SDG 3: Good Health and Well-being

On-campus health care, mental health and counselling, prevention, research and healthcare startups

INTRODUCTION

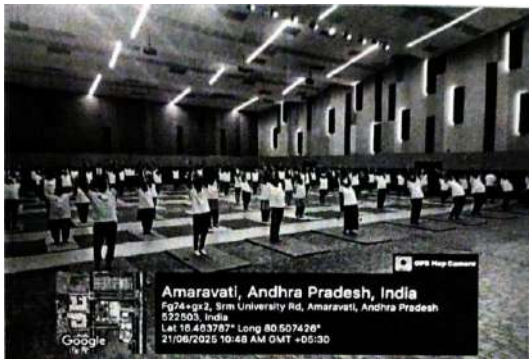
Health and well-being on a residential campus

Sustainable Development Goal 3 calls on institutions to help people live healthy lives and to promote well-being at every age. For a residential university community, that goal begins on campus: a doctor within reach at any hour, someone to talk to when stress builds, and a culture that makes exercise, rest and prevention part of everyday student life.

SRM University-AP addresses SDG 3 through four connected strands:

- **On-campus health care.** A 24×7 Health Centre, expanded in 2025 to an eight-bed facility with ambulance services and referral partnerships.
- **Mental health and counselling.** A Wellness Centre with confidential counselling, therapies and peer-support programmes, complemented by the student-run Wellness Club.
- **Prevention, awareness and service.** Health camps, awareness sessions, sports and yoga events, and outreach led by Student Affairs, the NSS Cell and the Directorate of Sports.
- **Research and innovation.** Health-related publications and healthcare startups incubated at the university.

This section draws on the university's event reports (July 2024 – June 2025), its Scopus-indexed publication records for 2024–2025, its startup incubation records, and the information published by its Health Centre and Wellness Centre.



International Day of Yoga 2025 – mass yoga session.



Beyond Boundaries – prize presentation.

HIGHLIGHTS

39 SDG 3 events and initiatives recorded

13,519 recorded participations (not unique individuals)

24×7 medical cover and ambulance service

215 SDG 3 publications, 2024–2025 (Scopus)

5 healthcare startups under incubation

SDG 3 DATA AND KEY HIGHLIGHTS

SDG 3 at a glance

39
SDG 3 events and initiatives recorded

13,519
Recorded participations (not unique individuals)

8
Beds in the expanded Health Centre (from 2)

24×7
Medical cover and ambulance service

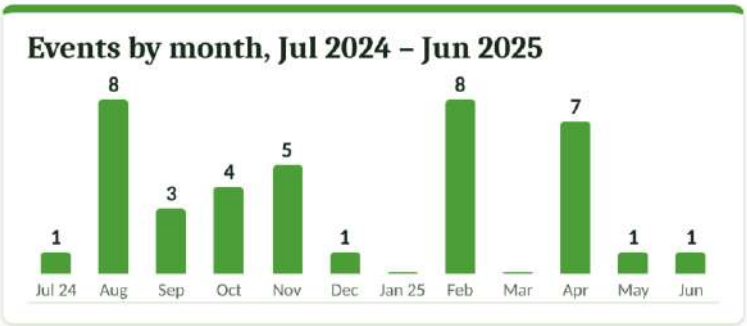
215
SDG 3 publications, 2024–2025 (Scopus)

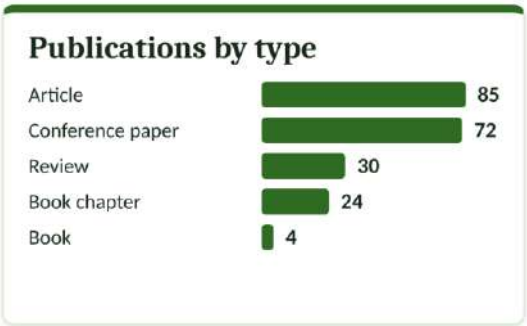
81
Publications with Field-Weighted Citation Impact above 1

