQuest event.



Fig. 2: Winners and runners-up being felicitated with books and pens as tokens of appreciation.



Fig.3: Group photograph featuring all participants, office bearers, and the ComSoc banner

B.N.M. Institute of Technology

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Online Quiz Event Report

Venue: Online

Date: 29th September, 2025

Time: 10:00am to 10:00 pm

No of participants: 42

Organized by:

IEEE Communications Society – BNMIT Student Branch Chapter and
IEEE BNMIT Student Branch Chapter
B.N.M. Institute of Technology (Autonomous), Bengaluru

Overview:

On 29th September 2025, the IEEE Communications Society (ComSoc), BNMIT Student Branch organized an Online Quiz designed to combine communication technology concepts with logical reasoning and problem-solving. The event aimed to create an engaging platform where students could test their knowledge while enjoying an interactive and competitive learning experience.

Event Proceedings:

The quiz was conducted in an online format and was open to students from all branches, encouraging wide participation. A total of 42 participants took part in the event, bringing enthusiasm and technical curiosity to the competition. The quiz included questions from communication systems, physics concepts, and logical puzzles, creating a balanced mix of technical and reasoning-based challenges.

Each round was time-bound, adding excitement and encouraging quick thinking among participants. The questions were designed to test both technical understanding and analytical thinking, making complex communication concepts more engaging and accessible. Throughout the session, participants actively responded to questions, enjoyed the tricky puzzles, and appreciated the interactive nature of the event. The event concluded with appreciation for the winners and participants, recognizing their enthusiasm and active involvement in making the quiz a lively and enjoyable experience.

Objective:

- To promote interest in communication technology and related concepts.
- To encourage logical reasoning and quick thinking among students.
- To create an interactive and enjoyable learning environment through quizzes and technical challenges.

Conclusion:

The IEEE ComSoc Online Quiz successfully provided students with a fun and engaging platform to test their knowledge and analytical skills. By combining technical questions with logical puzzles, the event highlighted that learning communication concepts can be both interactive and enjoyable, encouraging students to continue exploring the field with curiosity and enthusiasm.

Photographs from the Event:



Fig. 1: Poster of the Online Quiz announcement circulated along with the participation link



Fig.2 : Announcement of the Top 5 participants who answered all questions correctly in the least time.

B.N.M. Institute of Technology
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Internal IEEE Societies Meeting

Venue: A- 209

Date: 29th September, 2025

Time: 10:30 am to 11:30 am

No of participants: 20

Organized by:

IEEE BNMIT Student Branch Chapter
B.N.M. Institute of Technology (Autonomous), Bengaluru

Overview:

On 25th September 2025, the IEEE BNMIT Student Branch organized a Membership Drive to introduce first-year students of the 2025 batch to the opportunities, resources, and benefits associated with IEEE membership. The session aimed to create awareness about how IEEE supports technical learning, networking, and career development.

Event Proceedings:

The session began with an introduction to IEEE, one of the world's largest professional organizations dedicated to advancing technology for humanity. Student members explained how IEEE provides access to research papers, journals, webinars, and international technical events, helping students stay updated with the latest technological advancements.

The speakers also introduced the various IEEE societies active at BNMIT, including Communications Society (ComSoc), Power & Energy Society (PES), Computational Intelligence Society (CIS), Geoscience and Remote Sensing Society (GRSS), Circuits and Systems Society (CAS), Signal Processing Society (SPS), Robotics and Automation Society (RAS), Engineering in Medicine and Biology Society (EMBS), and Computer Society (CS). Each society's focus areas and opportunities for projects, workshops, and collaboration were highlighted.

Students were informed about professional platforms such as IEEE Xplore and IEEE Collabratec, along with volunteering opportunities that help members build a strong professional network and global connections. Current IEEE members also shared their personal experiences about participating in technical workshops, hackathons, conferences, paper presentations, and internships, explaining how IEEE membership enhanced their technical skills and leadership abilities.

The session concluded with an interactive Q&A session, where students clarified their queries regarding IEEE membership and its benefits. Many students showed interest and registered for IEEE membership.

The membership drive was conducted by the IEEE BNMIT Student Branch with the support of various IEEE society members and volunteers.

Objective:

- To introduce students to the benefits and opportunities of IEEE membership.
- To create awareness about IEEE societies, resources, and global technical communities.
- To encourage students to participate in technical activities, projects, and professional development opportunities.

Conclusion:

The IEEE Membership Drive successfully inspired students to understand the value of joining IEEE and becoming part of a global technical community. The session encouraged students to take their first step toward technical growth, networking, and professional development through active IEEE participation.

Photographs from the Event:

B.N.M. Institute of Technology

An Autonomous Institution under VTU

IEEE Membership Drive 2025 for Freshers

Venue: Canteen

Date: 25th September, 2025

Time: 12:00 pm to 01:30 pm

No of participants: 100+

Organized by:

IEEE BNMIT Student Branch Chapter

B.N.M. Institute of Technology (Autonomous), Bengaluru

Overview:

On 25th September 2025, the IEEE BNMIT Student Branch organized a Membership Drive to introduce first-year students of the 2025 batch to the opportunities, resources, and benefits of IEEE membership. The session aimed to create awareness about how IEEE supports technical learning, professional networking, and career development.

