

B.N.M. Institute of Technology

An Autonomous Institution under VTU

IEEE Women In Engineering (SBC14831D)



List of Events organized during 2025-26

<i>Sl. No.</i>	<i>Event title</i>	<i>Date</i>	<i>No. of Participants</i>
1	Talk on“Building a Secure Financial Future”	26/03/25	30
2	Managing Stress and Achieving Wellbeing	26/03/25	50
3	Life of a Packet & Routing Fundamentals	25/07/25	230
4	THINK ZAP World WIE Day Quiz	28/07/25	50
5	IEEE Week Event Escape Room	10/10/25	65
6	A Talk on Wellness Journey, Women’s Day 2026	09/03/26	60
7	Conversation on Cycle & Hormonal Health (Her Rhythm)	26/05/26	84

IEEE -WIE

Chair :***Kanishka***
Vice chair :***YS Neha***
Treasurer :***Sudhanva KS Bhat***
Secretary :***DM Mukund***
Webmaster :***Kushala BM***

Faculty Advisor : ***Dr. Bindu S, Professor,ECE***

B.N.M. Institute of Technology

An Autonomous Institution under VTU

Talk on “Building a Secure Financial Future”

IEEE Women In Engineering

Time: 9.00 a.m. to 11:00 a.m.

26th March 2025

No of participants:30

This workshop focused on building long-term wealth and financial security through smart investing strategies, emphasizing allocating 30% of monthly income to diversified investments like stocks, mutual funds, and fixed deposits for compound growth.

Participants learned essentials of life insurance as both protection and savings, alongside retirement planning with tools like SIPs, NPS, and EPF to create a corpus 25-30x annual expenses.

Key takeaways included automating investments, building a 6-month emergency fund, and annual portfolio reviews to combat inflation, with real examples showing how early 30% investing from age 25 can multiply wealth significantly by retirement.

B. N. M. Institute of Technology
An Autonomous Institution under VTU.
27th Cross, 12th Main, Banashankari 2nd Stage, Bengaluru 560 070.

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 Dept.,
HDFC Life Insurance

Sri. Narayan Rao R. Maanay
Chairman GB
BNMIT

Prof. T. J. Rama Murthy
Director
BNMIT

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

Prof. Eishwar N. Maanay
Dean
BNMIT

Dr. Krishnamurthy G. N.
Deputy Director
BNMIT

B.N.M. Institute of Technology

An Autonomous Institution under VTU

Managing Stress and Achieving Wellbeing ***IEEE Women In Engineering***

Time: 3:00 pm to 4: 30 pm

26th March 2025

No of participants: 50

Managing Stress and Achieving Wellbeing

The interactive session raised stress awareness by exploring its impacts on physical health (immunity, sleep) and mental states (focus, mood), introducing self-care routines like journaling, digital detoxes, and nature walks for daily resilience. Breathing techniques such as 4-7-8 and box breathing were demonstrated for instant calmness, paired with progressive muscle relaxation and guided visualizations to reduce cortisol.

Peer support was encouraged through group discussions and buddy systems, fostering community accountability that doubles adherence to habits, helping participants sustain long-term wellbeing beyond the event.



B.N.M. Institute of Technology

An Autonomous Institution under VTU

Workshop on

“Inside the Network: Life of a Packet & Routing

Fundamentals”

IEEE WomenIn Engineering

25th July 2025

Time: 8.30 a.m. to 9:45 a.m.

No. of participants:230

Attendees gained foundational knowledge of the TCP/IP model, data encapsulation, and the key differences between Layer 2 switching (MAC-based for LANs) and Layer 3 routing (IP-based for inter-networks). Demos covered ARP for address resolution, Ping for connectivity, and IPv4 addressing with subnet masks and CIDR, making abstract concepts tangible.

Hands-on CLI labs using Cisco Packet Tracer involved configuring static/dynamic routing (RIP, OSPF), VLANs, and troubleshooting issues like loops, with traceroute and Wireshark to trace real packet flows.



B.N.M. Institute of Technology

An Autonomous Institution under VTU

THINK ZAP World WIE Day Quiz

IEEE Women In Engineering

Time: 3.00 p.m. to 4:30 p.m.

28th July 2025
No. of participants: 50

This online quiz celebrated World Women in Engineering Day by blending questions on women's STEM achievements with general knowledge, promoting inclusivity and awareness in science and technology fields. The competitive format engaged diverse participants in fun, educational challenges that highlighted trailblazers in engineering. Winners were chosen for accuracy and speed, with the top 10 receiving customized WIE books as prizes, fostering community spirit and motivating broader STEM participation among attendees



B.N.M. Institute of Technology

An Autonomous Institution under VTU

IEEE Week Event Escape Room

IEEE SPS&IEEE WIE

Time: 1:00 p.m. to 4:00 p.m.

10th October 2025

No. of participants: 65

The web-based game, built with HTML, CSS, and JavaScript, challenged teams with technical puzzles including binary decoding to ASCII, logic riddles on engineering topics, and C code debugging for errors like loops or leaks. Teams progressed through stages in breakout rooms, unlocking clues under time pressure.

The final reveal—"WIE IS BEST – 2025"—celebrated Women in Engineering, enhancing teamwork, logical reasoning, and coding confidence while aligning with IEEE's inclusivity goals and energizing participants for future events.



IEEE Women In Engineering (SBC14831D)

B.N.M. Institute of Technology

An Autonomous Institution under VTU

Workshop on “A Talk on Wellness journey by Ms. SummaRamesh, Yoga Therapist and Trainer, Sankalp Yoga.”

Duration : 12:30 p.m. – 2:00 p.m.

No of Participants:60

Ms. Summa Ramesh Babu, a highly accomplished Yoga Therapist, Master Trainer, and Founder of Sankalp Yoga and RedTent, conducted an insightful session on women’s health and holistic wellness. With over 15 years of experience in yogic sciences, a Master’s degree in Yogic Science, a Bachelor’s degree in Psychology, and certification as a Functional Nutritionist, she brings an integrated perspective to physical and mental well-being. The session focused on common hormonal concerns among women, particularly thyroid dysfunction and Polycystic Ovary Disease (PCOD), highlighting the importance of lifestyle management, balanced nutrition, physical activity, and stress reduction. She explained how yoga therapy, including specific asanas and pranayama techniques, can support overall physiological and mental well-being when incorporated into a consistent daily routine.

She emphasized that sustainable health requires an integrated approach combining medical awareness, nutrition, physical activity, and holistic practices. The session, organized in collaboration with IEEE Bangalore Section and Women in Engineering (WiE), concluded with an empowering message encouraging women to adopt proactive and mindful approaches to their health, thereby supporting long-term physical, emotional, and overall well-being.



B.N.M. Institute of Technology

An Autonomous Institution under VTU

Her Rhythm – A Conversation on Cycle & Hormonal Health

IEEE Women In Engineering

Duration : 11.30a.m to 12.30p.m

Number of Students: 84

One of the key highlights of the event was the live demonstration of the **Ruthu** application. The speakers explained its features and benefits, showcasing how it helps women track menstrual cycles, monitor hormonal health, record symptoms, and receive personalized health insights. The demonstration highlighted the role of technology in promoting awareness and supporting women's healthcare in an accessible and user-friendly manner.

The session was highly interactive, with students actively participating and asking questions related to menstrual health, hormonal balance, lifestyle management, and the practical use of the app. The speakers addressed the queries effectively and shared valuable health tips, making the discussion informative and engaging.

Overall, the event was successful in creating awareness about menstrual and hormonal health while emphasizing the importance of open conversations and health education. It provided students with valuable knowledge and encouraged them to prioritize their physical and emotional well-being.



B.N.M. Institute of Technology
An Autonomous Institution under VTU