5
Healthcare startups under incubation

₹6,00,000
Funding raised by three of those startups







KEY HIGHLIGHTS

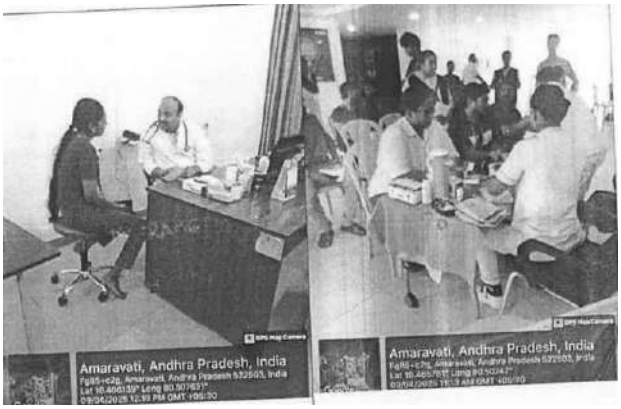
- **Reach.** Awareness sessions at the start of the academic year drew very large audiences: 2,670 (Spirituality and Bhagavad Gita), 1,505 (Sleep), 1,500 (Nutrition) and 1,210 (Dorm Diaries).
- **Preventive care.** Health camps covered cardiac screening (210 participants), eye care (419 at the camp and 224 at the lecture) and a blood donation camp (500 participants; over 400 units collected).
- **Mental health.** Eleven mental-health activities ran across the year, from a full-day suicide-prevention programme to a 135-participant stress-management workshop.
- **Active living.** 912 recorded participations in five sports, yoga and fitness events, including National Sports Day (464) and International Day of Yoga (137 on campus and about 95 in a nearby village).
- **Research.** 85 journal articles, 72 conference papers, 30 reviews, 24 book chapters and 4 books; 140 of 215 records list more than one institution.

Sources: SDG 3 Mapped Events workbook; Student Affairs, department and Directorate of Sports event reports; SciVal/Scopus publication export; startup incubation records.

Health Centre

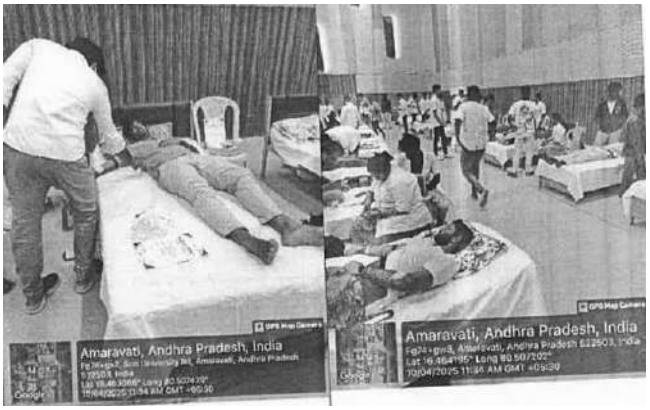
The Health Centre is the primary healthcare provider for students, faculty, staff and their dependents, with medical professionals on campus 24 hours a day, 7 days a week. Outpatient hours are 9 AM to 6 PM on university working days; emergency services run round the clock.

In November 2025 the centre was expanded from a two-bedded unit to an eight-bedded facility with modernised, semi-advanced diagnostic and treatment equipment, five full-time doctors (including a paediatrician), seven trained nursing staff and emergency-care personnel.



Cardiology Camp and Health Check-up, April 2025 – free screening for students, faculty and staff

- **Services.** Outpatient care, emergency services and emergency referral; oxygen and nebulisation; wound suturing; first-aid medicines, injections, emergency drugs and IV fluids; rabies vaccine and anti-snake venom; an in-house pharmacy, tele-ECG machine and autoclave; and two ambulances with oxygen support, available round the clock.
- **Training and education.** First-aid training for wardens, NSS students, security staff and interested faculty and staff; health education sessions, medical camps, webinars and wellness programmes.
- **Referral and partner network.** Diagnostic partners include Apollo Diagnostics, Durga Labs and Ramesh Labs (Mangalagiri). Advanced tests and specialist care are referred to Manipal Hospital or NRI Hospital, with university-arranged transport. An MoU with NRI Medical College and Hospital supports patient referrals, and an MoU with AIIMS Mangalagiri is in process. Blood donation camps are held with Red Cross Guntur and Red Cross Mangalagiri. All students are covered by health insurance, with cashless admission for the first 24 hours at partner hospitals.



Blood Donation Camp, April 2025 – organised with the NSS Cell

- **Planned health-awareness services.** Eye check-ups, dental camps, dermatology consultations, general health screenings and gynaecology camps; women's health sessions on PCOS, HPV vaccination and cervical and other cancers; specialist talks on gastrointestinal cancer prevention, lifestyle disorders and dermatology; and health camps for Classes 1–5 at the Kuragallu PHC school, planned with the Student Affairs Office.

Wellness Centre

The Wellness Centre supports student, faculty and staff mental health through free, confidential counselling by a team of university counsellors. Sessions are by appointment (walk-ins are accommodated depending on emergencies and counsellor availability), last about 45 minutes, and are confidential unless there is a risk of harm to oneself or others.

Counsellors practise Cognitive Behavioural Therapy (CBT), Rational Emotive Behaviour Therapy (REBT), Solution-Focused Therapy (SFT) and other evidence-based approaches and refer to external specialists when appropriate.



Wellness Centre counsellors' interactive session for school students

- **Peer Support Circles.** Student-led listening and well-being groups.
- **Mental Health Week.** Campus-wide awareness campaigns and screenings, alongside workshops on resilience, stress management and well-being skills.
- **Spaces.** Private counselling rooms, group therapy spaces, meditation and mindfulness rooms, relaxation lounges and a resource library.



Hope in Action – suicide prevention programme with the Wellness Centre

- **Affirmation Station (Mirror Initiative).** Mirrors decorated with affirmations to support self-esteem.



StressBusters: DIY Calm Down Kit Workshop (Wellness Club)

Mental health and counselling

39 SDG 3 events were recorded between July 2024 and June 2025 across six themes. Events with photographs are described below; those without are listed in the summary tables.

14 SEP 2024

Hope in Action: Suicide Prevention and Awareness Programme

A full-day programme (10 AM–5 PM) led by university counsellors. Information booths shared support-system and coping resources; the Wall of Hope and Emotional Wheel invited participants to reflect; an Art Therapy workshop taught grounding techniques; poetry and digital-art competitions explored hope and resilience, followed by a valedictory with prizes.

38 undergraduate participants · expenditure ₹3,328.



Wall of Hope activity



Programme session

13 NOV 2024

StressBusters: DIY Calm Down Kit Workshop

Hands-on workshop (10 AM–4 PM) where students assembled personalised calm-down kits using items that engage all five senses, learning grounding and relaxation techniques. Feedback noted that attendees felt better prepared to manage everyday stress.

135 participants · expenditure ₹3,326.



Kit-making stations



Participants at work

9 OCT 2024

Building Hope and Resilience

Interactive psychology session (2–4 PM) using group games to build understanding of behaviour and mental well-being and to strengthen collaboration among students.

21 undergraduate participants.



Group activity



Participants

30 OCT 2024

Mindful Gratitude

Weekly reflective session featuring a gratitude discussion, gratitude chits and letters to friends, family or mentors, and a “Walk of Senses” mindfulness exercise.

5 participants.



Letter-writing



Reflection circle

20 SEP 2024

Dreamscapes: Designing Your Ultimate Uni Experience

Evening wellness session on visualisation and goal setting, built around a Vision Board Making Competition judged by the university counsellor.

5 undergraduate participants.



Vision-board making



Board creation

28 AUG 2024

Wellness Club Introduction (2024 batch)

Orientation for first-year students using “Mystery Item” and “Search Hidden Object” activities to encourage teamwork, communication and stress management.

13 participants.



Orientation activity

5 APR 2025

Introducing the Wellness Centre and University Counsellors

Interactive session (3–4:30 PM) by the university counsellors on time management, the Pomodoro technique, goal setting and the Ikigai framework for school-level students.

50 participants.



Interactive session

FEB 2025

Clinical Psychology and its Scope in India

Virtual guest talk by Dr Barre Vijay Prasad (AIIMS New Delhi) introducing students to clinical psychology training pathways, RCI licensure and career scope.

50 participants · online.



Virtual guest talk

ALSO RECORDED IN THIS THEME

Date	Event	Participation
16 Oct 2024	Tradition Meets Modernity – Wellness Club	4 participants

Health awareness and education

20 AUG 2024

Awareness Session on Sleep

Session by sleep specialist Dr Ramadevi Gourineni at the APJ Abdul Kalam Auditorium on the causes of poor sleep (late nights, caffeine and energy drinks, screen addiction, anxiety) and its effects on physical health, memory, concentration and mood.

1,505 attendees (1,500 UG).



Awareness talk



Audience

12 AUG 2024

Pledge Against Drug Abuse

Campus-wide oath-taking at the APJ Abdul Kalam Auditorium, in line with UGC guidelines, committing students to a drug-free lifestyle and to supporting peers.

1,000 undergraduate participants.



Oath-taking ceremony

22 AUG 2024

Dorm Diaries: Hostel Life and Warden Introduction

Introductory session for first-year students on hostel facilities, rules and regulations, and a formal introduction to their hostel wardens.

1,210 attendees.



Introductory session



First-year audience

13 NOV 2024

Awareness Session on Road Safety

Session hosted at the Deputy Transport Commissioner's office, Guntur, by Motor Vehicle Inspector Ms G. Sowjanya on traffic rules, seat belts, distracted driving and safe pedestrian behaviour.

40 participants.



Session at the RTO office



Students attending

ALSO RECORDED IN THIS THEME

Date	Event	Participation
20 Aug 2024	Talk on Healthy Nutrients and Diet – Directorate of Student Affairs	1,500 participants
23 Aug 2024	Session on Spirituality and the Bhagavad Gita – Directorate of Student Affairs	2,670 participants
1 Jul 2024	Doctors' Day – Directorate of Student Affairs	13 participants
19 Feb 2025	Eye Care Guest Lecture – NSS Cell	224 participants

EVENTS AND INITIATIVES · HEALTH CAMPS AND COMMUNITY SERVICE

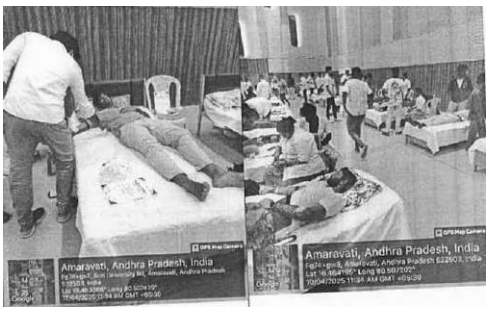
Health camps and community service

10 APR 2025

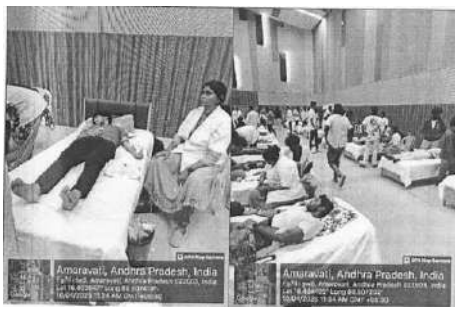
Blood Donation Camp

Day-long camp (9 AM–5 PM) promoting voluntary blood donation. The report records over 400 units of blood collected for local hospitals and blood banks, with many first-time donors taking part.

500 participants · 400+ units collected.



Donation in progress



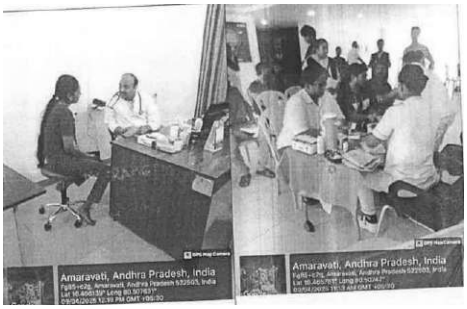
Donation hall

9 APR 2025

Cardiology Camp and Health Check-up

Free screening camp (9 AM–5 PM) for students, faculty and staff offering blood sugar, blood pressure, ECG and echocardiogram checks, with referral of abnormal findings for follow-up.

210 participants.



Screening in progress



Health check-up

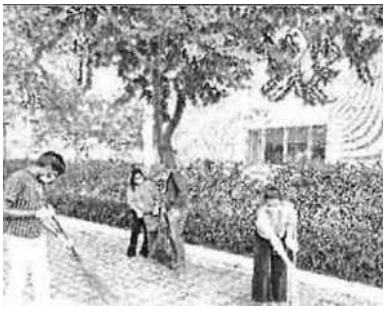
12 FEB 2025

Campus Clean Drive

Two-hour cleaning drive (2–4 PM) to spread awareness of cleanliness and public hygiene and to improve the cleanliness of campus premises.

69 undergraduate volunteers.


Volunteers on campus


Cleaning drive

ALSO RECORDED IN THIS THEME

Date	Event	Participation
19 Feb 2025	Vision Care Eye Camp – NSS Cell	419 participants

EVENTS AND INITIATIVES · SPORTS, YOGA AND FITNESS

Sports, yoga and fitness

29 AUG 2024

National Sports Day

Intramural celebration honouring Major Dhyan Chand with athletics, fitness challenges, kabaddi, tug of war and table tennis.

464 participants (360 men, 104 women).





Track and field

Participants with event banner

17 SEP 2024

Traditional Yoga Competition

The first Traditional Yoga event organised by the Directorate of Sports, promoting physical, mental and spiritual well-being through authentic yogic practice.

60 participants (32 men, 28 women).



Asana demonstration



Winners and participants

21 JUN 2025

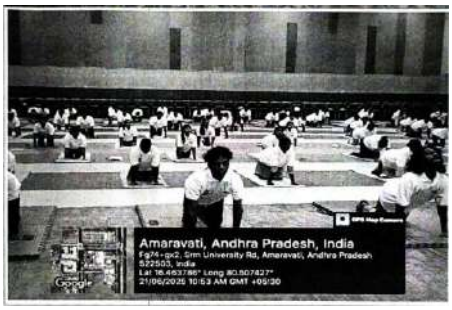
International Day of Yoga 2025

Celebrated under the theme “Yoga for One Earth, One Health” at the APJ Abdul Kalam Auditorium with a group demonstration and a mass session of Pranayama, micro-yoga, asanas and Surya Namaskar. An early-morning session in Neerukonda village reached about 95 community participants.

137 on campus (83 men, 54 women) · ~95 in village.



Mass yoga session



Group practice

16 APR 2025

Beyond Boundaries: Outdoor Sports Club Championship

Intramural championship across volleyball (5 teams), football (2), kabaddi (5), basketball (3) and athletics (9 entries) to promote fitness, teamwork and sportsmanship.

151 participants.



Prize presentation



Teams

23 APR 2025

Jala Neti Workshop

Workshop on the traditional jala neti cleansing practice with demonstration and neti pots for interested participants; 30 students and staff performed the exercise and a demo video was circulated afterwards.

100 participants · ₹6,000.



Demonstration



Practice session

EVENTS AND INITIATIVES · ACADEMIC TALKS AND SAFETY WORKSHOPS

Academic talks and safety workshops

3 MAY 2025

Fire and Lab Safety Workshop for Ph.D. Students

Indoor sessions and outdoor practicals covering fire classification, extinguisher use, a live mock drill, and laboratory safety (chemical handling, PPE, waste disposal and emergency first response).

73 participants (20 faculty/staff, 53 Ph.D.).



Participants and trainers



Practical session

19 FEB 2025

Seminar on Lab Safety

Seminar by senior faculty on do’s and don’ts in the laboratory and maintenance of research labs.

23 participants.



Seminar

19 FEB 2025

Types of DNA Damage and DNA Repair Mechanisms

Expert talk by Prof. Muniyappa on DNA damage types and repair pathways, and their relevance to cancer and genetic disorders.

51 participants (11 faculty, 40 students).



