



Kammavari Sangham (R) 1952

K. S. GROUP OF INSTITUTIONS

K. S. SCHOOL OF ENGINEERING AND MANAGEMENT

Approved by AICTE, New Delhi; Affiliated to VTU, Belagavi, Karnataka; Accredited by NAAC

www.kssem.edu.in

DEPARTMENT OF ELECTRONICS AND COMMUNICATION ENGINEERING

A Report on celebration of “International Women’s Day” Program

Date: 8th March 2025

Time: 11 am– 3.30pm

Venue: Aryabhata Seminar Hall, Dept. of ECE, KSSEM, Bangalore

Target Audiences: KSSEM Women Staff and IEEE Students

No. of Participants: 80

Objective: As part of our initiative to empower women in STEM and academia, the IEEE Student Branch at KSSEM celebrated “International Women’s Day”, featuring a special talk on “Impact of long working hours on women wellness” by Dr. Sujata C Gokak in the morning session and “Glow Inside Out: The ultimate women’s health guide” by Dr. Kokila Kulkarni during afternoon session. The program was organized on Saturday 8th March 2025 from 11:00am onwards. This event aligns with the institution’s vision of fostering a progressive, inclusive, and mentally resilient academic environment.

The Department of Electronics and Communication Engineering, KSSEM, in association IEEE student branch, invited all the women teaching and non-teaching staff to celebrate International women’s day. The chief guest Dr. Sujata C Gokak serves as a Vice-Principal and Professor and Head of Practice of Medicine department at Anuradha Homeopathic Medical College and Hospital, Bangalore. She is also the founding director for Homeo Healing Centre, Bangalore. The speaker Dr. Kokila Kulkarni, BAMS and MBA graduate serves as Assistant Professor at MBA department, KSSEM. Being a wellness coach Dr. Kokila maam has conducted several programs on women wellness.

The Event began with wellness talk on “Impact of long working hours on women wellness” by Dr. Sujata C Gokak welcomed by Ms. Sucharitha IEEE student from 6th sem. Ma’am said that long working hours can have a profound impact on women’s physical and mental well-being, often leading to stress, fatigue, and hormonal imbalances. She explained that prolonged work pressure increases cortisol, the primary stress (sad) hormone, which contributes to anxiety, mood swings, sleep disorders, and weakened immunity. However, by stimulating happy hormones like dopamine, serotonin, oxytocin, and endorphins, women can counteract these negative effects. She emphasized the importance of regular exercise, meditation, social interactions, and a balanced diet in maintaining hormonal balance. Additionally, she provided insights into how homeopathy can be an effective and natural way to manage stress and hormonal issues. She encouraged women to prioritize self-care, set boundaries, and maintain a healthy work-life balance to sustain their overall wellness.



KSSEM
K S SCHOOL OF ENGINEERING AND MANAGEMENT

Kammavari Sangham (R) 1952

K. S. GROUP OF INSTITUTIONS

K. S. SCHOOL OF ENGINEERING AND MANAGEMENT

Approved by AICTE, New Delhi; Affiliated to VTU, Belagavi, Karnataka; Accredited by NAAC

www.kssem.edu.in

DEPARTMENT OF ELECTRONICS AND COMMUNICATION ENGINEERING

The talk was followed by a beautiful song sung by student Ms. Pallavi from 4th Sem. The celebration included a cake-cutting ceremony, followed by Dr. Swarna, Head of the Chemistry Department, sharing valuable insights on raising male children to foster empathy and respect. She emphasized the importance of teaching boys to understand and support their wives, promoting gender equality for a balanced and harmonious future.

The celebration resumed in the afternoon with talk delivered by Dr. Kokila Kulkarni on PCOS. Dr. Kokila Kulkarni spoke about Polycystic Ovary Syndrome (PCOS), highlighting its impact on women's health. She explained that PCOS is caused by hormonal imbalances leading to irregular periods, weight gain, acne, and fertility issues. She emphasized the role of insulin resistance in worsening the condition and increasing the risk of diabetes. Dr. Kulkarni stressed the importance of a healthy lifestyle, regular exercise, and stress management in managing PCOS.



Fig 1: Poster of the Event



Fig 2: Group picture of staff and Guest



Fig 3: Dr. Sujatha C Gokak delivering the talk

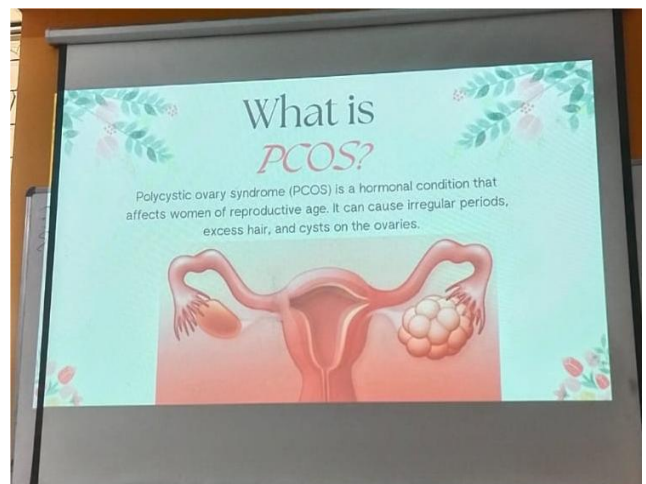


Fig 4: Ppt. Slide showing picture of PCOS



KSSEM
K S SCHOOL OF ENGINEERING AND MANAGEMENT

Kammavari Sangham (R) 1952

K. S. GROUP OF INSTITUTIONS

K. S. SCHOOL OF ENGINEERING AND MANAGEMENT

Approved by AICTE, New Delhi; Affiliated to VTU, Belagavi, Karnataka; Accredited by NAAC

www.kssem.edu.in

DEPARTMENT OF ELECTRONICS AND COMMUNICATION ENGINEERING



Fig 5: Glimpse of speakers during celebration

The celebration concluded with fun games organized by IEEE student volunteers Keerthana, Aashish Aryan, Radhika, Shreelalshmi and others, bringing joy and excitement to the women staff. Laughter and enthusiasm filled the atmosphere as everyone actively participated, making the event even more memorable. All attendees thoroughly enjoyed the celebration and left with beautiful memories, making it a truly special and heartwarming occasion.



KSSEM
K S SCHOOL OF ENGINEERING AND MANAGEMENT

Kammavari Sangham (R) 1952

K. S. GROUP OF INSTITUTIONS

K. S. SCHOOL OF ENGINEERING AND MANAGEMENT

Approved by AICTE, New Delhi; Affiliated to VTU, Belagavi, Karnataka; Accredited by NAAC

www.kssem.edu.in

DEPARTMENT OF ELECTRONICS AND COMMUNICATION ENGINEERING

Outcomes:

1. Women Staff gained a deeper understanding of women's health issues, including PCOS and the importance of hormonal balance.
2. The cake-cutting ceremony and heartfelt speeches added a personal touch, making the event enjoyable and memorable for everyone.
3. Dr. Swarna's talk inspired attendees to rethink how they raise the next generation, contributing to the broader goal of creating more inclusive and supportive environments.


Faculty Coordinator


HOD, ECE
Professor & Head
Dept. of Electronics & Communication Engineering
K.S. School of Engineering & Management
Bangalore - 560 109