Event Proceedings:

The session began with an introduction to IEEE, a global professional organization dedicated to advancing technology for the benefit of humanity. Students were informed about the various benefits of IEEE membership, including access to research papers, journals, webinars, and international technical events, which help members stay updated with the latest developments in engineering and technology.

The speakers also introduced the IEEE societies active at BNMIT, including Communications Society (ComSoc), Power and Energy Society (PES), Computational Intelligence Society (CIS), Geoscience and Remote Sensing Society (GRSS), Circuits and Systems Society (CAS), Signal Processing Society (SPS), Robotics and Automation Society (RAS), Engineering in Medicine and Biology Society (EMBS), and Computer Society (CS). Each society's focus areas and opportunities for projects, workshops, and networking were explained. Students were also introduced to professional platforms such as IEEE Xplore and IEEE Collabratec, along with volunteering opportunities that help members build a strong global network.

The session also highlighted the career advantages of IEEE membership, including opportunities to participate in technical workshops, hackathons, conferences, paper presentations, and internships. Current members shared their experiences on how IEEE membership helped them develop technical skills, leadership qualities, and professional visibility. The event concluded with an interactive Q&A session, where students clarified their queries and many expressed interest in becoming IEEE members.

Objective

- To introduce students to the benefits and opportunities of IEEE membership.
- To create awareness about IEEE societies, resources, and global technical communities.
- To encourage students to participate in technical and professional development activities.

Conclusion:

The IEEE Membership Drive successfully encouraged students to understand the value of IEEE and motivated them to become part of a globally connected technical community, helping them take their first step toward technical growth and professional development.



B.N.M. Institute of Technology
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Student Branch Office Members Meeting for IEEE Week 2025

Venue: N-401

Date: 30th August, 2025

Time: 01:45 pm to 3:00 pm

No of participants: 45

Organized by:

IEEE BNMIT Student Branch Chapter

B.N.M. Institute of Technology (Autonomous), Bengaluru

Overview:

On 30th August 2025, the IEEE BNMIT Student Branch organized a coordination meeting with representatives and office bearers of all IEEE societies to review recent activities and plan upcoming initiatives. The meeting provided a platform to discuss society progress, streamline reporting practices, and introduce the new leadership teams.

Event Proceedings:

The session was chaired by Dr. Jyoti R. Munavalli, who emphasized the importance of collaboration among IEEE societies and maintaining active participation in technical initiatives. The discussion began with planning for the IEEE Week Celebration, where it was proposed that each society would organize at least one activity to ensure diverse events and greater student involvement.

The meeting then focused on activity updates and VTools reporting. Society chairs presented summaries of their recent events, and faculty coordinators highlighted the importance of maintaining timely updates in IEEE VTools. To ensure consistency across chapters, a uniform reporting format was recommended and pending updates were assigned to the respective chapter secretaries.

The session concluded with the introduction of the newly appointed student chapter teams. Outgoing members were acknowledged for their valuable contributions, and the new office bearers were welcomed. Each society presented its leadership team, marking a smooth transition of responsibilities and encouraging collaboration for the upcoming academic year.

Objective:

- To review the progress of IEEE student societies and recent activities.
- To coordinate plans for the IEEE Week Celebration and upcoming initiatives.
- To ensure proper documentation and reporting through IEEE VTools.
- To introduce and support the newly appointed society leadership teams.

Conclusion:

The meeting successfully aligned all IEEE BNMIT student societies on their upcoming plans, particularly for IEEE Week celebrations, and reinforced the importance of timely VTools reporting and collaborative efforts. The introduction of new office bearers marked a positive start for the upcoming term, setting the stage for productive and impactful IEEE activities throughout the academic year.

The meeting was conducted under the guidance of Dr. Jyoti R. Munavalli, IEEE BNMIT Branch Counsellor, with the participation of representatives and office bearers from various IEEE student societies.

Photographs from the event:



B.N.M. Institute of Technology
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Importance of Research in AI World

Venue: N-401

Time: 11:00 am to 12:30 pm

Date: 26th June, 2025

No of participants: 50

Organized by:

IEEE Communications Society – BNMIT Student Branch Chapter and
IEEE BNMIT Student Branch Chapter
B.N.M. Institute of Technology (Autonomous), Bengaluru

Overview:

A technical talk titled “Importance of Research in the AI World” was conducted to inspire students to develop a research-oriented mindset in the era of Artificial Intelligence and rapidly evolving technology. The event focused on the significance of innovation, ethical research practices, and continuous learning for students and researchers.

Event Proceedings:

The session began with a welcome address by Dr. Rekha P, followed by an insightful talk by Dr. Gurumurthy Hegde, Professor and Director at the Centre for Advanced Research and Development (CARD), Christ University.

Dr. Hegde discussed how Artificial Intelligence is transforming industries and job roles, emphasizing the need for quality research and academic integrity. He highlighted the importance of identifying unethical research practices and maintaining credibility in academic work.