Audience


Expert talk

20 DEC 2024

Dystrophin and Muscular Dystrophy

Expert talk by Prof. Krishna M.G. Mallela (University of Colorado Anschutz Medical Campus) on the role of dystrophin in muscle function and the genetic causes of muscular dystrophy.

attendance not recorded.



Lecture



Talk in progress

ALSO RECORDED IN THIS THEME

Date	Event	Participation
28 Apr–2 May 2025	Revolutionizing Healthcare with AI: Computational Biology and Computer Vision in Medical Diagnostics – Dept. of CSE · DST-ANRF sponsored	55 participants · 5 days

EVENTS AND INITIATIVES · CULTURAL CELEBRATIONS MAPPED TO SDG 3

Cultural celebrations mapped to SDG 3

6 NOV 2024

Paridhaan'24 Ethnic Day Celebration

Cultural celebration of dance, music and an ethnic fashion showcase promoting inclusion and community well-being.

1,912 participants.





Musical performance

Ramp walk

ALSO RECORDED IN THIS THEME

Date	Event	Participation
2 Nov 2024	Halloween Celebrations – Student Council	approx. 300 participants

COMMUNITY OUTREACH ACTIVITIES

Taking health and well-being beyond the campus

Outreach activities extend SDG 3 to schools, villages and women's groups around the university. The NSS Cell, the university counsellors, the Directorate of Entrepreneurship & Innovation and the Directorate of Sports led the work below.

6 NOV 2024

Awareness Session on Menstrual Hygiene

Session by the university counsellor to dispel myths and taboos around menstruation, explain safe hygiene practice and product disposal, and offer personalised advice. Menstrual pads were distributed at the end of the session.

260 participants.



Audience



Session in the theatre

24–25 FEB 2025

Training Session: Making of Sanitary Pads (CSR ADITRI)

Two-day skills training for rural women on manufacturing sanitary pads, with business inputs on branding, packaging and marketing, aimed at menstrual-hygiene awareness and small-scale livelihoods.

16 attendees (11 external, 5 staff).



Hands-on training



Training group

28 OCT 2024

Cloth Distribution, Pedakakani

NSS volunteers distributed clothing to under-privileged families in Pedakakani near Guntur (10 AM–2 PM).

35 volunteers.



Distribution in Pedakakani



Volunteers with residents

4 APR 2025

Wellness Outreach at ZPH School, Nidamarru

Workshop for 9th-grade students moving to 10th grade on time management and the Pomodoro technique, with an activity on focused study intervals and a discussion of everyday distractions.

80 students · government school.



Workshop with students



Classroom session

5 AUG 2024

Social Media Symphony: Music and Discord

Awareness and interactive group-counselling session on social-media addiction and its effect on mental health, academic performance and well-being, covering Social Comparison Theory, Opponent-Process Theory and nomophobia, with strategies for healthier digital habits.

90 participants · outreach.


Session in progress


Participants with facilitators

21 JUN 2025

Village Yoga Session, Neerukonda

As part of International Day of Yoga 2025, a morning session led by the university's certified yoga instructor brought students and local residents together in Neerukonda village to share the health benefits of yoga with the neighbouring community.

about 95 community participants.

28 FEB 2025

Blind School Visit

Extension and outreach visit by NSS volunteers to a school for the blind.

31 participants.

RESEARCH AND PUBLICATIONS

SDG 3 research output, 2024–2025

The SDG 3-classified data set lists 215 publications for 2024–2025 (126 in 2025, 89 in 2024). Health-related research leans towards data-driven diagnosis and prediction, with AI and machine-learning terms in 52 titles, alongside molecular biology, public health and biomedical sensing. The table lists eleven of the most directly health-focused papers (FWCI = Field-Weighted Citation Impact).

SCOPUS / SCIVAL: SRM UNIVERSITY-AP WITHIN SDG 3 (2024–2025)

215	126	81	52	140
SDG 3 publications, 2024–2025	published in 2025 (89 in 2024)	with FWCI above 1	titles with AI and machine-learning terms	of 215 records list more than one institution

SELECTED SDG 3 PUBLICATIONS

#	Publication	Year / type	CiteScore	FWCI
1	**Federated learning-based disease prediction: A fusion approach with feature selection and extraction** Kapila, R., Saleti, S.	2025 · Article	13	8.37
2	**Explainable Artificial Intelligence based ML Models for Heart Disease Prediction** Kommineni, S., Muddana, S. et al.	2024 · Conference Paper	–	7.39
3	**Pneumonia Detection from X-Ray Images Using Deep Transfer Learning** Vemuri, S.S., Kotha, S. et al.	2025 · Conference Paper	1.1	6.66
4	**PARP14 and PARP9/DTX3L regulate interferon-induced ADP-ribosylation** Kar, P., Chatrin, C. et al.	2024 · Article	16.8	6.15
5	**Optimized machine learning mechanism for big data healthcare system to predict disease risk factor** Thatha, V.N., Chalichalamala, S. et al.	2025 · Article	6.4	5.9
6	**Lung Cancer Detection Using Fusion-Based Deep Learning Techniques** Shiva, S., Kalluri, H.K.	2024 · Conference Paper	–	5.54
7	**Histopathological image based breast cancer diagnosis using deep learning and bio inspired optimization** Thatha, V.N., Karthik, M.G. et al.	2025 · Article	6.4	4.65
8	**ALL-Net: integrating CNN and explainable-AI for enhanced diagnosis and interpretation of acute lymphoblastic leukemia** Thiriveedhi, A., Ghanta, S. et al.	2025 · Article	6.1	4.18
9	**Integrating electrocardiogram and fundus images for early detection of cardiovascular diseases** Muthukumar, K.A., Nandi, D. et al.	2025 · Article	6.4	3.58
10	**Mental health of young adults pursuing higher education in Tier-1 cities of India: A cross-sectional study**	2025 · Article	6.5	3.42

#	Publication	Year / type	CiteScore	FWCI
	Suresh, K., Dar, A.A.			
11	**Burden of non-communicable diseases in South Asia: a decomposition analysis** Pradhan, J., Pai, M. et al.	2025 · Article	3.6	2.92

STARTUPS AND INNOVATION IN HEALTHCARE

Healthcare startups under incubation

Five startups with SDG 3 as their primary goal are supported by the university's incubation programme, spanning digital healthcare access, mental-health technology, portable cardiac diagnostics and skin-diagnostic solutions. Founders include a student, an alumna and three external entrepreneurs.

Startup	Focus	Incubation	Funding
Halekard Private Limited External founder · Pvt Ltd (inc. 12 Mar 2024)	Single "Healthkard" card giving people hassle-free access to physical doctor consultations across multiple associated doctors, multiple times.	8 Apr 2024 – 8 Oct 2025	No funding reported
My Buds Student founder · registration under process	Deep-tech-enabled mental health app.	16 May 2024 – 16 Nov 2025	₹50,000 · Directorate of Entrepreneurship
Aksharaarka Enterprise Pvt Ltd External founder · Pvt Ltd (inc. 2 Sep 2016)	Portable ECG device.	9 Dec 2024 – 9 Dec 2025	No funding reported
CereBro Alumni founder (female) · registration under process	App bridging mental-health professionals and people seeking accessible tools, combining therapeutic mini-games, AI-driven support and expert input.	3 Feb 2025 – 3 Feb 2026	₹50,000 · Directorate of Entrepreneurship
Theronex Healthcare Pvt Ltd External founder · Pvt Ltd (inc. 10 Dec 2024)	Fluorescence-based skin diagnostic solutions.	11 Mar 2025 – 11 Mar 2026	₹5,00,000 grant · MeitY GENESIS

CONCLUSION

Progress towards good health and well-being

The records supplied for this report show SDG 3 treated as a whole-campus commitment rather than a single department's responsibility. Care is available on campus around the clock, counselling is free and confidential, and awareness sessions, health camps and sports events account for 13,519 recorded participations across 39 documented events and initiatives.

Beyond campus, the NSS Cell, counsellors and entrepreneurship teams have carried menstrual-hygiene education, school wellness workshops, village yoga and livelihood training to nearby communities. In research and innovation, 85 journal articles and 130 other outputs are classified under SDG 3, and five healthcare startups are being incubated.