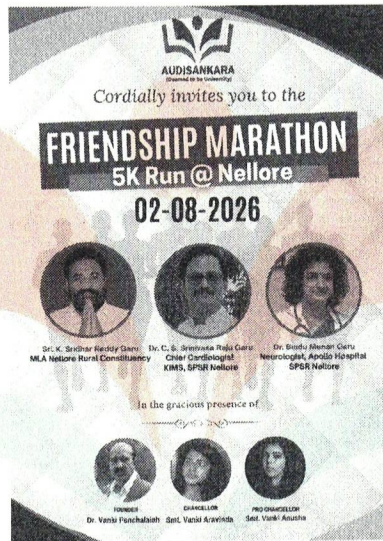


A Report on MARATHON – 5K RUN Organised by Audisankara Deemed to be University

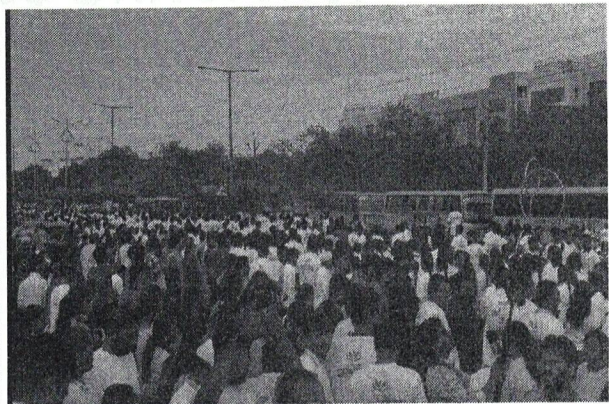
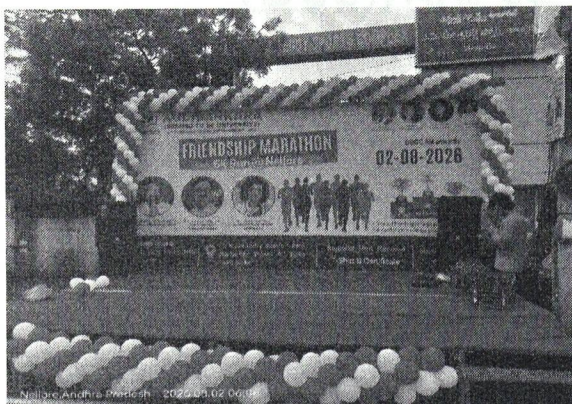
Date: 02nd August 2026

Place: A.C. Subba Reddy Stadium, Nellore



1. Introduction

Audisankara Deemed to be University organised the Friendship Marathon – 5K Run on 02 August 2026 at A.C. Subba Reddy Stadium, Nellore, with the objective of promoting physical fitness, healthy living, friendship, unity and social harmony.



+91 9248748443



www.audisankarauniversity.edu.in



The event brought together university leadership, administrators, faculty members, staff, students and local participants on a common platform to promote the message that good health, meaningful friendships and community participation are essential for a happy and healthy society.

2. Message of the Honourable Chancellor

The programme was conducted in the gracious presence of the Honourable Chancellor, Mrs. Vanki Aravinda, Audisankara Deemed to be University.

In her inspiring message, the Honourable Chancellor emphasised that health is the foundation of a successful and fulfilling life. She encouraged students, faculty and members of the community to give priority to physical fitness and develop healthy habits as an integral part of their daily lives.

She highlighted that the purpose of the Friendship Marathon goes beyond running. It represents friendship, unity, togetherness and mutual encouragement. She stated that when people come together for a common positive cause, strong relationships are developed and a sense of belonging is created in the community.

The Honourable Chancellor particularly encouraged the students to make physical activity a regular part of their lifestyle and to inspire their friends and family members to adopt healthy practices. She stressed that a healthy body, a positive mind and strong friendships together contribute to a happy and successful life.

She also appreciated the participation of the university leadership, Deans, HoDs, faculty, staff, students and local participants and congratulated everyone for joining the initiative. She expressed the hope that the Friendship Marathon would inspire participants to continue their commitment to fitness, friendship and social responsibility beyond the event.

Her message to the participants was:

“Let us run together for good health, walk together in friendship, and move together towards a healthier and happier society.”



+91 9248748443



www.audisankarauniversity.edu.in





3. Distinguished Medical Guests and Their Addresses

Dr. Bindu Menon

Neurologist, Apollo Hospital, SPSR Nellore

Dr. Bindu Menon highlighted the importance of an active lifestyle for maintaining physical and mental well-being. She encouraged students and participants to make regular exercise a part of their daily routine.

She emphasised that physical activity helps in reducing stress, improving overall well-being and developing a positive outlook towards life. She also highlighted the importance of friendship and healthy social relationships in maintaining emotional well-being.

She appreciated the Friendship Marathon as an initiative that successfully combines health, fitness, friendship and community participation.

Dr. C. S. Srinivasa Raju

Chief Cardiologist, KIMS, SPSR Nellore

Dr. C. S. Srinivasa Raju spoke on the importance of cardiovascular health and preventive healthcare. He emphasised that regular walking, running and physical exercise are essential for maintaining heart health and preventing lifestyle-related health problems.

He encouraged participants to adopt regular exercise as a lifelong habit and appreciated the university for organising an event that combines physical fitness with social interaction.

He highlighted that exercising together creates a spirit of encouragement and friendship and conveyed the message that a healthy individual, a supportive family and a connected community are the foundations of a healthy society.

4. Participation

The Friendship Marathon witnessed enthusiastic participation from the entire university community and local residents.

The programme was attended and supported by the:

* Honourable Chancellor – Mrs. Vanki Aravinda



+91 9248748443



www.audisankarauniversity.edu.in



- * Registrar-Dr. M. Rajaiah
- * Dean, School of Engineering & Technology- Dr. K. Dhanumjaya
- * Dean Student Affairs
- * Physical Director- Mr. G. Ravi Chandra
- * Deputy Registrar- Mr. J. Ramaiah
- * Dean, Student Affairs- - Prof. J.Suresh
- * All Deans
- * All Heads of Departments
- * Faculty and Staff Members
- * Students of Audisankara Deemed to be University
- * Local Participants and Well-wishers

The collective participation added great enthusiasm and significance to the event.

5. Conduct of the 5K Run

The participants assembled at A.C. Subba Reddy Stadium, Nellore, where they were briefed about the route, safety precautions and general guidelines.

The 5K run was conducted in an energetic, disciplined and cheerful atmosphere. Participants displayed remarkable enthusiasm, sporting spirit and unity. The organisers, university officials and volunteers coordinated the activities effectively to ensure the smooth and orderly conduct of the event.

The participation of students alongside university officials and local residents created a strong sense of togetherness, friendship and community spirit.

6. Core Message – Health and Friendship

The central message of the Friendship Marathon was “Health and Friendship.”

The event highlighted that:

- * Regular physical activity is essential for maintaining good health.
- * Walking and running contribute to cardiovascular fitness.
- * Healthy habits help prevent lifestyle-related health problems.
- * Positive friendships contribute to emotional well-being.
- * Participating in fitness activities together strengthens social bonds.
- * Young people should develop healthy and active lifestyles from an early age.



+91 9248748443



www.audisankarauniversity.edu.in



For the **Friendship Marathon – 5K Run**, the event can be mapped to **NBA Graduate Attributes / POs** and the **UN Sustainable Development Goals (SDGs)** as follows:

Event Mapping with NBA POs and SDGs

NBA PO / Graduate Attribute	Relevance to Friendship Marathon – 5K Run	SDG Alignment
PO1 – Engineering Knowledge	Limited/direct relevance. The event promotes application of basic awareness of health, fitness and scientific understanding of physical well-being.	SDG 3 – Good Health and Well-being
PO2 – Problem Analysis	Participants develop awareness of health-related challenges, lifestyle diseases and the importance of preventive measures.	SDG 3
PO3 – Design/Development of Solutions	Encourages participants to develop healthy lifestyle practices and fitness routines as practical solutions for improving well-being.	SDG 3
PO4 – Conduct Investigations	Health messages by medical experts encourage awareness, observation and informed understanding of physical and mental well-being.	SDG 3
PO5 – Modern Tool Usage	Can be supported through digital registration, communication, event monitoring and fitness/health-tracking technologies.	SDG 9 – Industry, Innovation and Infrastructure
PO6 – Engineer and Society	Strong relevance through community participation, public health awareness and social engagement.	SDG 3, SDG 11 – Sustainable Cities and Communities
PO7 – Environment and Sustainability	Promotes outdoor physical activity and awareness of healthy, sustainable community living.	SDG 11, SDG 13 – Climate Action
PO8 – Ethics	Promotes discipline, responsible participation, respect for others, fair play and social responsibility.	SDG 16 – Peace, Justice and Strong Institutions
PO9 – Individual and Team Work	Strong relevance. Participants, students, faculty and staff work and participate together, demonstrating teamwork, cooperation and mutual encouragement.	SDG 3, SDG 17 – Partnerships for the Goals



+91 9248748443



www.audisankarauniversity.edu.in



PO10 – Communication	Participants interact with organisers, volunteers and fellow runners; health messages strengthen awareness and communication.	SDG 3, SDG 17
PO11 – Project Management and Finance	Planning and execution of the marathon involve coordination, route management, volunteers, safety, logistics and resource management.	SDG 17 – Partnerships for the Goals
PO12 – Life-long Learning	Encourages participants to adopt lifelong habits of exercise, preventive healthcare and healthy living.	SDG 3 – Good Health and Well-being

Most Relevant NBA POs

For accreditation documentation, the **strongest and most defensible mappings** are:

PO6 – Engineer and Society
PO8 – Ethics
PO9 – Individual and Team Work
PO10 – Communication
PO11 – Project Management and Finance
PO12 – Life-long Learning

Major SDG Alignment

The event has particularly strong alignment with:

- SDG 3 – Good Health and Well-being** — primary SDG
- SDG 11 – Sustainable Cities and Communities** — community participation and well-being
- SDG 16 – Peace, Justice and Strong Institutions** — unity, responsible participation and social harmony
- SDG 17 – Partnerships for the Goals** — collaboration among university leadership, faculty, students and local participants

Suggested Report Statement

NBA and SDG Contribution:

The Friendship Marathon – 5K Run organised by Audisankara Deemed to be University contributed to the development of important graduate attributes, particularly **PO6 (Engineer and Society)**, **PO8 (Ethics)**, **PO9 (Individual and Team Work)**, **PO10 (Communication)**, **PO11 (Project Management and Finance)** and **PO12 (Life-long Learning)**. The event also directly supported **UN SDG 3 – Good Health and Well-being**, while contributing to **SDG 11, SDG 16 and SDG 17** through community engagement, social harmony, teamwork and institutional-community collaboration.



+91 9248748443



www.audisankarauniversity.edu.in





AUDISANKARA
(DEEMED TO BE UNIVERSITY)
AUDISANKARA Declared under Section 3 of the UGC Act, 1956



Report Submitted By


Dr. K. Dhanumjaya

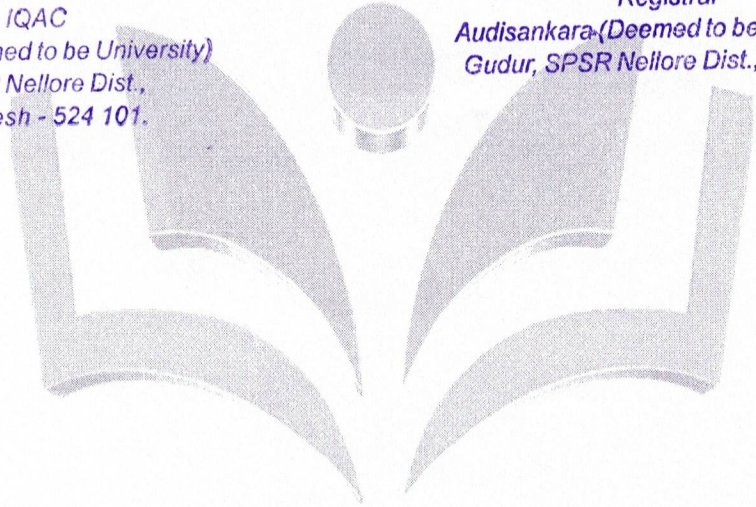
Dean, School of Engineering & Technology
Audisankara Deemed to be University
Gudur, Andhra Pradesh



Dean, IQAC
Audisankara (Deemed to be University)
Gudur, SPSR Nellore Dist.,
Andhra Pradesh - 524 101.



Registrar
Audisankara (Deemed to be University)
Gudur, SPSR Nellore Dist., A.P. India



AUDISANKARA
(Deemed to be University)



+91 9248748443



www.audisankarauniversity.edu.in



NH-16, BY PASS ROAD, GUDUR-524101, SPSR NELLORE DIST., A.P, INDIA.