The speaker also presented emerging research areas such as liquid crystal displays, photonics, and sustainable energy, while addressing global challenges including energy, water, environment, education, and healthcare. He introduced practical insights into identifying impactful research, selecting the right research supervisor, and structuring a strong research proposal including components such as introduction, literature review, methodology, timeline, and conclusion.

Additionally, the session covered useful techniques such as the SMART framework for developing research questions and the SCAMPER method for idea generation, along with simple academic writing tips like “write like you talk” and “read your work aloud.”

The technical talk was organized by the Department of Electronics and Communication Engineering, B.N.M. Institute of Technology, in collaboration with various IEEE societies, under the guidance of Dr. Yasha Jyothi M Shirur (Head of the Department), Dr. Rekha P, and Dr. Bindu S.

Objective:

- To encourage students to develop a research-driven mindset in the AI era.
- To create awareness about ethical and impactful research practices.
- To guide students on research methodology, idea generation, and academic writing

Conclusion:

The session concluded with an inspiring message from Dr. Gurumurthy Hegde, emphasizing that research is driven by curiosity, integrity, and the desire to create meaningful impact. His motivating statement, “Work brings happiness,” encouraged participants to actively pursue research and innovation for societal and technological advancement.

Photographs from the Event

B.N.M. Institute of Technology
An Autonomous Institution under UET, Approved by AICTE

Department of Electronics & Communication Engineering
In Association with

IEEE NANO
IEEE ComSoc
IEEE

Organizes a Technical Talk on
Importance of Research in AI world

Date: 26th June 2025
Time: 11:00am
Venue: N401

Resource Person

Dr. Gurumurthy Hegde
Professor & Director (CARE)
Crest University

Objectives

- To highlight the role of research in driving innovation and breakthroughs in Artificial Intelligence.
- To motivate students and professionals to contribute to AI research through interdisciplinary collaboration.
- To explore emerging research challenges and opportunities in AI ecosystems.

Organizers

Dr. Yasho Jyothi M Shrivu Professor & HoD	Dr. Sakho P Professor, ECE	Dr. Bindu S Professor, ECE
Sri Narayan Rao R Maswadi Chairman, GSI BNMIT	Prof. T. J. Rama Murthy Director BNMIT	Dr. S. V. Kulkarni Additional Director & Principal BNMIT
Prof. Vishwanath Maswadi Dean BNMIT	Dr. Krishnakumary G. N Deputy Director BNMIT	



B.N.M. Institute of Technology

An Autonomous Institution under VTU

Burnout to Balance: Managing Stress and Achieving Wellbeing

Venue: N-401

Time: 12:30 pm to 1:30 pm

Date: 16th April, 2025

No of participants: 50

Organized by:

IEEE Women in Engineering (WIE) – BNMIT Student Branch Chapter and

IEEE Communications Society – BNMIT Student Branch Chapter and

IEEE BNMIT Student Branch Chapter

B.N.M. Institute of Technology (Autonomous), Bengaluru

Overview:

On 16th April 2025, a wellness-focused session titled “Burnout to Balance: Managing Stress and Achieving Wellbeing” was conducted to help students understand stress, anxiety, and emotional wellbeing. The session combined informative discussions, interactive activities, and practical strategies to help students maintain mental balance and manage academic pressure effectively.

Event Proceedings:

The session featured insightful talks by Dr. Prema M and Smt. Satyavathi Kananur. Dr. Prema M explained how stress affects the hippocampus, the part of the brain responsible for memory and emotions, helping students understand the physical and psychological impact of stress. She discussed the root causes of stress and emphasized the importance of identifying personal triggers. Students were introduced to “10 ways to manage stress”, along with strategies such as prioritizing tasks, practicing gratitude, and maintaining a disciplined self-care schedule. The importance of sleep, exercise, and proper nutrition for mental wellbeing was also highlighted. A short breathing session using Chin Mudra allowed participants to experience calmness and focus.

Smt. Satyavathi Kananur continued the session by explaining the difference between anxiety and depression and the importance of counselling and emotional support. She encouraged students to openly share their concerns with family, friends, or professionals, and explained whom to approach for help, including psychiatrists, psychologists, therapists, counselors, and peer counselors. Students were also introduced to the concept of peer counselling as a supportive approach within the campus community.

The event was conducted with the support of Dr. Bindu S, IEEE WIE & ComSoC Faculty Advisor, and Dr. Jyoti R. Munavalli, Professor, Department of ECE, BNMIT. The session was smoothly coordinated by Adithya Sheshan, Thanmayee MK, Sakshi N Sunil, Mukund D, Pujitha Padmanabha, Varshini R, and the IEEE BNMIT team.

Objective:

- To create awareness about mental health, stress management, and emotional wellbeing.
- To help students understand the causes of stress and practical ways to manage it.
- To encourage students to seek support, counselling, and healthy coping mechanisms.

Conclusion:

The session “Burnout to Balance” was an insightful and compassionate initiative that helped students understand mental health challenges and practical methods to manage them. Through meaningful discussions, breathing exercises, and open conversations, the event encouraged self-care, emotional awareness, and resilience, leaving participants feeling more informed, supported, and connected.

Event Photos:

