SDG 3

GOOD HEALTH AND WELL-BEING

INTRODUCTION

Sustainable Development Goal 3 calls on institutions everywhere to ensure healthy lives and promote well-being for people of every age. At SRM University–AP, this commitment is woven into the everyday life of the campus — from the moment a student walks in for a routine check-up, to the counselling room where a difficult week is talked through, to a village square where a medical camp brings care to families who would otherwise travel far to find it.

Over the 2025–26 academic year, the University's approach to Good Health and Well-being has rested on six mutually reinforcing pillars: accessible preventive healthcare, dedicated mental-health and counselling support, menstrual and reproductive health awareness, campus hygiene and personal safety, physical fitness and healthy living, and a growing body of health-focused research and scholarship. These pillars are delivered jointly by the Directorate of Student Affairs, the University's Wellness Centre and Counselling team, the NSS and NCC units, the Directorate of Sports, and academic departments across the Schools of Engineering & Sciences, Liberal Arts and Management.

The sections that follow present this contribution through verified institutional data — recorded events, outreach activities, and Scopus-indexed research output — rather than aspiration alone, offering a transparent account of how SRM University–AP is advancing SDG 3 for its students, staff and surrounding communities.

HEALTH, WELL-BEING & CAMPUS INITIATIVES

32	6,900+	229	3
SDG 3–aligned events conducted (AY 2025–26)	*Participants engaged in health & well-being activity*	*SDG 3–linked scholarly publications, 2025–26*	*Dedicated University Counsellors on campus*

● Mental Health & Counselling

The University's Wellness Centre and Counselling team (Ms Alekhya Sankara, Mr Joel Gibbs, Ms Shalini S) run a continuous calendar of confidential counselling, awareness workshops and crisis-response programming, including two dedicated World Suicide Prevention Day initiatives and a dedicated Mental Wellness session reaching students, faculty and staff.

● Preventive & Primary Healthcare

A university-wide Dental Camp screened over 500 members of the community, while a Blood Donation Camp and an Alumni-led Charity & Medical Outreach Programme extended essential health-care access to students, staff and neighbouring villages.

● Menstrual & Reproductive Health

The Mission Shakthi menstrual awareness drive combined expert-led sessions with eco-friendly sanitary pad distribution, reaching students on campus and adolescent girls at a partner school in Mangalagiri.

● Safety, Hygiene & Personal Well-being

Anti-Ragging Week, the POSH (Prevention of Sexual Harassment) awareness programme, a Road Safety Awareness session with district officials, and the 'Safe Boundaries' child-safety outreach together reached thousands of students, staff and schoolchildren.

● Fitness & Healthy Lifestyles

The Directorate of Sports promotes physical well-being through the International Day of Yoga, a Yoga Half-Marathon and Yoga-Jala Neti sessions, complemented by the NCC Cadets' disciplined participation in the University's Annual Athletics Meet.

● Stress Management

'Beyond Your Preparations' — a large-scale workshop on managing stress during placements and career transitions — reached over 1,600 students, reflecting the University's focus on psychological resilience at a critical academic milestone.

OUTREACH

Beyond the campus, SRM University–AP's National Service Scheme (NSS), National Cadet Corps (NCC), Directorate of Student Affairs and Alumni Relations network carry health, hygiene and safety awareness into neighbouring schools and villages. The activities below represent the most directly SDG 3–relevant community outreach conducted during the year.

● Safe Boundaries: Understanding Good Touch vs Bad Touch

Govt. Primary School, Nedamarru | 21 November 2025

Purpose: To help young children distinguish safe from unsafe touch and build the confidence to say 'no' and seek help from a trusted adult.

Beneficiaries: ~70 schoolchildren, alongside 4 SRMAP faculty/counsellors and 2 student volunteers.

Partner: Govt. Primary School, Nedamarru (NSS-adopted school)

Activity: An interactive, age-appropriate safety session delivered by University Counsellor Ms Alekhya Sankara.

Outcome: Children reported a clearer understanding of body safety, personal boundaries and reporting channels for unsafe situations.

● Mission Shakthi — Menstrual Awareness Drive

Don Bosco High School, Mangalagiri | 20 February 2026

Purpose: To break myths and stigma around menstruation and equip adolescent girls with accurate health knowledge and hygiene products.

Beneficiaries: ~150 school students, supported by 2 SRMAP faculty and 10 student volunteers.

Partner: Don Bosco High School, Mangalagiri (SRMAP NSS Unit)

Activity: An expert-led talk, eco-friendly sanitary pad distribution and an interactive Q&A session.

Outcome: Improved menstrual-hygiene awareness and greater confidence among participating students in managing their health with dignity.

● Alumni Association Charity & Medical Outreach Programme

Y. G. Pakala Village, Chinturu Mandal (tribal area) | 15 March 2026

Purpose: To extend basic health-care access and medical support to an underserved tribal community.

Beneficiaries: 101 participants, combining SRMAP alumni volunteers and community members.

Partner: SRM University–AP Alumni Relations

Activity: A community medical outreach and charity camp organised in partnership with the alumni network.

Outcome: Essential health-care support and awareness extended to a tribal community with limited access to medical services.

● Combined NCC & NSS Outreach Programme

Namburu Village | 2 May 2026

Purpose: To combine disciplined cadet training with grassroots community engagement and awareness building.

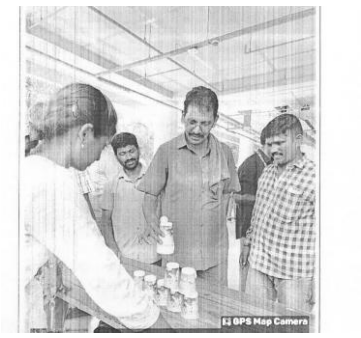
Beneficiaries: SRMAP NCC and NSS cadets and volunteers.

Partner: NCC and NSS Units, SRM University–AP

Activity: A joint training and community outreach programme conducted in a nearby village.

Outcome: Strengthened cadet-community engagement and reinforced the University's presence in local welfare activity.





EVENTS AND INITIATIVES

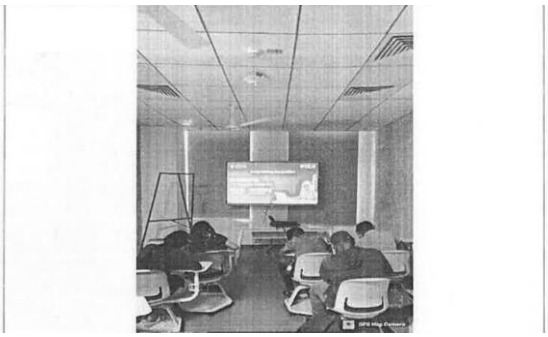
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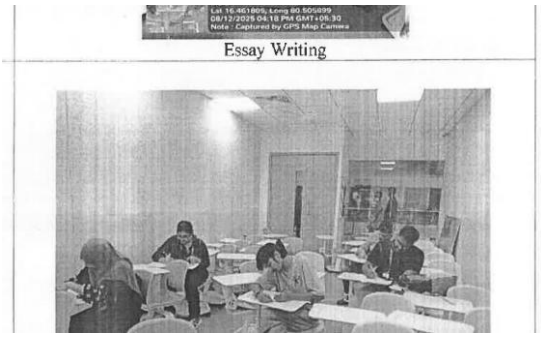
Unique SDG 3 events recorded across AY 2025–26

The figure above reflects unique, non-duplicated SDG 3 events consolidated from every University record source — intranet-logged departmental events, the Directorate of Student Affairs event register, Sports events, and Outreach records — after removing repeat entries for the same real-world activity (for example, a single Mental Health Day recorded once by the organising department and once by the hosting office). The most relevant of these — health camps, mental-health and suicide-prevention initiatives, menstrual health, hygiene, road safety, blood donation, healthcare and stress-management activity — are presented below as one consolidated institutional effort.

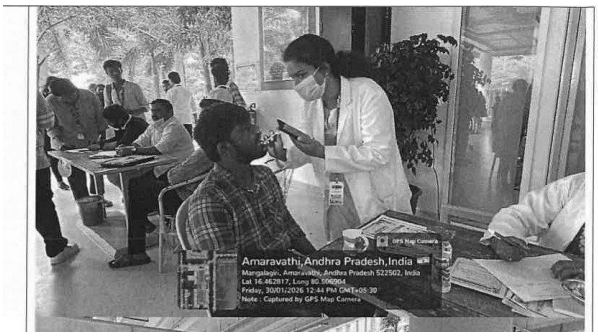
Event	Date	Reach	SDG 3 Relevance
Anti-Ragging Week	12–18 Aug 2025	121	Campus safety & ethics awareness programme for new students.
POSH — Safe, Inclusive & Respectful Campus	20 Aug 2025	~3,536	Institution-wide orientation on prevention of sexual harassment and safe conduct.
Art for Well-being (International Youth Day)	12 Aug 2025	82	Creative-expression workshop supporting emotional well-being.
Breaking the Silence: Suicide Prevention & Mental Health	9 Sep 2025	41	Awareness workshop on suicide prevention and mental health.
Your Voice Matters: Suicide Prevention Human Chain	10 Sep 2025	41	Symbolic human-chain activity marking World Suicide Prevention Day.
World Mental Health Day — Access to Services	10 Oct 2025	80	Campus-wide mental health campaign incl. staff and support-worker outreach.
Road Safety Awareness Programme	21 Jan 2026	109	Traffic-rules and safe-driving session with district road-safety officials.
Dental Camp	30 Jan 2026	515	Free dental screening and oral-hygiene awareness for the campus community.
Menstrual Awareness — Mission Shakthi	20 Feb 2026	162	Menstrual-health awareness and sanitary-product distribution.

Event	Date	Reach	SDG 3 Relevance
Blood Donation Camp	24 Feb 2026	n/a	Voluntary blood-donation drive with NSS and DSA.
Session on Mental Wellness (Wellness Centre)	25 Mar 2026	54	Structured mental-wellness and coping-strategies session.
Beyond Your Preparations — Managing Placement Stress	4 Jun 2026	1,602	Large-scale stress-management workshop for final-year students.
NCC Cadets' Parade, Annual Athletics Meet	5 Feb 2026	52	Discipline and physical-fitness demonstration by NCC cadets.
International Day of Yoga	21 Jun 2025	137	University-wide yoga session promoting physical and mental fitness.
Yoga Half-Marathon	1 Apr 2026	45	Endurance and fitness event combining yoga with distance running.
Yoga — Jala Neti Session	8 Apr 2026	67	Yogic hygiene-practice session for respiratory and general wellness.









RESEARCH & PUBLICATIONS

229	1.02	59	609
Scholarly publications mapped to SDG 3 (2025–26)	*Field-Weighted Citation Impact*	*Publications with international collaboration*	*Total citations recorded to date*

Publications

SRM University–AP's SDG 3–linked research spans disease diagnostics, cardiovascular and infectious-disease research, mental health and public-health policy, and health-monitoring technology. The following publications represent the strongest and most directly health-relevant contributions from the University's 2025–26 Scopus-indexed output.

Cutting-edge CNN-based skin cancer detection with batch normalization and advanced imbalance learning (Article, 2026) — Improves automated, image-based skin-cancer screening accuracy.

Histopathological image based breast cancer diagnosis using deep learning and bio-inspired optimization (Article, 2025) — Advances AI-assisted breast-cancer diagnosis from tissue imagery.

A Machine Learning Framework for Accurate and Scalable Brain Tumor Categorization in MRI Imaging (Conference Paper, 2025) — Supports faster, more reliable brain-tumour classification from MRI scans.

Integrating electrocardiogram and fundus images for early detection of cardiovascular diseases (Article, 2025) — Combines multiple imaging modalities to flag cardiovascular risk earlier.

Advanced Hybrid Methodology for Robust Heart Disease Prediction and Feature Optimization (Conference Paper, 2025) — Improves predictive accuracy for heart-disease risk assessment.

Burden of non-communicable diseases in South Asia: a decomposition analysis (Article, 2025) — Quantifies the regional public-health burden of non-communicable disease.

Novel bacteriophages effectively target multidrug-resistant clinical isolates of Klebsiella pneumoniae (Article, 2026) — Offers a potential phage-therapy route against antimicrobial-resistant infection.

Federated learning-based disease prediction: A fusion approach with feature selection and extraction (Article, 2025) — Enables privacy-preserving, data-driven disease-prediction models.

An advanced IoT-based non-invasive in vivo blood glucose estimation exploiting photoacoustic spectroscopy (Article, 2025) — Points toward needle-free, continuous diabetes monitoring.

Mental health of young adults pursuing higher education in Tier-1 cities of India: A cross-sectional study (Article, 2025) — Provides evidence on student mental-health status directly relevant to campus well-being policy.

CONCLUSION

Across the 2025–26 academic year, SRM University–AP's contribution to SDG 3 has followed a clear and connected pathway. Campus healthcare infrastructure and a dedicated Wellness Centre provide the foundation; targeted prevention — from dental screening to road-safety training — reduces avoidable harm; sustained attention to mental health and menstrual well-being supports students through every stage of university life; NSS- and alumni-led outreach carries this same care into neighbouring schools and villages; 32 recorded events give this work visible, year-round momentum; and a growing portfolio of 229 SDG 3–linked publications ensures the University's contribution extends beyond its own campus into the wider evidence base for global health.

Taken together, these efforts reflect an institution that treats good health and well-being not as a single programme but as a shared responsibility distributed across student affairs, academic departments, sports, alumni and the surrounding community. As SRM University–AP looks ahead, the priority is to deepen this integration further — expanding preventive-health outreach to more first-generation and rural communities, and continuing to translate the University's research strength in diagnostics, cardiovascular health and mental health into practical benefit for the people it serves.